

QUESTIONNAIRE PRE-INTERVENTION

Describe how you go about learning a new piece.

How much do you normally enjoy your practice? (1-7 rating and explanation possible)

How much do you normally enjoy your performances? (1-7 rating and explanation possible)

Do you experience physical stress or pain when performing? And what about mental stress? (explanation)

Do you usually use any imagery or relaxation exercise? Which one?

QUESTIONNAIRE POST-INTERVENTION

Did something change in the process of studying a piece during the intervention from what you were used to doing?

Did you enjoy more your practice during the intervention?

How much did you enjoy the post-intervention concert? (1-7 rating and explanation possible)

Do you want to continue with any of these exercises? Which ones do you find most helpful?

Was it challenging for you to do the relaxation and mindfulness exercises every day? Would you adopt that into your daily routine?

Do you think your ability to focus has improved?

Did you expect the results you got from the intervention? Were they better / worse than you usually have when studying a piece?