

Labyrinth Walk Questionnaire Packet Contents

This file contains the four documents needed for using the Labyrinth Walk Questionnaire at your labyrinth events. These documents are listed below.

- 1. Instructions to the labyrinth event facilitator for using the Labyrinth Walk Questionnaire (one page)**
- 2. Instructions for labyrinth walk participants, titled "Your Help is Needed for a Labyrinth Research Study" (one page)**
- 3. Questionnaire to be Completed by Labyrinth Event Participants upon Conclusion of a Labyrinth Walk (two pages)**
- 4. Information about Labyrinth Event to be Completed by the Labyrinth Event Facilitator (One page)**

Instructions to the labyrinth event facilitator for using the Labyrinth Walk Questionnaire

The questionnaire itself consists of two pages. Copy the two pages of the questionnaire, front and back, on a single sheet of paper and have sufficient copies available for people to complete, if they choose to do so, after they finish a labyrinth walk.

Have copies of the two-page questionnaire, a set of simple printed instructions for participants, similar to those included here, and some pens available on a table where the labyrinth event is being held. Also have a box to hold completed questionnaires. It helps to have a sign directing people to the questionnaires and to have clipboards or something else hard on which participants can write. Modify the instructions for participants that are provided to fit your particular event and circumstances.

There is also a one-page form for the labyrinth event facilitator to complete to provide a few details about the specifics of the labyrinth event: date, location, type of labyrinth, etc. Only one copy of this page should be completed for each event at which the questionnaire is used.

Please keep the questionnaires collected at each labyrinth event separate from those collected at other labyrinth events. When you complete one or more events, you may send copies of the questionnaires and event descriptions to me for analysis. I will summarize the data, send you a copy of the results, and include the data in my ongoing compilation of data from the use of the questionnaire. Copies of completed questionnaires may be sent to me at the following address.

**Dr. John W. Rhodes
356 Brookshire Drive
Lilburn, GA 30047**

Please share the questionnaire and these directions with any other labyrinth facilitators whom you think might be interested in using the questionnaire. Contact me at jorhodes@mindspring.com if you have questions or comments regarding the use of this questionnaire.

Your Help is Needed for a Labyrinth Research Study!

As a part of your labyrinth experience today, you are invited to participate in a research study. Although participation in the study is entirely voluntary, by participating you will be assisting The Labyrinth Society in its ongoing efforts to collect data about the labyrinth and the experiences of those who walk it. The study is non-intrusive. You are simply invited to complete a short questionnaire after you conclude your labyrinth walk.

There are two boxes on a table near the labyrinth. One box contains blank questionnaires. The other box contains completed questionnaires. Pens are available on the table near the questionnaires.

When you finish your labyrinth walk, please take a blank questionnaire, complete both sides, and put the completed questionnaire in the box marked "Completed Questionnaires." Also, please return the pen to the table for the next person.

That's all there is to it! Thanks for completing this labyrinth research questionnaire!

The data collected at the labyrinth event today will be summarized, analyzed, and the results reported to today's labyrinth event facilitator. The results also will be added to the ongoing compilation of data collected from labyrinth events at locations all around the world to provide an ever-expanding description of the experiences of those who walk or otherwise interact with the labyrinth.

Thanks again for participating in this labyrinth research study!!

Questionnaire to be Completed by Labyrinth Event Participant upon Conclusion of a Labyrinth Walk

General Focus

By completing this questionnaire you will be assisting The Labyrinth Society in its ongoing efforts to collect data about the labyrinth and the experiences of those who walk it. Please complete this questionnaire using the directions that follow and place the completed questionnaire in the container provided. The Labyrinth Society appreciates your responses to all of the items; however, please feel free not to respond to any of the items if for any reason you would prefer not to respond. Thank you for completing this questionnaire.

Comparing how I felt before I walked the labyrinth with how I feel now, after walking the labyrinth, I feel: (Circle the number that best describes your response.)

	Much More	More	About the Same	Less	Much Less	Not Applicable
1. Relaxed	5	4	3	2	1	0
2. Anxious	5	4	3	2	1	0
3. Clear	5	4	3	2	1	0
4. Peaceful	5	4	3	2	1	0
5. Centered	5	4	3	2	1	0
6. Stressed	5	4	3	2	1	0
7. Open	5	4	3	2	1	0
8. Quiet	5	4	3	2	1	0
9. Agitated	5	4	3	2	1	0
10. Reflective	5	4	3	2	1	0

If there are other words that could describe your labyrinth experience today that have not been included above, please add them to the blank items below and rate them in the same way you did the preprinted items. (Circle the number that best describes your response.)

	Much More	More	About the Same	Less	Much Less	Not Applicable
11.	5	4	3	2	1	0
12.	5	4	3	2	1	0
13.	5	4	3	2	1	0
14.	5	4	3	2	1	0

Rate the following conditions as they affected you during your labyrinth walk. (Circle the number that best describes your response.)

	Very Helpful	Helpful	No Effect	Unhelpful	Very Unhelpful	Not Applicable
1. Overall Environment	5	4	3	2	1	0
2. Music	5	4	3	2	1	0
3. Candles	5	4	3	2	1	0
4. Other*:	5	4	3	2	1	0
5. Other*:	5	4	3	2	1	0

* - You provide the condition.

(Over)

Now, please provide us with a little information about yourself.

1. Is this your first time to walk a labyrinth?
_____ Yes _____ No
2. If "No:"
 - a. Approximately how many times have you walked a labyrinth? _____
 - b. How frequently do you walk a labyrinth? _____
3. Age _____
4. Gender _____
5. Race/Ethnicity _____
6. Religious/Spiritual Affiliation/Preference, if any _____
7. If you have taken the Myers-Briggs Type Indicator (MBTI) instrument, and remember your MBTI type, please enter it here. _____
(The MBTI is primarily concerned with differences that result in people based on where they like to focus their attention, the way they like to take in information, the way they like to make decisions, and the type of lifestyle they adopt.)
8. Location of residence (such as city, state/province, country): _____

General comments about your labyrinth experience today:

Did you walk the labyrinth today with a specific purpose, question, or intention?

May we use your responses to this questionnaire as part of a research study by combining your responses with the responses of other participants and analyzing and reporting the results through papers, publications, conference presentations, and/or other means? If you would like to receive the results of this study, or would like additional information regarding labyrinth research, the Labyrinth Society, or labyrinths in general, please provide your preferred contact information.

_____ Yes _____ No

John W. Rhodes
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jorhodes@mindspring.com

Information about Labyrinth Event to be Completed by the Labyrinth Event Facilitator

Name of labyrinth event facilitator:

Date of labyrinth event:

Time of labyrinth event:

Location of labyrinth event:

Purpose/Focus of labyrinth event:

Type of labyrinth: (Portable/Permanent; materials from which labyrinth is constructed, labyrinth design, etc.)

Context and conditions at this labyrinth event:

Approximate number of labyrinth event participants:

Number of questionnaires completed and returned:

Approximate age ranges of event participants:

Approximate number of participants, by gender:

_____ Male _____ Female

Summarize below and/or on the back of this page your observations of the labyrinth event. For example: Approximately how long did participants take to walk the labyrinth (estimate a range of times)? Approximately how long did participants remain at the center of the labyrinth (estimate a range of times)? Describe the range of walking styles of the participants. Describe what participants did while at the center of the labyrinth. Describe other interesting things that you observed before, during, and after the labyrinth event.