

Supplemental Digital Appendix 1

Working Conditions, Health Status, and Personal Stressors of Resident Physicians Working During the COVID-19 Pandemic, April 2020 Survey (n = 39)

Survey question	Affirmative responses, n (%) or median [IQR]
Working conditions	
What has been your average daily individual COVID-19 patient load?	20 [10, 25]
Have you volunteered at any point during the COVID-19 pandemic by working additional shifts?	29/39 (74.4%)
How many days have you worked in the last 30 days?	25 [20, 27]
How many hours per week would you say you are working on average?	80 [70, 90]
In the last 60 days, have you ever brought PPE to work from home due to lack of PPE in the hospital?	33/39 (84.6%)
Health status	
In the last 60 days, have you developed symptoms related to COVID-19?	18/39 (46.2%)
Have you been diagnosed by PCR with COVID-19 since the start of the COVID-19 pandemic?	4/38 (10.5%)
Do you have an underlying medical condition that would make you vulnerable to potentially severe infection?	9/39 (23.1%)
Personal stressors	
Are you currently living with someone who is symptomatic from COVID-19?	3/39 (7.7%)
Do you have any children or dependents or other family you are supporting?	15/39 (38.5%)
Have you had a spouse or significant other lose income because of the COVID-19 pandemic?	10/39 (25.6%)
How much student debt do you hold? (n = 32)	\$170,000 [0, \$425,000]
What is your monthly student debt payment? (n = 18)	\$500 [\$370, \$1,000]

Supplemental Digital Appendix 2

Comparison of Working Conditions, Health Status, and Personal Stressors Among Resident Physicians Who Did and Did Not Contemplate Suicide or Self-Harm, April 2020 Survey (n = 39)

Survey question	Contemplated suicide or self-harm (n = 9) ^a n (%) or median [IQR]	Did not contemplate suicide or self-harm (n = 30) n (%) or median [IQR]	P value ^b
Working conditions			
Daily patient census	20 [15, 40]	20 [10, 20]	0.406
Volunteered for extra shifts	5/9 (55.6%)	24/30 (80%)	0.197
Days worked in the last 30 days	26 [25, 27]	24 [18.5, 27]	0.301
Hours worked per week	80 [76, 86]	80 [70, 90]	0.835
Lack of PPE in hospital	8/9 (88.9%)	25/30 (83.3%)	1.000
Health status			
Symptoms of COVID-19 in last 60 days	5/9 (55.6%)	13/30 (43.3%)	0.706
Confirmed COVID-19 diagnosis	0/8 (0%)	4/30 (13.3%)	0.560
Underlying medical condition	2/9 (22.2%)	7/30 (23.3%)	1.000
Personal stressors			
Living with someone with COVID-19	9/9 (0%)	3/30 (10%)	1.000
Children or dependents	3/9 (33.3%)	12/30 (40%)	1.000
Spouse/significant other lose income	3/9 (33.3%)	7/30 (23.3%)	0.669
Current student debt	\$400,000 [\$245,000, \$442,500]	\$50,000 [0, \$375,000]	0.120
Monthly student debt payment	\$600 [\$500, \$2000]	\$408 [\$370, \$800]	0.458

^aResponded “yes” to the following survey item: “Have you contemplated suicide or self-harm since the start of the COVID-19 pandemic?”

^bFisher’s exact test for categorical variables and Mann-Whitney U test for continuous variables.