

Medicine Resident Preferences for Seeking Help

Demographics

Upon completion of this survey you will receive a \$5 Amazon gift card if you provide a working BIDMC email address. This email will be de-linked from your survey responses to preserve anonymity.

What is your training year?

- PGY1
- PGY2
- PGY3
- PGY4 / PGY5

What is your gender?

- Male
- Female
- Non-binary
- Prefer not to say

What is your age?

Seeking Support

For each group of factors listed, please select a best (left button) and worst choice (right button). (I.E. every question should have two buttons selected)

Note: The redundancy of the questions is intentional and necessary for the study design.

If you were feeling stressed or burned out from your work, from whom would you seek support? (group 1 of 7)

Best choice

Worst choice

Speaking with my other peers that are still in residency training

Speaking with supportive attending physicians not directly involved in the administration

No one, I don't like seeking support from others

Best choice

Worst choice

A counselor/therapist one-on-one

If you were feeling stressed or burned out from your work, from whom would you seek support? (group 2 of 7)

Best choice

Worst choice

A counselor/therapist one-on-one

Residency-sponsored peer support group (like Intern Forum, but not necessarily just for interns)

Speaking with my administration [chief residents/program directors]

No one, I don't like seeking support from others

If you were feeling stressed or burned out from your work, from whom would you seek support? (group 3 of 7)

Best choice

Worst choice

Speaking with my administration [chief residents/program directors]

No one, I don't like seeking support from others

Speaking with my family and friends outside of work

Speaking with supportive attending physicians not directly involved in the administration

If you were feeling stressed or burned out from your work, from whom would you seek support? (group 4 of 7)

Best choice

Worst choice

No one, I don't like seeking support from others

Speaking with my family and friends outside of work

Speaking with my other peers that are still in residency training

Best choice

Worst choice

Residency-sponsored
peer support group, (like
Intern Forum, but not
necessarily just for interns)

If you were feeling stressed or burned out from your work, from whom would you seek support? (group 5 of 7)

Best choice

Worst choice

Residency-sponsored peer
support group

A counselor/therapist one-
on-one

Speaking with supportive
attending physicians not
directly involved in the
administration

Speaking with my family
and friends outside of work

If you were feeling stressed or burned out from your work, from whom would you seek support? (group 6 of 7)

Best choice

Worst choice

Speaking with my family
and friends outside of work

Speaking with my
administration [chief
residents/program
directors]

A counselor/therapist one-
on-one

Speaking with my other
peers that are still in
residency training

If you were feeling stressed or burned out from your work, from whom would you seek support? (group 7 of 7)

Best choice

Worst choice

Speaking with supportive
attending physicians not
directly involved in the
administration

Speaking with my other
peers that are still in
residency training

Residency-sponsored peer
support group (like Intern
Forum, but not necessarily
just for interns)

Best choice

Worst choice

Speaking with my administration [chief residents/program directors]

Social Outings Preferences

For each group of factors listed, please select the most significant (left button) and least significant barrier (right button). (I.E. every question should have two buttons selected)

Note: The redundancy of the questions is intentional and necessary for the study design.

If you weren't seeing a therapist and the residency program offered access to one-on-one counseling for work-related stress, what do you think could affect your participation? (group 1 of 7)

Most significant barrier

Least significant barrier

I'm concerned that seeing a therapist will reflect poorly on my standing as a resident or impact my future job opportunities

I would think I'm a weak person for seeing a therapist for stress or burnout

I wouldn't want to pay for it

I wouldn't have enough time

If you weren't seeing a therapist and the residency program offered access to one-on-one counseling for work-related stress, what do you think could affect your participation? (group 2 of 7)

Most significant barrier

Least significant barrier

I wouldn't have enough time

I'm concerned about the confidentiality of talking about my issues to a therapist

I don't think it would help for addressing my wellness

I wouldn't want to pay for it

If you weren't seeing a therapist and the residency program offered access to one-on-one counseling for work-related stress, what do you think could affect your participation? (group 3 of 7)

Most significant barrier

Least significant barrier

Most significant barrier

Least significant barrier

I don't think it would help for addressing my wellness

I wouldn't want to pay for it

I would be ashamed or embarrassed if my peers knew I was seeing a therapist

I would think I'm a weak person for seeing a therapist for stress or burnout

If you weren't seeing a therapist and the residency program offered access to one-on-one counseling for work-related stress, what do you think could affect your participation? (group 4 of 7)

Most significant barrier

Least significant barrier

I wouldn't want to pay for it

I would be ashamed or embarrassed if my peers knew I was seeing a therapist

I'm concerned that seeing a therapist will reflect poorly on my standing as a resident or impact my future job opportunities

I'm concerned about the confidentiality of talking about my issues to a therapist

If you weren't seeing a therapist and the residency program offered access to one-on-one counseling for work-related stress, what do you think could affect your participation? (group 5 of 7)

Most significant barrier

Least significant barrier

I'm concerned about the confidentiality of talking about my issues to a therapist

I wouldn't have enough time

I would think I'm a weak person for seeing a therapist for stress or burnout

Most significant barrier

Least significant barrier

I would be ashamed or embarrassed if my peers knew I was seeing a therapist

If you weren't seeing a therapist and the residency program offered access to one-on-one counseling for work-related stress, what do you think could affect your participation? (group 6 of 7)

Most significant barrier

Least significant barrier

I would be ashamed or embarrassed if my peers knew I was seeing a therapist

I don't think it would help for addressing my wellness

I wouldn't have enough time

I'm concerned that seeing a therapist will reflect poorly on my standing as a resident or impact my future job opportunities

If you weren't seeing a therapist and the residency program offered access to one-on-one counseling for work-related stress, what do you think could affect your participation? (group 7 of 7)

Most significant barrier

Least significant barrier

I would think I'm a weak person for seeing a therapist for stress or burnout

I'm concerned that seeing a therapist will reflect poorly on my standing as a resident or impact my future job opportunities

I'm concerned about the confidentiality of talking about my issues to a therapist

I don't think it would help for addressing my wellness

Select the most and least significant factors that affected your participation in the residency-provided peer support group during intern year (Intern Forum) (group 1 of 7)

Most significant factor

Least significant factor

Most significant factor

I don't think it will help with addressing my wellness

I don't like my classmates

I'm off-site, post-call, or on vacation

I don't have enough time during the workday

Least significant factor

Select the most and least significant factors that affected your participation in the residency-provided peer support group during intern year (Intern Forum) (group 2 of 7)

Most significant factor

I don't have enough time during the workday

I'm too tired

I don't want to embarrass myself in front of my peers

I'm off-site, post-call, or on vacation

Least significant factor

Select the most and least significant factors that affected your participation in the residency-provided peer support group during intern year (Intern Forum) (group 3 of 7)

Most significant factor

I don't want to embarrass myself in front of my peers

I'm off-site, post-call, or on vacation

I'm concerned that what I share will reflect poorly of me as a resident and physician

I don't like my classmates

Least significant factor

Select the most and least significant factors that affected your participation in the residency-provided peer support group during intern year (Intern Forum) (group 4 of 7)

Most significant factor

I'm off-site, post-call, or on vacation

I'm concerned that what I share will reflect poorly of me as a resident and physician

I don't think it will help with addressing my wellness

Least significant factor

Most significant factor

I'm too tired

Least significant factor

Select the most and least significant factors that affected your participation in the residency-provided peer support group during intern year (Intern Forum) (group 5 of 7)

Most significant factor

I'm too tired

I don't have enough time during the workday

I don't like my classmates

I'm concerned that what I share will reflect poorly of me as a resident and physician

Least significant factor

Select the most and least significant factors that affected your participation in the residency-provided peer support group during intern year (Intern Forum) (group 6 of 7)

Most significant factor

I'm concerned that what I share will reflect poorly of me as a resident and physician

I don't want to embarrass myself in front of my peers

I don't have enough time during the workday

I don't think it will help with addressing my wellness

Least significant factor

Select the most and least significant factors that affected your participation in the residency-provided peer support group during intern year (Intern Forum) (group 7 of 7)

Most significant factor

I don't like my classmates

I don't think it will help with addressing my wellness

I'm too tired

I don't want to embarrass myself in front of my peers

Least significant factor

Block 3

Would you like to receive a \$5 Amazon giftcard?

Yes

No

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