



Members' Questionnaire for those wishing to work with the campaign

Please delete where necessary – feel free to add comments too!

This form is strictly confidential and no-one outside the **hei!** campaign and associated researchers, who have confidentiality clauses as part of their contract, will be able to read it.

Are you a registered member of the **hei!** campaign?

Yes

No

To obtain work, you have to register because the law requires this if we are to keep you informed. Registering is free and can be cancelled at any time. It carries no obligations to take work offered – or do anything at all really!

Are there any factors, physical or emotional, which restrict your travel or access?

Yes

No

If you answer "yes" there will still be work opportunities. We will contact you or, alternatively, you can email us at:

members@healthier-entertainment-industry.org

Are you happy to tell us if you become pregnant?

Yes

No

Are you happy to tell us about any pharmaceutical or leisure drugs that you are currently taking or using

Yes

No

Are you over 35?	Yes	No
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Have you experienced an eating disorder since puberty?	Yes	No
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Are you happy to tell us personal measurement details like your height, weight, and measurements where you pinch areas to measure visceral fat using a measuring device that we would provide for you?	Yes	No
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Do you practice a regular personal programme of meditation?	Yes	No
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Do you practice a regular personal programme of yoga?	Yes	No
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Please help us to suggest appropriate (and fun) work to you by telling us which of these you are happy to hear about.

Work involving:

The production of training videos	Yes	No
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Role-play training for clinicians (live – physically present or by phone/Skype/FaceTime etc.)	Yes	No
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Voice work	Yes	No
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Clerical work	Yes	No
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Administrative work	Yes	No
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Working on training platforms like Moodle	Yes	No
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Being trained to give feedback to training clinicians	Yes	No
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Being trained to work with health professionals on certain clinical tasks	Yes	No
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Reducing calories to about 500-600 kCals for 2 days per week (not sequential)	Yes	No
Training to work with (i.e. help) people experiencing too much stress and other emotional issues in your profession	Yes	No
Training to work with people experiencing too much stress and other emotional issues in other professions within the entertainment industry	Yes	No
Training to work with people experiencing too much stress and other emotional issues outside the entertainment industry	Yes	No
Giving samples of saliva	Yes	No
Giving samples of urine	Yes	No
Giving samples of blood (using a medical pin-prick device)	Yes	No
Keeping detailed diaries of emotions and your day	Yes	No
Answering surveys about your emotions and overall wellbeing	Yes	No
Helping us to educate and/or market our services to the public by helping with:		
'Hosting'		
Demonstrating and explaining		
Overseeing	Yes	No
Helping us to educate and/or market our services to organisations by helping with:		
'Hosting'		
Demonstrating and explaining		
Overseeing	Yes	No

Learning mindfulness practice	Yes	No
Learning self-hypnosis techniques	Yes	No
Learning yoga and Qigong	Yes	No
Is there anything else that you need us to know now?	Yes	No

Your name:

Your postcode:

Thank you so much for completing this form



Tadhg Ó Séaghdha

Honorary Director & Trustee

National institutes for clinical research into stress

**Eric Leonard Kruse Foundation for Health Research
("The ELK-Foundation")**

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