

MS-II Students: Thank you so much for your participation and engagement during this seminar. In order to assess whether the seminar met its objectives and to improve it in the future, please take a few minutes to answer the following questions. Your responses will be anonymous.

Rate the overall effectiveness of the seminar.

Not at all effective
Somewhat effective
Moderately effective
Quite effective
Extremely effective

Rate the **level of importance** you ascribe to the following **PRIOR TO the seminar** and **NOW**.

How important is it for you to be able to...

	PRIOR TO THE SEMINAR					NOW				
	Not at all important	Somewhat important	Moderately important	Quite important	Extremely important	Not at all important	Somewhat important	Moderately important	Quite important	Extremely important
Identify a shame reaction when you experience one?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Identify a shame reaction when it occurs in a classmate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Share your feelings of shame with other people?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Rate your **level of confidence** in the following **PRIOR TO the seminar** and **NOW**.

How confident are you in your ability to...

	PRIOR TO THE SEMINAR					NOW				
	Not at all confident	Somewhat confident	Moderately confident	Quite confident	Extremely confident	Not at all confident	Somewhat confident	Moderately confident	Quite confident	Extremely confident
Recognize when you are experiencing shame?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recognize when one of your colleagues is experiencing shame?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Distinguish shame and guilt from one another?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recover from a shame reaction?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Help one of your classmates to recover from a shame reaction?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you experience shame, how comfortable would you feel sharing your feelings with...

	PRIOR TO THE SEMINAR					NOW				
	Not at all comfortable	Somewhat comfortable	Moderately comfortable	Quite comfortable	Extremely comfortable	Not at all comfortable	Somewhat comfortable	Moderately comfortable	Quite comfortable	Extremely comfortable
A peer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A supervisor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Someone outside of work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How likely are you to enact the shame resilience strategies discussed during today's seminar?

Not at all likely

Somewhat likely

Moderately likely

Quite likely

Extremely likely

What worked well in the large group setting?

In a sentence or two, how will participating in today's seminar influence your resilience as a medical learner, if at all?

Supplemental Digital Appendix 2



CSF2 Leaders: Thank you very much for your support of this session and for your role modeling, and leadership. This was the first attempt at this seminar, and I am very interested in your feedback to help improve future iterations. Please complete the brief evaluation below.

Rate the overall effectiveness of the shame resilience seminar

Not at all effective

Somewhat effective

Moderately effective

Quite effective

Extremely effective

Did any students express or display emotional distress during the small group session?

Yes

No





Briefly, what was the general nature of the student's (or students') emotional distress?
Please do not include any information that could be used to identify the student(s).

How can the seminar be altered in the future, if at all, to avoid the risk of similar emotional distress?

What parts or aspects of the seminar were **effective and should be repeated** in the future?

What parts or aspects of the seminar were **not effective and/or could be improved** in the future?