

Pre & Post Program Survey

Changes in Attitude, Knowledge, and Behaviour



Welcome to HEAL Project

Self Directed Trainings: Pre & Post Program Survey

“Pre and Post Program Survey” training shares lesson learnt from implementing mixed methods, quantitative and qualitative, surveys with art based integration. This training will include tips for trauma informed practices when working with newcomer participants with experiences of violence and trauma.

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Pre and Post Survey

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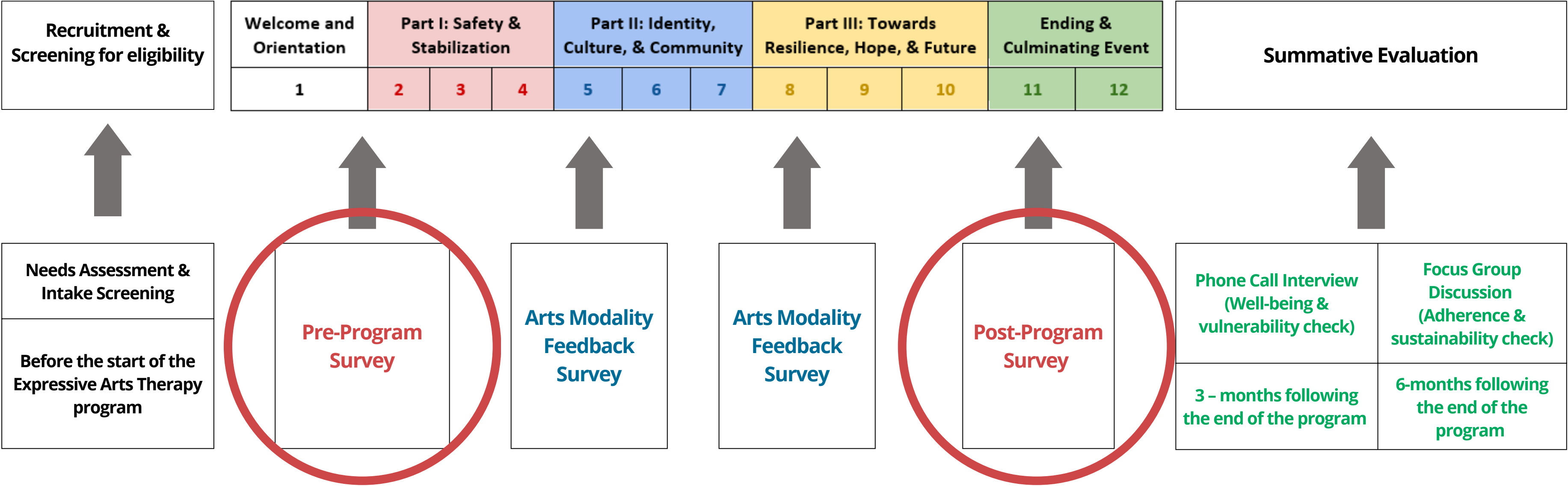
Wrap Up

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Key Messages

- Adaptability and Sensitivity to Participant Needs
- Seamless Integration of Research Tools with Arts-Based Programming.
- Measuring Changes in Mental Wellbeing and Knowledge
- Collaborative Program Design for Effective Outcomes

HEAL Program & Evaluation Overview



Objectives

The Pre-Program surveys occur at Session 1 and 2.

The Post-Program surveys occur at Session 11 and 12

- Establish baseline data on participant's self-efficacy, mental well-being, and knowledge across key topics.
- Measure program impact by comparing pre- and post- program responses to assess changes over time.
- Evaluate program effectiveness through both quantitative data (e.g., Likert scale responses) and qualitative insights.
- Support diverse expression, allowing participants to respond through scales, written explanations, or artistic representations.
- Capture in-depth experiences, highlighting individual growth, learning, and challenges through open-ended and art-based responses.



Promising Practices Implementation

- Allocate sufficient time for individuals and groups to complete the survey (20 - 30 min.)
- Go at the pace of participants. Assign a placement student or volunteer to be a “buddy” for participants needing additional support.
- Verbalize the questions with the group. Allow for participants to ask questions.
- Be attentive for symptoms of survey fatigue (e.g., disengagement, restlessness, frustration, tiredness etc.)
- Take breaks to support participants ability to respond to questions with clarity.
- Integrate the survey as a program activity following a grounding or movement base activity (e.g. Low music and casual conversations)



Pre & Post Program Implementation: Quantitative Questions

Four Focus Areas of Measurement (21 Questions Total)

- Self -Efficacy
- Healthy Relationships
- Knowledge and Awareness
- Settlement Services

Likert Scale

5-point Likert scale: 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral/Don't Know, 4 = Agree, 5 = Strongly Agree

Note:

- When translating the survey tools, have a native speaker review them to ensure clarity and flow.
- Use words and sentence structures that are conversational and easy to understand.
- Some languages the likert scale is read from right to left

PRE-PROGRAM SURVEY QUESTIONNAIRE

Thank you for your participation in the HEAL Program. The information will inform the program to best meet your needs and improve the program for future participants.

Please take a few minutes to answer the questions below. You do not have to answer questions that make you feel uncomfortable. Please do not write your name on this form. Your answers will remain private and confidential. Any information that you share with us will not affect the services you receive from our organization.

Quantitative General Self-Efficacy Scale. Please check one box ☐ for each question.

	Strongly agree	Agree	Not Sure	Disagree	Strongly disagree
Self-Efficacy					
1. I feel a sense of belonging in my community.	☐	☐	☐	☐	☐
2. I feel a sense of safety and trust in my current relationships.	☐	☐	☐	☐	☐
3. I've been getting comfort and understanding from someone.	☐	☐	☐	☐	☐
4. I've been getting emotional support from others.	☐	☐	☐	☐	☐
5. I often feel lonely.	☐	☐	☐	☐	☐
6. I feel low-self-esteem about myself	☐	☐	☐	☐	☐
7. I feel anxiety from past traumas that have occurred in my life.	☐	☐	☐	☐	☐
8. I feel stressed due to relationships in my family.	☐	☐	☐	☐	☐
9. I've been blaming myself for things that happened.	☐	☐	☐	☐	☐
10. I find it challenging to communicate my needs with others.	☐	☐	☐	☐	☐
11. I feel comfortable sharing my lived experiences with others in this expressive arts group.	☐	☐	☐	☐	☐
12. I feel comfortable sharing my lived experiences with friends and family.	☐	☐	☐	☐	☐
13. I feel I am able to address issues of violence, including discrimination and safety in my life.	☐	☐	☐	☐	☐
14. I've trying to see my situation more positively.	☐	☐	☐	☐	☐
15. I feel a sense of helplessness in my current situation.	☐	☐	☐	☐	☐
Knowledge & Understanding					

Pre & Post Program Implementation: Qualitative Questions

Areas of Measurement

- Personal motivations and expectations
- Mental health and coping
- Knowledge and learning goals
- Relational and community connectedness
- Aspirations for future well-being

Collecting Arts-based Responses

If participants express themselves in illustration, ask them to explain its meaning during the same session. Record their explanation and include it with their other qualitative responses.

Note: This group activity collects flexible qualitative and arts-based data, so be prepared to paraphrase or ask follow-up questions to support participant's responses.



Alternative Print Format

- Survey questions were paraphrased as conversational and open-ended.
- Follow-up questions are used to encourage participants to elaborate.
- Participants are given the option to express their responses artistically.
- The revised format made it easier for participants to complete the survey individually and in private.
- Some participants chose to take the survey home, fill it out, and return it the next day.

Considerations:

- Ensure participants who respond artistically are prompted to explain the meaning of their artwork.
- Record and include these explanations with the collected qualitative data.



Qualitative Survey: Post-Program

Please respond to the following questions with an image or text. This will help the HEAL team understand your journey though the HEAL program better. Thank you!

How was your experience with the HEAL program? What was helpful for you? What could we improve on?

Draw	Write
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What topics did you learn about in this program? Most memorable? Or helpful?

Draw	Write
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What activities are you using now to manage stress learnt from the program?

Draw	Write
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In Program Survey

Questions

- Did you feel comfortable expressing yourself using art modalities? Why or why not?
- How have you been incorporating the coping strategies you learned into your everyday life?
- What is something you learned and would like to continue engaging in?
- Did the art activities meet your expectations? What could we do better next time?
- What would you like the facilitators to know moving forward?

Considerations

Helps identify group preferences for future sessions, including topics and activities.

You can choose between two formats:

- Chart-based activity: Participants view and add written responses to a shared chart.
- Conversational approach: The facilitator leads a group discussion, and student volunteers record responses on visible chart paper.



Accessibility Considerations

Culturally Appropriate Language and Translation

- Translate survey questions into the participant's language using clear, everyday language that fits their cultural context.
- Make sure the meaning of each question stays the same in translation.
- Have a native speaker review all translations before sharing the survey.

Flexible Participation Formats

- On their own, at their own pace
- In a group, with a facilitator guiding the activity
- One-on-one or in pairs, with help from a facilitator
- Check in to make sure they're comfortable and follow their preferences.

Support for Different Literacy Levels

- Be ready to help participants with reading, understanding questions, or writing answers.
- Speak clearly and simply, and give extra time if needed.



Accessibility Considerations

Comfortable and Equipped Environment

- Make sure there are enough chairs, tables, writing/drawing tools for all participants.
- Create a physically comfortable space to complete the survey, with attention to seating arrangements.

At-Home Option

- Some participants may arrive late or feel hesitant to complete the survey in a group setting.
- Offer a take-home version of the survey as an alternative.
- Let participants know this option is available proactively, if they appear unsure.

Emotional Safety and Trauma Awareness

- Be prepared to support any participant who becomes emotionally overwhelmed during the survey process.
- Offer a quiet space or break if needed, and check in with them.
- Remind participants that they can skip any question they do not wish to answer, and that their well-being is the top priority.



Key Messages

- **Adaptability and Sensitivity to Participant Needs** Adapt research tools to fit participants strengths, limitations, and available resources. Be sensitive to their immediate concerns, before focusing on program evaluation.
- **Seamless Integration of Research Tools with Arts-Based Programming** Ensure that participants have a positive cohesive experience - supporting mental well-being while also contributing to program evaluation.
- **Measuring Changes in Mental Wellbeing and Knowledge** Create a safe, supportive environment in every session to minimize external influence and to ensure reliable program evaluation.
- **Collaborative Program Design for Effective Outcomes** Engage participants in shaping program topics and activities to enhance relevance and effectiveness, thereby positively influencing research outcomes.





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