

## Appendix A.

### Student Health Survey

Thank you for your participation in the DPT Student Survey. This is an anonymous survey. The purpose of the study is to describe the mental health status and health behaviors of the TWU Houston DPT student population and to identify the incidence of health and behavior risks that could affect academic and clinical performance. To minimize risk of breach of confidentiality, Psych Data software is being used and your identity will not be identifiable to the investigators. To minimize loss of your time, the survey takes only 20-30 minutes to complete. Completion of the questionnaire constitutes your informed consent to act as a participant in this research.

Age: \_\_\_\_\_

Year in DPT program:    1            2            3

Gender:            M            F            Other

Race: (answer all that apply)

☐ Caucasian

☐ Asian/Pacific Islander

☐ African American/Black

☐ Hispanic/Latino

☐ American Indian

☐ other: \_\_\_\_\_

Relationship status:

☐ Single

☐ In a dating relationship

☐ Spouse/partner

Roommate status:

☐ None – live alone

☐ Roommate(s) or spouse/partner

☐ Live with parents/siblings

Role of Spirituality:

☐ very important

☐ somewhat important

☐ not really important

☐ not important at all

Exercise type and frequency:

Aerobic exercise for 20 minutes or more:

☐ none

☐ 1-2 days/week

☐ 3-4 days/week

☐ 5-7 days/week

Strengthening exercise:

☐ none

☐ 1-2 days/week

☐ 3-4 days/week

☐ 5-7 days/week

Relaxation/Meditation

☐ none

\_\_\_ 1-2 days/week

\_\_\_ 3-4 days/week

\_\_\_ 5-7 days/week

Other: \_\_\_\_\_

\_\_\_\_\_ none

\_\_\_ 1-2 days/week

\_\_\_ 3-4 days/week

\_\_\_ 5-7 days/week

Alcohol intake: \_\_\_\_ drinks per weekday; \_\_\_\_ drinks per weekend day

Average hours of sleep per night: \_\_\_\_\_ hours

Daily food choices: choose typical # servings per day (from ChooseMyPlate.gov)

Grains: Bread, cereal, rice, pasta 0 1 2 3 4 5 6 7 8 9 10

Vegetables	0	1	2	3	4	5	6	7	8	9	10
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Fruit	0	1	2	3	4	5	6	7	8	9	10
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Protein: Meat, poultry, fish, bean, eggs, nuts      0 1 2 3 4 5 6 7 8 9 10

Dairy: Milk, yogurt, cheese 0 1 2 3 4 5 6 7 8 9 10

Family history (grandparents, parents, siblings) of mental illness:

\_\_\_\_\_anxiety

depression

suicide

\_\_\_\_\_ obsessive/compulsive disorder

schizophrenia

other: \_\_\_\_\_

Personal history of mental illness:

anxiety

depression

suicide ideation

\_\_\_ obsessive/compulsive disorder

schizophrenia

other:

Affected by Hurricane Harvey:

Loss of personal items

Home affected

Financial stress

School stress

Personal stress

None of the above

Resources utilized in undergraduate program:

\_\_\_\_\_ university counseling

\_\_\_\_\_ private counseling

\_\_\_\_ psychiatrist

medications

other:

Resources utilized in graduate program:

university counseling

- ☐ private counseling
- ☐ psychiatrist
- ☐ medications
- ☐ other: \_\_\_\_\_

How important is your relationship with your faculty adviser/research adviser/faculty mentor with respect to your overall well-being while in the DPT program?

- ☐ not at all important
- ☐ somewhat important
- ☐ important
- ☐ extremely important

Would you feel comfortable reaching out to your faculty adviser/research adviser/faculty mentor if you needed assistance with physical or mental health issues?

- ☐ yes
- ☐ no
- ☐ maybe

Please list the top 3 stressors of being in the DPT program:

- 1.
- 2.
- 3.

Please list the top 3 strategies you use for stress relief while in the DPT program:

- 1.
- 2.
- 3.

Is there anything else you would add about the stressors you have encountered while in the DPT program that we did not ask about?