

### Patient Education Material Evaluation

After reading the **Mindfulness/Meditation module and handout**, please answer these questions:

How likely are you to **partake** in mindfulness/meditation after reviewing these materials?  
(Circle a number)

Never			Somewhat			Maybe			Absolutely
1	2	3	4	5	6	7	8	9	10

How **understandable** were these education materials? (Circle a number)

Very difficult		Somewhat difficult		Neutral		Somewhat understandable		Completely understandable	
1	2	3	4	5	6	7	8	9	10

How could these materials be improved?

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After reading the **Neuroplasticity module and handout**, please answer these questions:

How **understandable** were these education materials? (Circle a number)

Very difficult		Somewhat difficult		Neutral		Somewhat understandable		Completely understandable	
1	2	3	4	5	6	7	8	9	10

How **helpful** were these education materials in understanding neuroplasticity after a stroke?  
(Circle a number)

Very unhelpful		Somewhat unhelpful		Neutral		Somewhat helpful		Very helpful	
1	2	3	4	5	6	7	8	9	10

How could these materials be improved?

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## Mindfulness/Meditation Module and Handout Questions

1. True or False: there is one type of meditation that is the most beneficial

Answer and explanation: False, there is no research indicating one types of meditation to be better and have better results than another.

2. Which is NOT a benefit of mindfulness/meditation?

- A) improves sleep
- B) reduces pain
- C) raises blood pressure
- D) promotes calmness

Answer and explanation: C, there are many benefits of mindfulness and meditation including sleep improvement, promoting calmness, relieving fatigue, reducing anxiety/distress, helping with depression, reducing pain, improving breathing, and lowering blood pressure.

3. What is the best position to practice mindfulness/meditation after a stroke?

- A) standing
- B) sitting
- C) lying down
- D) all positions are the same

Answer and explanation: B, sitting has been found to be the best position after a stroke as it is a safe position and easier to maintain and focus on the task of meditation as compared to standing or lying down. Sitting has been found to be a great position as it provides a balance of focus and relaxation

## Neuroplasticity Module and Handout Questions

1. True or False: neuroplasticity describes how the brain stays the same with experiences.

Answer and explanation: False, neuroplasticity describes how the brain changes through experiences and how the brain cells alter their structure and function.

2. Which of the following is NOT one of the neuroplasticity principles?

- A) use it or lose it
- B) repetition and intensity matter
- C) use it and improve it
- D) rest is the best

Answer and explanation: D, neuroplasticity principles include use it or lose it, use it and improve it, specificity, repetition and intensity matter, and experience matters. Rest is the best is not a principle.

3. As an individual after a stroke who has left inpatient rehab after a couple weeks of therapy, what learning stage are you in?
- A) cognitive
  - B) associate
  - C) autonomous

Answer and explanation: B, the cognitive stage is the first stage where you're gathering information to learn what to do, the associate phase is where you're putting actions together to figure out how to do it and the autonomous phase is where you've practiced and put in enough time that it seems automatic. Normally after you leave rehab in the hospital you have passed the cognitive stage of learning and are in the associative stage.