1. I am a (check all that apply)
   □ Cancer Survivor (specify type):
   □ Relative or caregiver of cancer survivor
   □ Lay health worker/promoter
   □ Health care provider (specify):
   □ Other:

2. I have health insurance.  Yes  No
   If yes, please list: ________________

3. My age is ________ years

4. My gender is  Female  Male

5. My zip code is ____________

6. My ethnicity is
   □ Hispanic or Latino
   □ Non-Hispanic or Non-Latino

7. My race is (check all that apply)
   □ White
   □ Black or African American
   □ Native American
   □ Asian/Pacific Islander
   □ Other (specify): __________________

8. My current knowledge/experience with this topic
   □ None at all
   □ Very little
   □ Some
   □ A lot

9. After viewing this presentation I learned
   □ Nothing new
   □ A little bit
   □ Some
   □ A lot

10. This topic is relevant to my life or my practice
    □ Strongly agree
    □ Agree
    □ No opinion/not applicable
    □ Disagree
    □ Strongly disagree

11. The speaker was prepared and informative
    □ Strongly agree
    □ Agree
    □ No opinion/not applicable
    □ Disagree
    □ Strongly disagree

12. I would not have been able to attend a lecture on this topic
    if it had not been available via videoconference/ online
    □ Strongly agree
    □ Agree
    □ No opinion/not applicable: I did attend in person
    □ Disagree
    □ Strongly disagree

13. As a result of viewing this presentation, I will: select all
    that apply:
    Obtain medical attention  Yes  No
    Share the information with others, who: ____________
    Yes  No
    Change the way I take care of my health  Yes  No

14. Other topics I would like learn about include:

15. Did you feel there was any bias toward any particular
    product or company?  Yes  No

16. Additional comments/ suggestions:

**PRESENTATION QUESTIONS**
1. Long term stress:
   a. Is necessary for maximum productivity.
   b. Has both positive and negative consequences.
   c. Has primarily positive outcomes, but should be monitored.
   d. Is dangerous and should be reduced or eliminated.

2. The body’s stress response (sympathetic branch arousal):
   a. Activates only when we accurately perceive a threat of real danger.
   b. Activates only when we imagine a threat of danger.
   c. Can activate when we perceive real danger, imagine possible danger, or hyperventilate.

3. The body’s stress response (sympathetic branch arousal):
   a. Is not possible to regulate once it kicks in and must run its course.
   b. Can only be regulated by using medication for anxiety or high blood pressure.
   c. Can be regulated quickly by consciously switching to diaphragmatic breathing.

(Continue on the back side)
4. For this question, mark all six correct answers and ignore the two wrong answers. Diaphragmatic breathing (belly breathing):

a. Required letting my belly be soft and “out there”.

b. Will make me hyperventilate if I do it in a fast, powerful way.

c. Quickly lowers heart rate and blood pressure, and can ease chronic pain.

d. Quickly reduces stress and can stop a panic attack.

e. Is the body’s natural breath, feels good, and happens naturally when I lie down on my back.

f. Brings badly needed oxygen to my brain and each and every cell.

g. Automatically triggers my body’s relaxation response.

h. Is of undocumented value and not worth the effort to practice.