





# 2020 Medical Graduates: The work and wellbeing of interim Foundation Year 1 doctors during COVID-19 Appendices

March 2021

# **Contents**

Appendix A:	Questionnaire and interview questions	3
Appendix B:	Summary of demographic effects	12
Appendix C:	Foundation school and medical school of questionnaire respondents	13
Appendix D:	Regression coefficients for effects of ambiguity on wellbeing scales	15
Appendix E:	Demographics of free text journal respondents	16

# Appendix A: Questionnaire and interview questions

#### Questionnaire content

Table A1 summarises the content of the sign up, phase 1 and phase 2 questionnaires. The following sections contain the text of work and wellbeing questions as presented in the online questionnaires.

Table A1. Summary of online questionnaire content

	Sign up	Phase 1	Phase 2
Demographics	Gender Age Ethnicity Disability Medical School Date of starting FiY1 * Region of FiY1 * Reason for doing/not doing FiY1 (free text)		Gender Age Medical School Foundation School of FiY1 Foundation School of F1 Medical experience since April 2020 (inc FiY1) Start and end date of FiY1
Work		Preparedness for FiY1 ** Perception of training during FiY1 Clinical area (inc Covid-specific areas) Availability and use of PPE Work intensity ** Experience of ambiguity † Frequency of specific work activities ‡	Preparedness for F1 ** Preparedness for 25 specific activities † Work intensity Experience of uncertainty
Wellbeing		Perceived Stress Scale <sup>1</sup> Hospital Anxiety and Depression Scale <sup>2</sup> Copenhagen Burnout Inventory (personal and work burnout subscales) <sup>3</sup>	
Tolerance of ambiguity		Tolerance of Ambiguity in Medical Students and Doctors scale (TAMSAD) <sup>4</sup>	
Professional identity		Three subscales: Ingroup Ties, Centrality, Ingroup affect <sup>5</sup>	

<sup>\*</sup> Only presented to those who indicated they were doing FiY1.

#### Phase 1 only

#### Work as an FiY1

Have you been working as an FiY1 for some or all of the last three weeks? (If you		Yes
have not, please indicate when your contract finished. You will be routed to the end		No - my contract ended
of the questionnaire).		No - I terminated my contract
		No - I have not yet started my FiY1 post
		No - I was not allocated an FiY1 post
If you are no longer an FiY1, what date did y	our contract end?	
Have you worked clinically in the last three v	veeks?	No
		Yes (please select to expand options)
In what clinical settings have you been	Accident and emergency department	
mainly working in the last three weeks?	Other urgent care unit (eg admissions u	unit, maternity, neonatal unit) Intensive care
(Please select any area where you have	or high dependency unit	
worked at least a whole day shift, or Inpatient ward – surgical		
equivalent.) Inpatient ward – medical2		
Operating theatres		
	Outpatient clinics	
	Digital/online clinics	
	General practice surgery	
	Other hospital setting	

<sup>\*\*</sup> Item derived from the GMC's National Training Survey.

 $<sup>^{\</sup>dagger}$  Items reflecting different types of ambiguity as described in the literature  $^{6,\,7}$ 

 $<sup>^{\</sup>ddagger}$  Derived from the GMC's outcomes for graduates  $^{8}$ 

Other community setting				
If you selected Other, please specify:				
In the last three weeks have you worked in area	s where t	here are confirmed or	Yes	
suspected cases of COVID-19?			No	
Has this been (please click all that apply)	in clin	ical areas reserved sole	ly for COVID-positive pation	ents?
	in clin	ical areas NOT reserved	l solely for COVID-positive	patients?
,			None of the time Some of the time All of the time	
What types of PPE have you worn in your clinical work over the last three weeks?		I have not worn any P Full PPE (face mask, go patients Partial PPE changed b Partial PPE not change Other	own, eye protection, glove etween patients	es) changed between

### Perception of training

Do you feel you have received, during your FiY1 post, adequate and appropriate training	Yes
for working during the COVID-19 outbreak?	No
Please briefly describe your training experience - what it involved, how it was delivered,	
what was good about it, what could have been improved.	

#### Work activities

In the last three weeks, how often have you	
Carried out venepuncture	Never
Carried out intravenous cannulation	Rarely (no more than once or twice a
Prepared and administered injectable (intramuscular, subcutaneous, intravenous) drugs	week)
Carried out arterial blood gas and acid base sampling in adults	Regularly (at least several times a week)
Taken blood cultures	
Set up an infusion	
Carried out blood transfusion	
Carried out a 3- and 12-lead electrocardiogram (ECG)	
Carried out peak expiratory flow respiratory function test	
Carried out urethral catheterisation (male or female)	
Carried out immediate life support	
Carried out or assisted with cardiopulmonary resuscitation (CPR)	
Taken, or instructed patients how to take, a swab (nose, throat, skin, wound)	
Prescribed and administered oxygen	
Carried out nasogastric tube placement	
Prescribed medication	
Made an initial assessment of a patient's problems	
Completed discharge documentation	
Managed symptoms of patients who are at the end of life	
Discussed a patient's care and treatment with them	
Broken bad news to a patient	
Discussed DNAR decisions with colleagues, patients or next of kin	
Supported families when patients are at the end of life	
Sought advice in a situation of clinical uncertainty	
Maintained handwritten or electronic patient notes	
Completed a death certificate	
Had a practice-based learning event	

#### Previous experience and F1 post

We know that popula's experience before E1 this year has varied more than	An interim Foundation (FiV1) next
We know that people's experience before F1 this year has varied more than usual. Please select which of the following you have done since April 2020.	An interim Foundation (FiY1) post A paid assistantship or other paid medical role
(You may have already told us, but we want to be sure we have up to date	Unpaid (volunteer) work in a medical setting
information).	None of the above - I have not worked clinically
If you have done more than one, please select the one in which you have spent	· ·
	since April 2020 Other
most time since April.	Please give more details if appropriate
Poughly what data did you start this role?	Please give more details if appropriate
Roughly what date did you start this role?	
Roughly what date did you finish this role?  In which Foundation School area was your FiY1 post?	Wales
·	Northern Ireland
In which Foundation School are you starting F1?	Scotland
	East Anglia
	Essex, Bedfordshire & Hertfordshire
	Leicester, Northamptonshire & Rutland
	North Central and East London
	North West London
	North West England
	Northern
	Oxford
	Peninsula
	Severn
	South Thames
	Trent
	Wessex
	West Midlands Central
	West Midlands North
	West Midlands South
	Yorkshire & Humber
	Defence Deanery
In which specialty area is your first F1 placement	Medicine: General (internal) medicine
	Medicine: Acute internal medicine
	Medicine: Anaesthetics
	Medicine: Cardiology
	Medicine: Clinical radiology
	Medicine: Emergency medicine
	Medicine: Endocrinology and diabetes
	Medicine: Gastro-enterology
	Medicine: Sexual health/Genito-urinary medicine
	Medicine: Geriatric medicine
	Medicine: Infectious Diseases
	Medicine: Intensive care medicine
	Medicine: Neurology
	Medicine: Rehabilitation medicine
	Medicine: Renal medicine
	Medicine: Respiratory medicine
	Medicine: Rheumatology
	Medicine: Other Medical specialty
	Paediatrics: Medicine
	Paediatrics: Surgery
	Surgery: General surgery
	Surgery: Cardio-thoracic surgery
	Surgery: Neurosurgery
	Surgery: Ophthalmology
	Surgery: Otolaryngology
	Surgery: Plastic surgery
	Surgery: Trauma and orthopaedic surgery
	Surgery: Urology
	Surgery: Vascular surgery
	Surgery: Other surgical specialty
	Obstetrics and gynaecology
	Psychiatry
	General Practice
	Other
	Please give more details if appropriate

#### Preparedness for specific activities

The following questions ask how prepared you have felt to carry out a number of activities since starting F1. Please indicate how much you agree or disagree that you felt prepared to do each of the following independently, without direct I felt prepared to maintain handwritten or electronic patient notes Strongly disagree I felt prepared to seek advice in a situation of clinical uncertainty Disagree I felt prepared to complete discharge documentation Neither agree nor I felt prepared to prescribe medication disagree I felt prepared to carry out venepuncture Agree I felt prepared to prescribe and administer oxygen Strongly agree I felt prepared to carry out a peak expiratory flow respiratory function test I felt prepared to carry out immediate life support I felt prepared to set up an infusion I felt prepared to take, or instruct patients how to take, a swab (nose, throat, skin, wound) I felt prepared to carry out intravenous cannulation I felt prepared to prepare and administer injectable (intramuscular, subcutaneous, intravenous) drugs I felt prepared to carry out arterial blood gas and acid base sampling in adults I felt prepared to take blood cultures I felt prepared to carry out blood transfusion I felt prepared to carry out a 3- and 12-lead electrocardiogram (ECG) I felt prepared to carry out urethral catheterisation (male or female) I felt prepared to carry out nasogastric tube placement I felt prepared to make an initial assessment of a patient's problems I felt prepared to manage symptoms of patients who are at the end of life I felt prepared to discuss a patient's care and treatment with them I felt prepared to break bad news to a patient I felt prepared to discuss DNAR decisions with colleagues, patients or next of kin

#### Phase 1 and 2

#### Overall preparedness

I felt prepared to support families when patients are at the end of life

I felt prepared to complete a death certificate

How much do you agree with the statement 'I felt adequately prepared for my [FiY1/first F1]	Strongly disagree
post'?	Disagree
	Neither agree nor disagree
	Agree
	Strongly agree

#### Work intensity

How would you rate the overall intensity of your work in the last three weeks?	Very light
	Light About Right
	Heavy
	Very heavy

#### Experience of Uncertainty

These questions ask about the type of clinical situations you have been in during the last three weeks.		
In the last three weeks, how often have you been in situations		
where the nature of a patient's symptoms was not clear to you?	Never	
where it was not clear what the desirable course of action for a patient would be?	Rarely (no more than once or	
where you did not know what the outcome would be for a patient?	twice a week)	
which challenged your expectations of what medicine can achieve?	Regularly (at least several times	
where it was not possible to diagnose or manage a patient definitively?	a week)	
where it was not clear what the desirable outcome for a patient would be?		
which challenged your expectations of how healthcare professionals should act?		
where you felt that no-one knew the right course of action to take for a patient?		
where you did not know what other healthcare professionals expected of you?		

#### Perceived Stress Scale <sup>1</sup>

In the last three weeks	Never
how often have you been upset because of something that happened unexpectedly?	Almost never
how often have you felt that you were unable to control the important things in your life?	Sometimes
how often have you felt nervous and "stressed"?	Fairly often
how often have you felt confident about your ability to handle your personal problems?	Very often
how often have you felt that things were going your way?	
how often have you found that you could not cope with all the things that you had to do?	
how often have you been able to control irritations in your life?	
how often have you felt that you were on top of things	
how often have you been angered because of things that happened that were outside of your control?	
how often have you felt difficulties were piling up so high that you could not overcome them?	

## Anxiety <sup>2</sup>

I feel tense or 'wound up'	Most of the time
	A lot of the time
	From time to time, occasionally
	Not at all
I get a sort of frightened feeling as if something awful is about to happen	Very definitely and quite badly
	Yes, but not too badly
	A little, but it doesn't worry me
	Not at all
Worrying thoughts go through my mind	A great deal of the time
	A lot of the time
	From time to time but not too often
	Only occasionally
I can sit at ease and feel relaxed	Definitely
	Usually
	Not often
	Not at all
I get a sort of frightened feeling like 'butterflies' in the stomach	Always
	Often
	Sometimes
	Seldom
	Never/almost never
I feel restless as if I have to be on the move	Very much indeed
	Quite a lot
	Not very much
	Not at all
I get sudden feelings of panic	Very often indeed
	Quite often
	Not very often
	Not at all

# Depression <sup>2</sup>

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I still enjoy the things I used to enjoy	Definitely as much
	Not quite so much
	Only a little
	Hardly at all
I can laugh and see the funny side of things	As much as I always could
	Not quite so much now
	Definitely not so much now
	Not at all
I feel cheerful	Not at all
	Not often
	Sometimes
	Most of the time
I feel as if I am slowed down	Nearly all the time
	Very often
	Sometimes
	Not at all
I have lost interest in my appearance	Definitely
	I don't take so much care as I should
	I may not take quite as much care
	I take just as much care as ever

I look forward with enjoyment to things	As much as ever I did Rather less than I used to Definitely less than I used to
	Hardly at all
I can enjoy a good book or radio or TV program	Often
	Sometimes
	Not often
	Very seldom

#### Work burnout <sup>3</sup>

Is your work emotionally exhausting?	To a very high degree
Do you feel burnt out because of your work?	To a high degree
Does your work frustrate you?	Somewhat
	To a low degree
	To a very low degree
Do you feel worn out at the end of the working day?	Always
Are you exhausted in the morning at the thought of another day at work?	Often
Do you feel that every working hour is tiring for you?	Sometimes
Do you have enough energy for family and friends during leisure time?	Seldom
	Never/almost never

## Personal Burnout <sup>3</sup>

How often do you feel tired?	Always
How often are you physically exhausted?	Often
How often are you emotionally exhausted?	Sometimes
How often do you think: 'I can't take it anymore'?	Seldom
How often do you feel worn out?	Never/almost never
How often do you feel weak and susceptible to illness?	

NB, anxiety, depression and burnout subscales were mixed on the page.

# Tolerance of ambiguity in medical students and doctors (TAMSAD) $^{4}$

This page asks how you feel about ambiguity in your clinical practice.	
Please indicate which response most applies to you for each statement.	
I have a lot of respect for consultants who always come up with a definite answer	Strongly
I would enjoy tailoring treatments to individual patient problems	disagree
I would be comfortable if a clinical teacher set me a vague assignment or task	Disagree
A good clinical teacher is one who challenges your way of looking at clinical problems	Neutral
What we are used to is always preferable to what is unfamiliar	Agree
I feel uncomfortable when people claim that something is 'absolutely certain' in medicine	Strongly agree
A doctor who leads an even, regular work life with few surprises, really has a lot to be grateful for	
I think in medicine it is important to know exactly what you are talking about at all times	
I feel comfortable that in medicine there is often no right or wrong answer	
A patient with multiple diseases would make a doctor's job more interesting	
I am uncomfortable that a lack of medical knowledge about some diseases means we can't help some patients	
The unpredictability of a patient's response to medication would bring welcome complexity to a doctor's role	
It is important to appear knowledgeable to patients at all times	
Being confronted with contradictory evidence in clinical practice makes me feel uncomfortable	
I like the mystery that there are some things in medicine we'll never know	
Variation between individual patients is a frustrating aspect of medicine	
I find it frustrating when I can't find the answer to a clinical question	
I am apprehensive when faced with a new clinical situation or problem	
I feel uncomfortable knowing that many of our most important clinical decisions are based upon insufficient	
information	
No matter how complicated the situation, a good doctor will be able to arrive at a yes or no answer	
I feel uncomfortable when textbooks or experts are factually incorrect	
There is really no such thing as a clinical problem that can't be solved	
I like the challenge of being thrown in the deep end with different medical situations	
It is more interesting to tackle a complicated clinical problem that to solve a simple one	
I enjoy the process of working with a complex clinical problem and making it more manageable	
A good job is one where what is to be done and how it is to be done are always clear	
To me, medicine is black and white	
The beauty of medicine is that it's always evolving and changing	
I would be comfortable to acknowledge the limits of my medical knowledge to patients	

#### Professional identity <sup>5</sup>

These questions ask you how you feel about being a doctor at the moment. Think about how you feel about the group 'doctors' in general and indicate the response that most reflects how you feel. Ingroup ties Disagree strongly I have a lot in common with doctors. Disagree a little I feel strong ties to doctors. Neither agree nor disagree I find it difficult to form a bond with doctors. Agree a little I don't feel a sense of being 'connected' with doctors. Agree strongly Centrality I often think about the fact that I am a doctor. Overall, being a doctor has very little to do with how I feel about myself. In general, being a doctor is an important part of my self-image. The fact that I am a doctor rarely enters my mind. Ingroup affect In general, I'm glad to be a doctor. I often regret that I am a doctor. I don't feel good about being a doctor. Generally, I feel good when I think about myself as a doctor.

#### Phase 3 interview guide

The interview guide was the basis for interviews in October-November 2020. Being semi-structured, the sequence and wording of questions and prompts varied between individual interviews, and not all completed the timeline task, but all interviews covered the same main points.

#### Introduction

- Thank you for your time. [Acknowledge extraordinary Covid context (do you feel you are in a safe/comfortable space and happy to talk?]
- Aim of project: main UK project to draw on your experience to improve training.
- Aim of interview: walk through your work and experiences since the pandemic using the timeline
- No right answers, confidentiality
- This interview should last around 60 minutes but flexible to how much you want to say!
- Go through consent form if needed
- Any questions before we begin?

#### Timeline task

- We begin with a task. Use the 'timeline' of the pandemic and annotate it with:
  - a) your key events e.g. graduation, FiY1, F1, holiday
  - b) a line representing your degree of learning/development.
  - c) a second line representing your degree of wellbeing.
  - d) how (if it at all?) does your 'wellbeing' and 'learning' line differ from the pandemic one? why?



- Please talk me through your timeline.
  - o What were you doing then?
  - o What were you learning?
  - o How did that affect your wellbeing?

#### Graduating

- What was your experience of graduating (early)?
  - What were your hopes/concerns (in relation to graduating early and starting FiY1)?
  - o How did your experience compare with others? e.g. who graduated earlier/later.

#### Applying for FiY1

- How did you decide whether or not to apply for FiY1?
- What specific factors affected your decision?
- How did that compare with your peers?
- What was your experience of the process?

#### Doing FiY1

- Where were you working as an FiY1?
  - o What did you do?
  - o To what extent were you responsible for the care of Covid patients?
  - o What was the main focus of your activity? e.g. learning, clinical service?

- o What were the most challenging / most positive/ memorable experiences?
- What was the impact on your learning/wellbeing?
  - o What tools have helped/hindered you? e.g. technology, handbooks, mnemonics
  - o Who did you work most closely with?
  - o What unspoken rules, etiquette and codes of conduct were you aware of?
- How did your role compare with that of the F1 doctor you were buddied with?
- How prepared did you feel for FiY1?
- To what extent did you feel like a doctor in this role?
- In what ways did the training you received prepare you?
  - o What form of training was effective/ineffective and why?

#### Transition to F1

- What was your experience of the transition to F1?
  - o What was the main focus of your activity on starting F1? e.g. learning, clinical service.
  - o What tools helped/hindered you? e.g. technology, handbooks, mnemonics
  - o Who do you work most closely with?
  - o What unspoken rules, etiquette and codes of conduct are you aware of as an F1?
- How does your F1 role differ to an FiY1 role?
  - o How prepared did you feel for F1 (after FiY1)?
  - o To what extent did you feel like a doctor at the start of F1, having done (or not) FiY1?
- What factors shaped your transition to F1?
- How does your experience compare to peers who did (or didn't) do FiY1?

#### Looking back

- What are your reflections on your transition from medical student to doctor?
- If you could go back, would you make the same choice (apply/not apply to FiY1)?
  - o Why?

#### Looking forward

- In what ways do you think your experiences have shaped your future e.g. perceptions of medicine, specialty choice?
- Is there anything you would like to add?
- Thank you for your time

#### References for Appendix A

- <sup>1</sup> Cohen S, Kamarck T Mermelstein R. A global measure of perceived stress. Journal of Health and Social Behavior, 1983; 24: 385-396.
- <sup>2</sup> Zigmond AS, Snaith RP. The Hospital Anxiety and Depression Scale. Acta Psychiatrica Scandinavia, 1983; 67: 361-70.
- <sup>3</sup> Kristensen TS, Borritz M, Villadsen E, Christensen KB. The Copenhagen Burnout Inventory: A new tool for the assessment of burnout. Work & Stress, 2005; 19:192-207
- Hancock J, Roberts M, Monrouxe L, Mattick K. Medical student and junior doctors' tolerance of ambiguity: development of a new scale. Advances in Health Sciences Education, 2015; 20: 113-130.
- <sup>5</sup> Cameron JE. A three-factor model of social identity. Self and Identity, 2004; 3: 239-262
- <sup>6</sup> Beresford EB. Uncertainty and the shaping of medical decisions. The Hastings Center Report, 1991; 21(4): 6-11.
- <sup>7</sup> Tonelli MR, Upshur REG. A philosophical approach to addressing uncertainty in medical education. Academic Medicine, 2019; 94: 507-511.
- <sup>8</sup> GMC. Outcomes for graduates. London: General Medical Council, 2018.

# Appendix B: Summary of demographic effects

The inclusion of covariates in regression analyses identified a number of consistent effects of demographic variables. These effects, drawing on analysis of Phase 1 data from the first questionnaire only, are shown in table C1.

Male respondents indicated lower stress and burnout, and were less likely to be at risk of anxiety than women. White respondents indicated lower stress than BAME respondents. There were no effects on depression.

On identity measures, older respondents indicated lower ingroup ties – the perceived bond to the group – than younger respondents. There were no effects on centrality or ingroup affect.

Table C1. Summary of effects of demographic variables on wellbeing scales

	Stress <sup>a</sup>	Work Burnout <sup>a</sup>	Personal Burnout a	Anxiety <sup>b</sup>	Ingroup Ties <sup>a</sup>
Gender Male compared to female	β=-2.14 (CI -3.20 to -0.97) ***	β=-5.67 (CI -9.09 to -2.24) **	β=-7.95 (CI -11.38 to -4.51) **	OR=0.20 (CI 0.05 to 0.58) **	
Age Group 25 and over compared to under 25					β=-0.18 (CI -0.35 to -0.02) *
Ethnicity White compared to BAME	β=-1.62 (CI -3.06 to -0.19) **				

<sup>&</sup>lt;sup>a</sup> Numbers are regression coefficients and 95% confidence intervals from multiple linear regression and indicate the difference in scores between groups.

<sup>&</sup>lt;sup>b</sup> Numbers are the odds ratio and 95% confidence interval from multiple logistic regression. Odds ratios lower than one indicate a lower chance of meeting the threshold of risk.

<sup>\*</sup> p<0.05, \*\* p<0.01, \*\*\* p<0.001

# Appendix C: Foundation school and medical school of questionnaire respondents

#### Signed up participants by Medical School

The table shows the number of participants who signed up to the study from different medical schools, whether they indicated they were doing FiY1 or not, or had not yet graduated when they signed up. The 'total eligible FiY1' figure indicates the number of graduates from each school who received provision registration in the period of FiY1.

Medical School	Total eligible FiY	Signed up - FiY1	Signed up - non- FiY	Signed up - not yet graduated	% FiY1 signed up
Aberdeen	155	28	0	1	18%
Barts and The London	178	31	4	2	17%
Birmingham	222	22	6	0	10%
Brighton and Sussex	98	10			10%
Bristol	208	63	4	3	30%
Buckingham	32	5	1	1	16%
Cambridge	222	44	1	0	20%
Cardiff University	217	26	20	3	12%
Dundee	106	17	2	0	16%
Edinburgh	189	35	2	0	19%
Exeter	110	33	6	3	30%
Glasgow	218	42	2	1	19%
Hull York Medical School	88	24	0	0	27%
Imperial College London	216	25	2	0	12%
Keele University	92	20	2	1	22%
King's College London	302	41	3	0	14%
Lancaster	39	6	0	0	15%
Leeds	180	49	6	0	27%
Leicester	120	21	3	0	18%
Liverpool	23	4	1	0	17%
Manchester	355	57	0	1	16%
Newcastle University	290	126	4	1	43%
Norwich Medical School	110	22	9	2	20%
Nottingham	264	37	9	2	14%
Oxford	130	6	1		5%
Plymouth University	89	23	2	1	26%
QUB	233	69	2	1	30%
Queen Mary, London	155				
Sheffield	248	41	6	1	17%
Southampton	140	30	3	1	21%
St. George's, London	148	38	18	4	26%
Swansea	66	11			17%
UCL	259	26	2		10%
Uclan	20				0%
Warwick	8	7		1	88%
Not given	0	15	0	1	

#### Questionnaire respondents by Foundation School

This table shows the number of FiY1 respondents who signed up to the study from each Foundation School, the number of actual F1 posts filled in those Foundation Schools (data from UKFPO), and the percentage of those posts from which responses were received.

Foundation School	Signed up	Actual FiY1 posts	% signed up
East Anglia	40	243	16%
Essex, Bedfordshire & Hertfordshire	30	180	17%
Leicester, Northamptonshire & Rutland	17	99	17%
North Central and East London	35	239	15%
North West	52	165	32%
North West London	15	488	3%
Northern	127	266	48%
Northern Ireland	70	213	33%
Oxford	9	178	5%
Peninsula	40	115	35%
Scotland	111	552	20%
Severn	54	198	27%
South Thames	79	547	14%
Trent	17	125	14%
Wales	13	136	10%
Wessex	32	193	17%
West Midlands Central	24	92	26%
West Midlands North	19	157	12%
West Midlands South	8	53	15%
Yorkshire & Humber	117	423	28%

# Appendix D: Regression coefficients for effects of ambiguity on wellbeing scales

# Regression coefficients for exposure to types of uncertainty associated with changes in wellbeing measures

Have you experienced events where	Stress	Personal burnout	Work burnout
the nature of a patient's symptoms was not	2.59 (CI 0.66 to 4.53)**	6.66 (CI 1.34 to 3.65)*	5.75 (CI 1.34 to 3.65)*
clear to you			
it was not clear what the desirable course of	2.81 (CI 1.21 to 4.40)***	7.65 (CI 1.34 to 3.65)**	6.26 (CI 1.34 to 3.65)**
action for a patient would be			
you did not know what the outcome would be	2.44 (CI 0.64 to 4.26)**	5.94 (CI 1.34 to 3.65)*	8.04 (CI 1.34 to 3.65)**
for a patient			
challenged your expectations of what	1.69 (CI 0.27 to 3.10)*	5.42 (CI 1.34 to 3.65)**	5.85 (CI 1.34 to 3.65)**
medicine can achieve			
it was not possible to diagnose or manage a	3.00 (CI 1.38 to 4.62)***	4.91 (CI 1.34 to 3.65)*	5.25 (CI 1.34 to 3.65)*
patient definitively			
it was not clear what the desirable outcome	2.30 (CI 0.99 to 3.62)***	4.99 (CI 1.34 to 3.65)*	5.96 (CI 1.34 to 3.65)**
for a patient would be			
challenged your expectations of how	1.82 (CI 0.69 to 2.96)**	4.08 (CI 1.34 to 3.65)*	5.34 (CI 1.34 to 3.65)**
healthcare professionals should act			
you felt that no-one knew the right course of	1.69 (CI 0.56 to 2.82)**	4.56 (CI 1.34 to 3.65)**	5.15 (CI 1.34 to 3.65)**
action to take for a patient			
you did not know what other healthcare	4.27 (CI 3.12 to 5.43)***	9.47 (CI 1.34 to 3.65)***	11.58 (CI 1.34 to 3.65)***
professionals expected of you			

# Appendix E: Demographics of free text journal respondents

Demographics of respondents who completed the free text journal.

6 1	E'1/4 '		
Gender	FiY1 region	Stated ethnicity	Age group
Female	England (North)	Not given	Under 25
Female	England (North)	Not given	31-35
Male	England (South)	White	Under 25
Female	England (South)	White	25-30
Female	England (South)	White	Under 25
Female	England (South)	White	Under 25
Female	England (South)	White	25-30
Male	England (South)	Other	Under 25
Female	Northern Ireland	White	Under 25
Male	England (South)	Other	Under 25
Male	Northern Ireland	White	Under 25
Female	Northern Ireland	White	Under 25
Female	England (North)	White	Under 25
Female	England (South)	White	31-35
Male	England (North)	White	Over 35
Female	England (North)	White	25-30
Male	Northern Ireland	Other	25-30
Male	England (South)	White	31-35
Female	Scotland	White	Under 25
Female	England (North)	White	25-30
Male	England (South)	White	Under 25
Male	Northern Ireland	White	Under 25
Male	Scotland	White	25-30
Female	England (North)	Other	Under 25
Male	England (South)	White	Under 25
Female	England (South)	White	Under 25
Male	England (South)	Other	25-30
Female	England (North)	White	Under 25
Female	England (South)	Other	25-30
Female	Northern Ireland	White	Under 25
Female	England (North)	White	25-30
Male	England (South)	Other	25-30
Male	England (South)	White	25-30
Female	England (South)	White	25-30
Male	England (North)	White	Under 25
Female	England (South)	White	Under 25
Female	England (North)	White	Under 25
Female	Scotland	Other	Under 25
Male	Scotland	Other	25-30
Male	England (North)	Other	Under 25
Female	England: NW	White	Under 25
Female	England (North)	White	Under 25
Male	England (North)	White	25-30
Female	Scotland	White	25-30
Female	England (North)	White	25-30