

Longwood University Study Abroad Program
Assessment and Evaluation of Maternal Depression Group

As a result of attending a maternal depression group program, how would you rate it on a scale of 1 to 5? This is with 1 being strongly disagreed with and 5 strongly agree with the statements presented below.

What face best captures how you feel about this program overall

Please mark an "x" over your choice



What do you like about the group the best?

What do you like least about the group?

For each of the following statements circle the number that best reflects your feeling about that statement.

This program made an important difference in my life.

1 2 3 4 5

I felt welcomed when I attended group meetings.

1 2 3 4 5

I have learned skills in this program that I will use each day.

1 2 3 4 5

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I understand the risk and protective factors of maternal depression.

1 2 3 4 5

I felt safe when raising my point of view in sessions.

1 2 3 4 5

I am more aware of coping skills to practice.

1 2 3 4 5

I felt group facilitators understood my culture and traditions.

1 2 3 4 5

The group facilitators were knowledgeable on the topic.

1 2 3 4 5

The group program was engaging.

1 2 3 4 5

I feel confident enough to explain maternal depression to others outside of the group.

1 2 3 4 5

I have a better understanding of my triggers.

1 2 3 4 5

I feel that the group was well-organized and that the facilitator(s) were effective.

1 2 3 4 5

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Please fill out the questions below to the best of your ability.

How relevant was this program to your experience with Maternal Depression?

(Place an "x" On the line below)

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Not at all Somewhat Very

Comments:

How would you rate the way group facilitators and any volunteers interacted with participants?

(Place an "x" on the line below)

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Very Poorly Well

Comments:

Please share any thoughts you have about the group:

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How did you feel about the overall dynamic of the group?

Were there any particular group activities or discussions that you found especially helpful or enjoyable?

Would you recommend this group to others? Why or why not?

Did you feel that you learned anything new from the group or from your interactions with other group members?

Is there anything else you would like to share about your experience with the group?

How do you think The Longwood Study Abroad group could Improve this program?

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Other comments or concerns?
