

Supplemental digital content for Milam AJ, Brown I, Edwards-Johnson J, McDougle L, Sousa A, Furr-Holden D. Experiences of discrimination, institutional responses to seminal race events, and depressive symptoms in Black U.S. medical students. Acad Med.

Supplemental Digital Appendix 1

Survey Administered to Medical Students in a Study Examining the Relationship Between Experiences of Discrimination, Institutional Responses to Seminal Race Events and Depressive Symptoms Among Black U.S. Medical Students, August 2020

Preface: The COVID-19 pandemic has posed challenges all across the world, especially among healthcare workers. The pandemic has also caused interruptions in medical school education. This survey will assess your behavioral health prior to known widespread SARS-CoV-2 transmission (prior to December 2019) and during the pandemic.

A. Demographics/background

1. How old are you?
2. Race/ethnicity (check all that apply)
 - Black or African American
 - White
 - American Indian and Alaska Native
 - Asian
 - Native Hawaiian and Other Pacific Islander
3. Are you Hispanic or Latino? (yes or no)
4. Gender
 - Female
 - Male
 - Other
5. Year in medical school
6. Did you have a clinical diagnosis of depression or anxiety prior to starting medical school? (yes or no)

B. Institutional characteristics

Please respond to the statements below with one of the following:

1. Never
 2. Rarely
 3. Sometimes
 4. Often
 5. Always
-
7. My institution responds to seminal race events that largely implicate Black individuals.
 8. I often have the opportunity to interact with Black faculty members.

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9. I feel that my peers are supportive of my academic success.

10. I feel that my peers support my social wellbeing.

11. My classmates invite me to social outings.

10. Did your institution respond to the death of Ahmaud Arbery?

- Yes
- No

11. Did your institution respond to the death of George Floyd?

- Yes
- No

12. Did your institution respond to the racial disparities in COVID-19 deaths?

- Yes
- No

Emotional Distress – Depression – Short Form 8a^a

(PROMIS Item Bank v1.0 – Emotional Distress – Depression–Short Form 8a)

Please respond to the statements below with one of the following:

1. Never
2. Rarely
3. Sometimes
4. Often
5. Always

In the past 7 days...

13. I felt worthless.

14. I felt helpless.

15. I felt depressed.

16. I felt hopeless.

17. I felt like a failure.

18. I felt unhappy.

19. I felt that I had nothing to look forward to.

20. I felt that nothing could cheer me up.

Thinking back to November 2019. In the past 7 days...

21. I felt worthless.

22. I felt helpless.

23. I felt depressed.

Emotional Distress – Anxiety – Short Form 8a^a

(PROMIS Item Bank v1.0 – Emotional Distress – Anxiety –Short Form 8a)

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Please respond to the statements below with one of the following:

1. Never
2. Rarely
3. Sometimes
4. Often
5. Always

In the past 7 days...

24. I felt fearful.
25. I found it hard to focus on anything other than my anxiety.
26. My worries overwhelmed me.
27. I felt uneasy.
28. I felt nervous.
29. I felt like I needed help for my anxiety.
30. I felt anxious.
31. I felt tense.

Thinking back to November 2019. In the past 7 days...

32. I felt fearful.
33. I found it hard to focus on anything other than my anxiety.
34. My worries overwhelmed me.

Discrimination^b

Please respond to the statements below with one of following:

1. Once a week or more
 2. A few times a month
 3. A few times a year
 4. Less than once a year
 5. Never
35. How often do you feel that you have to work twice as hard as others to get the same treatment or evaluation?
 36. How often are you watched more closely than other students?
 37. How often are you unfairly humiliated in front of others at school?

^aThese items are reprinted with permission. © 2008-2019 PROMIS Health Organization (PHO). Cella D, Riley W, Stone A, et al. The Patient-Reported Outcomes Measurement Information System (PROMIS) developed and tested its first wave of adult self-reported health outcome item banks: 2005–2008. J Clin Epidemiol. 2010;63(11):1179-1194.²⁸

^bThese items are reprinted with permission. Sternthal MJ, Slopen N, Williams DR. Racial disparities in health: How much does stress really matter? Du Bois Rev. 2011;8(1):95-113.³²