Orthopaedic Residents Work/Life Survey

This survey is designed to provide a systematic assessment of issues relevant to well-being among orthopaedic surgery residents.

This booklet is divided into sections covering the following topics:
Section 1: Background Information
Section 2: Job Related Feelings
Section 3: General Psychological Health
Section 4: Stressful Aspects of Your Life and Work
Section 5: Responses to Stress
Section 6: Relationship Issues (if you are married or in an ongoing, committed relationship, your partner will be referred to as "mate.")

This survey is strictly confidential and no names are requested. Each respondent has been assigned a Program code number, which appears on the front of the booklet. Responsible persons who are not affiliated with any orthopaedic residency program hold the key to this code. Other investigators in this project remain blinded to the identities of those returning the booklet.

In order to obtain an accurate picture of the residency experience and life in medicine, it is important that we obtain surveys from many residents throughout the country. We would therefore be grateful for your cooperation in completing this questionnaire. Please return your completed booklet to: ________________________________

Section 1: Background Information

Program ID Number: [_____] [_____] [_____] [_____] [_____]

Your Age: [_____] [_____]

Your Gender: ☐ Male ☐ Female

Year of Your Medical Training: [_____]

Race
☐ Caucasian ☐ Asian/Pacific Islander
☐ Black/African American ☐ American Indian/Alaska Native
☐ Hispanic/Latino ☐ Other (specify) [_____

Marital Status
☐ Single ☐ Married ☐ Live with significant other ☐ Divorced ☐ Separated ☐ Widowed

Years Married: [_____] This is my: ☐ 1st ☐ 2nd ☐ 3rd ☐ 4th or more marriage

Number of Children: [_____]

Ages of Children: [_____] Age: [_____] [_____] [_____] [_____]

If you are not married, are you involved in a serious, committed ongoing relationship? ☐ Yes ☐ No

Your Mate's Education Level:
☐ grade school ☐ high school/equivalent ☐ some college ☐ college degree ☐ graduate degree ☐ professional degree

Your Mate's Occupation:
[_____] [_____] [_____] [_____] [_____] [_____] [_____] [_____] [_____]

Average number of hours per week your mate works outside the home for pay: [_____]
Average number of hours per week you work: [_____]
Family Background
Were/are any of your parents or grandparents physicians? ○ Yes ○ No
If so, please specify which relatives were physicians and note their area of specialization:
□ My mother was/is a physician.
   Her specialty: ____________________________

□ My father was/is a physician.
   His specialty: ____________________________

□ My grandmother was/is a physician.
   Her specialty: ____________________________

□ My grandfather was/is a physician.
   His specialty: ____________________________

If you were reared in a medical family, please check the one statement in each of the following pairs that most accurately describes your experience.

a. ○ As a child, I grew up with a sense of pride that we were a medical family.
   ○ As a child, I resented how medicine interfered with our family life.

b. ○ I was encouraged by my family to enter medicine.
   ○ My family discouraged me from entering medicine.

How would you characterize the relationship you had with your father when you were growing up? (Please check one):
○ Loving and close ○ Loving but not close ○ Stable but distant ○ Conflictual ○ Non-existent

How would you characterize the relationship you had with your mother when you were growing up? (Please check one):
○ Loving and close ○ Loving but not close ○ Stable but distant ○ Conflictual ○ Non-existent
Section 2: Job Satisfaction Survey  If you are not currently employed, skip to Section 3

Statements 1-22 describe job-related feelings. The purpose of these statements is to discover how you view your job and the people with whom you work closely. The term recipients is used to refer to the people for whom you provide your service, care, treatment, or instruction. When answering these questions please think of these people as recipients of your service, even though you may use another term in your work.

Please read each statement carefully and decide if you feel this way about your job. If you have never had this feeling, mark the "0" (zero) under the statement. If you have had this feeling, indicate how often you feel it by marking the number (from 1 to 6) that best describes how frequently you feel that way. Use the following scale:

<table>
<thead>
<tr>
<th>HOW OFTEN:</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>A few times a year or less</td>
<td></td>
<td></td>
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<tr>
<td>Once a month or less</td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>A few times a month</td>
<td></td>
<td></td>
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<tr>
<td>Once a week</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A few times a week</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Every day</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

**HOW OFTEN 0-6**

**Statements:**

1. [ ] I feel emotionally drained from my work.
2. [ ] I feel used up at the end of the workday.
3. [ ] I feel fatigued when I get up in the morning and have to face another day on the job.
4. [ ] I can easily understand how my recipients feel about things.
5. [ ] I feel I treat some recipients as if they were impersonal objects.
6. [ ] Working with people all day is really a strain for me.
7. [ ] I deal very effectively with the problems of my recipients.
8. [ ] I feel burned out from my work.
9. [ ] I feel I am positively influencing other people's lives through my work.
10. [ ] I've become more callous toward people since I took this job.
11. [ ] I worry that this job is hardening me emotionally.
12. [ ] I feel very energetic.
13. [ ] I feel frustrated by my job.
14. [ ] I feel I'm working too hard on my job.
15. [ ] I don't really care what happens to some recipients.
16. [ ] Working with people directly puts too much stress on me.
17. [ ] I can easily create a relaxed atmosphere with my recipients.
18. [ ] I feel exhilarated after working closely with my recipients.
19. [ ] I have accomplished many worthwhile things in this job.
20. [ ] I feel like I'm at the end of my rope.
21. [ ] In my work, I deal with emotional problems very calmly.
22. [ ] I feel recipients blame me for some of their problems.
Section 3: General Psychological Health

We would like to know if you have had any medical complaints, and how your health has been in general, over the past few weeks. Please answer ALL of the questions in this section (questions 23-34) simply by marking the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those that you had in the past.

It is important that you try to answer ALL the questions.

Have you recently:

23. been able to concentrate on whatever you're doing?
   - Better than usual
   - Same as usual
   - Less than usual
   - Much less than usual

24. lost much sleep over worry?
   - Not at all
   - No more than usual
   - Rather more than usual
   - Much more than usual

25. felt that you are playing a useful part in things?
   - More so than usual
   - Same as usual
   - Less useful than usual
   - Much less useful

26. felt capable of making decisions about things?
   - More so than usual
   - Same as usual
   - Less so than usual
   - Much less capable

27. felt constantly under strain?
   - Not at all
   - No more than usual
   - Rather more than usual
   - Much more than usual

28. felt you couldn't overcome your difficulties?
   - Not at all
   - No more than usual
   - Rather more than usual
   - Much more than usual

29. been able to enjoy your normal day-to-day activities?
   - More so than usual
   - Same as usual
   - Less so than usual
   - Much less than usual

30. been able to face up to your problems?
   - More so than usual
   - Same as usual
   - Less able than usual
   - Much less than usual

31. been feeling unhappy and depressed?
   - Not at all
   - No more than usual
   - Rather more than usual
   - Much more than usual

32. been losing confidence in yourself?
   - Not at all
   - No more than usual
   - Rather more than usual
   - Much more than usual

33. been thinking of yourself as a worthless person?
   - Not at all
   - No more than usual
   - Rather more than usual
   - Much more than usual

34. been feeling reasonably happy, all things considered?
   - More so than usual
   - About same as usual
   - Less so than usual
   - Much less than usual
### Section 4: Life/Work Stress

Questions in this section address those aspects of your life that may cause you stress.

<table>
<thead>
<tr>
<th>Question</th>
<th>Not at all</th>
<th>A Little</th>
<th>Quite a bit</th>
<th>A lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>35. I feel sleep deprived.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>36. I feel conflict between my work and non-work lives.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>37. I am able to leave my personal concerns behind when I am at work.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>38. I have to interrupt work to take care of personal concerns.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>39. I am anxious about my level of work competence.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>40. I experience work/life conflict.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>41. I worry about how my career will be affected in the future by the growing supply of orthopaedic surgeons.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>42. I am stressed by my relationships with other residents.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>43. I am stressed by my relationships with faculty physicians.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>44. I am stressed by my relationships with nursing staff.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>45. I am stressed by my relationships with ancillary hospital or department personnel.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>46. I perceive fellow residents and their mates to be supportive.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>47. I feel that generational differences create problems between resident and faculty physicians.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

**Please answer True or False to the following:**

| O True | O False | A. I feel negatively judged or stereotyped by the other generation. | 0 |
| O True | O False | B. I believe that older physicians try to implement a power hierarchy that is unacceptable to younger physicians. | 0 |
| O True | O False | C. I believe that younger orthopaedic surgeons expect to be privy to information about the financial aspects of departmental or practice business matters sooner than they earn the right to have such information. | 0 |
| O True | O False | D. I believe that older physicians and their families made mistakes in acclimating to work/life imbalance. | 0 |
| O True | O False | E. I believe that younger physicians and their families are attempting or demanding a level of work/life balance that is unrealistic, given the demands of a career in orthopaedic surgery. | 0 |
| O True | O False | F. I believe that, in general, younger physicians today do not express adequate appreciation for the contributions made by older physicians. | 0 |
| O True | O False | G. I believe that a lack of clear policies, procedures, and precendents makes it difficult to age gracefully into the later stages of a career in orthopaedic surgery. | 0 |

<table>
<thead>
<tr>
<th>Question</th>
<th>Not at all</th>
<th>A Little</th>
<th>Quite a bit</th>
<th>A lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>48. I worry about whether I will make enough money to achieve or maintain my lifestyle goals.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>49. At this stage in my life, financial concerns stress me.</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
50. By the time my medical education is completed, I anticipate the following degree of financial indebtedness:
- No debt
- Less than $25,000
- $26,000 - $50,000
- $51,000 - $75,000
- $76,000 - $100,000
- $101,000 - $125,000
- $126,000 - $150,000
- Over $150,000

51. Do you feel that the personal sacrifices you are making during medical training are worthwhile?
- Yes
- No

52. Knowing what you know now, would medicine again be your career choice?
- Yes
- No

53. Knowing what you know now, would you again choose orthopaedic surgery as a specialty?
- Yes
- No

54. Check any of the following that apply to you:
- I feel that I have been subjected to sexual harassment in the course of this residency
- I feel that I have been subjected to sexual discrimination in the course of this residency
- In this residency, I feel that I have been ignored or received less encouragement than have my colleagues of the opposite sex

55. Check any of the following that apply to you:
- In this residency, I feel that I have been subjected to harassment due to race or ethnicity
- In this residency, I feel that I have been subjected to discrimination due to race or ethnicity

56. I rate my degree of satisfaction with life as a resident in orthopaedic surgery as follows:

- Extremely Satisfied: 6
- Fairly Satisfied: 5
- Somewhat Satisfied: 4
- Somewhat Dissatisfied: 3
- Fairly Dissatisfied: 2
- Extremely Dissatisfied: 1

57. Overall, how satisfied are you with your work/life balance?

- Extremely Satisfied: 6
- Fairly Satisfied: 5
- Somewhat Satisfied: 4
- Somewhat Dissatisfied: 3
- Fairly Dissatisfied: 2
- Extremely Dissatisfied: 1
Section 5: Responses to Stress

Questions in this section address how you respond to stress.

58. Do you have a professional mentor?  ○ Yes  ○ No  
   My mentor(s) include (check all that apply):
   □ A classmate
   □ A senior resident
   □ A fellow
   □ A faculty member
   □ A physician other than a faculty member

59. How often do you talk with your mentor about your concerns?
   ○ I never have
   ○ Several times a year
   ○ 1-to-2 times each month
   ○ Weekly or more often

<table>
<thead>
<tr>
<th>Question</th>
<th>Not at all</th>
<th>A Little</th>
<th>Quite a bit</th>
<th>A lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>60. Talking with my mentor about my concerns helps</td>
<td>0 0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>61. I talk with colleagues informally about my concerns</td>
<td>0 0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>62. I talk to my partner/family/friends about my concerns</td>
<td>0 0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>63. I use relaxation techniques (e.g., meditation, physical relaxation)</td>
<td>0 0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>64. I draw on my religion or faith in God as a source of strength</td>
<td>0 0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

65. I attend worship services
   ○ I never have
   ○ Several times a year
   ○ 1-to-2 times each month
   ○ Weekly or more often

66. I participate in formal psychological support of counseling
    (Please check all that apply)
   □ I did in the past, but not now
   □ I never have
   □ Yes, several times a year
   □ Yes, 1-2 times each month
   □ Yes, weekly or more often
   If so, what type of care did/do you seek? (Check all that apply)
   □ Individual counseling or therapy
   □ Marital/family counseling
   □ Psychiatric care
   □ Pastoral counseling
   □ Support group
   □ Marriage enrichment
   □ Stress management
   □ Anger management
   □ Other (specify) ___________
67. I have difficulty relaxing and "unplugging" at the end of the day
68. Over the past few months, I have smoked cigarettes
69. Over the past few months, I have drunk alcohol
70. Over the past few months, I have used non-prescription drugs to alter my mood
71. Over the past few months, I have used prescription drugs to alter my mood
72. I worry about my alcohol or drug use

73. I make time to engage in physical exercise (i.e., a "workout") (Mark one answer)
   O Daily   O 3-5 times per week   O weekly   O 2-3 times per month   O monthly   O seldom   O never
74. I make time to engage in enjoyable hobbies or interests outside of medicine (Mark one answer)
   O Daily   O 3-5 times per week   O weekly   O 2-3 times per month   O monthly   O seldom   O never
75. How many weeks of non-working vacation do you take each year? (Mark one answer)
   O 1 week or less   O 2 weeks   O 3 weeks   O 4 weeks   O 5 weeks   O 6 weeks   O 7 weeks   O 8 weeks   O More than 8 weeks
76. I struggle with the following emotions (Mark any that apply, and rate frequency. You may mark more than one)

   □ Loneliness   A Little   Quirite a bit   A lot
   O 0   O 1   O 2   O 3
   □ Anxiety   A Little   Quirite a bit   A lot
   O 0   O 1   O 2   O 3
   □ Anger   A Little   Quirite a bit   A lot
   O 0   O 1   O 2   O 3
   □ Depression   A Little   Quirite a bit   A lot
   O 0   O 1   O 2   O 3
   □ Stress   A Little   Quirite a bit   A lot
   O 0   O 1   O 2   O 3
   □ Sadness   A Little   Quirite a bit   A lot
   O 0   O 1   O 2   O 3
   □ None of the above

77. Overall how stressful do you find your life to be?
   O 0   O 1   O 2   O 3
78. To what extent has your residency facilitated adjustment to the stress of residency?
   O 0   O 1   O 2   O 3
79. Do you believe that more effort on the part of your residency program would have been helpful to you in managing the stresses of residency?
   O Yes   O No
Section 6: Relationship Issues

PLEASE NOTE: RESPOND TO THE QUESTIONS IN THIS SECTION ONLY IF YOU ARE EITHER MARRIED OR INVOLVED IN A SERIOUS, ONGOING, COMMITTED RELATIONSHIP WITH A SIGNIFICANT OTHER.

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your mate for each item on the following list.

<table>
<thead>
<tr>
<th>Item</th>
<th>Always Agree</th>
<th>Almost Always Agree</th>
<th>Occasionally Agree</th>
<th>Frequently Disagree</th>
<th>Almost Always Disagree</th>
<th>Always Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>80. Religious matters</td>
<td>O 5</td>
<td>O 4</td>
<td>O 3</td>
<td>O 2</td>
<td>O 1</td>
<td>O 0</td>
</tr>
<tr>
<td>81. Demonstration of affection</td>
<td>O 5</td>
<td>O 4</td>
<td>O 3</td>
<td>O 2</td>
<td>O 1</td>
<td>O 0</td>
</tr>
<tr>
<td>82. Making major decisions</td>
<td>O 5</td>
<td>O 4</td>
<td>O 3</td>
<td>O 2</td>
<td>O 1</td>
<td>O 0</td>
</tr>
<tr>
<td>83. Sex relations</td>
<td>O 5</td>
<td>O 4</td>
<td>O 3</td>
<td>O 2</td>
<td>O 1</td>
<td>O 0</td>
</tr>
<tr>
<td>84. Conventionality (correct or proper behavior)</td>
<td>O 5</td>
<td>O 4</td>
<td>O 3</td>
<td>O 2</td>
<td>O 1</td>
<td>O 0</td>
</tr>
<tr>
<td>85. Career decisions</td>
<td>O 5</td>
<td>O 4</td>
<td>O 3</td>
<td>O 2</td>
<td>O 1</td>
<td>O 0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item</th>
<th>All the time</th>
<th>Most of the time</th>
<th>More often than not</th>
<th>Occasionally</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>86. How often do you or have you considered divorce, separation, or terminating your relationship?</td>
<td>O 5</td>
<td>O 4</td>
<td>O 3</td>
<td>O 2</td>
<td>O 1</td>
<td>O 0</td>
</tr>
<tr>
<td>87. How often do you and your mate quarrel?</td>
<td>O 5</td>
<td>O 4</td>
<td>O 3</td>
<td>O 2</td>
<td>O 1</td>
<td>O 0</td>
</tr>
<tr>
<td>88. Do you ever regret that you married (or lived together)?</td>
<td>O 5</td>
<td>O 4</td>
<td>O 3</td>
<td>O 2</td>
<td>O 1</td>
<td>O 0</td>
</tr>
<tr>
<td>89. How often do you and your mate &quot;get on each other's nerves?&quot;</td>
<td>O 5</td>
<td>O 4</td>
<td>O 3</td>
<td>O 2</td>
<td>O 1</td>
<td>O 0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item</th>
<th>Every day</th>
<th>Almost Every day</th>
<th>Occasionally</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>90. Do you and your mate engage in outside interests together?</td>
<td>O 4</td>
<td>O 3</td>
<td>O 2</td>
<td>O 1</td>
<td>O 0</td>
</tr>
</tbody>
</table>
How often would you say the following events occur between you and your mate?

<table>
<thead>
<tr>
<th>Event</th>
<th>Never</th>
<th>Less than once a month</th>
<th>Once or twice a month</th>
<th>Once or twice a week</th>
<th>Once a day</th>
<th>More often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have a stimulating exchange of ideas</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Work together on a project</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Calmly discuss something</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
How often would you say the following events occur between you and your mate?

<table>
<thead>
<tr>
<th>Never</th>
<th>Less than once a month</th>
<th>Once or twice a month</th>
<th>Once or twice a week</th>
<th>Once a day</th>
<th>More often</th>
</tr>
</thead>
</table>

94. How often do you and your mate have sex?

| 0 | 1 | 2 | 3 | 4 | 5 |

95. On an average work day, how much time do you spend alone (and awake) with your mate? (Check one)

- [ ] Fewer than 20 minutes
- [ ] 21-45 minutes
- [ ] 45-90 minutes
- [ ] 90-120 minutes
- [ ] More than 120 minutes

96. My work schedule conflicts with our family life

<table>
<thead>
<tr>
<th>Every day</th>
<th>Almost every day</th>
<th>Occasionally</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

97. My mate’s work schedule conflicts with our family life

<table>
<thead>
<tr>
<th>Every day</th>
<th>Almost every day</th>
<th>Occasionally</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

98. How much work/family conflict do you feel?

- [ ] Not at all
- [ ] A little
- [ ] A fair amount
- [ ] Very much

99. After work, I come home too tired to do some of the things I would like to do

<table>
<thead>
<tr>
<th>Every day</th>
<th>Almost every day</th>
<th>Occasionally</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

100. Because my work is demanding, I am irritable at home

<table>
<thead>
<tr>
<th>Every day</th>
<th>Almost every day</th>
<th>Occasionally</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

101. When I come home, I worry a lot about work

- [ ] Always
- [ ] Frequently
- [ ] Sometimes
- [ ] Occasionally
- [ ] Rarely
- [ ] Never

102. I feel torn between demands of work and our personal life

- [ ] Always
- [ ] Frequently
- [ ] Sometimes
- [ ] Occasionally
- [ ] Rarely
- [ ] Never
103. To what degree have you made sacrifices in the number of hours you work for the sake of your marriage/partnership/children?

104. To what degree has your mate made sacrifices in the number of hours he/she works for the sake of your marriage/partnership/children?

105. To what degree have you made sacrifices in your career for the sake of advancing your mate's career?

106. To what degree has your mate made sacrifices in his/her career for the sake of advancing your career?

107. To what extent do your family members pay attention to your feelings and problems?

108. To what extent do your family members show that they appreciate the way you handle your work?

109. To what extent do you perceive other residents and their families in your community to be supportive?

110. My mate and I argue over how much time I have to spend in work-related activities.

111. To what extent has your residency facilitated your mate's adjustment to this stage of your life together?

112. Do you believe that more effort on the part of your residency program would be helpful to your mate in managing the stresses of residency?

113. What are the major child-rearing issues that face you as a medical family? (Please check any that apply):

☐ I am concerned that my child(ren) will not or do not understand the unique stresses that come with a medical career.

☐ I am concerned that, once grown, my child(ren) will not be able to afford as affluent a lifestyle as we are able to provide.

☐ I worry that a medical malpractice suit will affect my child(ren) negatively.

☐ I worry that my co-parent does not spend adequate time with our child(ren).

☐ I worry that I do not spend adequate time with our child(ren).

☐ As a parent, my spouse tries to wield authority but does not take adequate responsibility for participating in the in-the-trenches aspects of parenting.

Overall, how would you rate the following?

<table>
<thead>
<tr>
<th>114. Quality of our relationship</th>
<th>0 1</th>
<th>0 2</th>
<th>0 3</th>
<th>0 4</th>
<th>0 5</th>
<th>0 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>115. Quality of our sex life</td>
<td>0 1</td>
<td>0 2</td>
<td>0 3</td>
<td>0 4</td>
<td>0 5</td>
<td>0 6</td>
</tr>
<tr>
<td>116. My parenting skills</td>
<td>0 1</td>
<td>0 2</td>
<td>0 3</td>
<td>0 4</td>
<td>0 5</td>
<td>0 6</td>
</tr>
<tr>
<td>117. How involved I am in our family life</td>
<td>0 1</td>
<td>0 2</td>
<td>0 3</td>
<td>0 4</td>
<td>0 5</td>
<td>0 6</td>
</tr>
<tr>
<td>118. Our overall work/family balance</td>
<td>0 1</td>
<td>0 2</td>
<td>0 3</td>
<td>0 4</td>
<td>0 5</td>
<td>0 6</td>
</tr>
<tr>
<td>119. My satisfaction with a life in medicine</td>
<td>0 1</td>
<td>0 2</td>
<td>0 3</td>
<td>0 4</td>
<td>0 5</td>
<td>0 6</td>
</tr>
</tbody>
</table>

Thank You.