Supplementary Online Content


**eAppendix.** Stress and Psychological Well-Being in University of Michigan Medical Students

This supplementary material has been provided by the authors to give readers additional information about their work.
1. How old are you?
   a. 18-20 years
   b. 21-25 years
   c. 26-30 years
   d. 31-35 years
   e. Greater than 35 years

2. What gender are you?
   a. Male
   b. Female

3. What is your race? (Select all that apply.)
   a. White or Caucasian
   b. African American/Black
   c. American Indian/Alaskan Native
   d. Asian/Asian-American
   e. Pacific Islander
   f. Other (specify)
   g. I would prefer not to answer

4. Are you Hispanic or Latino?
   a. Yes
   b. No

5. How would you characterize your current relationship status?
   a. Single
   b. In a committed relationship
   c. Married
   d. Divorced
   e. Widowed

6. How many children do you have?
   a. None
   b. One
   c. Two or more

7. In what year of medical school are you?
   a. M1
   b. M2
   c. M3
   d. M4

8. What is your intended medical specialty? (Please select one.)
   a. Primary care (i.e., family medicine, general internal medicine, general pediatrics)
   b. Surgical specialty (i.e., general surgery, obstetrics/gynecology, urology)
   c. Medical or pediatric specialty (i.e., pediatric cardiology, adult gastroenterology, neurology)
   d. Hospital-based discipline (i.e., radiology, pathology, anesthesiology, emergency medicine)
   e. Undecided
   f. Other (please specify)
9. The stress of medical school depends mostly on my current sequence/rotation.
   a. Strongly disagree
   b. Disagree
   c. Neither agree nor disagree
   d. Agree
   e. Strongly agree

10. My financial situation is a source of significant stress.
   a. Strongly disagree
   b. Disagree
   c. Neither agree nor disagree
   d. Agree
   e. Strongly agree

11. In thinking about all types of help and support for medical school (i.e. emotional, financial), do you get the help and support you need from your FAMILY MEMBERS AND FRIENDS?
   a. Strongly disagree
   b. Disagree
   c. Neither agree nor disagree
   d. Agree
   e. Strongly agree

12. In thinking about all types of help and support for medical school, do you get the help and support you need from fellow MEDICAL STUDENTS?
   a. Strongly disagree
   b. Disagree
   c. Neither agree nor disagree
   d. Agree
   e. Strongly agree

13. In thinking about all types of help and support for medical school, do you get the help and support you need from the UNIVERSITY OF MICHIGAN MEDICAL SCHOOL?
   a. Strongly disagree
   b. Disagree
   c. Neither agree nor disagree
   d. Agree
   e. Strongly agree

14-22 Over the last 2 WEEKS, how often have you been bothered by any of the following problems?

0 = not at all  1= several days  2= more than half the days  3= nearly every day

14. Little interest or pleasure in doing things.
15. Feeling down, depressed, hopeless.
16. Trouble falling or staying asleep, or sleeping too much.
17. Feeling tired or having little energy.
18. Poor appetite or overeating
19. Feeling bad about yourself—or that you are a failure or have let yourself or your family down
20. Trouble concentrating on things, such as reading the newspaper or watching television
21. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual
22. Thoughts that you would be better off dead, or of hurting yourself in some way
23. How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all____ Somewhat difficult____ Very Difficult____ Extremely Difficult____

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24. Have you ever been diagnosed as depressed?
   a. Yes
   b. No

25. Are you currently diagnosed as depressed?
   a. Yes
   b. No

26. Have you ever felt you were seriously depressed even if not diagnosed?
   a. Yes
   b. No

27. Have you sought prior treatment for depression?
   a. Yes  [If 27 Yes, then go to 27A]
   b. No   [If 27 No, then skip to 28]

27A. What type of treatment?
   a. Counseling or therapy only
   b. Medication only
   c. Both counseling/therapy and medication
   d. Other treatment

28. Are you currently receiving treatment for depression?
   a. Yes  [If 28 = Yes, then go to 28A]
   b. No   [If 28 = No, then skip to 29]

28A. What type of treatment?
   a. Counseling only
   b. Medication only
   c. Both counseling/therapy and medication
   d. Other treatment

29. Since enrolling in medical school, have you ever seriously considered committing suicide?
   a. Yes
   b. No

30. Do you know any medical students who are depressed?
   a. Yes
   b. No

31. Do you know medical students whose education, training, or advancement has suffered because of their depression?
   a. Yes
   b. No

32. How helpful on average do you think THERAPY or COUNSELING is, when provided competently, for medical students who are clinically depressed?
   a. Not at all helpful
   b. Somewhat helpful
   c. Helpful
   d. Very helpful
33. How helpful on average do you think MEDICATION is, when appropriately prescribed, for medical students who are clinically depressed?
   a. Not at all helpful
   b. Somewhat helpful
   c. Helpful
   d. Very helpful

34. Do you believe that depression develops in medical students due to…?
   a. Inability to cope, either with the stress of medical school or with other issues
   b. Neurotransmitter abnormality
   c. Illness or other medical problems
   d. A combination of one or more of these
   e. Other causes

35. When you are stressed or depressed, what methods do you use for coping? (Select all that apply)
   a. Exercise more
   b. Smoke more cigarettes
   c. Do physical harm to yourself (i.e cutting behavior)
   d. Contact therapist/counselor
   e. Eat less than usual
   f. Talk to or spend more time with friends
   g. Seek support from my church or spiritual advisor (i.e. pastor, minister)
   h. Talk to or spend more time with family members
   i. Study more
   j. Use recreational drugs
   k. Drink more alcohol
   l. Take a break from Ann Arbor (i.e. leave the city)
   m. Other (specify)

36. Over the past month, about how many HOURS PER WEEK did you spend exercising? (Include any exercise of moderate or higher intensity, where “moderate” intensity would be roughly equivalent to brisk walking or bicycling)
   a. Less than 1
   b. 1-2
   c. 3-4
   d. 5 or more

37. Over the past month, on how many occasions have you had 4 (for women) or 5 (for men) ALCOHOLIC DRINKS at one sitting?
   a. None
   b. Once
   c. Twice
   d. 3 to 5 times
   e. 6 to 9 times
   f. 10 or more times
   g. Don’t know
   h. I refuse to answer

38. Over the past month, have you considered dropping out of medical school?
   a. Yes [if yes, then go to Q38A....]
   b. No

38A. Over the past month, how STRONGLY have you considered dropping out of medical school?
   a. Not at all strongly
   b. Somewhat strongly
   c. Strongly
   d. Very strongly
39. How would you rate the level of academic competitiveness in the medical school?
   a. Not at all competitive
   b. Somewhat competitive
   c. Competitive
   d. Very Competitive
   e. Extremely competitive

40. Relative to the average person in my class, my overall academic performance is
   a. Far below average
   b. Somewhat below average
   c. Average
   d. Somewhat above average
   e. Far above average

The following statements address your beliefs about depression. Please respond to each item according to how much you agree or disagree.

41. To what extent do you agree or disagree that… ?
   a. Strongly Disagree
   b. Disagree
   c. Neither Disagree nor Agree
   d. Agree
   e. Strongly Agree

Telling a counselor I am depressed would be risky.
My teachers would not ignore me or take me any less seriously if I were depressed.
Medical students with depression could snap out of it if they wanted to do so.
Most people believe that depressed medical students would provide inferior treatment to their patients.
Other students would stop including me in social activities if they discovered that I was depressed.
If I were depressed, I would tell my medical school friends.
If I were depressed and asked for help, I would be admitting that my coping skills are inadequate.
If I were depressed, I would worry that I would miss out on educational opportunities.
Depression is a real medical illness.
A medical student who sees a counselor is admitting that he/she is unable handle the stress of medical school.
Medical students with depression are not worth the time and resources for medical school teaching.
Most medical students would not want to work with a medical student who is depressed.
If I were depressed and applying to a residency, my application would be less competitive than that of a student who does not have depression.
If I were depressed, I would not feel embarrassed or ashamed.
If I were depressed, I would worry that my medical student friends who knew would tell other students or faculty.
Depression is a sign of personal weakness.
Medical students with depression are NOT to blame for their problems.
A depressed medical student is worth the investment of medical school teaching time and effort.
Medical students and faculty members believe that a student who has depression is just as intelligent as other students.

If I were depressed it would be risky to reveal my depression on my residency application
If I were depressed, I would seek treatment.
If I were depressed, I would be blamed for being unable to cope.
Seeking help for depression would make me feel less intelligent as a medical student.
Other students and faculty members would view me as unable to handle my responsibilities if I were depressed.
Medical students with depression are dangerous to their patients.
If I were depressed, I would be unable to complete medical school tasks and responsibilities as well as other students.
If I were depressed, fellow medical students would respect my opinions less.