

## **Singing Group Leaders Questionnaire:**

Please see below a list of questions to fill out. The British Lung Foundation want to find out information from the questions below and your experience is valuable because you have significant experience of running singing groups for lung health.

Please try to answer all the questions – there are no right or wrong answers. Your answers will be confidential. The answers will be used to help us prepare for an interview with you after our visit to your group. The answers provided may be used in the data reporting in publications, whereby you will remain unidentifiable. Your answers will be reviewed by members of a research team at The Royal Brompton and Harefield NHS Foundation Trust.

To what extent has your previous experience impacted on your ability to lead singing for lung health groups?

What do you know about long term respiratory conditions (consider obstructive and restrictive conditions)?

Can you describe the breathing mechanism and how it works in both passive breathing and singing?

Describe repertoire that would be appropriate for people with chronic respiratory conditions and explain why?

What are the benefits to people attending a SLH group?

What should be included in a SLH group session and why?

Is there an optimum number of people to have in a SLH group and, if so, why?

What does the phrase “singers please lose abdominal tension” mean to you?

What breath management techniques do you use?

What support have you engaged with since completing any BLF training?

What difficulties/barriers have you had running groups?

What success have you observed?

To what extent has any BLF training prepared you for running a group?

What mentoring/Training do you feel you need to improve your ability to teach singing for lung health?

Please indicate on the line below with an 'x' how confident you are at running a singing group for individuals with breathing problems.

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Not Confident

Very Confident

Any other comments?

Please can you return this questionnaire to [adam.lewis@imperial.ac.uk](mailto:adam.lewis@imperial.ac.uk) as soon as possible prior to our observation visit to your singing group?

Many Thanks,

Adam and Phoene.