

Orthopaedic Surgeon Mate's Work/Life Survey

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This survey is designed to provide a systematic assessment of issues relevant to well-being among spouses or significant others of orthopaedic surgeons. This booklet is divided into sections covering the following topics:

- Section 1. Background Information
Section 2. Job Related Feelings
Section 3. General Psychological Health
Section 4. Stressful Aspects of Your Life and Work
Section 5. Responses to Stress
Section 6. Relationship Issues (if you are married or in an ongoing, committed relationship, your partner will be referred to as "mate.")

This survey is strictly confidential and no names are requested. Each respondent has been assigned a Program code number, which appears on the front of the booklet. Responsible persons who are not affiliated with any orthopaedic residency program hold the key to the code. Other investigators in this project will remain blinded to the identities of those returning the booklet.

In order to obtain an accurate picture of the residency experience and life in medicine, it is important that we obtain surveys from many residents throughout the country. We would therefore be grateful for your cooperation in completing this questionnaire. Please return your completed booklet to: _____.

Section 1: Background Information

Program ID Number:

Your Age:

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Your Gender: ☐ Male ☐ Female

Year Your Mate Completed Medical Training:

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Your Race

- ☐ Caucasian ☐ Asian/Pacific Islander
☐ Black/African American ☐ American Indian/Alaska Native
☐ Hispanic/Latino ☐ Other (specify) _____

Marital Status

☐ Single ☐ Married ☐ Live with significant other ☐ Divorced ☐ Separated ☐ Widowed

Years Married:

 This is my: ☐ 1st ☐ 2nd ☐ 3rd ☐ 4th or more marriage

Number of Children

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Ages of Children:

child 1 Age:

child 2 Age:

child 3 Age:

child 4 Age:

child 5 Age:

child 6 Age:

child 7 Age:

child 8

Your Education Level:

☐ grade school ☐ high school/equivalent ☐ some college ☐ college degree ☐ graduate degree ☐ professional degree

Your Occupation:

[illegible]

Average number of hours per week your mate works:

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Average number of hours per week you work outside your home:

What percentage of your outside-home work is for pay?



Were/are any of your parents or grandparents physicians? ☐ Yes ☐ No

If so, please specify which relatives were physicians and note their area of specialization:

- ☐ My mother was/is a physician.

[illegible]

- ☐ My father was/is a physician.

[illegible]

- ☐ My grandmother was/is a physician.

[illegible]

- ☐ My grandfather was/is a physician.

[illegible]

If you were reared in a medical family, please check the one statement in each of the following pairs that most accurately describes your experience.

- a. ☐ As a child, I grew up with a sense of pride that we were a medical family.
☐ As a child, I resented how medicine interfered with our family life.
- b. ☐ I was encouraged by my family to enter medicine.
☐ My family discouraged me from entering medicine.

How would you characterize the relationship you had with your father when you were growing up? (Please check one):

- ☐ Loving and close ☐ Loving but not close ☐ Stable but distant ☐ Conflictual ☐ Non-existent

How would you characterize the relationship you had with your mother when you were growing up? (Please check one):

- ☐ Loving and close ☐ Loving but not close ☐ Stable but distant ☐ Conflictual ☐ Non-existent



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Section 2: Job Satisfaction Survey *If you are not currently employed, skip to Section 3*

Statements 1-22 describe job-related feelings. The purpose of these statements is to discover how you view your job and the people with whom you work closely. The term *recipients* is used to refer to the people for whom you provide your service, care, treatment, or instruction. When answering these questions please think of these people as recipients of your service, even though you may use another term in your work.

Please read each statement carefully and decide if you feel this way *about your job*. If you have *never* had this feeling, mark the "0" (zero) under the statement. If you have had this feeling, indicate *how often* you feel it by marking the number (from 1 to 6) that best describes how frequently you feel that way. Use the following scale:

HOW OFTEN:	0	1	2	3	4	5	6
	Never	A few times a year or less	Once a month or less	A few times a month	Once a week	A few times a week	Every day

HOW OFTEN
0-6

Statements:

1. ☐ I feel emotionally drained from my work.
2. ☐ I feel used up at the end of the workday.
3. ☐ I feel fatigued when I get up in the morning and have to face another day on the job.
4. ☐ I can easily understand how my recipients feel about things.
5. ☐ I feel I treat some recipients as if they were impersonal objects.
6. ☐ Working with people all day is really a strain for me.
7. ☐ I deal very effectively with the problems of my recipients.
8. ☐ I feel burned out from my work.
9. ☐ I feel I am positively influencing other people's lives through my work.
10. ☐ I've become more callous toward people since I took this job.
11. ☐ I worry that this job is hardening me emotionally.
12. ☐ I feel very energetic.
13. ☐ I feel frustrated by my job.
14. ☐ I feel I'm working too hard on my job.
15. ☐ I don't really care what happens to some recipients.
16. ☐ Working with people directly puts too much stress on me.
17. ☐ I can easily create a relaxed atmosphere with my recipients.
18. ☐ I feel exhilarated after working closely with my recipients.
19. ☐ I have accomplished many worthwhile things in this job.
20. ☐ I feel like I'm at the end of my rope.
21. ☐ In my work, I deal with emotional problems very calmly.
22. ☐ I feel recipients blame me for some of their problems.



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Section 3: General Psychological Health

We would like to know if you have had any medical complaints, and how your health has been in general, *over the past few weeks*. Please answer ALL of the questions in this section (questions 23-34) simply by marking the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those that you had in the past.

It is important that you try to answer ALL the questions.

Have you recently:

- | | | | | |
|---|--|---|--|--|
| 23. been able to concentrate on whatever you're doing? | <input type="radio"/> Better than usual | <input type="radio"/> Same as usual | <input type="radio"/> Less than usual | <input type="radio"/> Much less than usual |
| 24. lost much sleep over worry? | <input type="radio"/> Not at all | <input type="radio"/> No more than usual | <input type="radio"/> Rather more than usual | <input type="radio"/> Much more than usual |
| 25. felt that you are playing a useful part in things? | <input type="radio"/> More so than usual | <input type="radio"/> Same as usual | <input type="radio"/> Less useful than usual | <input type="radio"/> Much less useful |
| 26. felt capable of making decisions about things? | <input type="radio"/> More so than usual | <input type="radio"/> Same as usual | <input type="radio"/> Less so than usual | <input type="radio"/> Much less capable |
| 27. felt constantly under strain? | <input type="radio"/> Not at all | <input type="radio"/> No more than usual | <input type="radio"/> Rather more than usual | <input type="radio"/> Much more than usual |
| 28. felt you couldn't overcome your difficulties? | <input type="radio"/> Not at all | <input type="radio"/> No more than usual | <input type="radio"/> Rather more than usual | <input type="radio"/> Much more than usual |
| 29. been able to enjoy your normal day-to-day activities? | <input type="radio"/> More so than usual | <input type="radio"/> Same as usual | <input type="radio"/> Less so than usual | <input type="radio"/> Much less than usual |
| 30. been able to face up to your problems? | <input type="radio"/> More so than usual | <input type="radio"/> Same as usual | <input type="radio"/> Less able than usual | <input type="radio"/> Much less than usual |
| 31. been feeling unhappy and depressed? | <input type="radio"/> Not at all | <input type="radio"/> No more than usual | <input type="radio"/> Rather more than usual | <input type="radio"/> Much more than usual |
| 32. been losing confidence in yourself? | <input type="radio"/> Not at all | <input type="radio"/> No more than usual | <input type="radio"/> Rather more than usual | <input type="radio"/> Much more than usual |
| 33. been thinking of yourself as a worthless person? | <input type="radio"/> Not at all | <input type="radio"/> No more than usual | <input type="radio"/> Rather more than usual | <input type="radio"/> Much more than usual |
| 34. been feeling reasonably happy, all things considered? | <input type="radio"/> More so than usual | <input type="radio"/> About same as usual | <input type="radio"/> Less so than usual | <input type="radio"/> Much less than usual |



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Section 4: Life/Work Stress

Questions in this section address those aspects of your life that may cause you stress.

	<u>Not at all</u>	<u>A Little</u>	<u>Quite a bit</u>	<u>A lot</u>
35. I feel sleep deprived.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
36. I feel conflict between my work and non-work lives.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
37. I am able to leave my personal concerns behind when I am at work.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
38. I have to interrupt work to take care of personal concerns.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
39. I am anxious about my level of work competence.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
40. I experience work/life conflict.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
41. I worry about how my mate's career will be affected in the future by the growing supply of orthopaedic surgeons.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
42. My mate seems stressed by his/her relationships with residents.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
43. My mate seems stressed by his/her relationships with other orthopaedics surgeons.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
44. My mate seems stressed by his/her relationships with physician colleagues who are not orthopaedics surgeons.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
45. My mate seems stressed by his/her relationships with nursing staff.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
46. My mate seems stressed by his/her relationships with ancillary hospital or department personnel.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
47. I perceive fellow medical families to be supportive.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
48. I feel that generational differences create problems in the medical workplace and/or our medical community	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3

Please answer True or False to the following:

- ☐ True ☐ False A. I feel negatively judged or stereotyped by the other generation.
- ☐ True ☐ False B. I believe that older physicians try to implement a power hierarchy that is unacceptable to younger physicians.
- ☐ True ☐ False C. I believe that younger orthopaedic surgeons expect to be privy to information about the financial aspects of departmental or practice business matters sooner than they earn the right to have such information.
- ☐ True ☐ False D. I believe that older physicians and their families made mistakes in acclimating to work/life *imbalance*.
- ☐ True ☐ False E. I believe that younger physicians and their families are attempting or demanding a level of work/life balance that is unrealistic, given the demands of a career in orthopaedic surgery.
- ☐ True ☐ False F. I believe that, in general, younger physicians today do not express adequate appreciation for the contributions made by older physicians.
- ☐ True ☐ False G. I believe that a lack of clear policies, procedures, and precedents makes it difficult to age gracefully into the later stages of a career in orthopaedic surgery.

	<u>Not at all</u>	<u>A Little</u>	<u>Quite a bit</u>	<u>A lot</u>
49. I worry about whether my mate and I will make enough money to achieve or maintain my lifestyle goals.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
50. At this stage in my life, financial concerns stress me.	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3



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51. By the time my mate's medical education was completed, the following degree of financial indebtedness had accumulated:

- ☐ No debt
- ☐ Less than \$25,000
- ☐ \$26,000 - \$50,000
- ☐ \$51,000 - \$75,000
- ☐ \$76,000 - \$100,000
- ☐ \$101,000 - \$125,000
- ☐ \$126,000 - \$150,000
- ☐ Over \$150,000

52. Do you feel that the personal sacrifices you are making due to your mate's life in medicine are worthwhile?

- ☐ Yes ☐ No

53. Knowing what you know now, would you choose to marry a physician again?

- ☐ Yes ☐ No

54. Knowing what you know now, would you encourage your mate to choose orthopaedic surgery as a specialty again?

- ☐ Yes ☐ No

55. Check any of the following that apply to you:

- ☐ I feel that my mate has been subjected to sexual harassment in the workplace
- ☐ I feel that my mate has been subjected to sexual discrimination in the workplace
- ☐ In his/her workplace, I feel that my mate has been ignored or received less encouragement than have his/her colleagues of the opposite sex

56. Check any of the following that apply to you:

- ☐ I feel that my mate has been subjected to workplace harassment due to race or ethnicity
- ☐ I feel that my mate has been subjected to workplace discrimination due to race or ethnicity

57. I estimate that my mate would rate his/her degree of satisfaction with his/her life as an orthopaedic surgeon as follows:

- | | | | | | |
|----------------------------|-------------------------|---------------------------|------------------------------|----------------------------|-------------------------------|
| <u>Extremely Satisfied</u> | <u>Fairly Satisfied</u> | <u>Somewhat Satisfied</u> | <u>Somewhat Dissatisfied</u> | <u>Fairly Dissatisfied</u> | <u>Extremely Dissatisfied</u> |
| <input type="radio"/> 6 | <input type="radio"/> 5 | <input type="radio"/> 4 | <input type="radio"/> 3 | <input type="radio"/> 2 | <input type="radio"/> 1 |

58. I rate my degree of satisfaction with the levels of collaboration and collegiality operative within my mate's medical organization as follows:

- | | | | | | |
|----------------------------|-------------------------|---------------------------|------------------------------|----------------------------|-------------------------------|
| <u>Extremely Satisfied</u> | <u>Fairly Satisfied</u> | <u>Somewhat Satisfied</u> | <u>Somewhat Dissatisfied</u> | <u>Fairly Dissatisfied</u> | <u>Extremely Dissatisfied</u> |
| <input type="radio"/> 6 | <input type="radio"/> 5 | <input type="radio"/> 4 | <input type="radio"/> 3 | <input type="radio"/> 2 | <input type="radio"/> 1 |

59. Overall, how satisfied are you with your work/life balance?

- | | | | | | |
|----------------------------|-------------------------|---------------------------|------------------------------|----------------------------|-------------------------------|
| <u>Extremely Satisfied</u> | <u>Fairly Satisfied</u> | <u>Somewhat Satisfied</u> | <u>Somewhat Dissatisfied</u> | <u>Fairly Dissatisfied</u> | <u>Extremely Dissatisfied</u> |
| <input type="radio"/> 6 | <input type="radio"/> 5 | <input type="radio"/> 4 | <input type="radio"/> 3 | <input type="radio"/> 2 | <input type="radio"/> 1 |



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Section 5: Responses to Stress

Questions in this section address how you respond to stress.

60. Where do you derive support for the stresses that you encounter as a mate of an orthopaedic surgeon?

- ☐ From other medical couples or families
- ☐ From my mate's work organization
- ☐ From my family and friends
- ☐ From my church
- ☐ From our local alliance of medical families
- ☐ From the AMA - Alliance
- ☐ Other (please specify) _____

	<u>Not at all</u>	<u>A Little</u>	<u>Quite a bit</u>	<u>A lot</u>
61. I talk with other medical mates informally about my concerns	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
62. I talk to my partner/family/friends about my concerns	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
63. I use relaxation techniques (e.g., meditation, physical relaxation)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
64. I draw on my religion or faith in God as a source of strength	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3

65. I attend worship services

- ☐ Never
- ☐ Several times a year
- ☐ 1-to-2 times each month
- ☐ Weekly or more often

66. I participate in formal psychological support of counseling (Please check all that apply)

- ☐ I did in the past, but not now
- ☐ I never have
- ☐ Yes, several times a year
- ☐ Yes, 1-2 times each month
- ☐ Yes, weekly or more often

If so, what type of care did/do you seek? (Check all that apply)

- ☐ Individual counseling or therapy
- ☐ Marital/family counseling
- ☐ Psychiatric care
- ☐ Pastoral counseling
- ☐ Support group
- ☐ Marriage enrichment
- ☐ Stress management
- ☐ Anger management
- ☐ Other (specify) _____



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	<u>Not at all</u>	<u>A Little</u>	<u>Quite a bit</u>	<u>A lot</u>
67. I have difficulty relaxing and "unplugging" at the end of the day	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
68. Over the past few months, I have smoked cigarettes	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
69. Over the past few months, I have drunk alcohol	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
70. Over the past few months, I have used non-prescription drugs to alter my mood	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
71. Over the past few months, I have used prescription drugs to alter my mood	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
72. I worry about my alcohol or drug use	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3

73. I make time to engage in physical exercise (i.e., a "workout") (Mark one answer)

☐ Daily ☐ 3-5 times per week ☐ weekly ☐ 2-3 times per month ☐ monthly ☐ seldom ☐ never

74. I make time to engage in enjoyable hobbies or interests outside of medicine (Mark one answer)

☐ Daily ☐ 3-5 times per week ☐ weekly ☐ 2-3 times per month ☐ monthly ☐ seldom ☐ never

75. How many weeks of non-working vacation do you take each year? (Mark one answer)

☐ 1 week or less ☐ 2 weeks ☐ 3 weeks ☐ 4 weeks ☐ 5 weeks ☐ 6 weeks ☐ 7 weeks ☐ 8 weeks ☐ More than 8 weeks

76. I struggle with the following emotions (Mark any that apply, and rate frequency. You may mark more than one)

	<u>A Little</u>	<u>Quite a bit</u>	<u>A lot</u>
<input type="checkbox"/> Loneliness	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
<input type="checkbox"/> Anxiety	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
<input type="checkbox"/> Anger	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
<input type="checkbox"/> Depression	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
<input type="checkbox"/> Stress	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
<input type="checkbox"/> Sadness	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
<input type="checkbox"/> None of the above			

77. Overall how stressful do you find your life?

Not at all stressful ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 *Extremely stressful*



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Section 6: Relationship Issues

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your mate for each item on the following list.

	<u>Always Agree</u>	<u>Almost Always Agree</u>	<u>Occasionally Agree</u>	<u>Frequently Disagree</u>	<u>Almost Always Disagree</u>	<u>Always Disagree</u>
78. Religious matters	<input type="radio"/> 5	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
79. Demonstration of affection	<input type="radio"/> 5	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
80. Making major decisions	<input type="radio"/> 5	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
81. Sex relations	<input type="radio"/> 5	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
82. Conventionality (correct or proper behavior)	<input type="radio"/> 5	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
83. Career decisions	<input type="radio"/> 5	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
	<u>All the time</u>	<u>Most of the time</u>	<u>More often than not</u>	<u>Occasionally</u>	<u>Rarely</u>	<u>Never</u>
84. How often do you or have you considered divorce, separation, or terminating your relationship?	<input type="radio"/> 5	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
85. How often do you and your mate quarrel?	<input type="radio"/> 5	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
86. Do you ever regret that you married (or lived together)?	<input type="radio"/> 5	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
87. How often do you and your mate "get on each other's nerves?"	<input type="radio"/> 5	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
		<u>Every day</u>	<u>Almost Every day</u>	<u>Occasionally</u>	<u>Rarely</u>	<u>Never</u>
88. Do you and your mate engage in outside interests together?		<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0



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How often would you say the following events occur between you and your mate?

	<u>Never</u>	<u>Less than once a month</u>	<u>Once or twice a month</u>	<u>Once or twice a week</u>	<u>Once a day</u>	<u>More often</u>
89. Have a stimulating exchange of ideas	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
90. Work together on a project	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
91. Calmly discuss something	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
92. How often do you and your mate have sex?	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5

93. On an average work day, how much time do you spend alone (and awake) with your mate? (Check one)

- ☐ Fewer than 20 minutes
☐ 21-45 minutes
☐ 45-90 minutes
☐ 90-120 minutes
☐ More than 120 minutes

Appendix 7

	<u>Every day</u>	<u>Almost Every day</u>	<u>Occasionally</u>	<u>Rarely</u>	<u>Never</u>
94. My work schedule conflicts with our family life	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
95. My mate's work schedule conflicts with our family life	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0

96. How much work/family conflict do you feel?

- ☐ Not at all ☐ A little ☐ A fair amount ☐ Very much

	<u>Every day</u>	<u>Almost Every day</u>	<u>Occasionally</u>	<u>Rarely</u>	<u>Never</u>
97. After work, my mate comes home too tired to do some of the things I would like to do	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
98. Because his/her work is demanding, my mate is irritable at home	<input type="radio"/> 4	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0

99. When my mate comes home, he/she worries a lot about work

- ☐ Always ☐ Frequently ☐ Sometimes ☐ Occasionally ☐ Rarely ☐ Never

100. My mate seems to feel torn between demands of work and our personal life

- ☐ Always ☐ Frequently ☐ Sometimes ☐ Occasionally ☐ Rarely ☐ Never



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- | | <u>Not at all</u> | <u>A Little</u> | <u>Quite a bit</u> | <u>A lot</u> |
|---|--|-------------------------|-------------------------|-------------------------|
| 101. To what degree have you made sacrifices in the number of hours you work for the sake of your marriage/partnership/children? | <input type="radio"/> 0 | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| 102. To what degree has your mate made sacrifices in the number of hours he/she works for the sake of your marriage/partnership/children? | <input type="radio"/> 0 | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| 103. To what degree have you made sacrifices in your career for the sake of advancing your mate's career? | <input type="radio"/> 0 | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| 104. To what degree has your mate made sacrifices in his/her career for the sake of advancing your career? | <input type="radio"/> 0 | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| 105. To what extent do your family members pay attention to your feelings and problems? | <input type="radio"/> 0 | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| 106. To what extent do your family members show that they appreciate the way you handle your work? | <input type="radio"/> 0 | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| 107. To what extent do you perceive other medical families in your community to be supportive? | <input type="radio"/> 0 | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| 108. My mate and I argue over how much time he/she has to spend in work-related activities. | <input type="radio"/> 0 | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| 109. To what extent has your mate's workplace facilitated your adjustment to work/life issues? | <input type="radio"/> 0 | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 |
| 110. Do you believe that more effort on the part of your mate's workplace would be helpful to you in managing the stresses you face? | <input type="radio"/> Yes <input type="radio"/> No | | | |
| 111. What are the major child-rearing issues that face you as a medical family? (Please check any that apply): | | | | |
| <input type="checkbox"/> I am concerned that my child(ren) will not or do not understand the unique stresses that come with a medical career. | | | | |
| <input type="checkbox"/> I am concerned that, once grown, my child(ren) will not be able to afford as affluent a lifestyle as we are able to provide. | | | | |
| <input type="checkbox"/> I worry that a medical malpractice suit will affect my child(ren) negatively. | | | | |
| <input type="checkbox"/> I worry that my co-parent does not spend adequate time with our child(ren). | | | | |
| <input type="checkbox"/> I worry that I do not spend adequate time with our child(ren). | | | | |
| <input type="checkbox"/> As a parent, my spouse tries to wield authority but does not take adequate responsibility for participating in the in-the-trenches aspects of parenting. | | | | |

Overall, how would you rate the following?

- | | <u>Extremely Satisfied</u> | <u>Fairly Satisfied</u> | <u>Somewhat Satisfied</u> | <u>Somewhat Dissatisfied</u> | <u>Fairly Dissatisfied</u> | <u>Extremely Dissatisfied</u> |
|---|----------------------------|-------------------------|---------------------------|------------------------------|----------------------------|-------------------------------|
| 112. Quality of our relationship | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 |
| 113. Quality of our sex life | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 |
| 114. My mate's parenting skills | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 |
| 115. How involved my mate is in our family life | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 |
| 116. Our overall work/family balance | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 |
| 117. My satisfaction with a life in medicine | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 |

Thank You.