

Survey Questions Burnout Study

Demographics:

1. Are you currently working a research project? (Y/N)
2. Medical School: Year 1, 2, 3, 4
- Residency: Year _
3. Gender (M/F/Non-binary or third gender/Prefer not to answer)
4. Age
5. Previous degree(s) - multiple choice? BSc, MSc, PhD etc.
6. Have you previously worked on a research project(s)? (Y/N)

Extrinsic vs. Intrinsic Motivation Questions

Modified survey within the context of this study.

SIMS (Situational Motivation Scales)

The SIMS (Situational Motivation Scales) measures situational motivation, or an individuals' motivational orientation toward a particular activity, e.g., a homework or project assignment.

Read each item carefully. Using the scale below, please indicate your feelings towards each statement regarding this question:

Why did you conduct research during your medical education?

- 1: corresponds not at all
- 2: corresponds very little
- 3: corresponds a little
- 4: corresponds moderately
- 5: corresponds enough
- 6: corresponds a lot
- 7: corresponds exactly

1. Because I think that this activity is interesting.
2. Because I am doing it for my own good.
3. Because I am supposed to do it.
- i.e., Required to pass
4. There may be good reasons to do this activity, but personally I don't see any.
5. Because I think that this activity is pleasant.
6. Because I think that this activity is good for me.
7. Because it is something that I have to do.
- i.e., Required to pass
8. I do this activity, but I am not sure if it is worth it.
9. Because this activity is fun.
10. By personal decision.

11. Because I don't have any choice.
- i.e., Required to pass
12. I don't know; I don't see what this activity brings me.
13. Because I feel good when doing this activity.
14. Because I believe that this activity is important for me.
15. Because I feel that I have to do it.
16. I do this activity, but I am not sure it is a good thing to pursue it.

Coding:

Intrinsic motivation (IM): Items 1, 5, 9, 13

Identified regulation (IR): Items 2, 6, 10, 14

External regulation (ER): Items 3, 7, 11, 15

Amotivation (AM): Items 4, 8, 12, 16

Self-Determination Index (SDI) = (2 x IM) + IR – ER – (2 x AM)

Burnout Questions

Modified survey within the context of this study.

The Maslach Burnout Inventory

How do you perceive your work? Are you exhausted? How capable are you of shaping your relationship to others? To what degree are you personally fulfilled? Indicate how frequently the following statements apply to you:

0 = Never

1 = At least a few times a year

2 = At least once a month

3 = Several times a month

4 = Once a week

5 = Several times a week

6 = Every day

1 – I feel emotionally exhausted because of my workload

2 – I feel worn out at the end of the day

3 – I feel tired as soon as I get up in the morning and see a new day stretched out in front of me

4 – I can easily understand the actions of my colleagues/supervisors

5 – I get the feeling that I treat some patients/colleagues impersonally, as if they were objects

6 – Working with people the whole day is stressful for me

7 – I deal with other people's problems successfully

8 – I feel burned out because of my workload

9 – I feel that I influence other people positively through my work

10 – I have become more callous to people since I have started doing medicine

11 – I'm afraid that my work makes me emotionally harder

12 – I feel full of energy

- 13 – I feel frustrated by my workload
- 14 – I get the feeling that I work too hard
- 15 – I'm not really interested in what is going on with many of my colleagues
- 16 – Being in direct contact with people at work/school is too stressful
- 17 – I find it easy to build a relaxed atmosphere in my working environment
- 18 – I feel stimulated when I have been working closely with my colleagues
- 19 – I have achieved many rewarding objectives in my work/education
- 20 – I feel as if I'm at my wits' end
- 21 – In my work I am very relaxed when dealing with emotional problems
- 22 – I have the feeling that my colleagues blame me for some of their problems

Open Ended Questions

1. What factors contribute to your motivation to pursue research during your medical education?
2. What supports (personal and institutional) have helped you conduct research during your medical education?
3. What barriers have you encountered in conducting research during your medical education?