

*Christina Campos*  
*Graduate Thesis Proposal Questionnaire*

Dear Participant,

Thank you for offering your time to participate in this study for my graduate thesis project. Please note that any and all questions are strictly **optional**, and you are **not required** to respond, should you feel that the information is too personal. I understand that the subject of mental health could be a very personal and intimate topic, and would not like to pressure anyone, in any way to respond.

As you review the questionnaire, please note that there are various sections, starting with a generalized screener section, followed by short answer sections. The short answer section is broken down in various categories, and I am aware that not all sections will apply to everyone. Please answer as many as you can or feel applicable to yourself. Please note that the questions are generally geared to apply to views subject but not limited to professional, personal and by association. In effort to remain anonymous in many areas, I have chosen to keep the questions generally, so you do not have to make implications that the information provided are about yourself.

The subject of my thesis proposal is the creation of a platform that would act supplementary and/or as a substitute to traditional talk therapy treatments that are offered by most therapists. The goal is to reach patients in a more convenient fashion and allow for more modes of treatment to be offered at the appointments.

Please feel free to type your responses or schedule a phone call with me to discuss these topics. Below you can find my contact information to better get in touch with me at which ever you are most comfortable:

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Thank you for your time and participation,  
Christina Campos



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**General Screener and Background Questions:**

**1. Have you or someone you know received treatment for mental health by a health care provider?**

- Yes  
 No  
 I choose not to answer

**2. Are you aware of general mental health care practices available to patients?**

- Yes  
 No

**3. Do you attend (as either a patient or a healthcare provider) in person or virtual appointments? If you do not currently attend, hypothetically which would you attend?**

- In Person  
 Virtual/Remote  
 I choose not to answer

**4. If you do see a health care provider for treatment, how convenient is it to attend appointment (both in person or virtual/remote)? (Please select one)**

- Very Convenient  
 Okay  
 Somewhat  
 Little Inconvenient  
 Very Inconvenient  
 N/A

**5. If you do (or were to) receive treatment for mental health, what type of treatment do you think would be most effective for you? (Select all that apply, this question does not insinuate that you receive any of these treatments it is purely for person opinion)**

- Talk Therapy  
 Music Therapy  
 Art Therapy  
 Exercise  
 Journaling  
 Other (Please Specify) \_\_\_\_\_

**6. How effective are the treatments (as selected above) in aiding you in your mental health relief?**

- Very Effective  
 Moderate  
 Somewhat Effective  
 Could be Better  
 Not effective at all  
 I choose not to answer

## General Short Answer Questions:

Please answer ALL THAT APPLY, thank you.

You are not required to answer any or all of these questions, should a question feel too personal, please reply N/A

1. What background and/or knowledge of mental health are you speaking from? (i.e. Personal, Professional, By Association, etc.) Should you care to elaborate in detail your connection to mental health feel free to explain.

**Personal.** I have been in and out of therapy since I was a teenager. Until recently, most of my experience was with talk therapy - though most of my therapists varied in styles. Recently my therapist, who specialized in cognitive therapy, introduced journaling and mediation to our regimen.

I began to receive mental health care (seeing a psychiatrist) at the age of 17. I was unable to leave the house the summer before my freshman year and so I had to see a doctor in order to return to school for my senior year. She immediately prescribed Zoloft to counter all irrational thoughts and intrusive worries. It began working in 3 weeks and then I was able to discuss methods to help me cope with the feelings that come with anxiety and depression. I am 43 and I had the same therapist until about age 30 and then I found a new therapist who I see at least once a month.

I have both personal and professional knowledge in mental health. I have anxiety and have had periods of depression which I sought out talk therapy. I have a master's degree in social work and interned and worked in the mental health field for 4 years before having Logan and staying home with the kids.

I have depression and anxiety and have some PTSD from previous trauma. I have struggled with depression for the past 14 years. Over the years, I have tried various methods of therapy to try to cope with these issues.

I have a connection to mental health both personally and professionally. Personally, I have been attending therapy for approximately 5 years. My first therapist I attended in person for 3 years, and currently I am participating in telehealth (doxy.me). I have never met my new therapist in person but I feel a connection with her. Professionally I recently graduated with my MA in Counseling with a specialization in Art Therapy. My first internship was at group home (child residential) where 10 youth aged 6-12 lived there approx. 6-9 months. They were diagnosed with ADHD, ASD, ODD. My second internship was with Princeton House, an outpatient facility for women. It was all virtual groups while I was there. I will be starting as an outpatient therapist at Livengrin starting August in the substance abuse population.

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**2. How convenient are your current mental health treatment practices (both either professional or personal)? Is there anything that you would change about the process?**

**My therapist has worked with me to ensure it's convenient and not just another 'to do'.**

**It is pretty convenient. I can text my doctor when I want to schedule an appointment and when I need medications refilled. She is in Short Hills so my drive time there is not bad either. I considered distance when I was looking for a new doctor. I would never be interested in a longer drive or with a doctor who I can't schedule with easily. If I felt like the doctor was overbooked I would have never continued with her.**

**I have recently changed my health insurance because I changed my job. This requires me to find a new therapist. However, I have been so busy that it is difficult to find time to research someone and find someone that fits into my schedule. I have put off finding someone because my schedule is so busy. I do not find that virtual appointments help much because I am tired to having back-to-back zoom meetings all day. It is all overwhelming so I have started journaling which has helped me cope.**

**My personal therapy is very convenient, there is no time to travel to the office! My first internship was in person (even during COVID) and it was necessary for the population, but it became inconvenient when there were possible COVID + cases. My last internship was all virtual and it was very convenient with no travel time as well, and the women could live in different areas rather than just near Princeton.**

**3. What do you like or dislike about the treatment practices?**

**I like talking through my stuff - so talk therapy works well for me. I like the practice of meditation but working on finding the balance of quieting my mind and being present during the practice. Journaling becomes another 'to do' based on my perfectionist approach to 'work'. What I like about the journaling is that it allows me to process feelings and thoughts without a filter or judgement.**

**I wish mental health care was free. I personally am in a situation where I can afford to budget a doctor into my bills but I would have more savings if my insurance paid more of the bill (I'm lucky that she's in my plan), and of course if she was free. EX: If a person can't leave their house (paralyzed by fear) then they can't work and so how will they pay a doctor bill?**

**I think its difficult to find time for a therapist when my schedule is so busy. Some weeks I barely have time to eat consistently so trying to fit another person into my schedule is very difficult. I wish there was an easier way to go about this. Regarding journaling, I have found that it helps me get my thoughts out. On the other hand, there is no active discussion or talking my way around something which I have found is beneficial to me.**

**Personal Therapy- I enjoy the ease of telehealth, doing it from my home. Downsides include needing a noise machine so my fiancé doesn't hear what I'm talking about, and then sometimes the wifi isn't strong so the video may lag behind the voice. For the child group home, I enjoyed**

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being in person because you could relate with the children and they needed more hands-on, creative aspects in their therapy. Princeton house I also enjoyed the ease of logging on minutes before group, but missed out on connecting in person with the clients.

**4. If an appointment is difficult to attend, what would/do you do regarding the situation? (i.e. reschedule, skip, etc.)**

Most times I make it a priority but have skipped in urgent situations.

I always call in advance when I know I won't attend and I usually call the next day to reschedule.

I am not currently involved in therapy, however, as busy and chaotic as my life can be at times, I would make certain to prioritize my mental health by scheduling an hour of time for myself to work through whatever is troubling me.

I usually cancel/skip the appointment and try again next week.

If my personal therapy is too difficult to attend I can either email or leave a voicemail to reschedule. My therapist has been very accommodating! For Princeton House the women are supposed to contact their therapist and call out for the day and attend later that week.

**5. What types of mental health outlets/resources do you utilize (either personally or professionally)? How effective are these outlets? Are there any that you wish you had access to?**

I would love to try other types of therapies but I'm not willing to pay. I'm so grateful that medication and therapy allow me to function in society that I'm just sticking with that. Things have/had gotten so bad at times that I'm just thankful that I'm able to work. Listening to music recreationally is extremely helpful to me.

Right now I exercise, listen to music, and sometimes will do a type of bullet journaling if I feel very anxious and overwhelmed. I feel these techniques are effective for me. I would be open to other outlets, maybe music.

I try to use breathing exercises when I feel my anxiety rising. Sometimes they help. I also try to listen to music to calm me down or help me focus on something else. I've had mixed success with these methods.

For both personal and professional it involves a lot (mainly) of talk therapy (either Cognitive Behavioral Therapy- CBT, or Dialectical Behavior Therapy- DBT). I have not utilized art therapy in my personal therapy sessions, possibly due to my therapist not being an art therapist (or me not asking). In both my internships and my future job I will provide art therapy at least once a day! The children really respond to art therapy and most of the adults warm up to it (or I get creative and change it to journaling, response art). While doing telehealth in my internship art therapy became difficult because clients did not have access to a multitude of art supplies, it was mainly just pen, colored pencils, crayons, and some individuals did have paint or craft materials. I wish

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**we would be in person and I would include more collage, clay making, moving around, and having the clients work together on art pieces.**

**Art Therapy**  
**Short Answer Questions:**

Please answer ALL THAT APPLY, thank you.

You are not required to answer any or all of these questions, should a question feel too personal, [please reply N/A](#)

**1. What is your experience with this particular type of treatment?**

I know that there are adult coloring books for “stress”. It can be relaxing to color. I only am interested in this when I feel okay. When I’m down and out I do nothing to help myself really. I know nothing about Art Therapy.

Love it!! I have not created any art therapy in my personal therapy sessions, but rather sometimes at home when I need an outlet I would use a coloring book (right now my art supplies are packed away because I’m living in an apartment with no space for my paints ☹). Professionally, I have done art therapy in all of my internships, with children, adults, and with different diagnoses.

**2. What do you find most and least effective of this treatment?**

Most effective would be- soothing, calming after a long day of talk therapy. They are still able to express themselves but they can choose to focus on their work if they need the time to themselves. There are different materials available (when in person mostly) that can help express different emotions and choosing certain directives or assessments allows the therapist to see what may be going on unconsciously. Least effective would be when someone is uninterested in art making, but that is when art therapists become creative and change it to include drama, music, simple coloring books, collage (we use nontraditional art supplies to ‘trick’ the client into being creative). I have not seen many downsides to art therapy because there are so many different materials and ideas to choose from. One thing to think about though is if someone had a trauma and a certain material could evoke those emotions.

**3. If this treatment was offered remotely would you utilize this treatment?**

I think that if it was more accessible I would be more inclined to utilize it.

Yes! Most clients at Princeton House enjoy art therapy even though we are remote. They usually have the basic materials of paper, pens, colored pencils, and crayons so they can complete the directive I have for them.

**4. Do you have any assumptions or bias of this treatment process?**

A bias towards this treatment process could be my love of art. I have an undergraduate degree in art and psychology and I have always loved any type of art making.

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I have heard good things about art therapy, however, I think it is a lesser known treatment which could be a problem because then you cannot help as many people.

5. Do you have any experience offering or participating in this treatment remotely/virtually? If so, what could you share about the experience. If not, what do you think or expect it to be like?

At Princeton House I would have the 3<sup>rd</sup> group of the day participate in art therapy. When I noticed they clients were quiet, or maybe focused on a difficult topic earlier in the day I would have them do open studio. This is easier to do remote because the client could decide what materials they wanted to use and what they needed in that moment. During open studio I usually see clients use coloring books, make bracelets, listen to music while doodling. Other times I give a specific directive (draw your life as a roller coaster, spirit animal, wise mind), and the client uses whatever material they have available.

6. Are there any other details, experiences, opinions or stories that you would like to share about this process?

I have not found a population yet that does not benefit from art therapy. Even if there is an individual who is resistant to the idea, we start small with familiar materials or a small directive and work up from there. All clients I have worked with have had positive feedback when asked about art therapy.



**Music Therapy**  
**Short Answer Questions:**

Please answer ALL THAT APPLY, thank you.

You are not required to answer any or all of these questions, should a question feel too personal, please reply N/A

**1. What is your experience with this particular type of treatment?**

I've been listening to music at various points to address anxiety and refocus.

I have had little experience with music therapy. In undergrad I volunteered for a day at a camp for bereaved children and I participated in a drum circle. The only other time I include music into art therapy is when clients can pick music to listen to while creating, or if there is a directive to paint/draw the different types of music.

**2. What do you find most and least effective of this treatment?**

Varied types of music help with flexibility where needed - also gives me a 'drumbeat' to come back to when feeling anxious (mostly related to work).

I find it is a good addition to art therapy when a client does not want silence.

Like art therapy, I think the best thing is that music speaks to a lot of people and it could be a creative way for the person to express their feelings and work through the problem.

**3. If this treatment was offered remotely would you utilize this treatment?**

Maybe

Yes, and I think too if it was more known it would be more utilized too. Talk therapy is always king when it comes to treatment and these specialized treatments can be just as effective if people had access or knowledge to seek it out.

I would want to use music therapy because I love instruments and the different genres create different emotions for me.

**4. Do you have any assumptions or bias of this treatment process?**

Maybe a bias because I am unfamiliar with a lot of instruments and music therapy specifically

**5. Do you have any experience offering or participating in this treatment remotely/virtually? If so, what could you share about the experience. If not, what do you think or expect it to be like?**

I manage this independently while working from home (although I used to also use this at some level while I was working in the office).

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**I have not but I think it may be difficult if there were to be feedback between clients/therapist.**

**6. Are there any other details, experiences, opinions or stories that you would like to share about this process?**

**It's an interesting process to find the right type of music to support my needs at various points. Although I haven't played an instrument in years, I would suspect this could also be interesting.**

## Talk Therapy Short Answer Questions:

Please answer ALL THAT APPLY, thank you.

You are not required to answer any or all of these questions, should a question feel too personal, [please reply N/A](#)

**1. What is your experience with this particular type of treatment?**

Talking though my 'stuff' has been the most effective method for me to date. My therapists over the years have had different styles including a series of questions, (s)he not speaking at all and sending me notes after, and just free form discussion.

This is the majority of my therapy. The doctor knows more about me than I know about myself and I'm glad – that means she's good at her job. She knows how I'm going to react to what she says and although she appears calm, unopinionated, and stoic she is already planning what she is going to say to challenge my negative and unhelpful thoughts or help me to see things in a logical manner. My doctor knows everything about me and my master statuses. She knows the situations I surround myself in, what is going on in my work and personal life, and my feelings /views towards mostly everything. She doesn't pry – I just know that if I'm going to get anything helpful out of the treatment I must give the doctor the big picture.

I have had two different periods of time where I went to weekly sessions.

I think the usefulness of talk therapy depends a lot on the therapist I am talking to. I tend to be a very closed off person and I don't like to talk about myself. I need to feel completely safe and comfortable to tell a stranger personal things about me. I have not always felt comfortable which means I have to keep changing my therapist.

I am currently participating in my own talk therapy every 2 weeks. All of my internships have included aspects of talk therapy as well.

**2. What do you find most and least effective of this treatment?**

This is most effective for me because it allows me to process and (not always) solution in that moment. But having the option to get feedback/input if requested.

I find the whole 45 minutes effective. There is no small talk.

Most effective about this treatment is that it provides you specific time to work through what is going on in your life. Least effective is the negative attitudes people hold in our society towards talk therapy, thinking it is for the weak minded or that they do not need it (when in reality everyone would benefit from talk therapy).

For me, personally, I find it very useful to talk out loud about something in order to process it. So I find it very helpful to have a safe space to just talk. However, my willingness to keep talking depends on how open my therapist is and whether I feel judged in any way.

Most effective is everyone is familiar that therapy includes talking, it can be more comfortable (less resistant sometimes) to talking. Least effective is when a sensitive topic comes up for a

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client that can shy away from talking about it. Talk therapy also takes a lot of work (for both the client and the therapist).

**3. If this treatment was offered remotely would you utilize this treatment?**

**This is how I currently participate.**

Probably not. Because of work, I am constantly on zoom. At the end of the day, the last thing I want to do is get on another virtual call, regardless of the reason. Although I do find it more convenient to fit a virtual session into my schedule as opposed to an in-person appointment.

This has been virtual since March 2020. It's easier.

Yes, I think the more accessible the better.

Yes! I currently participate in telehealth for my own needs and my internship was virtual and we engaged in talk therapy.

**4. Do you have any assumptions or bias of this treatment process?**

**Maybe just that it's a preference for me.**

If I was talking and not getting specific feedback I'd feel like just another customer but I don't. I do feel that there are probably doctors who listen and nod. That wouldn't work for me. I also would never go to someone who couldn't prescribe meds.

I assume everyone needs it but it is not normalized enough in our society to make a larger impact.

Not really.

I don't think any bias for or against talk therapy.

**5. Do you have any experience offering or participating in this treatment remotely/virtually? If so, what could you share about the experience. If not, what do you think or expect it to be like?**

**We use Zoom and I always try to find a comfortable, private place to take our call so I can speak freely and take advantage of the experience.**

I thought that meeting virtually would ease my social anxiety but it is the same. Someone is still looking at me – it's just not from across the room.

I think the breakthrough (realizing what the core issue is) in both positions- the giving and receiving of therapy, is the most prolific part of the experience. I feel that majority of the time there is some underlying reason why we feel anxiety or depression and finding that root is life changing.

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I conducted virtual talk therapy during my internship with adults and there were no complaints other than individuals not always showing up on time or at all to sessions. It was very similar to in-person talk therapy except there were “distractions” in the background including other people, pets, eating, walking around the house. We would also have to make sure they were in a confidential space. Personally, I engage in virtual talk therapy and it goes well! It is easy to join but sometimes the wifi is not strong so the video may lag, and I also set up a sound machine to make sure my sessions stay confidential.

I tried it a couple of times and it was fine. But honestly, the personal connection was lacking. I find it easier for me to hide behind a computer screen rather than in-person. When I am in-person I can't hide my fidgeting or facial expressions. Doing it virtually takes up much more mental and emotional energy that I do not have to spare.

6. Are there any other details, experiences, opinions or stories that you would like to share about this process?

## Journaling Short Answer Questions:

Please answer ALL THAT APPLY, thank you.

You are not required to answer any or all of these questions, should a question feel too personal, [please reply N/A](#)

**1. What is your experience with this particular type of treatment?**

I've recently added this as part of my therapeutic regimen.

I know nothing of this. I do have CBT books that I can write in but I don't. I did it once. I was just disinterested.

I don't really have the self-discipline to journal, however, I do think that it is a helpful tool for people. When I feel very overwhelmed or anxious I like to write out a list of things that are bothering me, sometimes the list is long and sometimes it is not but my worries always seem much more manageable in list form rather than free roaming in my head.

I started journaling after the pandemic shut things down. My therapist was booked and I needed another outlet for dealing with things. I started taking half an hour every morning to just sit and write and I found it incredibly helpful.

Some brief experience, I offer it during open studio and during internship class for graduate school each week we'd do a quick notecard where we'd write down thoughts and questions we have.

**2. What do you find most and least effective of this treatment?**

Journaling becomes another 'to do' based on my perfectionist approach to 'work'. What I like about the journaling is that it allows me to process feelings and thoughts without a filter or judgement.

Most effective is being able to see in front of you what troubles you may be facing at the moment. The least effective is that it takes a lot of effort to do it on a regular basis.

What I found most effective was that I could do it at any time. It was flexible and completely up to me to decide how/when to do it. However, it is very one-sided so it was missing that feedback component where I could receive someone else's perspective about something.

Most effective is that you can write anything down that comes to mind and you can choose not to share it with others. There are different ways to let the thoughts out but then either throw them away, burn them, etc. without showing the therapist. Least effective would be if an individual does not want to write (sometimes takes effort) or if they don't have a safe place to put it.

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**3. If this treatment was offered remotely would you utilize this treatment?**

**Yes, I am still journaling because it is so convenient and flexible.**

**Yes, I feel that giving people more ways to receive treatment would be better.**

**This could definitely be offered remotely, even for homework.**

**4. Do you have any assumptions or bias of this treatment process?**

**NA**

**I think in my head I assume this would be time consuming but in reality I know it doesn't have to be.**

**No. Before I started I did think that you had to journal in a certain way to do it "right" or that you had to do it every day for a set amount of time. But I have found a way to do it that works for me.**

**Bias towards this treatment because often times I don't feel like writing / sometimes it takes a lot more effort than just talking about it.**

**5. Do you have any experience offering or participating in this treatment remotely/virtually? If so, what could you share about the experience. If not, what do you think or expect it to be like?**

**Often when I'm speaking to someone and they are anxious and feeling down I recommend writing down what is bothering them, or pros and cons lists, or a letter to the person. Not so much journaling but forms of writing**

**Personally I have just journaled on a note card for class to talk about my experience in internships. Professionally during internships I have given the opportunity to clients but they usually do not share their journal with the group.**

**6. Are there any other details, experiences, opinions or stories that you would like to share about this process?**

**I have really found that I enjoy journaling. Sometimes I don't have anything to say specifically about myself so I write about a new song I'm enjoying or the plot line of the latest tv episode I saw. It's a helpful way for me to get my thoughts out without much effort. I enjoy being by myself and just letting my stream of consciousness take over.**

## Other Forms of Treatments:

### Short Answer Questions:

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**1. What is your experience with this particular type of treatment?**

I need to see a doctor who is really good at CBT. I had seen one guy for 6 mnths and I wasn't impressed. My doctor is somewhat versed in it but not like a specialist would be. My doctor thinks I would really benefit from it. I'm sure she's probably right. 1. I could benefit from any and all treatments. 2. I want them to be free. 3. I know that CBT is "work" and I'm not sure if I want to put the "work" in. I'm exhausted as it is. I explain that I'm looking to feel my best but don't want to put the work in. It sounds ridiculous – and I can access that help (the help people would die to get) and I'm putting it off. It makes me feel guilty – but that's the depression talking. I'll get there eventually.

**2. What do you find most and least effective of this treatment?**

**3. If this treatment was offered remotely would you utilize this treatment?**

**4. Do you have any assumptions or bias of this treatment process?**

**5. Do you have any experience offering or participating in this treatment remotely/virtually? If so, what could you share about the experience. If not, what do you think or expect it to be like?**

**6. Are there any other details, experiences, opinions or stories that you would like to share about this process?**