

Demographics

This section will ask you about who you are as an individual human being. Please complete the questions below.

Thank you!

Are you currently a student enrolled in a hybrid Doctor of Physical Therapy Program? (hybrid = primarily distance-based education where more of your coursework is delivered online than in person and labs are structured as immersive experiences taking place over approximately 1-3 weeks)
(You must confirm your enrollment in a hybrid DPT program by selecting "yes" in order to participate)

☐ Yes ☐ No

Demographic Information

What is your current age in years?

(Enter 0 if you prefer not to answer this question)

What biological sex were you assigned at birth?

☐ Female
☐ Male
☐ Other
☐ I prefer not to answer

How do you describe your current gender identity?

☐ Female/Woman
☐ Male/Man
☐ Trans female/Trans woman
☐ Trans male/Trans man
☐ Non-binary/Third gender
☐ Other
☐ I prefer not to answer

Which race/ethnicity do you MOST identify with?

(If you identify with more than one race/ethnicity, please indicate, which race/ethnicity you identify with most)

☐ American Indian or Alaska Native
☐ Asian
☐ Black or African American
☐ Hispanic/Latino/Latinx
☐ Native Hawaiian or Other Pacific Islander
☐ White
☐ Other
☐ I prefer not to answer

In what part of the country do you currently reside?

☐ West (AK, CA, CO, GU, HI, ID, MT, NV, OR, UT, WA, WY)
☐ Midwest (KS, IA, IL, IN, MI, MN, MO, ND, NE, OH, SD, WI)
☐ Southwest (AZ, NM, OK, TX)
☐ Northeast (CT, DC, DE, MA, MD, ME, NH, NJ, NY, PA, RI, VT)
☐ Southeast (AR, AL, FL, GA, KY, LA, MS, NC, SC, TN, VA, WV)
☐ Other
☐ I prefer not to answer

What is the type of geographical area where you currently reside?

- ☐ Urban
- ☐ Suburban
- ☐ Rural
- ☐ I prefer not to answer

In what part of the country is your DPT Program's lab immersions located?
(This is where the lab immersion is located, not where you live)

- ☐ West (AK, CA, CO, GU, HI, ID, MT, NV, OR, UT, WA, WY)
- ☐ Midwest (KS, IA, IL, IN, MI, MN, MO, ND, NE, OH, SD, WI)
- ☐ Southwest (AZ, NM, OK, TX)
- ☐ Northeast (CT, DC, DE, MA, MD, ME, NH, NJ, NY, PA, RI, VT)
- ☐ Southeast (AR, AL, FL, GA, KY, LA, MS, NC, SC, TN, VA, WV)
- ☐ Other
- ☐ I prefer not to answer

How many months is the DPT program that you attend?
(This is the number of months you are enrolled in coursework including clinicals)

- ☐ 24 months
- ☐ 25-30 months
- ☐ 31-36 months
- ☐ 37+ months
- ☐ I prefer not to answer

At what point in the program are you currently enrolled?

- ☐ 0-3 months
- ☐ 4-6 months
- ☐ 7-12 months
- ☐ 13-18 months
- ☐ 19-24 months
- ☐ 25-30 months
- ☐ 31-36 months
- ☐ 37+ months
- ☐ I prefer not to answer

Approximately how many students are enrolled in your class/cohort?

(Enter 0 if you prefer not to answer this question)

Sense of Belonging

This section will ask you about your sense of belonging. Please complete the questions below.

Thank you!

Sense of Belonging Questionnaire

Sense of belonging is defined for the purpose of this study as a "perception of social support on campus or virtually, feeling connected, accepted and respected by the student's academic community."

When you respond to the questions below, think about yourself as a Doctor of Physical Therapy student at the university/college that you attend. Answer the questions based on how you feel on most days through your program to date.

	Do not understand at all	Understand a little	Understand somewhat	Understand quite a bit	Completely understand
12) How well do people in the DPT Program understand you as a person?	☐	☐	☐	☐	☐
	Not connected at all	Slightly connected	Somewhat connected	Quite connected	Extremely connected
13) How connected do you feel to the Program faculty?	☐	☐	☐	☐	☐
14) How connected do you feel to other students in the DPT Program?	☐	☐	☐	☐	☐
	Not at all welcoming	Slightly welcoming	Somewhat welcoming	Quite welcoming	Extremely welcoming
15) How welcoming have you found the DPT Program to be?	☐	☐	☐	☐	☐
	No respect at all	A little bit of respect	Some respect	Quite a bit of respect	A tremendous amount of respect
16) How much respect do other students within the DPT Program show toward you?	☐	☐	☐	☐	☐
17) How much respect do faculty members within the DPT Program show toward you?	☐	☐	☐	☐	☐
	Do not matter at all	Matter a little bit	Matter somewhat	Matter quite a bit	Matter a tremendous amount
18)					

How much do you matter to others in the DPT Program?	☐	☐	☐	☐	☐
	Not at all happy	Slightly happy	Somewhat happy	Quite happy	Extremely happy
19) How happy are you with your choice to be a student in the DPT Program?	☐	☐	☐	☐	☐
	Not at all enriching	Slightly enriching	Somewhat enriching	Quite enriching	Extremely enriching
20) How enriching is your experience in the DPT Program?	☐	☐	☐	☐	☐
	Not at all 'at home'	Slightly 'at home'	Somewhat 'at home'	Quite 'at home'	Extremely 'at home'
21) How 'at home' do you feel in the DPT Program?	☐	☐	☐	☐	☐
	Do not belong at all	Belong a little	Belong somewhat	Belong quite a bit	Completely belong
22) Overall, how much do you feel like you belong in the DPT Program?	☐	☐	☐	☐	☐

Contributing Factors to Fostering a Sense of Belonging

Please rate your perceived value of the following in cultivating your personal sense of belonging.

	I prefer not to answer or not applicable	Not Important At All	Of Little Importance	Of Average Importance	Very Important	Absolutely Essential
23) STUDENTS with similar visual appearance as me (e.g. race, ethnicity, gender identity, hairstyle, etc)	☐	☐	☐	☐	☐	☐
24) FACULTY/STAFF with similar visual appearance as me (e.g. race, ethnicity, gender identity, hairstyle, etc)	☐	☐	☐	☐	☐	☐
25) STUDENTS who have similar life experiences as me (e.g. childhood, community, background, etc)	☐	☐	☐	☐	☐	☐
26) FACULTY/STAFF who have similar life experiences as me (e.g. childhood, community, background, etc)	☐	☐	☐	☐	☐	☐
27)						

STUDENTS with similar interests as me (e.g. life interests, values, etc.)	☐	☐	☐	☐	☐	☐
28) FACULTY/STAFF with similar interests as me (e.g. life interests, values, etc.)	☐	☐	☐	☐	☐	☐

Contributing Activities to Fostering a Sense of Belonging

Please rate your perceived value of the following ACTIVITIES in cultivating your personal sense of belonging.

	I prefer not to answer or not applicable	Not Important At All	Of Little Importance	Of Average Importance	Very Important	Absolutely Essential
29) Orientation activities	☐	☐	☐	☐	☐	☐
30) Online learning environment	☐	☐	☐	☐	☐	☐
31) Lab immersion environment	☐	☐	☐	☐	☐	☐
32) Student-led communication outside of class	☐	☐	☐	☐	☐	☐
33) Student activities or gatherings outside of class	☐	☐	☐	☐	☐	☐

34) What other aspects of your DPT Program foster your sense of belonging?

Potential Barriers to Foster a Sense of Belonging

Please rate your perceived level of barrier to your sense of belonging of the following:

	I prefer not to answer or not applicable	Not a barrier	Somewhat of a barrier	Moderate barrier	Significant barrier	Extreme barrier
35) Hybrid (online/in-person) delivery of the program	☐	☐	☐	☐	☐	☐
36) Cohort or class size	☐	☐	☐	☐	☐	☐
37) My overall physical, mental, and emotional well-being	☐	☐	☐	☐	☐	☐
38) Social/personal differences between me and my peers	☐	☐	☐	☐	☐	☐
39) Cultural differences between me and my peers	☐	☐	☐	☐	☐	☐

40) What other aspects pose barriers to your sense of belonging?

Additional Demographics

This section will ask you additional demographic questions and questions related to lab immersions. Please complete the questions below.

Thank you!

Additional Demographic Questions

- 41) Do you consider yourself part of the LGBTQIA+ community?

☐ Yes ☐ No ☐ I prefer not to answer

- 42) Are you a person with a disability?

☐ Yes ☐ No ☐ I prefer not to answer

- 43) Are you a first-generation college student?

☐ Yes ☐ No ☐ I prefer not to answer

- 44) Are you the first in your family (parents and siblings) to attend a graduate or professional school (medicine, pharmacy, physical therapy, occupational therapy, dentistry)?

☐ Yes ☐ No ☐ I prefer not to answer

- 45) Do you consider yourself to have originated from an economically disadvantaged background?

☐ Yes ☐ No ☐ I prefer not to answer

- 46) Is English your first language?

☐ Yes ☐ No ☐ I prefer not to answer

- 47) What is your current marital status?

☐ Common law marriage ☐ Divorced or Separated or Widowed ☐ Legally married ☐ Single
☐ I prefer not to answer

- 48) Do you have primary caregiving responsibilities for children, dependents or family members that requires significant time each week?

☐ Yes ☐ No ☐ I prefer not to answer

- 49) On average, how many hours of paid work do you perform each week? (Enter 0 if you do not work)

☐ Air travel ☐ Automobile ☐ Bike ☐ Ride Share ☐ Public transportation ☐ Walk
☐ Other ☐ I prefer not to answer

(Please specify as hours or minutes (eg, 1.5 hours or 30 minutes))

☐ Temporary Location ☐ Permanent Address ☐ I prefer not to answer

☐ Classmate(s) ☐ Family ☐ Friends/acquaintances not enrolled in the DPT program
☐ Self only ☐ I prefer not to answer

Generalized Anxiety Disorder 7 Item (GAD 7) Scale

This is the final section of questions related to anxiety. Please complete the questions below.

Thank you!

Overall Well-being

	I prefer not to answer	Very poor	Poor	Fair	Good	Very good
54) How would you rate your overall physical, mental, and emotional well-being on most days through your program to date?	☐	☐	☐	☐	☐	☐

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not at all	Several days	More than half the days	Nearly every day
55) 1. Feeling nervous, anxious, or on edge	☐	☐	☐	☐
56) 2. Not being able to stop or control worrying	☐	☐	☐	☐
57) 3. Worrying too much about different things	☐	☐	☐	☐
58) 4. Trouble relaxing	☐	☐	☐	☐
59) 5. Being so restless that it's hard to sit still	☐	☐	☐	☐
60) 6. Becoming easily annoyed or irritable	☐	☐	☐	☐
61) 7. Feeling afraid as if something awful might happen	☐	☐	☐	☐
	Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
62) If you checked off any problems, how difficult have these made it for you to do your school work, work, take care of things at home, or get along with other people?	☐	☐	☐	☐