

## Attachment 1



### **Purpose of this study**

This study focuses on the use of MARA app originally developed for assessment in dance movement therapy by therapists Kim Dunphy and Sue Mullane. This project is a Masters' research study to investigate whether the use of MARA could be beneficial for other creative arts therapists (starting with music therapy).

Please save this document with your name on your **laptop** and send it back to [simeaschoenenberaer@hotmail.com](mailto:simeaschoenenberaer@hotmail.com) once you have completed the whole study. You will need your **iPad** to install the MARA app and do the rating on it.

You will be guided through this study by following all the steps mentioned in this document:

#### **1. Informed consent and confidentiality statement**

The first part of the documents contains the informed consent as well as the confidentiality document. Please read them carefully and sign them electronically at the end. If you do not have an electronic signature, please add your name by typing it on your keyboard.

#### **2. Download MARA app**

The second task is to download the MARA app which you will need for this study.

#### **3. Observing clients on video**

In this study you will observe and then assess two clients on video. They have been given the pseudonyms Fritz Mueller (FM) and Peter Schmitt (PS) on video. With Peter Schmitt, video sequences of several sessions were cut together, please treat them as if it was one unit. Both clients were attending the weekly music therapy sessions in the outpatients setting of the SRH Heidelberg in Germany. Fritz was working with one professional music therapist and one music therapy master student. Peter was attending sessions with two music therapists studying in the Bachelor program of the SRH.

#### **4. Questionnaire**

Please answer the questions of the final questionnaire with writing directly in this document.

In case you have any questions about the procedure or if anything is not working well, do not hesitate to contact me either by phone: +41793029160 or email: [simeaschoenenberaer@hotmail.com](mailto:simeaschoenenberaer@hotmail.com).

This study will approximately take 60 to 90 minutes. If it is possible for you, it would be wonderful if you were able to let me know by email about when you think you are able to finish the study.



### **Informed consent and confidentiality statement**

Research Agreement for the Masters' thesis of Simea Anina Schoenenberger  
between The SRH Hochschule Heidelberg and

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(Your name)

1. I was informed about the content of the following study and how much time it will take to complete it.
2. I had the opportunity for any of my questions about this study to be answered.
3. I was given enough time to decide whether I wanted to take part in this study. Furthermore, I was informed that my participation was voluntary, and that I can withdraw from this study at any time without having to mention any reasons. If I decide to withdraw from the study, there will not be any consequences for me.
4. I understand that data I contribute to this study will be recorded and saved anonymously. This data will only be used for scientific research.
5. I agree to use this video material only for the purpose of this study and not share it outside of that task.
6. Once I have completed the study, I will delete the link to this survey as well as the videos and password to access them.

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Place and date

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Signature

Many thanks for taking time and agreeing to do this study.

## Welcome to the Study

### 1. Installing MARA to your iPad

#### Step 1: Install Filemaker Go

MARA utilises *Filemaker Go*, a software platform which many developers use to base their products on. *Filemaker Go* is free for end users. Go to the Apple app store in your country and download the latest version of *Filemaker Go* (16, 17 or later versions are most suitable) onto your iPad to start. If your iPad only allows earlier versions of *Filemaker*, MARA will work, but perhaps without some of the features (for this study it would still be OK). Some iPads earlier than 10.2 versions may not enable Filemaker Go.

#### Step 2: Obtain MARA

If you have a previous version of MARA on your iPad, you will need to delete this first, as the iPad will keep opening only the old version. Download MARA with tapping on the following link: <https://files.fm/u/ek3ra6i8>



Please tap on the red 'Download Button', then choose the second option 'Download with P2P'. iPads give very little indication that a download has started. Tap the MARA download icon **only once** to avoid multiple downloads. It may take a few minutes to download.

This picture is the screen you will see during the download:



If an advertisement gets in your way, please close it by tapping on the cross in the right top corner.

Please tap on the next button that says 'Download'. Then you will need to find the place on your iPad, where MARA app has downloaded. Select the MARA file and open it in *FileMaker Go*.

### **Step 3: Opening MARA**

Your iPad will ask you which app to open MARA in. Select *Filemaker Go*. If this option is not available, check that you have installed *Filemaker Go 17* or *18*. Then open MARA within *Filemaker Go*.

To open MARA, tap on the letters KD and then use the code 0000 to open MARA.

### **Return to MARA**

Return to MARA at any time by opening *Filemaker Go* and choosing MARA from the list of files. All the changes you will make to conclude this study will be saved on your iPad and in your MARA app only.

## **2. Assessing clients**

### **Considering intended objectives of the session with Fritz**

Watch 30 seconds of Video 1 (FritzMueller) ONCE only, by opening this the video

<https://1drv.ms/u/s!ArWmubliMUbYaaJQewim31DnumHKdw?e=JUOFUu> on your computer and entering the password: @imigusi2020Melbourne

- a. What do you think the objectives of this session were? Please write your answer below.

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- b. Is there any dimension, scale or instrument in music therapy that you might use to assess such a client for this/these objective/s?

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## **3. Introducing Outcomes Framework**

Now we will introduce the *Outcomes Framework* that underpins the MARA app.

If the iPad has closed, use the iPad's password to re-open it.



If MARA has closed, re-open it by tapping on KD and using password: 0000

Tap on heading 'Framework' at top right of screen (see picture below).

PARTICIPANTS   GROUPS   SESSIONS   REPORTS   **FRAMEWORK**

This will bring you to the Framework and its six domains: Physical, Cultural, Emotional, Cognitive, Social, Integration.





Tap on each heading to have a quick look at the Sub-domains (appearing as darker sub-headings) and Objectives sitting under each sub-domain.

Please scan quickly through each of the six domains, to briefly familiarise yourself with the concepts within it, which we will use in the assessment process.

If there are elements that you can't understand easily, just scan right past them and do not worry, and we will invite you to comment on these later.

#### 4. Set up a session for assessment within MARA

Now we will prepare MARA to use to assess a client.

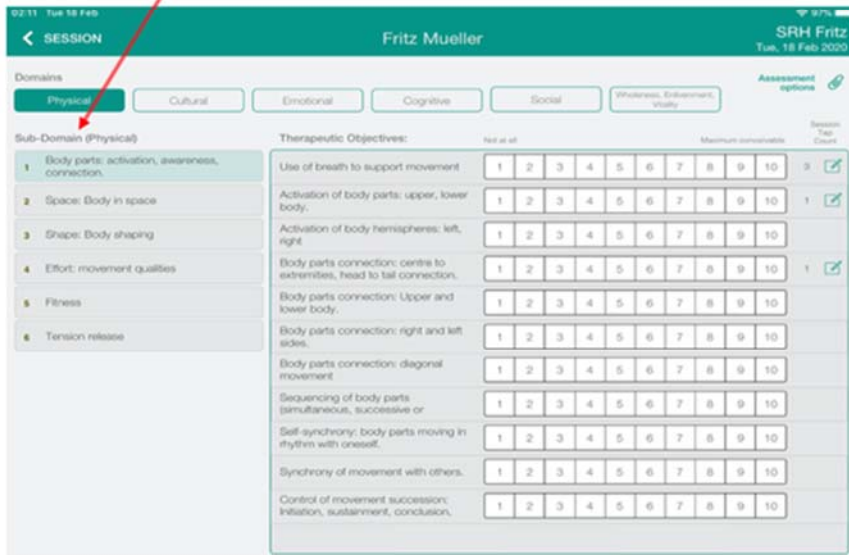
- a. Tap on the 'Groups' tab at top of the screen.
- b. Then tap on the group named 'SRH Fritz'.
- c. Then add a new session by going to 'Sessions' tab and tap  button (on right of screen) to make a session for today.
- d. Then mark Fritz' attendance by tapping the 'Attendance' button  which will then become green. 
- e. Tap the 'Assess'  button which will take you to the assessment screen.

#### 5. Assess client Fritz

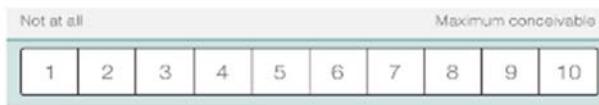
After you have read the following paragraphs, please watch Video 1 (Fritz Mueller) again. This time watch the entire video, ONCE only.

As you watch, consider these six outcome domains: Physical, Cultural, Emotional, Cognitive, Social, Integration. Think about what you are seeing and which domain/s the activities might have been intended to address. Our next task will be to assess specific objectives within each domain and its sub-domains (from the Outcomes Framework).


Reflecting on what you have seen in the video, please assess client Fritz against every objective in every sub-domain. Please make sure you tap every sub-domain (on left of screen) to bring up all the objectives for that sub-domain.




Tap on the number on the scale (where 1 is 'Not at all' and 10 is 'Most Conceivable') that best matches your feeling about the client's response overall to that objective in that session. Don't think about your answers for too long and trust your gut feeling.



(MARA does offer the option of recording different scores for the same objective over a session, but we will not do that in this study.)

If you make a mistake and wish to erase a score, touch the symbol  and this allows you to delete your most recent score by tapping the bin symbol.

 MARA does not allow you to erase other previous scores to reduce accidental data deletion. All data you entered will be automatically saved.

Then we will follow the same process for client Peter.

## 6. Considering intended objectives of the session with Peter

a. Watch 30 seconds of Video 2 ONCE only, accessible via this link:  
<https://1drv.ms/u/s!ArWmubljMUbYgaJQewjm31DnumHKdw?e=JUOFUj>  
with this password: @imigusi2020Melbourne

b. What do you think the objectives of this session were?

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c. Is there any dimension, scale or instrument in music therapy that you might use to assess such a client for this/these objective/s?

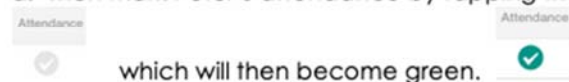
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## 7. Assess client Peter

Follow the same process as in Step 4 previously to set up a session for assessment within MARA:

- Tap on 'Groups' tab at top of screen.
- Then tap on group named 'SRH Peter'.
- Then add a new session by going to 'Sessions' tab and tap  button to make a session for today.
- Then mark Peter's attendance by tapping the 'Attendance' button



which will then become green.



- Tap the 'Assess'  button which will take you to the assessment screen.

Watch Video 2 (PeterSchmitt) again. This time watch the entire video, ONCE only.

As you watch, consider these six outcome domains: Physical, Cultural, Emotional, Cognitive, Social, Integration. Think about what you are seeing and which domain/s the activities might have been intended to address. Our next task will be to assess specific objectives within each domain and its sub-domains (from the Outcomes Framework).

Reflecting on what you have seen in the video, please assess client Peter against every objective in every sub-domain. Please make sure you tap every

sub-domain (on left of screen) to bring up all the objectives for that sub-domain.


Tap on the number on the scale (where 1 is 'Not at all' and 10 is 'Most Conceivable') that best matches your feeling about the client's response overall to that objective in that session. Don't think about your answers for too long and trust your gut feeling.

If there are any objectives that you feel you cannot assess, either because you do not understand them or you did not see any client response to enable you to assess them, please just leave them blank.


### **Exporting data to send it to me**

Once you have completed these tasks, I request that you export this data and send it to me.

Tap on arrow Session in top left corner of MARA to return to the main screen. Then tap on 'Participants' button to find both of your participants and data associated with them.

Click on Fritz Mueller's name which will take you to his client's information page. Click on 'Numerical data' option. Tap the Excel symbol  on numerical data page which will bring up an email screen with the data file attached. Please send this to: [simeaschoenenberger@hotmail.com](mailto:simeaschoenenberger@hotmail.com).

Please write in the email header your name followed by the clients' name and the date you assessed the client, for example: SimeaFritz20200219. To

send off the email, please press the white arrow on the blue circle , that you will find on the right upper side of your screen.

If this doesn't work, it may be because you don't have yet email set up on your iPad.

Use arrow on top left of screen  to return to Participants page. Then please repeat this process for Peter Schmitt.

## **7. Final questionnaire**

### **Questions about the MARA app and Outcomes Framework**

This last section of the study invites you to comment on your experience using MARA app and the underpinning *Outcomes Framework*.

Please answer all these questions carefully by writing your answers directly below the questions. Please just click in the box that feels appropriate to you and leave an "x" or you highlight the box with any colour (clicking in the box



you want to highlight with your cursor and choosing the colour you would like after clicking on this symbol ).

For this section, please open MARA again and go to the 'Outcomes Framework' page so you can see the 'Framework'.



a) For the items <b>(objectives)</b> you found difficult to score, can you offer any feedback about why?	
b) <b>About the domains:</b> Did the choice of domain titles (Physical, Cultural, Emotional, Cognitive, Social, Integration) make sense to you?	
yes	no
Comments:	
c) <b>About the sub-domains:</b> Do you think the sub-domain items were appropriate for the domains?	
yes	no
Comments:	
d) <b>About the items (objectives):</b> Are there any objectives that you felt might belong better to a different sub-domain or domain? If so, please name the domain and the objectives.	
e) Are there any domains that do not seem relevant or important to you as a music therapist? Which ones are they?	

f) Are there any objectives that did not seem relevant or important to you as a music therapist? Which ones are they?



**Questions about the app technology**

g) How easy was the use of the MARA app for you? (1 is 'not easy at all' to 10 is 'very easy')

1	2	3	4	5	6	7	8	9	10
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h) How would you score MARA app for its appearance? (1 is 'not appealing at all' to 10 is 'very appealing')

1	2	3	4	5	6	7	8	9	10
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i) Was there anything missing from MARA that you would think would be useful? If yes, what was missing?

j) How much time do you spend on assessment and its documentation in your music therapy work?

k) Could you imagine using the MARA app as an assessment tool for your music therapy practice (there are more functions such as transliterating voice recordings, adding pictures, drawings and videos)?

yes					no				
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l) How would you rate MARA's potential as a research tool for music therapy? (1 is 'has no potential at all' to 10 is 'has very high potential')

1	2	3	4	5	6	7	8	9	10
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m) What assessment tools do you usually use in your clinical practice?

n) Is there any digital assessment tool similar to MARA that you know of in your therapeutic modality? Please name it.	
o) Can you think of any population/s or contexts in which the MARA app could be used?	
p) Do you think the work with this app could be beneficial?	
yes	no

**Questions about yourself**

a) Your gender identification?									
female			male			other, which?			
b) What age are you?									
c) What is/ are your nationality/ nationalities?									
d) What kind of training did you have (eg music therapy master, Nordoff Robbins)?									
e) How many years of working experience as a creative arts therapist (CAT) in this case music therapist do you have?									
f) What fields have you worked in?/ What kind of clients have you worked with?									
g) What assessment tools/ measurements have you used before?									
h) How familiar would you say you are with the use of technology and the iPad? (1 is 'no experience in the use of an iPad' to 10 is 'lots of expertise in the use of an iPad')									
1	2	3	4	5	6	7	8	9	10

**Feedback on single items (objectives) of the 'Outcomes Framework'**

Last but not least we would like you to provide feedback on every single item. Please make sure to tick one of the numbers and feel free to voluntarily add suggestions in the space afterwards.



<b>Domain 1: Physical</b>										
<b>1.1 Body parts: activation, awareness, connection.</b>										
<b>1.1.1 Use of breath to support movement</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.1.2 Activation of body parts: upper, lower body</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.1.3 Activation of body hemispheres: left, right</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.1.4 Body parts connection: centre to extremities, head to tail connections</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.1.5 Body parts connection: upper and lower body</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.1.6 Body halves connection: right and left sides</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										



<b>1.1.7 Body parts connection: diagonal movement</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>1.1.8 Sequencing of body parts in movement</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>1.1.9 Self-synchrony: body parts moving in rhythm with oneself</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>1.1.10 Synchrony of movement with others</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>1.1.11 Control of movement succession</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>1.2 Space: Body in space</b>									
<b>1.2.1 Kinaesphere: access to near-, mid- and far- reach space</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>1.2.2 Movement planes: access to vertical, horizontal, sagittal planes</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10

Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.2.3 Spatial intention: mover identifies and uses directions or points in space</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.2.4 Levels in space: access to low, medium, high levels</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.2.5 Managing body boundaries in space</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.3 Shape: Body shaping</b>										
<b>1.3.1 Shape Flow: access to Shape Flow, relationship of the body to itself</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.3.2 Directional: access to Directional Shaping</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.3.3 Shape qualities: access to Shape qualities, opening and closing</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.3.4 Carving: access to Space Carving. Body is actively and three-dimensionally interacting with the volume of the environment.</b>										

How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.4 Effort: Movement qualities</b>										
<b>1.4.1 Weight: access to Active (light - strong) and Passive (limp - heavy) Weight Efforts</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.4.2 Space: access to Direct - Indirect Space Efforts</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.4.3 Time: access to Sudden-Sustained Time Efforts</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.4.4 Flow: Access to Bound-Free Flow Efforts</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.4.5 Effort combinations: access to combinations of Effort elements</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.4.6 Effort phrasing: access to Effort phrasing</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										

<b>1.5 Fitness</b>										
<b>1.5.1 Stamina</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.5.2 Strength</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.5.3 Flexibility</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.5.4 Balance</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.6 Tension release</b>										
<b>1.6.1 Release of physical tension</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>1.6.2 Body ease: Sense of ease in the body apparent</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>Domain 2. Space: Body in space</b>										
<b>2.1 Creativity and aesthetic sense</b>										
<b>2.1.1 Creativity expressed</b>										



How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>2.1.2 Experience of aesthetic enrichment</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>2.1.3 Aesthetic decision-making</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>2.2 Cultural appreciation and belonging</b>									
<b>2.2.1 Appreciation of diversity and difference of cultural expression</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>2.2.2 Sense of belonging to a shared cultural heritage experienced</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>Domain 3. Shape: Body shaping</b>									
<b>3.1 Emotional expression</b>									
<b>3.1.1 Identification of own feeling or emotional states</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>3.1.2 Expression of own feeling or emotional states</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									

1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>3.1.3 Experience of fun, pleasure, enjoyment</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>3.1.4 Access to playfulness</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>3.1.5 Access to full range and intensity of affects</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>3.1.6 Sense of positive body image</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>3.1.7 Sense of confidence in self</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>3.2 Emotional regulation</b>									
<b>3.2.1 Expression of feelings and emotions appropriate to current situation</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>3.2.2 Capacity to cope with challenges and difficulties</b>									

How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>3.2.3 Release of psychological tension</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>Domain 4. Effort: movement qualities</b>									
<b>4.1 Attention and Initiative</b>									
<b>4.1.1 Attention to activity</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>4.1.2 Energy attuned appropriately to activity</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>4.1.3 Indication of preferences and choice-making</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>4.1.4 Independent initiation of an action or activity</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>4.1.5 Leading, taking ownership of an activity</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									

<b>4.2 Memory</b>										
<b>4.2.1 Sense of enthusiastic anticipation evident</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>4.2.2 Recall of movement sequences</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>4.2.3 Recall of themes or activities from previous session/s</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>4.2.4 Meaningful evocation and exploration of life memories</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>4.3 Executive function</b>										
<b>4.3.1 Reflective capacity</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>4.3.2 Capacity for organizing thinking, making connections, identifying patterns</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>4.3.3 Theory of mind</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										



1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>4.3.4 Bodyful sense of a positive future</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>Domain 5: Social</b>									
<b>5.1. Connection with others</b>									
<b>5.1.1 Capacity to identify feelings or emotional states of others</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>5.1.2 Socially acceptable or appropriate response to emotions of others</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>5.1.3 Comfort in proximity to others</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>5.1.4 Appropriate use of personal space in relation to others, including body boundaries</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>5.1.5 Emotional connections with others</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									

<b>5.1.6 Appropriate eye contact, focus or gaze</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>5.1.7 Appropriate response to offer of social connection</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>5.1.8 Appropriate use and reception of touch</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>5.1.9 Appropriate initiation, sustainment, release of social connection</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>5.1.10 Appropriate physical contact or connection with others</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>5.1.11 Appropriate give and take in relationship, turn-taking</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?									
<b>5.1.12 Sense of belonging, connection and contribution</b>									
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')									
1	2	3	4	5	6	7	8	9	10

Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>5.2 Communication</b>										
<b>5.2.1 Expressive vocal or verbal communication</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>5.2.2 Appropriate vocal or verbal communication</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>5.2.3 Capacity to reflect on experiences and make reflections known</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>Domain 6: Integration</b>										
<b>6.1 Integration</b>										
<b>6.1.1 Bodyful sense of a positive future</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>6.1.2 Experience of sense of meaning, numinous or spiritual connection or transcendence</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										
<b>6.1.3 Integration of past, present and future embodied self</b>										
How difficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very difficult')										
1	2	3	4	5	6	7	8	9	10	
Is there anything that might be changed in the wording of this objective, so that it would be clearer or more comprehensible for you?										