

Session Planning Survey 2012 - Response Summary

Conducted February 2012 by Social Anxiety West for session planning purposes

Total number of responses = 26

Sessions

Session	No. of responders having attended that session	% of attendees selecting it as a most beneficial session	% of attendees selecting it as a least beneficial session	Score (most % minus least %)
Understand & Overcome	22	91%	5%	86
Topic	26	69%	8%	62
Public Speaking	23	61%	26%	35
New Member's	25	32%	8%	24
Special Public Speaking	14	57%	36%	21
Games	26	27%	23%	4
Goal Setting	25	20%	56%	-36

Topics

Most asked for topics	% of responders asking for the topic to be covered more	Least asked for topics	% of responders asking for the topic to be covered more
Assertiveness	56%	Employment	24%
Relationships	56%	Related Disorders	24%
Loneliness	52%	Appearance	20%
Conversation	48%	Physical Symptoms	20%
Negativity	48%	Safety Behaviours	20%
Openness and Honesty	48%	The Past	20%
Confidence	44%	Family	16%
The Future	44%	Christmas & New Years	4%
Treatments	44%	Education	4%
Friendship	40%		
Overcoming Social Anxiety	40%		
Perfectionism	28%		

Comments

Thank you for your helpful comments. There were nine comments in total. As there were no common themes among them, a summary is not provided, but your suggestions will be considered carefully.

What happens Next?

At least a fifth of responders selected each type of session as one they find most beneficial, so no sessions will be removed from the schedule, but those sessions that had a low score will feature less in the schedule. With the topics for topic sessions, those topics that the most people asked to be covered will be included in the schedule. Due to the limited number of sessions we can run, those topics that people asked for the least may not make it into the schedule.