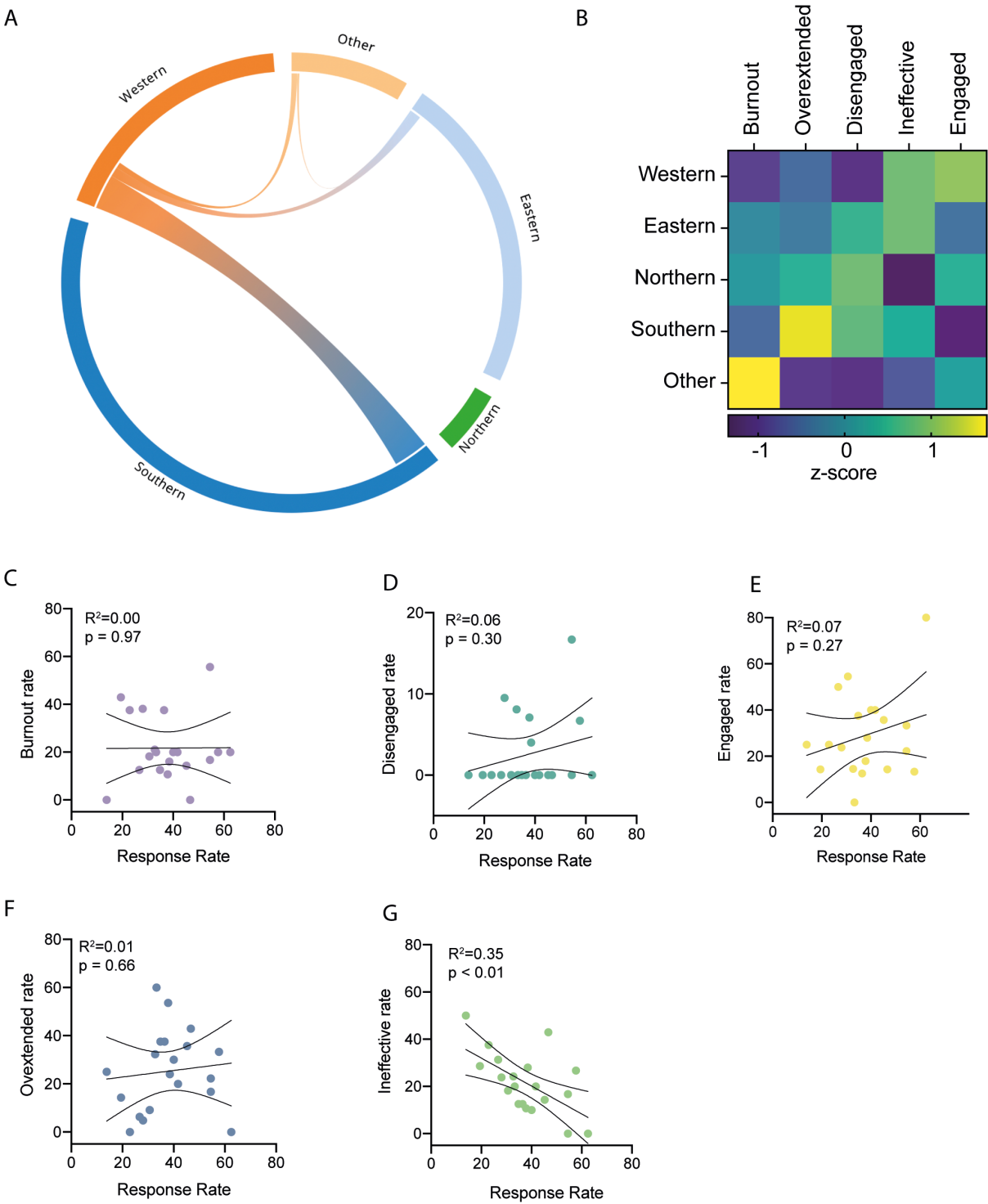
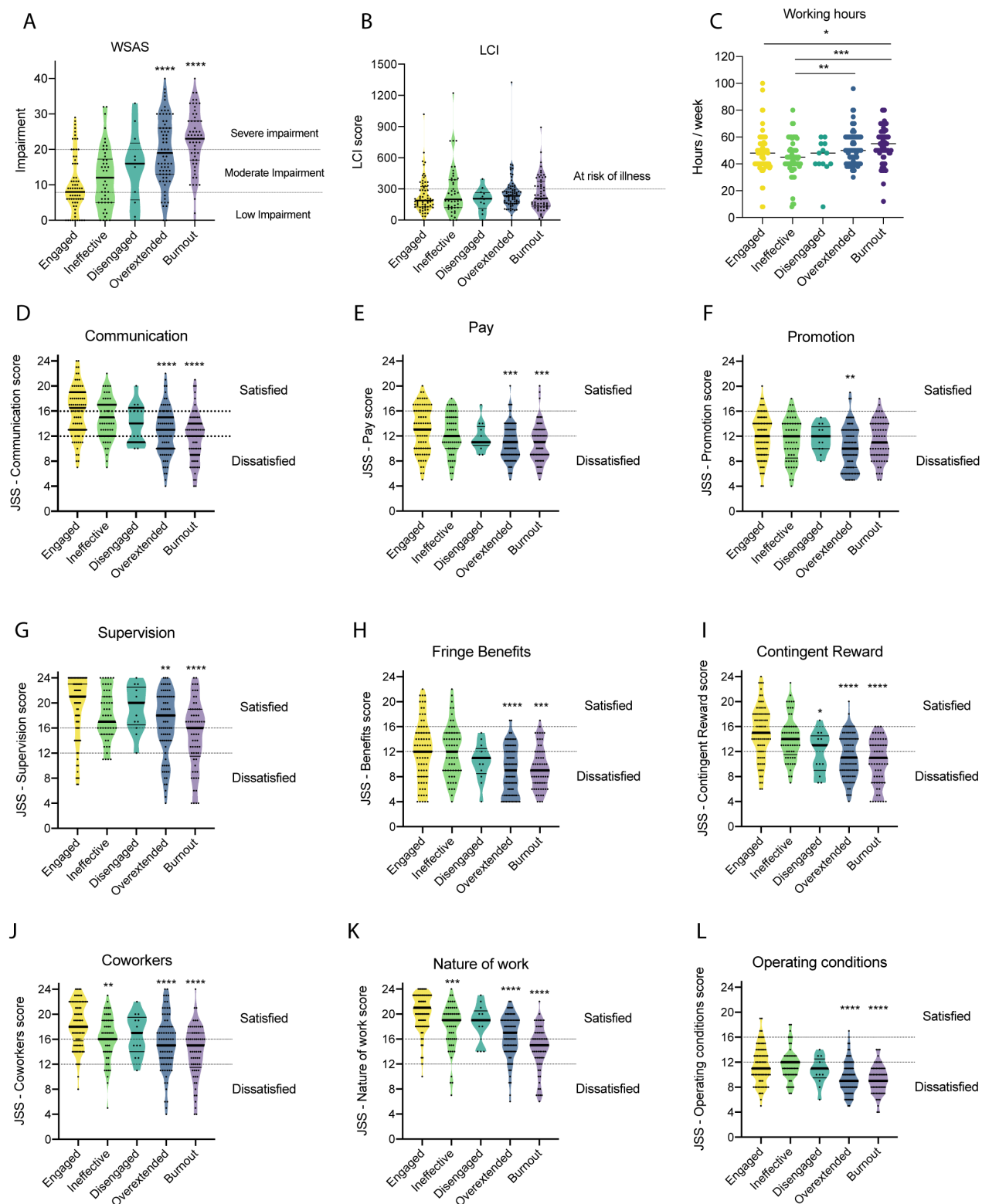


**eFigure 1**



**eFigure 1 – Migration patterns, geographic distribution of burnout and response rate**  
(A) Higher education achieved in a foreign European country. Chord diagram depicting as the flux of responders who left their European macroregion to enroll in a residency or PhD programme abroad. Each segment is a European macroregion and the chord within the segment corresponds to a percentage of the population that emigrated from that region.  
(B)Proportions of burnout profiles are expressed as z-score for each European macroregion.  
(C-G) Linear regression of response rate and each burnout profile rate per country.

eFigure 2



**eFigure 2 - Factors associated with burnout and JSS sub-items**  
(A) Work and Social Adjustment Scale (WSAS) for distinct burnout profiles. A WSAS score above 20 indicates severe impairment, scores between 10 and 20 are associated with moderate impairment, while a score <10 suggests low impairment.

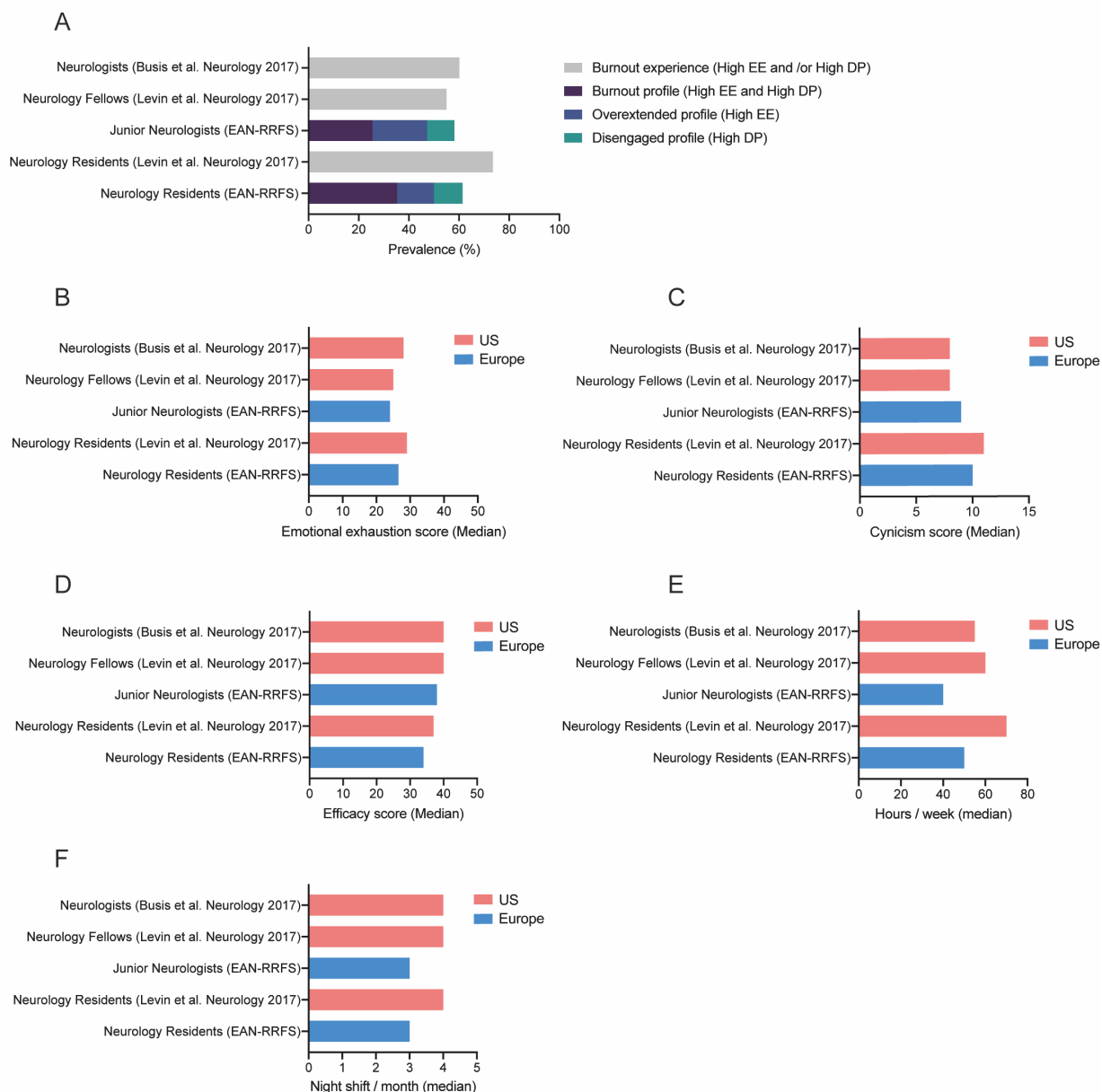
(B) Life change index (LCI) for distinct burnout profiles. A cumulative score >300 indicates a severe risk of illness.

(C) Working hours / week for distinct burnout profiles.

(D-L) Burnout profiles and Job Satisfaction Scale (JSS) scores for the sub-items of communication (D), pay (E), promotion (F), supervision (G), fringe benefits (H), contingent reward (I), coworkers (J), nature of work (K) and operating conditions (L).

(A-L) Horizontal lines within the violin plots indicate median (thick) and quartiles (thin) while within scatter plots (C) indicate median, \*\*\*\*p < 0.0001, \*\*\*p < 0.001, \*\*p < 0.01, \*p < 0.05; ns, not significant by one-way ANOVA with Dunnett's test (A-B and D-L) and Tukey test (C) for multiple comparisons.

**eFigure 3**



**eFigure 3 – Comparison of burnout prevalence in US and Europe**

(A) Prevalence of burnout experience from studies conducted on European neurology residents and junior neurologists as well as US neurology residents, fellows, and neurologists.

(B) Comparison of median emotional exhaustion score for European neurology residents and junior neurologists as well as US neurology residents, fellows, and neurologists.

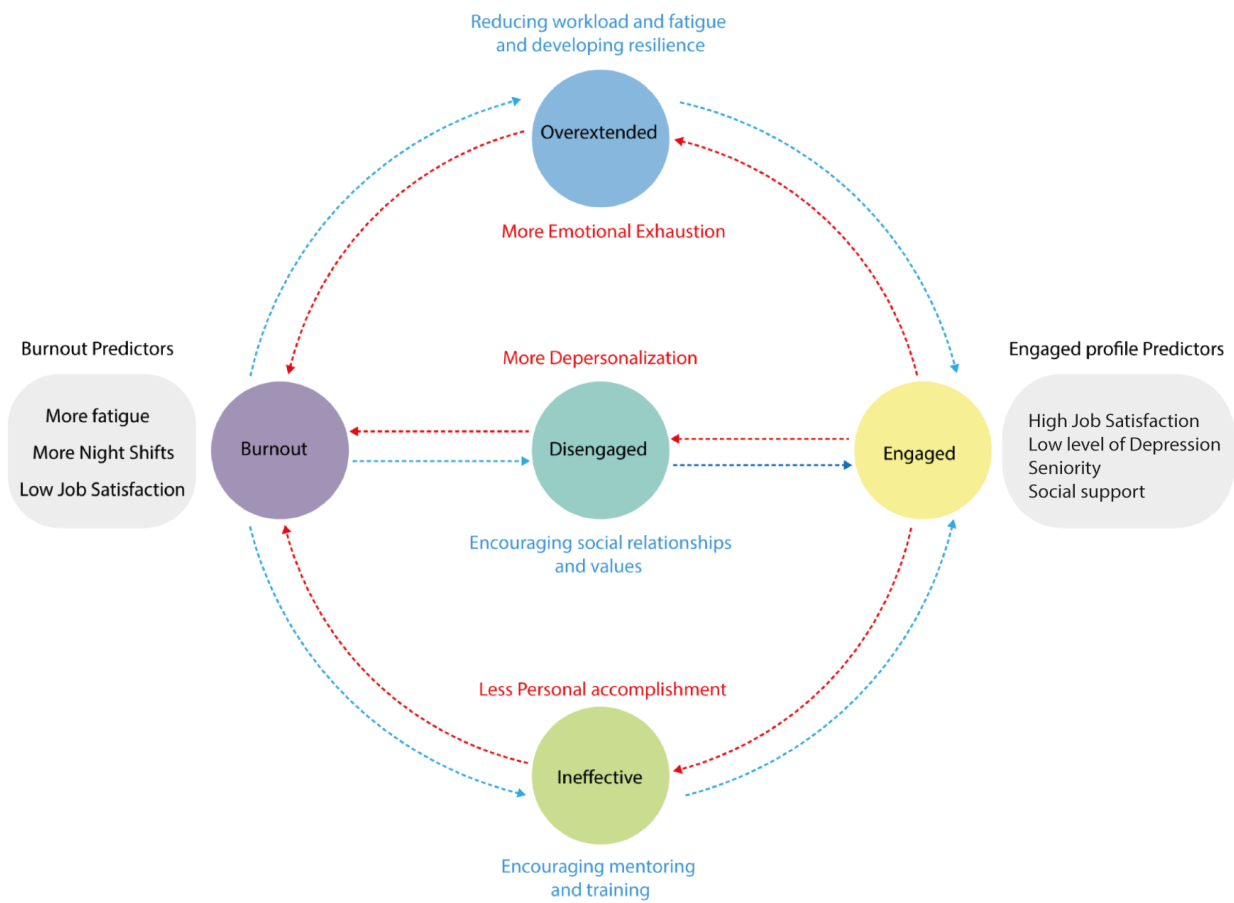
(C) Comparison of median cynicism score for European neurology residents and junior neurologists as well as US neurology residents, fellows, and neurologists.

(D) Comparison of median efficacy score for European neurology residents and junior neurologists as well as US neurology residents, fellows, and neurologists.

(E) Comparison of median weekly working hours for European neurology residents and junior neurologists as well as US neurology residents, fellows, and neurologists.

(F) Comparison of monthly night shifts for European neurology residents and junior neurologists as well as US neurology residents, fellows, and neurologists.

**eFigure 4**



**eFigure 4 - Burnout spectrum model for European neurology residents and research fellows**

The engaged and burnout profiles are represented as opposite poles of a more complex spectrum encompassing three transitional states in which at least one of the MBI dimension is dysfunctional: overextended (high emotional exhaustion), disengaged (high depersonalization), ineffective (low personal accomplishment). Mitigating measures are indicated in light blue, while predicting factors for burnout and engaged profiles respectively are indicated inside grey boxes.

eTable 1 - Survey responders according to European macroregions

Western	Eastern	Southern	Northern	Other
Austria	Belarus	Greece	Finland	Georgia
Belgium	Czech Republic	Italy	Latvia	Turkey
France	Moldova	Croatia	Lithuania	
Germany	Poland	Albania	Norway	
Ireland	Romania	North Macedonia	Denmark	
Switzerland	Russian Federation	Portugal	Sweden	
The Netherlands	Bulgaria	Malta	Estonia	
United Kingdom	Ukraine	Serbia		
		Slovenia		
		Spain		
		Republic of Kosovo		

eTable 2 - Geographic distribution of burnout profiles

	All (n=314)	Southern (n=127)	Northern (n=15)	Eastern (n=73)	Western (n=73)	Other (n=26)	p-value
<b>Burnout (%)</b>	22.6	20.5	26.7	24.7	16.4	42.3	0.1
<b>Overextended (%)</b>	26.1	35.4	26.7	20.5	19.2	15.4	0.0
<b>Disengaged (%)</b>	4.1	6.3	6.7	5.5	0.0	0.0	0.2
<b>Ineffective (%)</b>	21.0	20.5	6.7	24.7	24.7	11.5	0.3
<b>Engaged (%)</b>	26.1	17.3	33.3	24.7	39.7	30.8	0.0

eTable 3 - Career stage and distribution of Burnout profiles

	All (n=314)	Neurology Resident (n=122)	Neurology Resident / PhD (n=30)	Neurologist (n=55)	Neurologist / PhD (n=45)	PhD in Neurology (n=35)	Post-Doc in Neurology (n=27)	P-value
<b>Burnout (%)</b>	22.6	24.6	23.3	20.0	22.2	20.0	22.2	0.986
<b>Overextended (%)</b>	26.1	25.4	23.3	27.3	28.9	14.3	40.7	0.316
<b>Disengaged (%)</b>	4.1	2.5	6.7	5.5	8.9	2.9	0.0	0.363
<b>Ineffective (%)</b>	21.0	23.8	13.3	12.7	17.8	37.1	18.5	0.082
<b>Engaged (%)</b>	26.1	23.8	33.3	34.5	22.2	25.7	18.5	0.501

eTable 4 - Subspecialty and distribution of Burnout profiles

	General neurology (n=75)	Neuroimmunology (n=47)	Vascular neurology (n=44)	Movement disorders (n=38)	Epilepsy (n=16)	Neuromuscular disorders (n=14)	Neuropsychiatry (n=9)	Miscellanea (n=70)	P-value
Burnout (%)	18.7	29.8	27.3	23.7	12.5	7.1	22.2	24.3	0.591
Overextended (%)	29.3	25.5	22.7	29.0	18.8	42.9	44.4	20.0	0.514
Disengaged (%)	1.3	4.3	6.8	2.6	0.0	7.1	0.0	7.1	0.602
Ineffective (%)	24.0	17.0	20.5	15.8	25.0	21.4	11.1	22.9	0.940
Engaged (%)	26.7	23.4	22.7	29.0	43.8	21.4	22.2	25.7	0.844

eTable 5 - Workload increase during COVID-19 pandemic

	Yes (n=137)	No (n=177)	P-value
Burnout (%)	21.2	23.7	0.684
Overextended (%)	28.5	24.3	0.438
Disengaged (%)	5.8	2.8	0.254
Ineffective (%)	19.0	22.6	0.486
Engaged (%)	25.5	26.6	0.897

eTable 6- Career stage and associated factors

		Neurology Resident	Neurology resident doing a PhD	Neurologist	Neurologist doing a PhD	PhD in Neurology Research	Post-Doc in Neurology Research	P-value
<b>JSS score (n=292)</b>	Mean	117.3	123.5	125.8	119.2	131.6	114.4	0.028, Neurology resident vs PhD in Neurology research
	Median	116.0	123.0	126.0	119.0	127.0	119.0	
	SD	22.3	24.2	23.5	24.6	21.9	22.0	
<b>MSPSS score (n=269)</b>	Mean	5.7	5.9	5.3	5.6	5.7	5.5	0.178
	Median	5.8	6.0	5.5	5.9	6.0	5.7	
	SD	1.0	1.0	1.2	1.2	1.1	1.1	
<b>PHQ-9 score (n=269)</b>	Mean	8.2	6.8	8.5	6.6	7.0	8.6	0.377
	Median	7.0	6.0	8.0	6.0	6.0	8.5	
	SD	5.8	4.9	5.6	5.0	5.7	4.9	
<b>3D-WFI score (n=269)</b>	Mean	42.8	40.1	38.7	37.7	33.7	44.1	0.162
	Median	45.0	43.0	39.0	42.0	36.0	48.0	
	SD	17.6	17.7	19.7	19.8	18.1	15.4	
<b>WSAS score (n=269)</b>	Mean	17.6	14.1	15.6	15.0	13.1	17.8	0.284
	Median	16.0	16.0	14.0	14.0	11.0	19.0	
	SD	10.0	8.5	10.2	10.2	10.1	9.1	
<b>LCI Score (n=258)</b>	Mean	217.9	245.9	262.7	289.7	255.4	309.9	0.174
	Median	167.0	223.0	228.5	264.5	195.5	257.5	
	SD	165.0	140.4	149.7	211.0	169.0	268.4	

eTable 7 - Geographic regions and associated factors

		Eastern	Western	Northern	Southern	Other	P-value
JSS score (n=292)	Mean	121.4	135.0	124.1	112.0	122.0	<0.001 Southern vs Western; 0.003 Eastern vs Western; 0.042 Southern vs Eastern;
	Median	119.0	136.0	124.0	113.0	126.0	
	SD	20.9	24.8	20.6	20.2	21.3	
MSPSS score (n=269)	Mean	5.4	5.6	5.3	5.8	5.2	0.108
	Median	5.8	5.8	5.6	5.9	5.3	
	SD	1.2	1.1	1.1	1.0	1.1	
PHQ-9 score (n=269)	Mean	8.2	6.7	9.5	7.6	10.3	0.083
	Median	7.0	5.0	9.0	6.0	9.5	
	SD	6.2	5.6	3.6	5.3	3.9	
3D-WFI score (n=269)	Mean	40.8	35.6	40.0	41.4	46.0	0.139
	Median	44.5	36.0	38.0	44.0	46.5	
	SD	19.2	18.5	15.8	18.2	15.2	
WSAS score (n=269)	Mean	17.4	13.5	16.4	15.9	20.3	0.041 Western vs Other
	Median	18.0	11.0	16.0	15.0	19.5	
	SD	10.5	10.3	7.9	9.4	9.0	
LCI Score (n=258)	Mean	277.1	221.5	415.0	228.8	302.1	0.067
	Median	262.5	180.5	281.0	198.0	219.0	
	SD	144.5	130.9	311.3	174.3	273.7	
Hours / week (n=314)	Mean	45.9	51.2	46.9	49.4	56.3	0.013 Southern vs Eastern; 0.013 Eastern vs Other
	Median	45.0	50.0	48.0	50.0	56.0	
	SD	14.1	12.1	10.4	12.8	17.5	
Nights on call /month (n=314)	Mean	2.5	2.6	3.1	2.3	5.1	<0.001 Southern vs Other; <0.001 Eastern vs Other; <0.001 Western vs Other
	Median	2.0	2.0	4.0	2.0	5.0	
	SD	2.1	2.9	2.3	2.2	2.6	
Weekend on call / month (n=314)	Mean	1.6	1.4	1.5	1.6	1.9	0.455
	Median	1.0	1.0	2.0	2.0	2.0	
	SD	1.4	1.2	0.8	1.2	1.1	

eTable 8 - Burnout Profiles and Work Environment

	Academic (n=252)	Non Academic (n=62)	P-value
Burnout (%)	21.0	29.0	0.177
Overextended (%)	25.8	27.4	0.794
Disengaged (%)	4.8	1.6	0.265
Ineffective (%)	21.0	21.0	0.991
Engaged (%)	27.4	21.0	0.303

eTable 9 - MBI scores and Work Environment

		Academic (n=252)	Non Academic (n=62)	P-value
EE score	Mean	25.6	29.3	0.028
	Median	25.0	29.0	
	SD	11.5	13.1	
DP score	Mean	9.6	11.6	0.018
	Median	8.0	11.0	
	SD	6.0	6.5	
PA score	Mean	35.2	34.7	0.711
	Median	36.0	35.0	
	SD	8.5	9.2	

eTable 10 - Pay Gap in Neurology

	All (n=314)		Neurology Resident (n=122)		Neurology Resident / PhD (n=30)		Neurologist (n=55)		Neurologist / PhD (n=45)		PhD in Neurology (n=35)		Post-Doc in Neurology (n=27)	
Annual Income range (% of responders)	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men
<15 000	43.5	25.6	41.6	26.7	42.1	18.2	48.7	27.8	47.6	29.2	27.3	30.8	58.8	10.0
15 000 - 30 000 €	37.3	42.2	44.2	53.3	31.6	45.5	27.0	22.2	47.6	33.3	36.4	46.2	23.5	40.0
30 000 - 45 000 €	11.4	17.4	6.5	6.7	5.3	27.3	18.9	33.3	4.8	29.2	31.8	15.4	5.9	0.0
>45 000 €	7.8	14.9	7.8	13.3	21.1	9.1	5.4	16.7	0.0	8.3	4.6	7.7	11.8	50.0

eTable 11 - Low Income multivariate analysis

Variable	Estimate	OR	95% CI (profile likelihood)	P value	P value summary
Male sex	-0.711	0.491	0.250 to 0.944	0.035	*
Northern region	-2.424	0.089	0.021 to 0.306	<0.001	***
Southern region	-2.898	0.055	0.025 to 0.115	<0.001	***
Western Region	-3.958	0.019	0.006 to 0.052	<0.001	***

Variables in the multivariate logistic model: Low income group, sex, geographic region, academic workplace, being a certified neurologist, working hours / week.



## **Burnout impact on European neurology residents and research fellows.**

Thank you for taking time to help the Resident and Research Fellow Section of European Academy of Neurology to gain insight in this emerging issue.

### **Part 1: General information**

**0.** Please indicate your unique identifier:

**1.** What is your year of birth ? \_\_\_\_\_

**2.** Please indicate your gender:

- ☐ Male
- ☐ Female
- ☐ Other

**3.** In which Country are you working? \_\_\_\_\_

**4.** What is your Nationality? \_\_\_\_\_

**5.** Please describe if you are a: (more than 1 option can be selected)

- ☐ Neurology resident
- ☐ Certified Neurologist
- ☐ PhD student
- ☐ Post-doctoral researcher (after PhD)
- ☐ Other : \_\_\_\_\_

**6.** *For neurology residents / PhD students only*, in which year are you currently enrolled? (e.g. 1st year of a 4 year-programme)

☐ \_\_\_\_ year of a \_\_\_\_ year-programme

**7.** *For certified neurologists only*, how many years have elapsed after neurology certification?

☐ \_\_\_\_ years

**8.** I work mainly in:

- ☐ a university hospital
- ☐ a non-university hospital
- ☐ in a university laboratory
- ☐ in a non-university laboratory
- ☐ in private practice
- ☐ Other, please specify: \_\_\_\_\_

**9.** What is your main focus in terms of types of patients seen, area of research or teaching?

- ☐ Autonomic Disorders
- ☐ Behavioral Neurology and Neuropsychiatry
- ☐ Child Neurology
- ☐ Clinical Neurophysiology

- o Endovascular and Interventional Neurology
- o Epilepsy
- o General Neurology
- o Geriatric Neurology
- o Headache Medicine
- o Infectious Diseases and Neurovirology
- o Movement Disorders
- o Neural Repair and Rehabilitation
- o Neurocritical Care
- o Neuroepidemiology
- o Neurogenetics
- o Neurohospitalist
- o Neuroimaging
- o Neuroimmunology and Multiple Sclerosis
- o Neuromuscular Medicine
- o Neuromuscular Pathology
- o Neuro-oncology
- o Neuro-ophthalmology
- o Neuro-otology
- o Pain Medicine
- o Palliative Neurology
- o Sleep Medicine
- o Sports Neurology
- o Traumatic Brain Injury
- o Vascular Neurology and Stroke
- o Other: \_\_\_\_\_

**10.** What is your annual income?

- o <15 000 €
- o 15 000 - 30 000 €
- o 30 000 - 45 000 €
- o 45 000 - 60 000 €
- o 60 000 - 75 000 €
- o 75 000 - 90 000 €
- o > 90 000 €

**11.** Please indicate your usual workload: \_\_\_\_\_ hours per week

**12.** What percent of your professional time is spent in:

\_\_\_\_\_ % Clinical practice  
 \_\_\_\_\_ % Research  
 \_\_\_\_\_ % Teaching  
 \_\_\_\_\_ % Administration  
 \_\_\_\_\_ % Other

100% Total

**13.** Usually, how many times per month you have to work during the night? \_\_\_\_\_

**14.** Usually, how many times per month you have to work during the week-end? \_\_\_\_\_

**15.** Has your workload increased during the COVID-19 pandemic? YES / NO

Questions 9 and 12 reproduced in Requester's survey extracted from Busis N, Shanafelt TD, Keran CM, et al. Burnout, career satisfaction, and well-being among US neurologists in 2016. *Neurology* 2017;88:797-808. © 2017 American Academy of Neurology. Reproduced with permission.

### Part 3: Satisfaction at work - (JSS - Job Satisfaction Survey)

**Instructions:** We are interested in how you feel about the following statements. Read each statement carefully and indicate how you feel about each statement.

Score	1	2	3	4	5	6
Legend	Disagree very much	Disagree moderately	Disagree slightly	Agree slightly	Agree moderately	Agree very much

Q	Statements:	Score (1-6)
1	I feel I am being paid a fair amount for the work I do.	
2	There is really too little chance for promotion on my job.	
3	My supervisor is quite competent in doing his/her job.	
4	I am not satisfied with the benefits I receive.	
5	When I do a good job, I receive the recognition for it that I should receive.	
6	Many of our rules and procedures make doing a good job difficult.	
7	I like the people I work with.	
8	I sometimes feel my job is meaningless.	
9	Communications seem good within this organization.	
10	Raises are too few and far between.	
11	Those who do well on the job stand a fair chance of being promoted.	
12	My supervisor is unfair to me.	
13	The benefits we receive are as good as most other organizations offer.	
14	I do not feel that the work I do is appreciated.	
15	My efforts to do a good job are seldom blocked by red tape.	
16	I find I have to work harder at my job because of the incompetence of people I work with.	
17	I like doing the things I do at work.	
18	The goals of this organization are not clear to me.	
19	I feel unappreciated by the organization when I think about what they pay me.	
20	People get ahead as fast here as they do in other places.	
21	My supervisor shows too little interest in the feelings of subordinates.	
22	The benefit package we have is equitable.	
23	There are few rewards for those who work here.	
24	I have too much to do at work.	
25	I enjoy my coworkers.	
26	I often feel that I do not know what is going on with the organization.	

27	I feel a sense of pride in doing my job.	
28	I feel satisfied with my chances for salary increases.	
29	There are benefits we do not have which we should have.	
30	I like my supervisor.	
31	I have too much paperwork.	
32	I don't feel my efforts are rewarded the way they should be.	
33	I am satisfied with my chances for promotion.	
34	There is too much bickering and fighting at work.	
35	My job is enjoyable.	
36	Work assignments are not fully explained.	

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#### Part 4: Social Support - Multidimensional Scale of Perceived Social Support (MSPSS)

**Instructions:** We are interested in how you feel about the following statements.  
Read each statement carefully and indicate how you feel about each statement.

Score	1	2	3	4	5	6	7
Legend	Very Strongly Disagree	Strongly Disagree	Mildly Disagree	Neutral	Mildly Agree	Strongly Agree	Very Strongly Agree

Q	Statements	Score (1-7)
1	There is a special person who is around when I am in need	
2	There is a special person with whom I can share joys and sorrows	
3	My family really tries to help me	
4	I get the emotional help and support I need from my family	
5	I have a special person who is a real source of comfort to me	
6	My friends really try to help me	
7	I can count on my friend when things go wrong	
8	I can talk about my problems with my family	
9	I have friends with whom I can share joys and sorrows	
10	There is a special person in my life who cares about my feelings.	
11	My family is willing to help me make decisions.	
12	I can talk about my problems with my friends	

from Zimet GD, Dahlem NW, Zimet SG, Farley GK. The Multidimensional Scale of Perceived Social Support. J Pers Assess. 1988

## Part 5: Assessing Depression Risk - PHQ-9 (Patient Health Questionnaire-9)

**Instructions:** We are interested in how you feel about the following statements. Read each statement carefully and indicate how you feel about each statement.

How often have you been bothered by the following problems over the past 2 weeks?

Score	0	1	2	3
Legend	Not at all	Several days	More than half of the days	Nearly every day

Q	Problem	Score (0-3)
1	Little interest or pleasure in doing things	
2	Feeling down, depressed, or hopeless	
3	Trouble falling or staying asleep, or sleeping too much	
4	Feeling tired or having little energy	
5	Poor appetite or overeating	
6	Feeling bad about yourself — or that you are a failure or have let yourself or your family down	
7	Trouble concentrating on things, such as reading the newspaper or watching television	
8	Moving or speaking so slowly that other people could have noticed, or so fidgety or restless that you have been moving a lot more than usual	
9	Thoughts that you would be better off dead, or thoughts of hurting yourself in some way	

10. *If you checked off any problems, how difficult* have these problems made it for you to do your work, take care of things at home, or get along with other people? 0. Not difficult at all ; 1. Somewhat difficult; 2. Very difficult; 3. Extremely difficult

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc.  
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## Part 6 - Assessing work-related fatigue - (3D-WFI)

Work fatigue represents a condition that has an onset when energy depletion becomes too great and it has an offset when the energetic demands end and energy is restored through rest.

**Instructions:** We are interested in how you feel about the following statements. Read each statement carefully and indicate how you feel about each statement.

Score	0	1	2	3	4
Legend	Never	Less than once a month	At least once a month	At least once a week	Everyday

Q	ITEM	Score (1-4)
	<b>Physical fatigue</b> involves extreme physical tiredness and an inability to engage in physical activity. During the PAST 12 MONTHS, how often did you ...	
1	feel physically exhausted at the end of the workday?	
2	have difficulty engaging in physical activity at the end of the workday?	
3	feel physically worn out at the end of the workday?	
4	want to physically shut down at the end of the workday?	
5	feel physically drained at the end of the workday?	
6	want to avoid anything that took too much physical energy at the end of the workday?	
	<b>Mental fatigue</b> involves extreme mental tiredness and an inability to think or concentrate. During the PAST 12 MONTHS, how often did you ...	
7	feel mentally exhausted at the end of the workday?	
8	have difficulty thinking and concentrating at the end of the workday?	
9	feel mentally worn out at the end of the workday?	
10	want to mentally shut down at the end of the workday?	
11	feel mentally drained at the end of the workday?	
12	want to avoid anything that took too much mental energy at the end of the workday?	
	<b>Emotional fatigue</b> involves extreme emotional tiredness and an inability to feel or show emotions. During the PAST 12 MONTHS, how often did you ...	
13	feel emotionally exhausted at the end of the workday?	
14	have difficulty showing and dealing with emotions at the end of the workday?	
15	feel emotionally worn out at the end of the workday?	
16	want to emotionally shut down at the end of the workday?	
17	feel emotionally drained at the end of the workday?	
18	want to avoid anything that took too much emotional energy at the end of the workday?	

From Michael R. Frone and Marie-Cecile O. Tidwell, J Occup Health Psychol. 2015 July ; 20(3): 273–288

## Part 7 - Impact on work and social life - (WSAS)

**Instructions:** We are interested in how you feel about the following statements. Read each statement carefully and indicate how you feel about each statement. (e.g. '0' means 'not at all impaired' and '8' means very severely impaired to the point I can't work)

Score	0	1	2	3	4	5	6	7	8
Legend	Not at all		Slightly		Definitely		Markedly		Very severely

Q	Statements	Score (0-8)
1	Because of my mental health my ability to work is impaired.	
2	Because of my mental health my home management (cleaning, tidying, shopping, cooking, looking after home or children, paying bills) is impaired.	
3	Because of my mental health my social leisure activities (with other people e.g. parties, bars, clubs, outings, visits, dating, home entertaining) are impaired.	
4	Because of my mental health, my private leisure activities (done alone, such as reading, gardening, collecting, sewing, walking alone) are impaired.	
5	Because of my mental health, my ability to form and maintain close relationships with others, including those I live with, is impaired.	

From Mundt, J. C., I. M. Marks, et al. (2002). Br. J. Psychiatry 180: 461-4.

## Part 8 - Impact of life events on physical and mental health - (LCI)

Life Chance Index (LCI) Scale ranks life events in descending order. The highest impact score value events (indicated in brackets) require the greatest adaptation and are most likely to trigger illness. Mark down if each of these life events that has happened to you during the *previous year*.

Q	Event (impact score)	Indicate (yes/no)
1	Death of spouse (100)	
2	Divorce (73)	
3	Marital Separation (65)	
4	Jail Term (63)	
5	Death of close family member (63)	
6	Personal injury or illness (53)	
7	Marriage (50)	
8	Fired at work (47)	
9	Marital reconciliation (45)	
10	Retirement (45)	
11	Change in health of family member (44)	

<b>12</b>	Pregnancy (40)	
<b>13</b>	Sex difficulties (39)	
<b>14</b>	Gain of a new family member (39)	
<b>15</b>	Business readjustment (39)	
<b>16</b>	Change in financial state (38)	
<b>17</b>	Death of a close friend (37)	
<b>18</b>	Change to a different line of work (36)	
<b>19</b>	Change in number of arguments with spouse (35)	
<b>20</b>	Mortgage over €20,000 or equivalent (31)	
<b>21</b>	Foreclosure of mortgage or loan (30)	
<b>22</b>	Change in responsibilities at work (29)	
<b>23</b>	Son or daughter leaving home (29)	
<b>24</b>	Trouble with in-laws (29)	
<b>25</b>	Outstanding personal achievement (28)	
<b>26</b>	Spouse begins or stop work (26)	
<b>27</b>	Begin or end school (26)	
<b>28</b>	Change in living conditions (25)	
<b>29</b>	Revisions of personal habits (24)	
<b>30</b>	Trouble with boss (23)	
<b>31</b>	Change in work hours or conditions (20)	
<b>32</b>	Change in residence (20)	
<b>33</b>	Change in schools (20)	
<b>34</b>	Change in recreations (19)	
<b>35</b>	Change in church activities (19)	
<b>36</b>	Change in social activities (19)	
<b>37</b>	Mortgage or loan less than \$20,000 (17)	
<b>38</b>	Change in sleeping habits (16)	
<b>39</b>	Change in number of family get-togethers (15)	
<b>40</b>	Change in eating habits (15)	
<b>41</b>	Vacation (13)	
<b>42</b>	Christmas approaching (12)	
<b>43</b>	Minor violation of the law (11)	

Adapted from Holmes TH, Rahe RH. J Psychosom Res. 1967 Aug; 11(2):213-8.

Thanks for your time. Is there anything else you would like to share with EAN-RRFS regarding this survey?

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**Thanks again for your contribution!**

*On the behalf of the Resident  
and Research Fellow Section  
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