

BAMBOO Q T 1: VOORMETING ENGELS

Information letter questionnaires mental well-being and resilience

Goals

- The purpose of these questionnaires is to measure how you currently feel and what your level of resilience is.
- The data is used for scientific research.

Method and procedure

- We ask you to complete 3 questionnaires with a total of 21 questions

Participation and data collection

- Completing the questionnaires is voluntary, you may withdraw at any time.
- There are no negative consequences for you from this research.
- Your data will be stored and displayed under a pseudonym during the processing and reporting of the data.
- All data is stored on a secure GZA server for a period of ten years.
- You have the right to access your own data and these can be changed and deleted at your request.

Other

- This study has been approved by the Tilburg University Ethical Review Committee.
- This permission applies for the duration of the BAMBOO program.
- You can receive the data of the questionnaires after the training, please send an email to **bamboo@gzasielzoekers.nl**.

Best regards,

GZA Team BAMBOO

Informed consent

- I hereby give permission that the information from the questionnaires may be used for research into resilience among asylum seekers. Your data will be stored and processed under a pseudonym.
- I confirm that I have been able to ask the BAMBOO trainer questions about this questionnaire.
- I confirm that I have read all the information.

Date: _____

Signature: _____

General info

Please fill in the details below.

COA number:	
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Gender ☐ Male ☐ Female

Age: _____ years

Land van origin:

☐ Syria

☐ Nigeria

☐ Iran

☐ Turkey

☐ Iraq

☐ Other, namely:

☐ Eritrea

Education:

How many years have you been in education?

☐ 0–6 years

☐ Islam

☐ 7–10 years

☐ Christian

☐ 11–15 years

☐ None

☐ 16 – 20 years

☐ Other, namely:

Status

Do you have a residence permit?

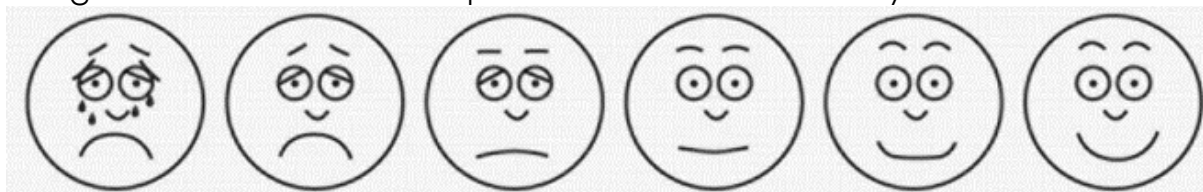
☐ Yes

☐ No

BAMBOO Questionnaire

Questionnaire 1

1. Please indicate below how happy you have felt during the past month by circling the number next to the picture that best describes your mood:



1
Very
unhappy

2
Unhappy

3
A bit unhappy

4
Neutral

5
Happy

6
Very
happy

Questionnaire 2

This questionnaire consists of a number of words that describe different feelings and emotions. Indicate for each word to what extent you feel this way in the last month by putting a cross in the box.

		Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
		(1)	(2)	(3)	(4)	(5)
2	Determined	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Attentive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Alert	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Interested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Afraid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	Upset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	Ashamed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	Hostile	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Questionnaire 3

Please indicate how much you agree with the following statements as they apply to you over the last month. If a particular situation has not occurred recently, answer according to how you think you would have felt.

		Not true at all (0)	Rarely true (1)	Somesti mes true (2)	Often true (3)	True nearly all the time (4)
12	I am able to adapt when changes occur.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	I can deal with whatever comes my way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	I try to see the humorous side of things when I am faced with problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	Having to cope with stress can make me stronger.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	I tend to bounce back after illness, injury, or other hardships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	I believe I can achieve my goals, even if there are obstacles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	Under pressure, I stay focused and think clearly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	I am not easily discouraged by failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	I think of myself as a strong person when dealing with life's challenges and difficulties.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	I am able to handle unpleasant or painful feelings like sadness, fear, and anger.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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