

Supplemental Digital Appendix 1

Exercise for emotion expression

It is 2 AM, you are on night shift and Mrs. Lea is admitted to the emergency room (ER).

She is 51 years old and is admitted in cardiac arrest due to an acute myocardial infarction. You start cardiopulmonary resuscitation, but she dies.

The patient's daughter Julia is 19 years old and is waiting for you at the hospital reception desk, nervous and crying. Her father lives in another city and it will take two hours for him to arrive.

You tell Julia that her mother died, and she immediately throws herself to the ground, rolling from side to side and screaming on despair.

There are 10 other critically-ill patients in the ER and they wait to be evaluated by you and the only other doctor on shift.

1. Identify your emotions
2. Recognize the emotions of Julia
3. How would you express your emotions?

Supplemental digital appendix 2: Exercise for emotion regulation

It is 3 AM, and you are on night shift at the hospital.

The nurse calls you to evaluate a critical patient in respiratory failure, who has a difficult airway.

You feel afraid.

Exemplify how you can use the following emotion regulation strategies to cope with this scenario:

1. Situation selection
2. Situation modification
3. Attentional deployment
4. Cognitive reappraisal
5. Modulation response

Supplemental Digital Appendix 3

Table containing the description of the songs used in the Emotions in Medicine activity and the links for the audios and videos

Original name of the song (in Portuguese)	Translated name of the song (in English)	Name of the singer	Weblink to the audio or video
"Não existe amor em SP"	"Love does not exist in São Paulo"	Criolo	https://open.spotify.com/track/0svBeQBw3K2u4uFg5B4QAT?si=737b68772cab4125
"O mundo é um moinho"	"The world is a mill"	Teresa Cristina and Criolo	https://www.youtube.com/watch?v=QAjhmVXn6MY
"Socorro"	"Help"	Arnaldo Antunes	https://open.spotify.com/track/4Gs5knQPzAbAWZymsVz876?si=539aacdfc8f04b85
"Sonhos"	"Dreams"	Caetano Veloso	https://open.spotify.com/track/6kCjKljGsnvzXaKKH9Cbgu?si=06e9d660edb74026
"O que será"	"Whatever will be"	Chico Buarque de Holanda	https://open.spotify.com/track/3ncGiAzIeJCPqx6SYEt4WY?si=fa4d13d6f1f04c68
"Não deixe o samba morrer"	"Don't let the samba die"	Alcione	https://open.spotify.com/track/6GLetoCy2cyE6mZb9nkWfG?si=0c53ea7c1e3144fd