**Supplementary Table 4.** Association between burnout and sleep and work habits, perceived peer and program support

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Factor | | Maslach Burnout Index domains | | | | | | | | | | | |
| Emotional exhaustion | | | | Depersonalization | | | | Personal accomplishment | | | |
| Low | Moderate | High | p value | Low | Moderate | High | p-value | Low | Moderate | High | p value |
| I feel the surgical and clinical volume at my residency program is manageable | Disagree | 5 (12) | 7 (17) | 30 (71) | < 0.001 | 6 (14) | 7 (17) | 29 (69) | 0.001 | 12 (29) | 13 (31) | 17 (40) | 0.002 |
| Neither | 7 (18) | 9 (23) | 23 (59) | 5 (13) | 10 (26) | 24 (62) | 12 (31) | 14 (36) | 13 (33) |
| Agree | 242 (42) | 158 (27) | 175 (30) | 203 (35) | 126 (22) | 246 (43) | 110 (19) | 116 (20) | 349 (61) |
| On average, I do not exceed monthly residency duty hour restrictions | Disagree | 23 (16) | 37 (26) | 83 (58) | < 0.001 | 20 (14) | 29 (20) | 94 (66) | < 0.001 | 43 (30) | 36 (25) | 64 (45) | 0.005 |
| Neither | 25 (35) | 17 (24) | 29 (41) | 22 (31) | 15 (21) | 34 (48) | 14 (20) | 14 (20) | 43 (61) |
| Agree | 206 (47) | 118 (27) | 116 (26) | 172 (39) | 97 (22) | 171 (39) | 77 (18) | 92 (21) | 271 (62) |
| On average, how much do you sleep per night | Less than 5 hours | 4 (25) | 0 | 12 (75) | 0.003 | 5 (31) | 3 (19) | 8 (50) | 0.013 | 2 (13) | 9 (56) | 5 (31) | 0.032 |
| 5 hours | 44 (24) | 31 (24) | 55 (42) | 38 (29) | 36 (28) | 56 (43) | 29 (22) | 24 (18) | 77 (59) |
| 6 hours | 141 (40) | 99 (28) | 112 (32) | 123 (35) | 63 (18) | 166 (47) | 72 (20) | 67 (19) | 213 (61) |
| 7 hours | 58 (39) | 41 (28) | 48 (33) | 41 (28) | 40 (27) | 66 (45) | 30 (20) | 41 (28) | 76 (52) |
| 8 hours | 7 (88) | 1 (13) | 0 (0) | 7 (88) | 0 (0) | 1 (13) | 1 (13) | 1 (13) | 6 (75) |
| 9 hours or more | 0 (0) | 1 (50) | 1 (50) | 0 (0) | 0 (0) | 2 (100) | 0 (0) | 0 (0) | 2 (100) |
| On average, I am able to get enough exercise per week | Disagree | 113 (29) | 106 (27) | 173 (44) | < 0.001 | 97 (25) | 92 (23) | 203 (52) | < 0.001 | 94 (24) | 86 (22) | 212 (54) | 0.021 |
| Neither | 35 (58) | 13 (22) | 12 (20) | 22 (37) | 11 (18) | 27 (45) | 9 (14) | 8 (13) | 43 (72) |
| Agree | 105 (52) | 55 (27) | 43 (21) | 94 (46) | 40 (20) | 69 (34) | 31 (15) | 49 (24) | 123 (61) |
| I am able to routinely attend health maintenance appointments (primary care provider, dentist, optometrist, other specialist) | Disagree | 123 (28) | 126 (28) | 195 (44) | < 0.001 | 109 (25) | 102 (23) | 233 (52) | < 0.001 | 101 (23) | 104 (23) | 239 (54) | 0.038 |
| Neither | 47 (57) | 17 (21) | 18 (22) | 32 (39) | 14 (17) | 36 (44) | 14 (17) | 12 (15) | 56 (68) |
| Agree | 84 (65) | 31 (24) | 15 (12) | 73 (56) | 27 (21) | 30 (23) | 19 (15) | 27 (21) | 84 (65) |
| During residency training, I have sought professional assistance for work-related stress (counselor, psychologist, psychiatrist) | Yes | 12 (21) | 12 (21) | 32 (57) | < 0.001 | 13 (23) | 14 (25) | 29 (52) | 0.299 | 20 (36) | 9 (16) | 27 (48) | 0.012 |
| No | 242 (40) | 161 (27) | 196 (33) | 200 (33) | 129 (22) | 270 (45) | 114 (19) | 134 (22) | 351 (59) |
| My residency program provides adequate education and resources for well-being and burnout | Disagree | 21 (15) | 38 (27) | 84 (59) | < 0.001 | 18 (13) | 34 (24) | 91 (64) | < 0.001 | 43 (30) | 39 (27) | 61 (43) | < 0.001 |
| Neither | 54 (30) | 51 (29) | 73 (41) | 48 (27) | 39 (22) | 91 (51) | 42 (24) | 38 (21) | 98 (55) |
| Agree | 179 (53) | 85 (25) | 71 (21) | 148 (44) | 70 (21) | 117 (35) | 49 (15) | 66 (20) | 220 (66) |
| I feel supported by my residency program in dealing with burnout, well-being, and substance abuse | Disagree | 20 (15) | 34 (25) | 83 (61) | < 0.001 | 16 (12) | 30 (22) | 91 (66) | < 0.001 | 51 (37) | 39 (28) | 47 (34) | < 0.001 |
| Neither | 39 (25) | 45 (28) | 74 (47) | 40 (25) | 36 (23) | 82 (52) | 36 (23) | 35 (22) | 87 (55) |
| Agree | 195 (54) | 95 (26) | 71 (20) | 158 (44) | 77 (21) | 126 (35) | 47 (13) | 69 (19) | 245 (68) |
| I feel supported by my co-residents in dealing with burnout, wellbeing, and substance abuse | Disagree | 12 (16) | 21 (27) | 44 (57) | < 0.001 | 9 (12) | 19 (25) | 49 (64) | < 0.001 | 34 (44) | 17 (22) | 26 (34) | < 0.001 |
| Neither | 16 (16) | 24 (24) | 58 (59) | 14 (14) | 22 (22) | 62 (63) | 30 (31) | 27 (28) | 41 (42) |
| Agree | 226 (47) | 129 (27) | 126 (26) | 191 (40) | 102 (21) | 188 (39) | 70 (15) | 99 (21) | 312 (65) |