**Supplementary Table 5.** Association among alcohol use, illegal or recreational drug use, depression, sleep and work habits, and perceived peer and program support

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Factor | | Hazardous drinking (AUDIT-C score) | | | Frequency of illegal/recreational drug use in the past year | | | | Depression (PHQ-2) | | |
| Positive | Negative | p value | Never | Low | High | p value | Positive | Negative | p value |
| (1 or 2) | (3 or more) |
| I feel the surgical and clinical volume at my residency program is manageable | Disagree | 23 (55) | 19 (45) | 0.655 | 42 (100) | 0 (0) | 0 (0) | 0.234 | 13 (31) | 29 (69) | < 0.001 |
| Neither | 24 (62) | 15 (38) | 36 (92) | 3 (8) | 0 (0) | 10 (26) | 29 (74) |
| Agree | 356 (62) | 219 (38) | 530 (92) | 27 (5) | 18 (3) | 60 (10) | 516 (90) |
| On average, I do not exceed monthly residency duty hour restrictions | Disagree | 91 (64) | 52 (36) | 0.747 | 132 (92) | 9 (6) | 2 (1) | 0.455 | 35 (24) | 108 (76) | < 0.001 |
| Neither | 45 (63) | 26 (37) | 68 (96) | 2 (3) | 1 (1) | 12 (17) | 59 (83) |
| Agree | 266 (60) | 174 (40) | 406 (92) | 19 (4) | 15 (3) | 36 (8) | 405 (92) |
| On average, how much do you sleep per night | Less than 5 hours | 6 (38) | 10 (63) | 0.159 | 14 (88) | 2 (13) | 0 (0) | 0.041 | 7 (44) | 9 (56) | < 0.001 |
| 5 hours | 72 (55) | 58 (45) | 124 (95) | 4 (3) | 2 (2) | 22 (17) | 108 (83) |
| 6 hours | 229 (65) | 123 (35) | 329 (93) | 15 (4) | 8 (2) | 40 (11) | 312 (89) |
| 7 hours | 90 (61) | 57 (39) | 131 (89) | 8 (5) | 8 (5) | 13 (9) | 135 (91) |
| 8 hours | 5 (63) | 3 (38) | 8 (100) | 0 (0) | 0 (0) | 0 (0) | 8 (100) |
| 9 hours or more | 1 (50) | 1 (50) | 1 (50) | 1 (50) | 0 (0) | 1 (50) | 1 (50) |
| On average, I am able to get enough exercise per week | Disagree | 234 (60) | 158 (40) | 0.238 | 364 (93) | 17 (4) | 11 (3) | 0.922 | 59 (15) | 333 (85) | 0.063 |
| Neither | 34 (57) | 26 (43) | 57 (95) | 2 (3) | 1 (2) | 7 (12) | 53 (88) |
| Agree | 134 (66) | 69 (34) | 186 (92) | 11 (5) | 6 (3) | 17 (8) | 187 (92) |
| I am able to routinely attend health maintenance appointments (primary care provider, dentist, optometrist, other specialist) | Disagree | 265 (60) | 179 (40) | 0.381 | 408 (92) | 22 (5) | 14 (3) | 0.752 | 71 (16) | 373 (84) | < 0.001 |
| Neither | 52 (63) | 30 (37) | 76 (93) | 4 (5) | 2 (2) | 3 (4) | 79 (96) |
| Agree | 86 (66) | 44 (34) | 124 (95) | 4 (3) | 2 (2) | 9 (7) | 122 (93) |
| During residency training, I have sought professional assistance for work-related stress (counselor, psychologist, psychiatrist) | Yes | 28 (50) | 28 (50) | 0.0844 | 51 (91) | 3 (5) | 2 (4) | 0.883 | 11 (20) | 45 (80) | 0.137 |
| No | 374 (62) | 225 (38) | 556 (93) | 27 (5) | 16 (3) | 72 (12) | 528 (88) |
| My residency program provides adequate education and resources for wellbeing and burnout | Disagree | 81 (57) | 62 (43) | 0.401 | 128 (90) | 9 (6) | 6 (4) | 0.466 | 33 (23) | 110 (77) | < 0.001 |
| Neither | 113 (63) | 65 (37) | 169 (95) | 6 (3) | 3 (2) | 30 (17) | 148 (83) |
| Agree | 209 (62) | 126 (38) | 311 (93) | 15 (4) | 9 (3) | 20 (6) | 315 (94) |
| I feel supported by my residency program in dealing with burnout, wellbeing, and substance abuse | Disagree | 84 (61) | 53 (39) | 0.976 | 122 (89) | 11 (8) | 4 (3) | 0.135 | 36 (26) | 101 (74) | < 0.001 |
| Neither | 96 (61) | 62 (39) | 152 (96) | 3 (2) | 3 (2) | 25 (16) | 133 (84) |
| Agree | 223 (62) | 138 (38) | 334 (93) | 16 (4) | 11 (3) | 22 (6) | 339 (94) |
| I feel supported by my co-residents in dealing with burnout, wellbeing, and substance abuse | Disagree | 37 (48) | 40 (52) | 0.024 | 68 (88) | 7 (9) | 2 (3) | 0.336 | 21 (27) | 56 (73) | < 0.001 |
| Neither | 66 (67) | 32 (33) | 93 (95) | 3 (3) | 2 (2) | 20 (20) | 78 (80) |
| Agree | 300 (62) | 181 (38) | 447 (93) | 20 (4) | 14 (3) | 42 (9) | 439 (91) |

AUDIT-C = Alcohol Use Disorder Identification Test—Consumption); PHQ-2 = patient Health Questionnaire-2.