

- A) During the “Auditory Hallucination” simulation video, it made me feel overwhelmed. Hearing the voices and trying to do other things felt almost nearly impossible. It was hard to concentrate while hearing voices in the background. Trying to memorize words and numbers during the video was very hard.
- B) During the simulation, I did have cognitive impairment such as distracted and unable to concentrate on the other things I was trying to do during the video. However, I did not have any emotional or physical discomfort during the simulation. I do think that if someone who already suffered with a mental disorder or illness. This would definitely be triggering. It would not be very easy for them to listen too.
- C) I was able to accomplish some of the tasks that were assigned to me such as thinking of symptoms and interventions of schizophrenia but I could not accomplish remembering all the numbers or words that were said. It was hard to concentrate while hearing the voices and trying to write at the same time. Even during the article, I found myself skimming through the text and having to go back to see what I was trying to find the answer too.
- D) Yes, I think that after hearing what it is like to have auditory hallucinations for just 10 minutes made my perspective on someone who has schizophrenia a lot different. I only listened to the video for 10 minutes while someone who suffers with schizophrenia has to listen and suffer from that much longer than I did.
- E) Yes, my empathy did increase after listening to this simulation. It made me take a step back and really realize what it is like to walk in their shoes for just 10 minutes. I could not imagine what someone with schizophrenia goes through hallucinating for long periods of time

- F) I think this will impact my practice as a future nurse because it makes me think and truly understand what someone goes through. However, I just have a glimpse of what its like. So I know when I see this in real life, it will make me more empathetic.
- G) Yes, I would recommend this to other students. It gives them a perspective of what it is like.