

THE CENTER FOR HEALTH AND THE SOCIAL SCIENCES AND THE MACLEAN CENTER FOR CLINICAL MEDICAL ETHICS AT THE UNIVERSITY OF CHICAGO

The Professional Development of Physicians-in-Training

Dear Medical Student,

We invite you to participate in an important study of the <u>professional development of physicians-in-training</u>. Please complete this questionnaire to help us better understand medical students' perspectives on this important issue.

You were selected in such a way as to be sure that the study represents medical students nationwide, and we need everyone to participate for the study to be accurate. This questionnaire takes about 20 minutes to complete. Please know that all your responses will be confidential and your name will never be matched to your answers. If you prefer not to answer a question for any reason, you may skip it. However, we hope that you will give your best answer to every question.

After you complete this questionnaire, six months from now, we will invite you to provide us an update of your experiences and to tell us a bit more about your own perspective.

This study is being undertaken by the University of Chicago. If you have questions about this study, please contact project director Kenneth Rasinski, PhD at krasinsk@uchicago.edu or call him at 773-834-6837. If you would like to contact the director of our Institutional Review Board, Anita Goodnight, she can be reached at abg@uchicago.edu or (773) 834-0402.

As a small token of our sincere appreciation, we have enclosed a <u>\$5 dollar bill</u> with this questionnaire. Thank you again.

Sincerely,

Farr A. Curlin, MD

2. At this point, which clinical spe	ecialty will you mo	st likely cho	ose for	r residency t	raining?	
☐ Family Medicine ☐ Internal Medicine ☐						
Pediatrics						
Obstetrics/Gynecology	If Family Medicin	e, Internal Me	edicine,	or Pediatrics	, how like	ely are you to
			Very	Somewhat	Not ver	•
$\square_6 \text{Dermatology}$		l	ikely	likely	likely	likely
☐ ₇ Emergency Medicine	a. go into primary	care?			\square_3	
\square_8 Neurology					3	— ,
\square_9 Ophthalmology	b. become a hospi	talist*?	<u> </u>		\square_3	4
\square_{10} Orthopedic Surgery	c. pursue a loan re	payment	\square_1	\square_2	\square_3	\Box_4
\square_{11} Otolaryngology	program (e.g., N					
Pathology	Health Service (Corps)?				
□ ₁₃ Psychiatry	(*A hospitalist is a physic	cian whose focus is	s the gener	ral medical care of	fhospitalized	patients)
L ₁₄ Radiology (diagnostic)						
\bigsqcup_{15} Surgery (general) \bigsqcup_{16} Urology						
Undecided						
Other (please specify):_						
3. How much do you think each o	of the following cor	siderations	will in	fluence you	specialty	y choice?
		Little to	S	ome A l	ot of	Γhe Most
		No Influence		-	nence	Possible Influence
a) Your financial debt at graduation			[\square_3	4
b) Desire for a manageable lifestyle			[3	4
c) Family considerations and/or expe	ectations				3	4
d) Expected income for different spe	cialties		[\square_2		<u>4</u>
e) Desire to follow in the footsteps o admire	f a physician you		[<u>4</u>
f) A deep sense of calling to a particular	ular specialty				\square_3	<u>4</u>
g) The extent to which physicians in specialties seem to be <u>burned out</u>			[4

1. Please indicate your undergraduate major(s)_____

4. Do you plan to locate your practice	in a medically underserved setting?
□ ₁ Yes →	a. If Yes, indicate the likely location:
\square_2 No	☐ 1 Rural community
☐ ₃ Undecided	\square_2 Inner-city community
	□ ₃ Other (please specify):
5. Did you personally grow up in a me	dically underserved setting?
□ ₁ Yes —	a. If Yes, indicate the location:
\square_2 No	☐ ₁ Rural community
	\square_2 Inner-city community
	\square_3 Other (please specify):
6. Have you ever <u>worked</u> in a medicall	y underserved setting?
$\square_1 \text{ Yes} \longrightarrow \boxed{\text{a. If Yes,}}$	please check all of the following descriptors that apply to the
	served setting(s) in which you have worked.
	1 In the United States
	₂ Outside the United States
	3 Global health program through your school
	4 Service learning experiences in the community
	5 Religiously-affiliated organization
	6 Other (please specify):
7. Do you have a parent or grandparen	t who is a physician?
Yes	t who is a physician.
□₂ No	
8 How much total student debt (pre-m	nedical and medical) do you expect to have by graduation?
\square_1 No debt	iculcal and inculcal) do you expect to have by graduation?
$\square_2 \le $50,000$	
<u></u>	
4 \$100,001 - \$150,000	
☐ ₅ \$150,001 - \$200,000	
$\Box_6 > $200,000$	

In the following three pages, you will find a series of questions about your personal experiences <u>in your overall life</u>, not specific to your experience in medical training. Some items may seem unusual or repetitive, but please complete all of the items so that we can better understand your perspective.

9. Please indicate to what extent each of the following statements is true of you.

(Altruism & Impact on Others from Loyola Generativity Scale (LGS): McAdams, J of Personality and Social Psych, 1992)	Never	Occasionally or seldom	Fairly Often	Very Often or Nearly Always
a) I try to pass along knowledge I have gained through my life experiences. (100-1)			\square_2	3
b) I feel that other people don't need me. (100-2)	0		\square_2	\square_3
c) I feel as though I have made a difference to many people. (IOO-4)	0		\square_2	3
d) I volunteer to work for a charity. (A-4)	<u> </u>		\square_2	3
e) I have important skills that I try to teach others. (IOO-12)			\square_2	3
f) My actions have a positive effect on other people. (100-14)				3
g) I feel as though I have nothing of worth to contribute to others. (100-15)				3
h) I make commitments to many different people, groups, and activities. (A-16)				3
i) I feel a responsibility to improve the neighborhood in which I live. (A-18)			\square_2	3
j) People come to me for advice. (100-19)	<u> </u>	<u></u> 1	\square_2	3
10. Please indicate whether each of the statements (Marlowe-Crowne social desirability scale- short form: Crowne, D.P. & M motive, 1964) a) Are you always a good listener, no matter whom	Iarlowe, D., The	approval Ye	es Not Sur	re No
b) Do you sometimes feel resentful when you don	n't get you o	own way?	\Box_1	\square_3
c) Are you always willing to admit when you make	ke a mistak	e?		

11	Con	sider	how	well	each	statement	descr	ibes voi	ı bv	choosing	the	appropriat	e number	on	the so	cale
	COL	DIGCI	110 11	** **	Cucii	Statement	acser	1005 ,00	$\lambda \cup \gamma$		LIIC	appropria	e mamme	OII	tile by	Juic.

(Empathic concern & Perspective-taking subscales from IRI: Davis, JSAS Catalog of Selected Documents in Psychology, 1980)	Does not describe me well				Describes me very well
a) I often have tender, concerned feelings for people less fortunate than me. (EC-2)		2	\square_3	<u></u> 4	<u></u>
b) I sometimes find it difficult to see things from the "other guy's" point of view.(PT-3) (-)		2	\square_3	<u></u> 4	<u></u>
c) Sometimes I don't feel very sorry for other people when they are having problems. (EC-4) (-)	П	\square_2	\square_3	<u></u> 4	<u></u>
d) I try to look at everybody's side of a disagreement before I make a decision. (PT-8)		2	\square_3	<u></u> 4	<u></u>
e) When I see someone being taken advantage of, I feel kind of protective towards them. (EC-9)	П	\square_2	\square_3	<u></u> 4	<u></u>
f) I sometimes try to understand my friends better by imagining how things look from their perspective. (PT-11)	П	2	\square_3	<u></u> 4	<u></u> 5
g) Other people's misfortunes do not usually disturb me a great deal. (EC-14) (-)		\square_2	<u>3</u>	<u></u> 4	<u></u>
h) If I'm sure I'm right about something, I don't waste much time listening to other people's arguments. (PT-15) (-)		\square_2	3	4	<u></u>
i) When I see someone being treated unfairly, I sometimes don't feel very much pity for them. (EC-18) (-)		2	<u>3</u>	<u></u> 4	<u></u> 5
j) I am often quite touched by things that I see happen. (EC-20)		2	3	<u></u> 4	<u></u>
k) I believe that there are two sides to every question and try to look at them both. (PT-21)	П	2	\square_3	<u></u> 4	<u></u>
l) I would describe myself as a pretty soft-hearted person. (EC-22)		\square_2	\square_3	<u></u> 4	5
m) When I'm upset at someone, I usually try to "put myself in his shoes" for a while.(PT-25)		\square_2	\square_3	<u></u> 4	5
n) Before criticizing somebody, I try to imagine how I would feel if I were in their place. (PT-28)		\square_2	3	<u></u> 4	<u></u>

12. Please indicate how frequently or infrequently you have had each of the following experiences in the past six months. Indicate your actual experience, not what you think your experience should be.

•		•	•		
(AA & NR from five Facet Questionnaire: Baer, Ruth A. Assessment, 2006)	Never or very rarely true	Not often true	Sometimes true Sometimes not true	Often true	Very often or always true
a) I perceive my feelings and emotions without having to react to them. (NR-1) (FMI 18)		\square_2	\square_3	\Box_4	5
b) I find it difficult to stay focused on what's happening in the present. (AA-3) (-) (MAAS 3)	П	\square_2	\square_3	<u></u> 4	<u></u>
c) I watch my feelings without getting lost in them. (NR-6) (FMI 25)		\square_2	\square_3	<u></u> 4	<u></u>
d) It seems I am "running on automatic" without much awareness of what I'm doing. (AA-8) (-) (MAAS 7)		\square_2	3	<u></u> 4	<u></u>
e) In difficult situations, I can pause without immediately reacting. (NR-11) (FMI 26)		\square_2	\square_3	<u></u> 4	5
f) I rush through activities without being really attentive to them. (AA-13) (-) (MAAS 8)	П	\square_2	\square_3	<u></u> 4	<u></u>
g) When I have distressing thoughts or images, I am able just to notice them without reacting. (NR-16) (MQ 1)			3	<u></u> 4	<u>□</u> 5
h) I do jobs or tasks automatically, without being aware of what I'm doing. (AA-18) (-) (MAAS 10)	П	\square_2	\square_3	<u></u> 4	<u></u>
i) When I have distressing thoughts or images, I feel calm soon after. (NR-21) (MQ 4)		\square_2	\square_3	<u></u> 4	<u></u>
j) I find myself doing things without paying attention. (AA-23) (-) (MAAS 14)		\square_2	<u></u>	<u></u> 4	<u></u>
k) When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it. (NR-26) (MQ 9)		\square_2	\square_3	<u></u> 4	<u></u>
l) When I do things, my mind wanders off and I'm easily distracted. (AA-28) (-) (KIMS 3)		\square_2	<u></u>	<u></u> 4	<u></u>
m) When I have distressing thoughts or images, I just notice them and let them go. (NR-31) (MQ 10)		\square_2	\square_3	<u></u> 4	<u></u>
n) I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted. (AA-33) (-) (KIMS 23)		\square_2	\square_3	□ 4	<u></u>
o) I am easily distracted. (AA-37) (-) (CAMS 6)		\square_2	\square_3	<u></u> 4	\square_5

YOUR MEDICAL EXPERIENCES AND BELIEFS ABOUT MEDICINE

13. Since the beginning of your clinical rotations, how many times have you experienced each of the following?							ch of the		
		I	Never	Once or twice	A few times	Several times	Numerous times		
a) Been mistreated by an attending	faculty				\square_2	<u></u>	<u></u> 4		
b) Been mistreated by an intern or r	esident				\square_2	\square_3	<u></u> 4		
c) Received <u>positive</u> feedback from regarding your character traits	your attending	ng	<u> </u>	П		3	<u></u> 4		
d) Received <u>negative</u> feedback from your attending regarding your character traits					\square_2	\square_3	<u></u> 4		
14. Have you encountered a doct characteristics of a good physic		our medica	l train	ing who i	n your jud	gment disp	lays the best		
$\square_1 \text{ Yes} \longrightarrow \text{ If yes:}$ $\square_2 \text{ No}$	A. In what capacity did this physician interact with you? (CHECK ALL THAT APPLY)								
		\square_1 preceptor/mentor assigned by school							
			•		ought out r	•			
				-		n the ward	S		
		\square_4 person		-					
	B. What is	\Box_5 other that physic		•					
		e specify):_		-					
15. Please respond to the follow	ing items by	/ marking t	the box	x that best	reflects y	our own be	eliefs.		
		Disagree Strongly		sagree newhat	Neither agree nor disagree	Agree somewha	Agree at strongly		
a) I do not deserve special treatme just because I am a physician.	nt in life		[\square_2	\square_3	\square_4	\square_5		
b) As a physician, I deserve an extra break now and then.			[\square_2	3	<u></u>	<u></u>		
c) Given all the investments I plan over my medical career, I feel a higher salary.				2	3	<u></u> 4	5		

16. Please answer the questions by indicating how often each of the statements applies to yo	ou.
"Work" or "job" refers to any work related to your medical experiences.	

(from Maslach Burnout Inventory – short form)	Never	A few times a year	Once a month or less	A few times a month	Once a week	A few times a week	Every day
a) I feel burned out from my work	\square_0		\square_2	\square_3	<u></u> 4	\square_5	\square_6
b) I have become more callous toward people since I took this job.	\square_0		\square_2	\square_3	\square_4	\square_5	\Box_6
c) I feel I'm positively influencing other people's lives through my work.			\square_2	\square_3	<u></u> 4		□ ₆

17. Please answer to what extent you agree or disagree with the following statements. "Work" refers to any work related to your **medical experiences.**

(Vocation Identity Questionnaire, Dreher)	Disagree Strongly	Disagree somewhat	Neither agree nor disagree	Agree somewhat	Agree strongly
a) If I were independently wealthy, I would quit my current work or course of study.		\square_2	\square_3	\square_4	\square_5
b) Most of the time I genuinely enjoy the work I do.		\square_2	\square_3	\square_4	<u></u>
c) My daily routine is often so tedious that I feel I'm just putting in time until the end of the day.	П	\square_2		<u></u> 4	<u></u>
d) I get a sense of personal satisfaction completing projects and solving problems that come up.		\square_2	\square_3	<u></u> 4	<u></u>
e) I sometimes get so involved in my work that I lose track of time.		\square_2	3	<u>4</u>	<u></u>
f) My major motivation in my work is making money.	\square_1	\square_2	\square_3	\square_4	\square_5
g) I have a calling that enables me to develop my skills and talents and use them in a meaningful way.	Πı	\square_2		<u></u> 4	<u></u>
h) In my daily life I feel connected in a meaningful way to a community of other people.		\square_2	3	<u></u> 4	<u></u>
i) I see my work as a way to make a positive difference in the world.		\square_2	\square_3	<u></u> 4	5

18. Please respond to the following items by	marking the b	ox that be	st reflects you	ır own be	ners.
(Psychological Entitlement Scale (PES): Campbell, J of Personality Assessment, 2004)	Disagree Strongly	Disagree somewha	agree nar	Agre somew	
a) I deserve more things in my life.		\square_2	\square_3	<u>4</u>	\square_5
b) Things should go my way.		\square_2	\square_3	4	\square_5
c) I feel entitled to more of everything.		\square_2	\square_3	<u>4</u>	<u></u>
In the following pages, you will find a series of items may seem unusual or repetitive, but pled understand your perspective.		•	-		
19. Thinking about your role as a physician-in applies to you in your clinical experience	O . 1	ase indicat	e how often e	each state	ment
(Modified Interpersonal Generosity Scale (IGS): Smit	th & Hill, 2009)	Never	Occasionally or seldom	Fairly Often	Very Often or Nearly Always
a) I really try to slow down and give patients help they need. (Attention) (A)	the time and	\Box_0		2	3
b) I make time to pay extra careful attention problems. (Attention) (IOO)	to patients'			\square_2	3
c) I go the extra mile to help take care of my	patients.		1	\square_2	\square_3
d) I make a special point of being kind to pat suffering. (Compassion) (IOO)	ients who are		П	\square_2	\square_3
e) I am stingy with the time I give to patients (A) (-)	.(Openhandedness)			\square_2	<u></u>
f) It annoys me when my patients ask too ma (IOO) (-)	ny questions.	По		2	3
g) I eagerly look for moments in which I can patients something helpful to them. (IOO)		\Box_0		2	3
h) Colleagues seek me out when they need he through a difficult problem. (A)	elp thinking	О	<u></u> 1	<u></u>	3
i) If I stand a chance of helping a patient, I arrisk upsetting my colleagues in the process	_	<u> </u>		2	3
j) I make it a point to let my patients know he	ow much I	\Box_0		\square_2	\square_3

1 , 1	• , ,1		
care about and	appreciate them.	(Verbal Expression)	$(\Omega \Omega \Omega)$
care about and	approciate mem.	(v ci dai Expicssion)	(100)

20. Again please consider your thoughts and feelings **specific to your experience as a physician-in-training** and indicate how well each of the following statements describes you by choosing the appropriate number on the scale.

	Does not describe me well				Describes me very well
a) I get a strong urge to help when I see a patient who is upset. (BEES, TEQ-13) (EC)		2	\square_3	<u></u> 4	<u></u>
b) I try to imagine myself in my patients' shoes when providing care to them. (JSPE-9) (PT)		2	\square_3	<u></u> 4	<u></u>
c) It upsets me to see a patient being treated disrespectfully. (BEES, TEQ-3) (EC)		\square_2	\square_3	<u></u> 4	<u></u>
d) I try to understand what is going on in my patients' minds by paying attention to their non-verbal cues and body language. (JSPE-13) (PT)		2	3	<u></u> 4	<u></u> 5
e) I become irritated when a patient cries. (TEQ-11) (EC) (-)		2	\square_3	<u></u> 4	<u></u>
f) It is difficult for me to view things from my patients' perspective. (JSPE-3) (PT) (-)		2	\square_3	<u></u> 4	<u></u>
g) I can tell when patients are sad even when they do not say anything. (Ecompreh, TEQ-8) (EC)	<u></u> 1	\square_2	<u></u>	<u></u> 4	5
h) I frequently cannot understand why my patients act as they do. (Curlin) (PT) (-)	<u> </u>	2	<u></u>	4	5
i) I find that I am "in tune" with patients' moods. (HES, TEQ-9) (EC)			3	<u></u> 4	<u></u>
j) I imagine myself experiencing the symptoms that my patients are experiencing. (Curlin) (PT)		\square_2	3	<u></u> 4	<u></u>
k) I do not feel sorry for patients who cause their own serious illnesses. (BEES, TEQ-10) (EC) (-)	<u></u> 1	\square_2	\square_3	<u></u> 4	5
l) I listen carefully to my patients when they need to get something off their chests. (Curlin) (PT) (-)		2	\square_3	<u></u> 4	5
m) When patients start to talk about their personal problems, I try to steer the conversation toward their medical issues. (QMEE, TEQ-7) (EC) (-)		2	3	<u></u> 4	<u></u>
n) I am often able to share in a patient's sense of humor. (Curlin) (PT)		\square_2	\square_3	<u>4</u>	<u></u>

21. Consider your experiences as a **physician-in-training**, and indicate how frequently or infrequently you have had each of the following experiences in the last six months of your clinical rotations. Indicate your actual experience, not what your experience should be.

eminear rotations. Indicate your actual experie	Never or very rarely true	Not often true	Sometimes true Sometimes not true	Often true	Very often or always true
a) I cope with stress without letting it hinder my care of patients. (Curlin) (NR)		\square_2	\square_3	<u></u> 4	5
b) When I am with a patient, my mind wanders off and I am easily distracted. (AA)		\square_2	3	<u>4</u>	5
c) When my schedule is disrupted, I don't let it bother me. (NR)		\square_2	3	4	5
d) In my clinical work, it seems like I am running on automatic, without paying much attention to what am doing. (AA)	I □1		3	<u></u> 4	<u></u>
e) When patients are demanding and difficult, I remain calm and composed. (Curlin/Yoon) (NR)		\square_2	\square_3	<u></u> 4	5
f) During a clinical workday, I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.(MAAS-4) (AA) (-)			3	<u></u> 4	<u></u>
g) When I have a frustrating or distressing encounter with a patient, I can't get it out of my mind. (Curlin) (NR) (-)			3	4	<u></u>
h) When I carry out everyday clinical tasks, I remain actively aware of what I am thinking and doing.		\square_2	\square_3	<u>4</u>	<u></u>
i) When the clinical environment is hectic, I keep my emotional composure. (Curlin) (NR)		\square_2	\square_3	<u></u> 4	5
j) I find myself listening to a patient or colleague with one ear, while thinking about something else at the same time. (MAAS-11) (AA) (-)	П		3	<u>4</u>	<u></u>
k) When a patient has a bad outcome, I want to put it behind me as fast as possible. (Yoon) (NR)		\square_2	3	<u>4</u>	5
l) I forget a patient's name almost as soon as I've been told it for the first time. (MAAS-6) (AA) (-)		\square_2	3	<u></u> 4	5
m) I get irritable with patients who do not adhere to their treatment plan. (Curlin) (NR) (-)		\square_2	\square_3	4	
n) I overlook clinical clues in a case because of carelessness, not paying attention, or thinking of something else. (MAAS-2) (AA) (-)			3	<u></u> 4	<u></u>
o) After a difficult interaction with a patient or colleague, I try to slow down and think over why		\square_2	3	<u>4</u>	5

In this final section, we ask questions about your personal demographic characteristics. 22. Do you consider yourself Hispanic or Latino? 23. How would you classify your race? [CHECK ONLY ONE] Asian — A. If Asian, do you think of yourself as ... 2 Black or African-American 1 East Asian or Pacific Islander 3 American Indian or Alaskan Native \square_2 South Asian 4 White or Caucasian ☐3 Other Asian other (please specify): 24. Which of the following best describes how long you have been in the United States? You immigrated to the United States as an adult. 2 You immigrated to the United States as a child. 3 One or both of your parents immigrated to the United States before you were born. 4 Both of your parents were born in the United States

I behaved the way I did. (Yoon, AA)

Lastly, please update the email address we may have on file for you so that we can contact you in the future about this study. If you prefer, you can also update your contact information using the website on the postcard attached to this survey. We will keep your emails confidential and will not share them with a third party.

Email address:

Please return this survey in the enclosed, postage-paid envelope.

We hope you will also spend a moment to visit the study's website. Six months from now we will invite you to provide us an update on your experiences and to tell us a bit more about your own perspective.

Thank you again for participating in this study!