

CogSMART Evaluation

Please help us evaluate the CogSMART class you just completed. Your feedback is greatly appreciated.

<i>Please mark one box for each item below.</i>	1. Not helpful	2. Mildly helpful	3. Moderately helpful	4. Very helpful	5. Extremely helpful
1. Information provided about traumatic brain injury and post-concussion symptoms					
2. Information provided about post-traumatic stress disorder (PTSD)					
3. Strategies for dealing with headaches					
4. Strategies for dealing with fatigue					
5. Strategies for dealing with sleep problems					
6. Strategies to improve prospective memory (remembering to do things)					
7. Strategies to improve attention and concentration					
8. Strategies to improve learning and memory					
9. Strategies to improve problem-solving and cognitive flexibility					
10. Information regarding additional services available					

11. What topic or strategy was most useful to you?

12. What strategies are you using regularly now that you weren't using before?

13. How have the CogSMART strategies helped you in your daily life?

14. What topic or strategy was least useful to you?

15. Are there additional topics that should be included in CogSMART?

16. What other suggestions do you have to help improve the CogSMART class?

17. Would you recommend CogSMART to other veterans with similar difficulties? YES NO

18. Did you receive CogSMART individually or in group format?

19. Any other comments?

May we share your comments above? YES NO

If yes, and you are comfortable with identifying your comments by name, please write your name below. ***Your name is not required – you may remain anonymous by simply leaving the space blank.***

Name (optional)