



## STAT Pupil Survey 2009

Thank you for agreeing to complete this survey. It should take only a few minutes to complete and will be of great help to us. Our aim is to improve the service Alexander teachers provide to pupils, and for the Society of Teachers of the Alexander Technique (STAT) to discover how we can provide more relevant information and services to the general public.

**Please fill in any relevant sections/comments and return the form to your teacher or send it back by 15 February 2010 to:**

Freepost RLZL-UTSA-AXSK  
The Society of Teachers of the Alexander Technique  
Linton House, 39-51 Highgate Road  
LONDON, NW5 1RT

**OR email it to: [survey@stat.org.uk](mailto:survey@stat.org.uk)**

After the 15th December we will have a draw at the STAT office. 40 people of those who sent us their completed forms will win a copy of "The Expanding Self" by Goddard Binkley (aka "The Binkley Diaries").

**1. What made you decide to have lessons in the Alexander Technique? (Please tick all that apply.)**

- |                                   |                                |
|-----------------------------------|--------------------------------|
| Pain relief                       | <input type="checkbox"/>       |
| Posture/ appearance               | <input type="checkbox"/>       |
| Improve performance in activities | <input type="checkbox"/>       |
| Curiosity                         | <input type="checkbox"/>       |
| Personal development              | <input type="checkbox"/>       |
| Other (please specify)            | <input type="checkbox"/> _____ |

**2. If you started to have lessons in the Alexander Technique because of pain, which symptom bothered you the most?**

(Please specify) \_\_\_\_\_

**2.a** How bad was the symptom at the time you began having lessons? (on a scale 1-5, with 1 being very good and 5 being as bad as it could be)

- 1  2  3  4  5

**2.b** How long had you had the symptom for:

- |                  |                          |
|------------------|--------------------------|
| 0-4 weeks        | <input type="checkbox"/> |
| 4-12 week        | <input type="checkbox"/> |
| 3 months- 1 year | <input type="checkbox"/> |
| 1-5 years        | <input type="checkbox"/> |
| Over 5 years     | <input type="checkbox"/> |

**3. Where did you hear about the Alexander Technique? (Please tick all that apply.)**

- Magazine/Newspaper
- Friend
- Internet (i.e. Google)
- Books
- Professional referral
- please specify: \_\_\_\_\_

**4. How long after hearing about the Alexander Technique was it before you decided to have lessons?**

- Immediately
- 3-6 months
- 7-12 months
- More than a year

**5. Before you started the Alexander Technique, had you tried any of the following (Please tick all that apply.)**

- Osteopathy
- Chiropractic treatment
- Massage
- Physiotherapy
- Pilates
- Other (please specify)  \_\_\_\_\_

**6. How did you find a teacher? (Please tick all that apply.)**

- STAT website
- Teacher's website
- Press advert
- Press article
- Referral (e.g. Dr)
- Personal recommendation
- STAT office
- Teacher's leaflet
- Yellow pages/ similar
- Internet (i.e. Google)
- Other (please specify)  \_\_\_\_\_

**7. Have you had lessons with more than one teacher?**

- Yes
- No

If so, why?

**8. I have had:**

- Fewer than 5 lessons
- 6-10 lessons
- 11-20 lessons
- 21-30 lessons
- More than 30 lessons

**9. Has there been a significant change in the symptom that led you to start having AT lessons?**

- 1= yes the problem has been resolved
- 2= yes, the problem is somewhat better
- 3=no change, but there have been other benefits
- 4= no change
- 5=things have got worse

**9.a** If you chose 3, what have the other benefits been?

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**10. How much do you pay for a lesson?**

- Less than £30
- £31-35
- £36-40
- £41-45
- more than £45

**11. Have you recommended the Alexander Technique to (please tick all that apply.)**

- A colleague
- A friend
- A family member

**12. The Alexander Technique is widely represented in the media.**

- Agree strongly
- Agree somewhat
- Disagree
- Disagree strongly

**13. Many people I come in contact with have heard about the Alexander Technique.**

- Agree strongly
- Agree somewhat
- Disagree
- Disagree strongly

**14. Have you heard of the Alexander Technique (ATEAM) back pain trial funded by the NHS?**

- Yes
- No

**15. The Alexander Technique has made a difference to me.**

- Agree strongly
- Agree somewhat
- Disagree
- Disagree strongly

**16. How has the Alexander Technique benefited you personally?**

(please use overleaf if necessary)

**17. Which of the following areas of your life have been improved by taking Alexander Technique lessons? (Please tick all that apply.)**

- Awareness
- Anger management
- Mental clarity
- Confidence
- Performance
- Public speaking
- Stress levels
- Energy levels
- Posture/Appearance
- Health
- Pain
- Happiness
- Career
- Sex life
- Fitness
- Other (please specify)  \_\_\_\_\_

**18. For me, the Alexander Technique is about:**

19. May we quote you by name? *(if yes, please make sure to fill in question no. 27)*

Yes

No

20. May we quote you anonymously?

Yes

No

21. May we contact you?

Yes

No

22. I am:

Female

Male

23. I am:

Less than 20 years old

21-30

31-40

41-50

51-60

61-70

Over 70

24. I am:

Working full time

Working part-time

Retired

Unemployed

Housewife/househusband

Student

25. If working or retired:

My occupation is/was:

26. What town, area/ region do you live in?

