Questionnaire IPA

Pre-screening intends to identify if an MBP is needed and, if so, what potential impact it may have. Mindfulness-based programs that address a specific population, context or need not already attended to by an existing acknowledged MBP will be invited to complete a full application form. Application forms will be processed in order of scale of potential impact with particular consideration of equality, diversity and inclusion.

**Please add a curriculum, protocol or course description of your program and send this to ipa@eamba.net**

Is it needed?

**Question 1**: What population and context has the approach been developed for?

*[100-200 words] Please describe the specific target population of the program in some detail and the circumstances in which the program can / should be delivered.*

Your answer: Click or tap here to enter text.

**Question 2**: Offer a theoretical account of the issue of concern in the population and demonstrate the ways in which the theory of mechanisms underpinning mainstream mindfulness is appropriate for this population and/or context?

*[200-400 words] Please describe the theoretical premise, including references, that convinced you that the needs of your target population can be satisfied by an adapted MBP.*

Your answer: Click or tap here to enter text.

**Question 3**: What (if any) other mindfulness-based programs are currently available for the population and context that this approach has been developed for?

*[200-400 words] It is important here to provide a general overview of evidence-based MBP’s that have been developed for the same target population and the needs that these programs aim to fulfill. Providing references is helpful.*

Your answer: Click or tap here to enter text.

**Question 4**: In what ways does this approach differ from existing evidence-based approaches? What steps were taken to ensure the approach was needed?

*[200-400 words] Please specify in some detail in what respects the proposed program is different from already offered programs for this population, why you feel that an additional adjusted program is justified, and how you verified this.*

Your answer: Click or tap here to enter text.

**Question 5**: In what ways are the content, structure, length and delivery of your approach appropriate to the population and context it has been designed for?

*[200-400 words] Please discuss your considerations to adjust the structure of a standard MBP on order to cater for the needs of your target population.*

Your answer: Click or tap here to enter text.

**Question 6**: Give an overview of the systems and settings within which this program will be delivered.

*[200-400 words] Please specify the typical context and circumstances that are needed to assure an effective delivery of the proposed program.*

Your answer: Click or tap here to enter text.

**Question 7**: Provide an account of the culture, values and communication patterns of the population that this approach has been developed for.

*[200-400 words] Which aspects that are typical for the target population have shaped the format or contents of the proposed program?*

Your answer: Click or tap here to enter text.

**Question 8**: Provide an overview of the consultation process undertaken in the development of this approach and demonstrate the ways in which potential stakeholders and target population were considered.

*[200-400 words] Describe the formal steps that were taken to arrive at the final format of the program, and how intermediate steps were informed by input from relevant sources, e.g. by means of scientific evaluation.*

Your answer: Click or tap here to enter text.