

## **Supplemental Digital Appendix 1**

### **Interview Guide Used in Individual Interviews (2015-2016) with 13 Post-Graduate Trainees in Jurisdictions with Established Work Hour Regulations**

1. Could you tell me a bit about yourself including your program and level of clinical training?
2. Can you describe a time at work when you've felt fatigued?
3. Could you describe a typical day for you after a night of being on call in the hospital? How does this compare to any other day off (e.g., holiday or weekend)?
4. What are the existing rules or regulations around your work hours? How are these enforced? Have they changed at all during your training?
5. What are the existing rules or regulations around your work hours?
  - a. How did you learn about these rules?
  - b. What is the purpose of these rules?
    - i. How do these rules affect patient care?
  - c. How closely do these rules resemble your work practices?
    - i. Is this the exception or the norm in your workplace?
  - d. Would you do anything differently if you didn't have these work hours?
    - i. Would your work practices be different if the rules didn't exist?
6. What do patients know/think about your work hours?
7. What do nurses know/think about your work hours?
8. What do your supervisors (consultants) know/think about your work hours?