



Appendix

NPMP Survey Questions

An asterix (*) indicates a mandatory question for participants to respond to.

Definitions provided to participants on survey: from WHO – World Health Organization when *italicized*.

Demographics:

Are you an active student in the Nursing Peer Mentorship program? *

Yes

No

Gender:

Male

Female

Other:

If you had to rate your involvement with NPMP: How active are/were you during your studies? *

Not very active - Very active (Likert scale with options 1-10 respectively)

Check all that applied: I serve(d) as a*:

Mentee; Mentor; French Language Facilitator; Member of the NPMP Organizing Team

Other:

Are you a student who graduated from the program and if so what year? *

Yes (include year in "Other" e.g.: BScN/BNI or DE Class of 2017)

No, I am still a student

If applicable - Other: (Class and year of graduation)

Are you presently working? *

N/A

Yes (next question applicable)

If so, on which setting/unit and for how long?

Thank you kindly in advance for providing constructive feedback

Page Break



I.) Has the program helped you develop your health and well-being as a student nurse and/or novice nurse? *

No - Yes (Likert scale with options 1-10 respectively)

“Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”

Comment(s):

II.) Has the program helped you with the development of resilience during your studies and/or in your work place? *

No - Yes (Likert scale with options 1-10 respectively)

“Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences.” APA definition

Comment(s) *

III.) Has the program helped you with the use of Optimism in your work place?: *

No - Yes (Likert scale with options 1-10 respectively)

“Do you choose thoughts, feelings and behaviors that put them on an upward spiral/ good mood?”

Comment(s):

IV.) Has the program helped you with the use of Sense of humour in your clinical setting?: *

No - Yes (Likert scale with options 1-10 respectively)

“Do you use humor to reduce stress and enhance leadership, group cohesiveness, communication, creativity, and organizational culture”.

Comment(s):



V.) Has the program helped you with the ability to be flexible in your clinical setting?: *

No - Yes (Likert scale with options 1-10 respectively)

“Do you have the willingness and ability to readily respond to changing circumstances and expectations”

Comment(s):

VI.) Has the program helped you with the ability to engage in self-efficacy? *

No - Yes (Likert scale with options 1-10 respectively)

“Do you believing that you have the ability to accomplish your goals?”

Comment(s):

VII.) Other outcomes of the program that you may have developed besides the ones mentioned above?:

Any suggestions or opportunities for growth regarding NPMP (i.e. in terms of how to better facilitate these competencies to current students and/or alumni)?

Thank you kindly for providing feedback :)

Lia