Supplemental Digital Appendix 1

Written Reflection Prompt

Shame occurs when you engage in a self-evaluation in response to an event or occurrence, and you assess yourself to be globally flawed, deficient, and/or unworthy. Please reflect on any experiences you’ve had as a medical student that made you feel flawed, deficient, and/or unworthy.

In the space below, write about a specific situation (or set of situations) during your time as a medical student that caused you to feel shame (e.g. flawed, deficient, and/or unworthy). There is no specific format for this reflection. As you reflect on and write about this experience, feel free to consider the circumstances surrounding your feelings, causes and outcomes of your feelings, other related emotions, and/or any other important information you would like to convey.

You will be given 30 minutes to write as much as you’d like about the experience, but you are not expected or required to use the entire time. If you are done before 30 minutes, please open the door to let me know. Remember that your reflection is confidential and that all potentially identifiable information will be anonymized during the transcription process.
Supplemental Digital Appendix 2
Selected Questions From the Interview Guide for a 2021 Qualitative Analysis of Medical Students’ Experiences of Shame

### Topic #1: Characterization of the emotions experienced during the situation

*In your written narrative reflection, you described [insert brief summary of situation(s) described]. I would like to start our conversation by asking a few questions to better understand this situation and the emotions that you felt as a result.*

- In this situation, why did you feel shame? What caused you to feel this way? Who or what contributed to these feelings?
- What specifically did you feel was deficient or flawed about yourself?
- How did you physically feel as a result of feeling shame? In other words, what physical reactions did you experience?
- What actions did you take or want to take as a result of feeling shame?
- What were the outcomes or effects of your shame experience?
- Is there anything else that is important about this situation that you would like to tell me?

### Topic #2: General Shame Experiences

*I would like to talk about any other shame experiences you’ve had in addition to the situation you wrote about.*

- Other than the situation you described, have you felt shame during your time as a medical student?
- How often do you think feel shame? In other words, how often do you feel deficient/unworthy/flawed?
- What other types of events, actions, or experiences cause you to feel shame?
- What effect(s) and/or outcomes(s) do your shame experiences have on you?
  - Did these feelings change your approach to your education? To your approach to patient care? To your approach to the learning environment? If yes, how?
  - Did these feelings change the way you view yourself as a physician-in-training? If yes, how?
  - Did these feelings changed the way you view yourself as a whole person? In other words, how have these feelings impacted the way you view yourself outside of the hospital?
- What, if anything, do you do if/when you experience shame? In other words, what actions do you take (or want to take) in response to your feelings?