

## Cranes Club Europe: Healthy Minds Project (Mental Health) Questionnaire

Elisa Uhnak-Brann  
March 11, 2019



Healthy Minds is a project initiated under [Cranes Club Europe](#). The project aims to develop and foster a caring and supportive approach towards mental health within the Unification Church community ('the UC'). The Healthy Minds team is made up of Elisa Brann (2nd Gen from London, a doctoral student in neuropsychology) and In-Sun Tribe (2nd Gen from London, Psychology graduate), representing the UK, and Catriona Valenta (1st Gen from Gießen, retired doctor) and Ariane Sölva (2nd gene from Gießen, Psychology graduate) for Germany.

Mental health can be a controversial and sensitive topic. The Healthy Minds project is fully committed to protecting the information of participants and treating it with high ethical standards (click the link for our [code of conduct](#)). The project and questionnaire have received support from the European FFWPU continental director (Michael and Fumiko Balcomb), and the national leaders of the UK (Matthew and Natasha Huish) and Germany (Dieter and Ana Schmidt).



### [Healthy Minds Questionnaire](#)

With this [anonymous questionnaire](#), we are attempting to assess the extent and nature of mental health issues of adult members (18 years old and over) in two of Europe's largest faith communities (UK and Germany), so that we can work towards a better support system, offering advice and care to membership to improve awareness and wellbeing. Full details about the Healthy Minds project (including its main objectives and those involved) can be found on the project website: [www.uchealthyminds.com](http://www.uchealthyminds.com).

Please take a moment to read and complete the questionnaire, even if you think that mental health is not an issue that concerns you or that you no longer associate with the UC.

We hope to reach as many people as possible, so that our collected data is meaningful.

The questionnaire only lasts 15 minutes and afterwards you will be invited to participate in a voluntary prize draw to win £100.

Kind regards,

Elisa Uhnak-Brann  
On behalf of the Healthy Minds project.

# Welcome to the Healthy Minds Questionnaire

Healthy Minds is a project initiated under [Cranes Club Europe](#). The project aims to develop and foster a caring and supportive approach towards mental health within the Unification Church<sup>[1]</sup> community ('the UC'). The Healthy Minds team is made up of Elisa Brann (2nd Gen from London, a doctoral student in neuropsychology) and In-Sun Tribe (2nd Gen from London, Psychology graduate), representing the UK, and Catriona Valenta (1st Gen from Gießen, retired doctor) and Ariane Sölva (2nd gene from Gießen, Psychology graduate) for Germany.

Mental health can be a controversial and sensitive topic. The Healthy Minds project is fully committed to protecting the information of participants and treating it with high ethical standards (click the link for our [code of conduct](#)). The project and questionnaire have received support from the European FFWPU continental director (Michael and Fumiko Balcomb), and the national leaders of the UK (Matthew and Natasha Huish) and Germany (Dieter and Ana Schmidt).

With this **anonymous** questionnaire, we are attempting to assess the extent and nature of mental health issues of adult members (**18 years old and over**) in two of Europe's largest faith communities (UK & Germany), so that we can work towards a better support system, offering advice and care to membership to improve awareness and wellbeing. Full details about the Healthy Minds project (including its main objectives and those involved) can be found on the project website: [www.uhealthyminds.com](http://www.uhealthyminds.com).

Please take a moment to read and complete the questionnaire, **even if you think that mental health is not an issue that concerns you** or that you no longer associate with the UC.

We hope to reach as many people as possible, so that our collected data is meaningful.

The questionnaire only lasts 15 minutes and afterwards you will be invited to participate in a voluntary prize draw to win £100.

[1] Although more commonly referred to now as the Family Federation for World Peace and Unification (FFWPU), for the sake of simplicity, the term 'Unification Church'-UC-will be used.

There are 31 questions in this survey.

A note on privacy

This survey is anonymous.

The record of your survey responses does not contain any identifying information about you, unless a specific survey question explicitly asked for it. If you used an identifying token to access this survey, please rest assured that this token will not be stored together with your responses. It is managed in a separate database and will only be updated to indicate whether you did (or did not) complete this survey. There is no way of matching identification tokens with survey responses.

[Next](#)

14%

## Demographic Information

\* What is your biological gender?

♀  
Female

♂  
Male

\* What is your year of birth? (please add 01/01/ for the day and month and put only your year of birth)

Format: mm-dd-yyyy

\* What is your country of birth?

\* What nationality (s) are you?

\* In which continent did you grow up in? (If multiple, please choose the one you spent *most* time in)

📌 Choose one of the following answers

- Africa
- Asia
- Australia
- Europe
- North America
- South America

\* Are you currently living in the UK or Germany?

📌 Choose one of the following answers

- UK
- Germany

Neither

\* Do you identify as a member of the UC?

📌 Choose one of the following answers

- Yes
- No
- Unsure

\* Regardless of your current connection with the UC, are you:

📌 Choose one of the following answers

Please choose...

\* What is your marital status?

📌 Choose one of the following answers

- Single
- 'Matched' (not yet blessed)
- 'Blessed'
- Married/in a relationship (but not blessed)
- Divorced or separated (including no longer blessed)
- Widowed

Next