

# Beyond the Body

Understanding support, wellbeing and connection. When we're dealing with a physical health problem, the experience doesn't always stop with the body.

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## Before you start

- This is not an assessment of your treatment or care, and there are no right or wrong answers. We're interested in your experience.
- Your answers are anonymous. We don't ask for your name or contact details anywhere in the survey.
- If you tell us you'd like to talk further, we ask for your contact details on a separate form afterwards, so they're never stored alongside your answers.
- Your answers are read by a small team and used only to understand what good support looks like. They are not shared with your practitioner, and they are not linked to your care.
- Nothing is sent until you press send on the last step, and you can stop at any point.

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## If you need support right now

Some of these questions ask about difficult periods. This is a research survey, not a support service — if you're struggling right now, these people are better placed to help, at any time of day.

### **Samaritans — 116 123**

Free, 24 hours a day, from any phone in the UK and Ireland.

### **Shout — text SHOUT to 85258**

Free, confidential support by text message, 24/7.

### **NHS 111**

For urgent medical help or advice when it isn't an emergency.

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This paper version covers the same questions as the online one at [communi.team/research/beyond-the-body](https://communi.team/research/beyond-the-body). Please write in the boxes and lines provided.

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## About your experience

Three quick questions to start.

### **1. How long have you been dealing with the physical health issue you're currently experiencing?**

- ☐ Less than a month
- ☐ 1–3 months
- ☐ 3–12 months
- ☐ 1–3 years
- ☐ More than 3 years
- ☐ Prefer not to say

### **2. How much does it currently affect your everyday life?**

*Not at all*

*A great deal*

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

### **3. Has your physical health affected any of the following areas of your life?**

Select any that apply.

- ☐ Sleep
- ☐ Energy

- ☐ Mood
  - ☐ Stress or worry
  - ☐ Confidence
  - ☐ Motivation
  - ☐ Work
  - ☐ Activities or hobbies
  - ☐ Relationships
  - ☐ Social life
  - ☐ Sense of independence
  - ☐ Feeling connected to other people
  - ☐ Something else:
- 
- ☐ None of these

## The support around you

### 4. When you're finding things difficult, where do you currently find support?

Select any that apply.

- ☐ Partner
  - ☐ Family
  - ☐ Friends
  - ☐ Healthcare professional
  - ☐ Therapist or counsellor
  - ☐ Chiropractor, physiotherapist or another physical practitioner
  - ☐ Colleagues
  - ☐ Sports or fitness community
  - ☐ Faith or spiritual community
  - ☐ Local or community group
  - ☐ Online community or social media
  - ☐ Apps or online resources
  - ☐ Personal practices such as exercise, meditation or journaling
  - ☐ I mostly deal with things myself
  - ☐ Somewhere else:
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### 5. Overall, how supported do you currently feel?

*I mostly feel I'm dealing with things alone*

*I feel very well supported*

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

## Is anything missing?

### 6. Is there any kind of support you feel you could use more of at the moment?

Select any that apply.

- ☐ Someone to talk to
- ☐ Emotional support
- ☐ Encouragement or motivation
- ☐ Help maintaining healthy routines

- ☐ Help understanding what I'm experiencing
  - ☐ Connection with people going through something similar
  - ☐ More connection with friends or family
  - ☐ Opportunities to get out, participate or be around other people
  - ☐ Practical help
  - ☐ Professional support
  - ☐ Time or space for myself
  - ☐ I'm not sure what would help
  - ☐ I feel sufficiently supported at the moment
  - ☐ Something else:
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**7. When you're going through a difficult period, how important is feeling connected to other people to your wellbeing?**

*Not important to me*

*Extremely important to me*

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

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**In your own words**

These three are where we learn the most, and all of them are optional. A sentence or two is plenty — there's no particular kind of answer we're looking for.

**8. Is there anything about the wider impact of your physical health that you wish other people understood better?**

*Optional*

This could be something that is difficult to explain, easily overlooked, or simply important to you.

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**9. When you're struggling, what actually helps you feel better supported?**

*Optional*

It could be a person, activity, place, practice, community or something else entirely.

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**10. Have you ever looked for more support or connection — and if so, where did you look, and how did it go?**

*Optional*

Including anything that didn't work out. If you haven't looked, that's just as useful: tell us where you'd start, or that you wouldn't know where to.

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## One final question

We're also hoping to speak with a small number of people to understand these experiences in more depth. This would be an informal conversation of around 20–30 minutes. It isn't an assessment or treatment session — we're simply interested in hearing more about your experience.

### 11. Would you be interested in taking part?

If you say yes, we'll ask for your contact details on the next screen — they're sent separately from your answers, so your name is never stored alongside what you've told us about your health.

- ☐ Yes, I'd be happy to hear more
- ☐ Maybe — I'd like some more information
- ☐ No, thank you

### 12. I understand my answers describe my health and wellbeing, and I'm happy for Communi.Team to use them for this research.

You can withdraw at any time by writing to [hello@communi.team](mailto:hello@communi.team). Because the survey is anonymous, please tell us roughly when you answered so we can find and delete your response.

- ☐ I understand my answers describe my health and wellbeing, and I'm happy for Communi.Team to use them for this research.

SEPARATE THIS PAGE BEFORE RETURNING

# Leaving your details

Fill this in only if you'd like to hear more about a conversation. There's no obligation — we'll explain what's involved and you can decide then.

*Please detach this page and return it separately from your answers, so your contact details are never held alongside what you told us.*

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## 1. Your name

*Optional*

Or whatever you'd like us to call you.

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## 2. Your email

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## 3. Your phone number

*Optional*

Only if you'd rather we called than emailed.

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## 4. Anything that would help us get in touch at a good time?

*Optional*