

Interbeing Wellness Program: Pre-Series Questionnaire Analysis

**Overview of Participant Demographics, Engagement Preferences,
and Familiarity with Key Practices**

Sophia Bryan-Carbonell, RA at the Wellness Impact Lab YorkU

Intro to Interbeing Wellness

What We Do:

- 30-minute online practical wellness programs
- Promoting mental and physical well-being through Qi Gong and Mindfulness Meditation



Interbeing Wellness

“The insight of interbeing is that nothing can exist by itself alone, that each thing exists only in relation to everything else.”

- Thich Nhat Hanh

Healing Ourselves

Healing Others

Healing Our World

QiGong **Mind-Body Movement**

Led by Dr. Harvey Skinner
Mondays & Thursdays
12:00 – 12:30 pm

Mindfulness **Meditation**

Led by Susan Harris
Mondays
12:30 – 1:00 pm

Analysis Overview

Objective: To understand participant demographics, engagement preferences, and familiarity with wellness practices

Participants: 49 respondents, diverse in age and background

Participant Goals for Wellness Program

Top Goals:

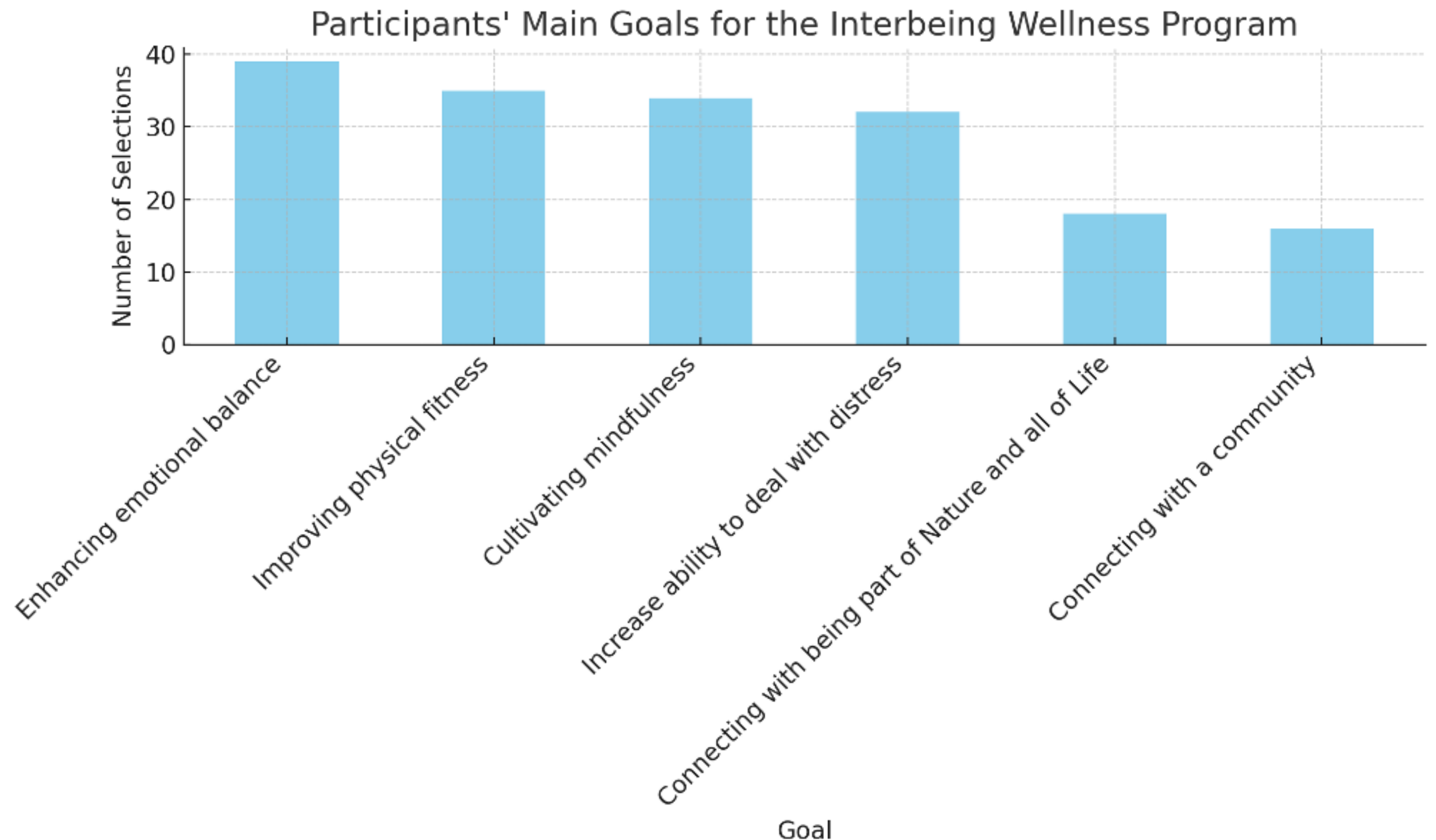
Emotional balance (80%)

Physical fitness (71%)

Cultivating mindfulness (69%)

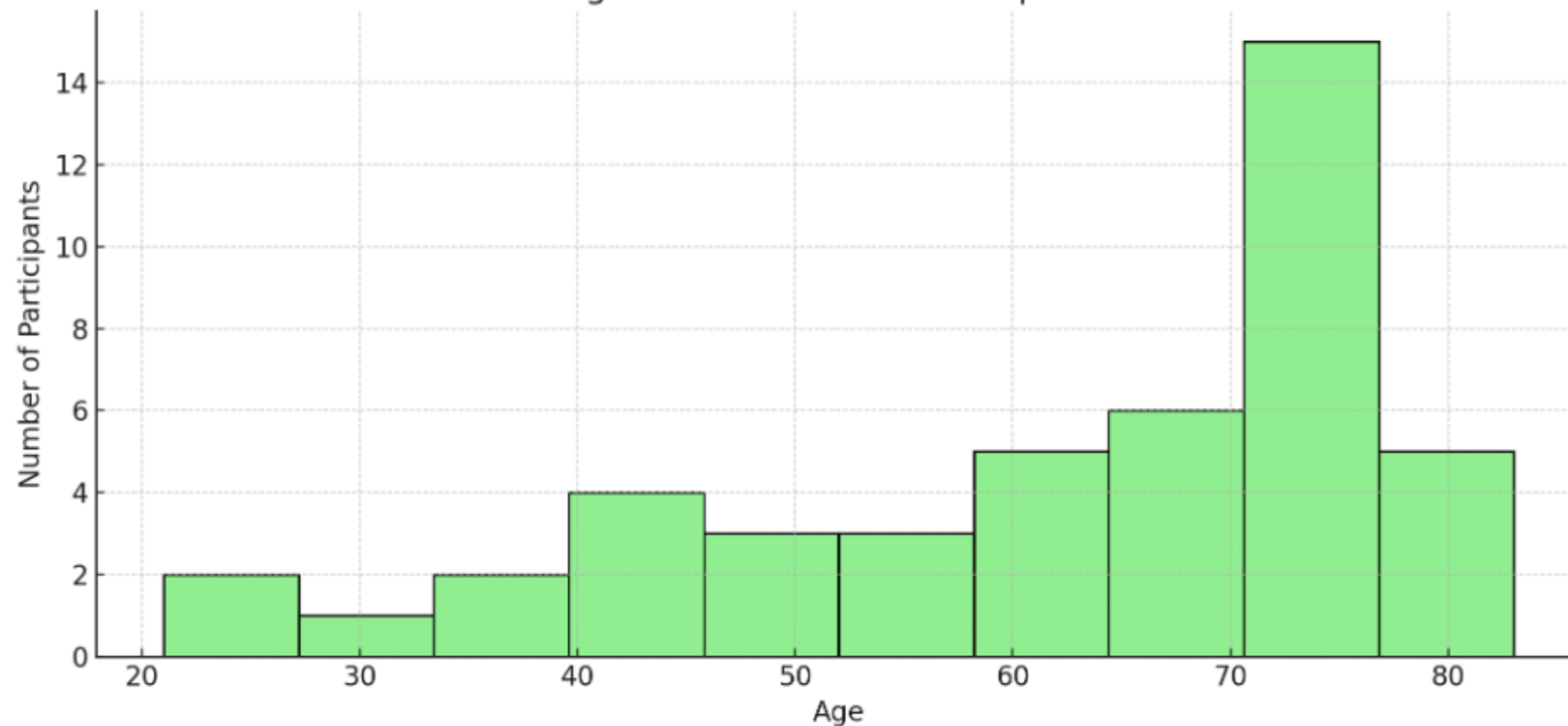
Managing distress (65%)

Connecting with nature and
community (37% and 33%)

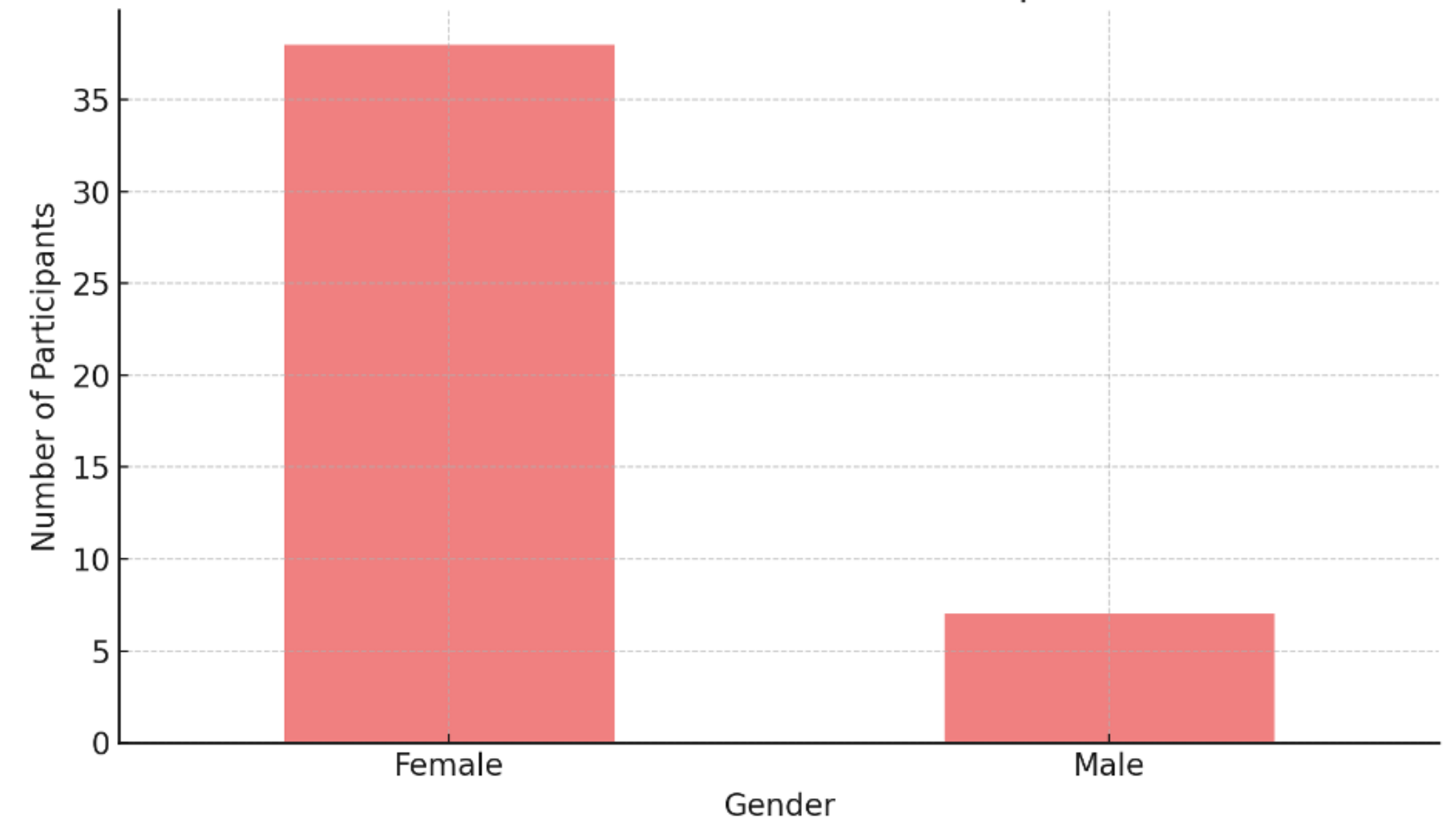


Demographic Breakdown

Age Distribution of Participants

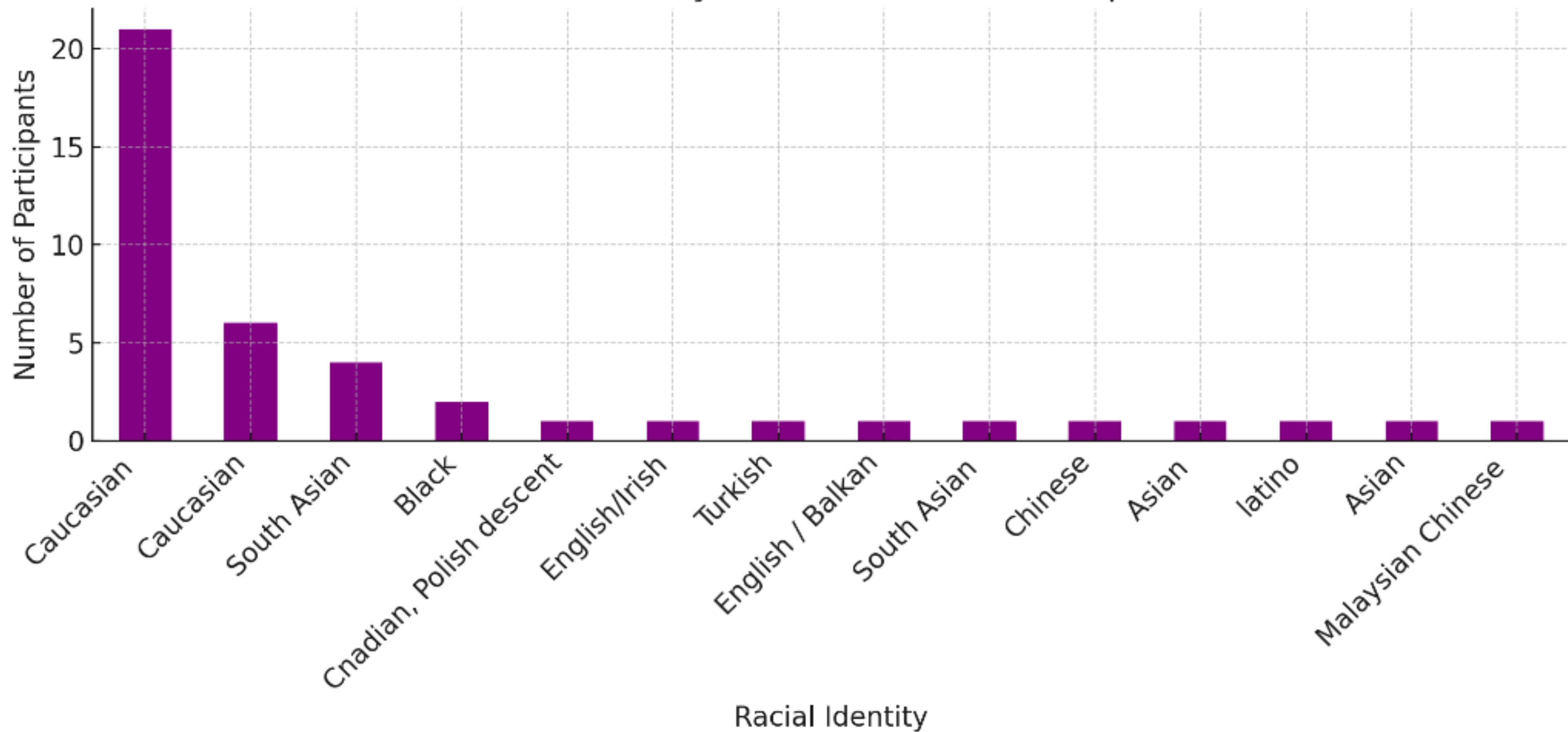


Gender Distribution of Participants

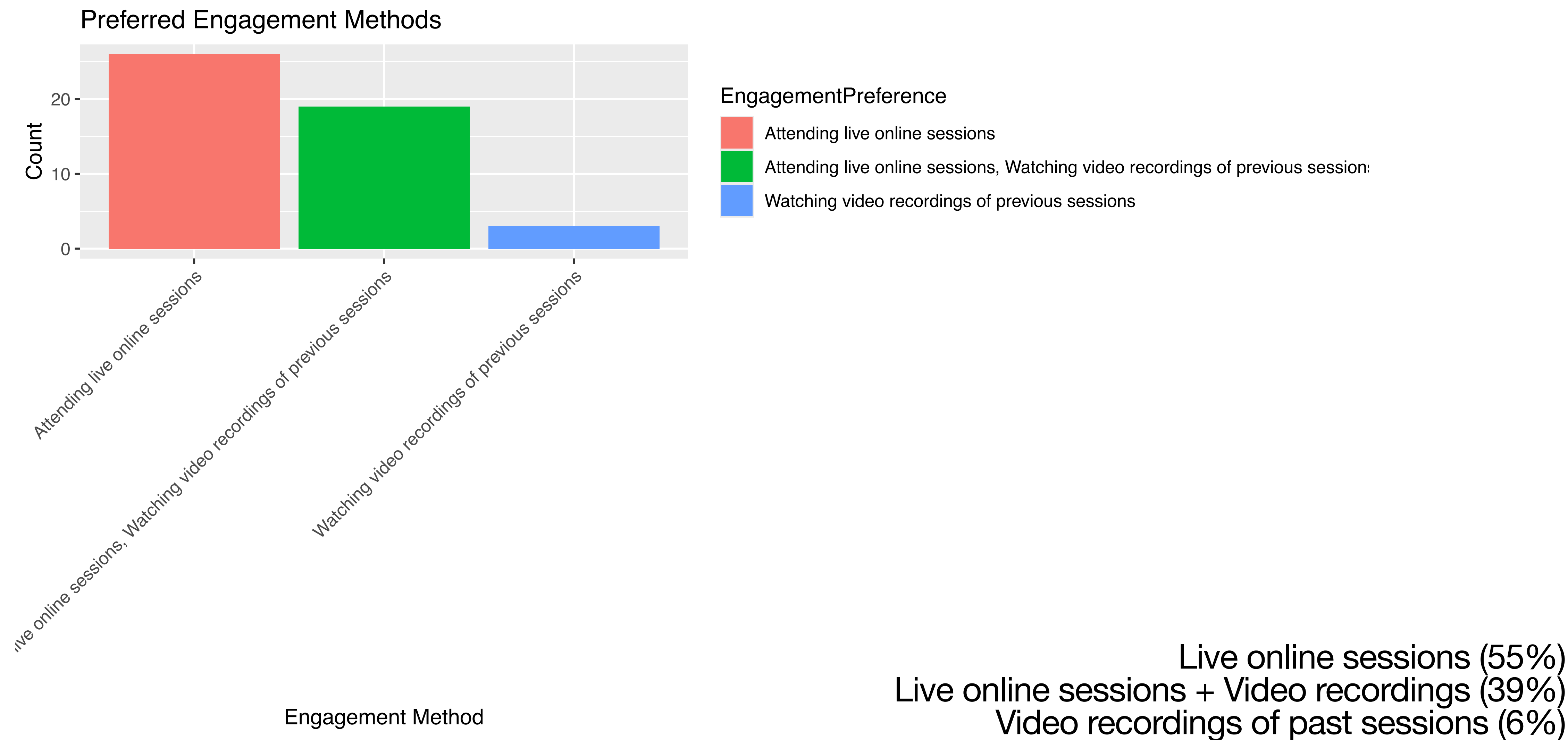


- **Age Distribution: Predominantly 60-80 years**
- **Gender: Primarily female**
- **Racial Identity: Majority Caucasian, with some diversity**

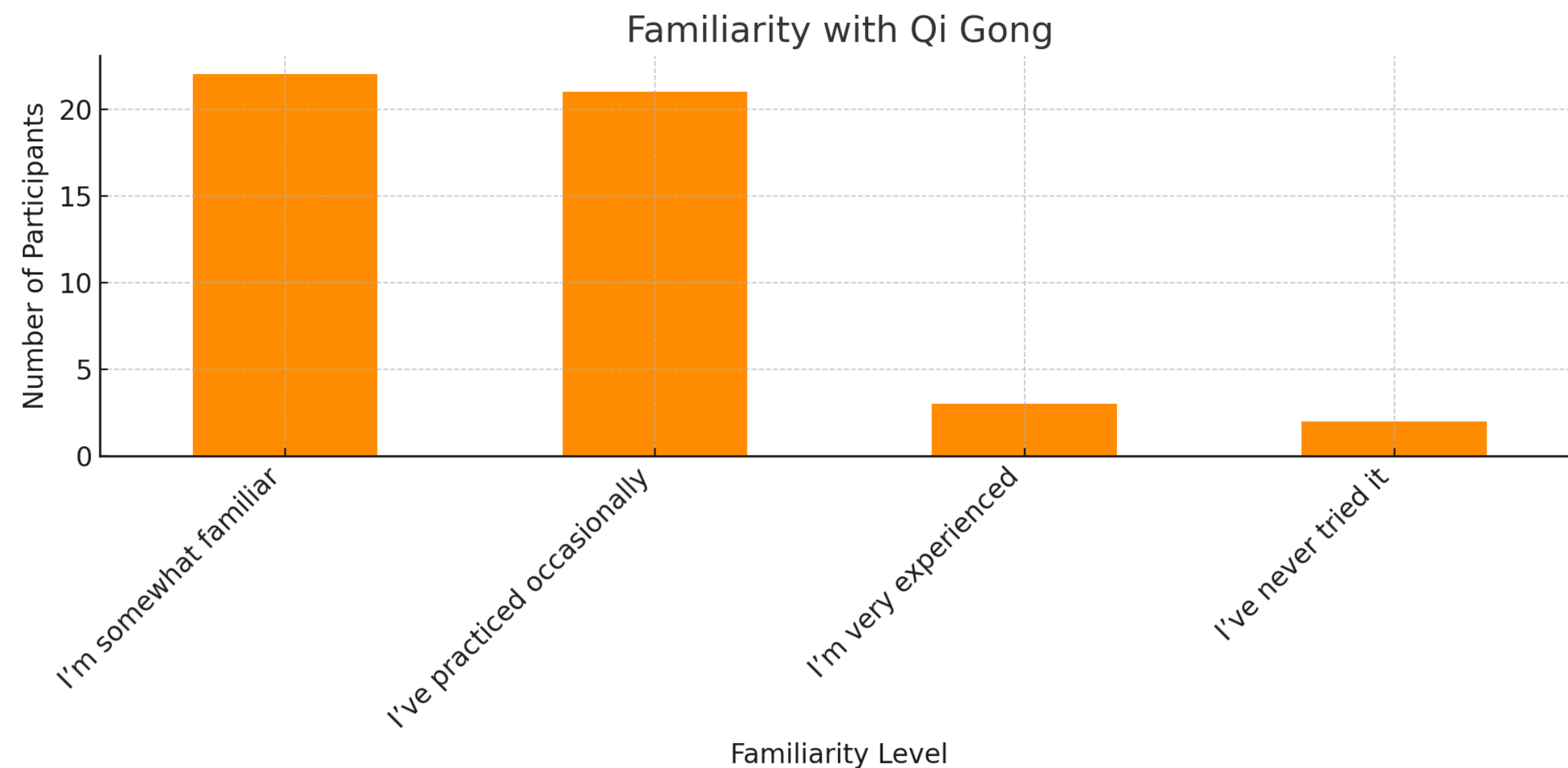
Racial Identity Distribution of Participants



Preferred Methods of Engagement

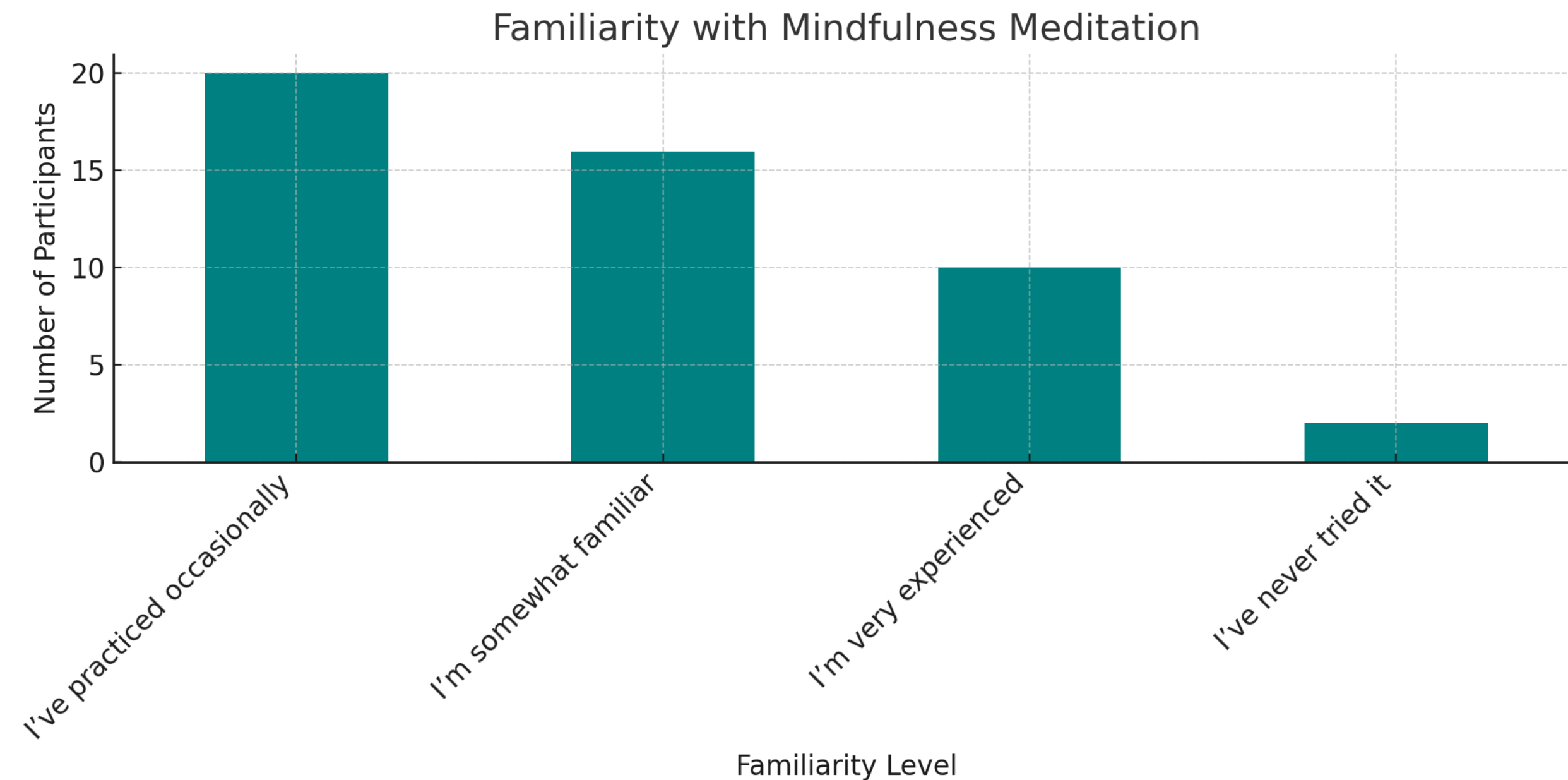


Familiarity with Mindfulness and Qi Gong



Qi Gong Familiarity:

Practiced Occasionally (46.7%)
Somewhat Familiar (45%)
Very Experienced (5%)
Never Tried (3.3%)



Mindfulness Familiarity:

Practiced Occasionally (40.7%)
Somewhat Familiar (35.6%)
Very Experienced (20.3%)
Never Tried (3.4%)

Key Insights and Recommendations

- High interest in emotional balance and stress management**
- Predominantly older, female, Caucasian demographic**
- Increase outreach to younger and more diverse populations**
- Provide introductory sessions for less familiar practices like Qi Gong**



Limitations of the Data



Participant Demographics: Predominantly older adults (ages 60-80) and majority female, limiting generalizability to younger audiences.

Prior Familiarity: Many participants had previous experience with the Interbeing Wellness series, which may introduce positive bias in feedback.

Limited Representation: Lack of diversity in racial backgrounds and age groups, especially younger adults.

Potential Bias: Responses may be more favorable due to existing familiarity with mindfulness and Qi Gong practices.

Conclusion

The analysis provides a baseline understanding of participant demographics and preferences.

Insights will guide future programming and outreach efforts.