

Survey Analysis

The proposal being presented recommends adding mental health benefits for staff members at Trinity United Methodist Church in Gainesville, FL. To support this, a survey will provide data to assess the need for improvements in the mental health care coverage and options for church professionals. The survey is designed to assess individuals' ability to manage their mental health—both proactively and in response to specific needs or conditions—and to explore how mental health issues may affect their work.

The survey will be conducted using both email and printed forms, with both methods designed to protect the confidentiality of the respondents and myself. The email survey will be distributed through a secure digital platform, such as SurveyMonkey. I will design and distribute the printed forms so they can be returned to the office of a neutral business contact. Each printed form will include a QR code, allowing participants to complete the survey digitally if they prefer. The form will also encourage those who opt for the digital version to pass the printed copy along to someone else. Survey participants will include both individuals selected at random and those whose contact information I already have.

The email subject line and form title will feature an inviting question, such as “How is your mental health today?” The introduction will explain that this topic is something I care about deeply, which is a reason I’m conducting this research. I’ll encourage participants to take the survey as an act of mutual care and understanding. Those who choose to share their email address can receive a summary of the aggregated results. The survey will also state that no personally identifying information will be collected unless voluntarily provided, and that all responses will be used solely for research purposes.

The survey will begin with these instructions:

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- Please complete this survey only if you are over 21 years of age.
- If you are retired, please respond to these questions as they applied to your employment before retirement.
- Please respond honestly and instinctively, without overthinking.

Survey questions:

1. What age group do you belong to?
 - a. 21 – 40 years old
 - b. 41 – 60 years old
 - c. 61 – 80 years old
 - d. over 80 years old
2. What gender pronouns do you use:
 - a. She/her
 - b. He/him
 - c. They/them
3. Which selection best describes your health insurance coverage?
 - a. Participant in a primary healthcare plan provided by my employer
 - b. Participant in Medicare and/or Medicaid as my primary healthcare plan
 - c. Covered by a COBRA or an Individual Private Health Insurance Plan
 - d. Currently no health insurance
 - e. Other _____
4. Over the last 10 years, approximately how often have you received care from a mental health care provider? Answer for the year with the highest frequency.
 - a. Never
 - b. Once per year
 - c. Once per month
 - d. More than once per month
5. For the care received in the previous question, what portion of the cost did you pay yourself?
 - a. I paid 100% of the cost myself
 - b. I paid more than 50% myself (but not 100%)
 - c. I paid less than 50% myself
 - d. Not applicable
6. Is the frequency of your mental health care treatment or visits sufficient for your needs?
 - a. Not applicable
 - b. No, I would benefit from more frequent treatment
 - c. Yes, my treatment is sufficient
7. If the cost per treatment were lower, would you receive mental health care more often?
 - a. Not applicable
 - b. No
 - c. Yes
8. Which selection best describes how you would react if someone experiencing severe emotional distress—such as suicidal thoughts, severe depression, or a financial crisis—reached out to you for support?
 - a. It would not upset me, and I know how to handle someone in a crisis.
 - b. I would talk to them as long as needed and do all I could to help them.

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- c. It would make me nervous, but I would try to help them.
 - d. I would feel overwhelmed and would want someone else to handle the situation.
- 9. When working, how often do or did you encounter individuals experiencing severe emotional distress?
 - a. Almost never
 - b. Once per year
 - c. Once per month
 - d. More than once per month
- 10. How important is unity and support among co-workers to the success of your work?
 - a. My team members function independently, so it doesn't matter very much.
 - b. It's helpful, though not essential.
 - c. It's important for some of my responsibilities
 - d. Unity is essential; the team must work cohesively for success.
- 11. Which of the following mental healthcare treatments would you be likely to use if covered, at least partially, by your health care plan? Select all that apply.
 - a. Therapy and counseling, including individual, family, group, DBT, CBT
 - b. Prescription medication, medication evaluation, medication management
 - c. Psychological testing
 - d. Substance abuse treatment or rehabilitation
- 12. Which of the following activities are directly beneficial to your **mental** health, or would be if you participated in them? Select all that apply.
 - a. Exercise (e.g., gym, running, yoga)
 - b. Meditation or mindfulness practices
 - c. Therapy or counseling sessions
 - d. Creative hobbies (e.g., painting, writing, music)
 - e. Social activities (e.g., clubs, group events)
 - f. Nature activities (e.g., hiking, gardening)
 - g. Educational or personal development classes
 - h. Professional or skills training programs (e.g., leadership, communication)
 - i. Relaxation activities (e.g., spa, massage)

Each question is assigned to one of the following categories: personal, utilization, satisfaction, or need. To support analysis of the survey results, responses in the non-personal categories have been arranged on a scale from “low” to “high,” where “a” = 1, “b” = 2, “c” = 3, and so on. This allows a respondent's score in the utilization, satisfaction, and need categories to be calculated as either high or low.

For example, question #4 (“Over the last 5 years, approximately how often have you received care from a mental health care provider?”) is categorized under “utilization.” An answer

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of “Never” (option “a”) would be scored as “1,” indicating a low value for this question in the utilization category for the respondent.