

Project Impact Survey:

Pre & Post Presentation

This survey measures changes in medical literacy, symptom tracking preparedness, and self-advocacy confidence before and after participating in the "Her Health" advocacy workshop.

Participant Instructions:

Rate your level of agreement with each statement below on a scale from 1 to 5.

1 = Low Confidence / Strongly Disagree | 5 = High Confidence / Strongly Agree

Part 1: Pre-Presentation Assessment (Fill out BEFORE workshop starts)

Survey Statement	Pre-Score (1–5)
Category 1: Symptom Literacy & Data Preparedness	
1. Symptom Communication: I feel confident describing my physical symptoms to a doctor using specific medical data and terminology.	
2. Structured Tracking: I have a structured tool (like an app or symptom log) to track my symptoms before walking into an appointment.	
3. Invisible Illness Awareness: I am aware of chronic conditions like POTS, hEDS, or dysautonomia that disproportionately affect teen girls.	
Category 2: Navigating Systemic Bias & Medical Advocacy	
4. Redirecting Dismissal: I know how to "pivot" the conversation if a provider dismisses my physical pain as "just stress" or anxiety.	
5. Gender Bias Identification: I understand how gender bias and diagnostic overshadowing affect medical diagnoses for teen girls.	
6. Chart Documentation & Refusals: I feel capable of asking a doctor to document a refused test or clinical justification in my medical record.	
7. Specialist Referrals & Second Opinions: I feel confident asking for a differential diagnosis, second opinion, or specialist referral if needed.	
Category 3: Health Ownership & Agency	
8. Active Healthcare Partnership: I view myself as an active partner in my healthcare decisions rather than a passive patient.	
9. Patient Reliability: I feel that my doctor views me as a reliable, accurate source of information about my own body.	

Participant Instructions:

Rate your level of agreement with each statement below on a scale from 1 to 5.

1 = Low Confidence / Strongly Disagree | 5 = High Confidence / Strongly Agree

Part 2: Post-Presentation Assessment (Fill out AFTER workshop completes)

Survey Statement	Post-Score (1–5)
Category 1: Symptom Literacy & Data Preparedness	
1. Symptom Communication: I feel confident describing my physical symptoms to a doctor using specific medical data and terminology.	
2. Structured Tracking: I have a structured tool (like an app or symptom log) to track my symptoms before walking into an appointment.	
3. Invisible Illness Awareness: I am aware of chronic conditions like POTS, hEDS, or dysautonomia that disproportionately affect teen girls.	
Category 2: Navigating Systemic Bias & Medical Advocacy	
4. Redirecting Dismissal: I know how to "pivot" the conversation if a provider dismisses my physical pain as "just stress" or anxiety.	
5. Gender Bias Identification: I understand how gender bias and diagnostic overshadowing affect medical diagnoses for teen girls.	
6. Chart Documentation & Refusals: I feel capable of asking a doctor to document a refused test or clinical justification in my medical record.	
7. Specialist Referrals & Second Opinions: I feel confident asking for a differential diagnosis, second opinion, or specialist referral if needed.	
Category 3: Health Ownership & Agency	
8. Active Healthcare Partnership: I view myself as an active partner in my healthcare decisions rather than a passive patient.	
9. Patient Reliability: I feel that my doctor views me as a reliable, accurate source of information about my own body.	