APPENDIX 1

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| Appendix 1. Experiences with E-Learning |
|   | Attending | Trainees | p-value |
| How anxious do you feel when presenting at your own institutional conferences in-person? | 26.1 ± 24.6 | 48.6 ± 25.4 | < 0.001 |
| How anxious do you feel when presenting at your own institutional conferences via e-learning? | 18.1 ± 21 | 35.3 ± 21.3 | < 0.001 |
| In those who have presented via e-learning, what is the difference in anxiety between presenting in-person and via e-learning? | 0.2 ± 15.8 | 11.2 ± 20.8 | < 0.001 |
| How likely are you to multi-task while participating in an e-learning session? | 66.6 ± 20.2 | 59.4 ± 21.2 | 0.007 |
| Have you used e-learning to join in a conference in your specialty of interest, while off-service? | N/A | 85.70% | N/A |
| Do you feel e-learning can be beneficial in allowing you to join in a conference in your specialty of interest, while off-service? | 73.8 ± 15.6 | 78.8 ± 17.2 | 0.02 |
| How comfortable are you using the technology needed to run a e-learning conference?  | 68.3 ± 24.5 | 82.2 ± 20 | < 0.001 |

p = 0.006

p = 0.0014

p = 0.01

p = 0.07

p = 0.43

p = 0.61

p = 0.89

p = 0.42

p = 0.16