

RWBC Resident Health Survey

Tuesday, July 13, 2021

57

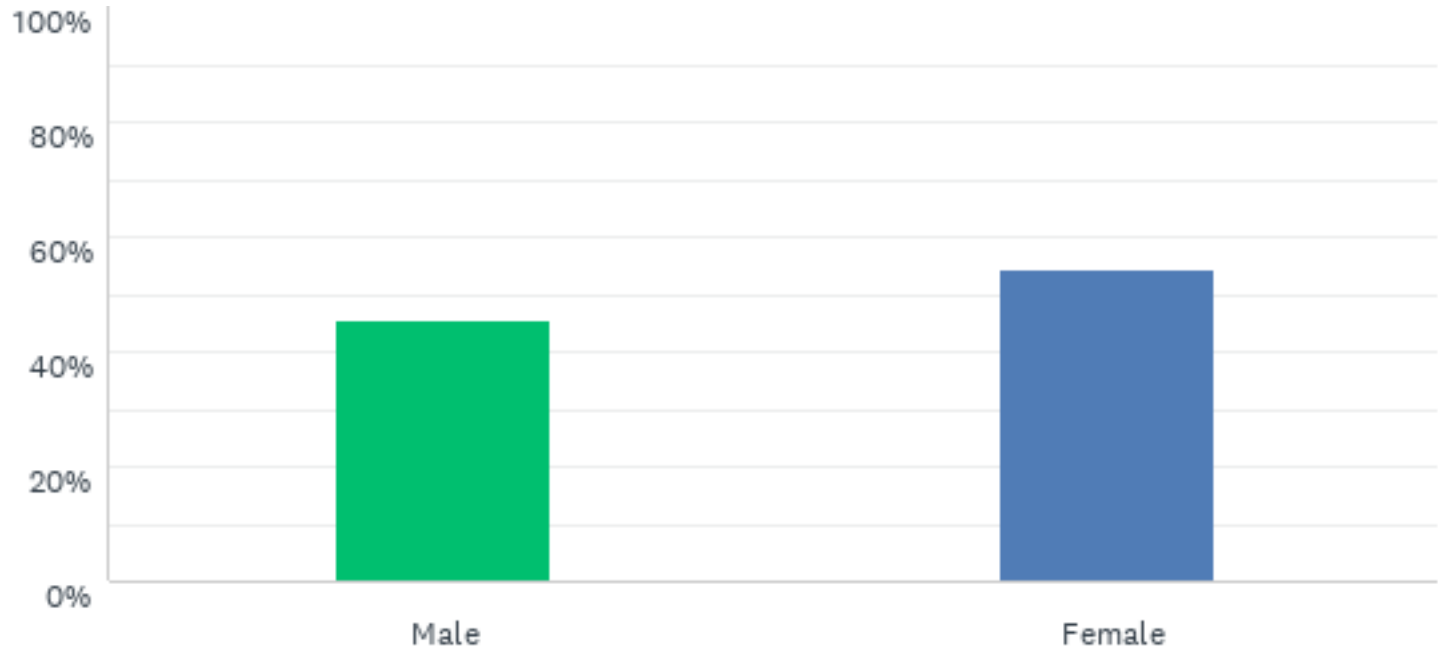
Total Responses

Date Created: Friday, April 02, 2021

Complete Responses: 57

Q1: What is your gender?

Answered: 57 Skipped: 0



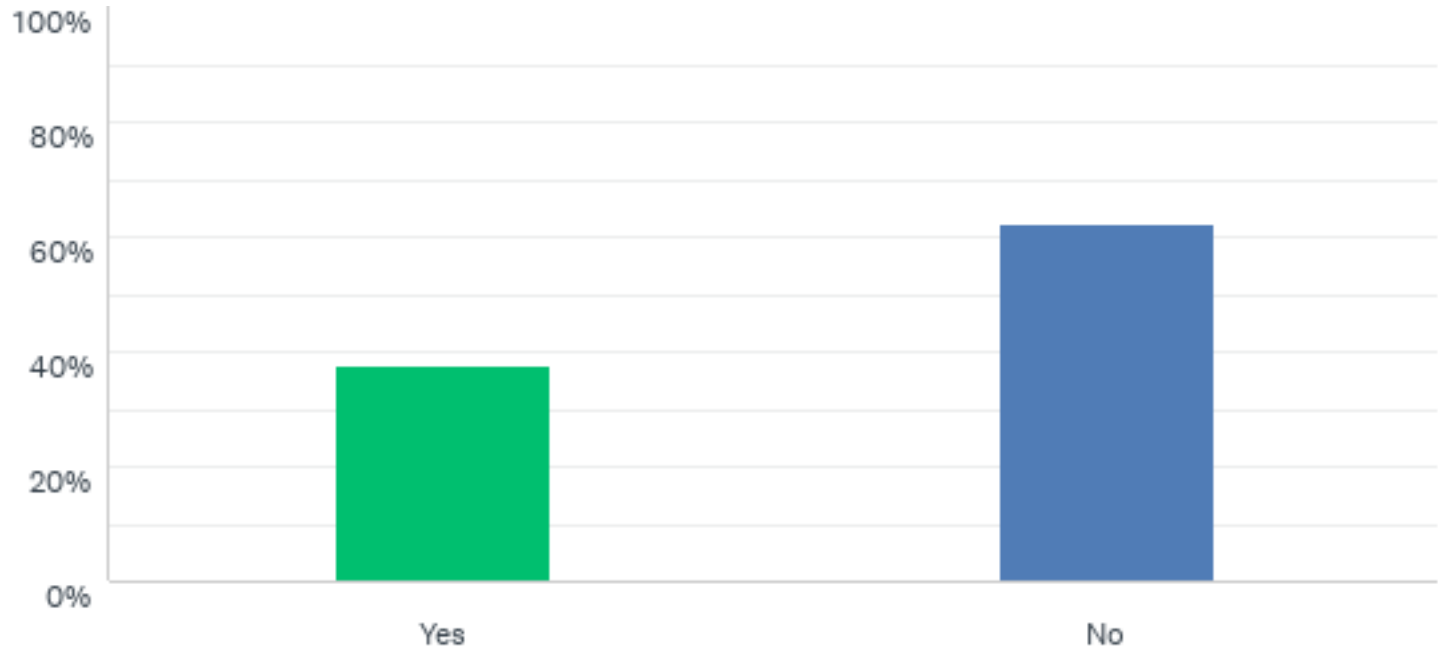
Q1: What is your gender?

Answered: 57 Skipped: 0

ANSWER CHOICES	RESPONSES	
Male	45.61%	26
Female	54.39%	31
TOTAL		57

Q2: Are you in your first year?

Answered: 56 Skipped: 1



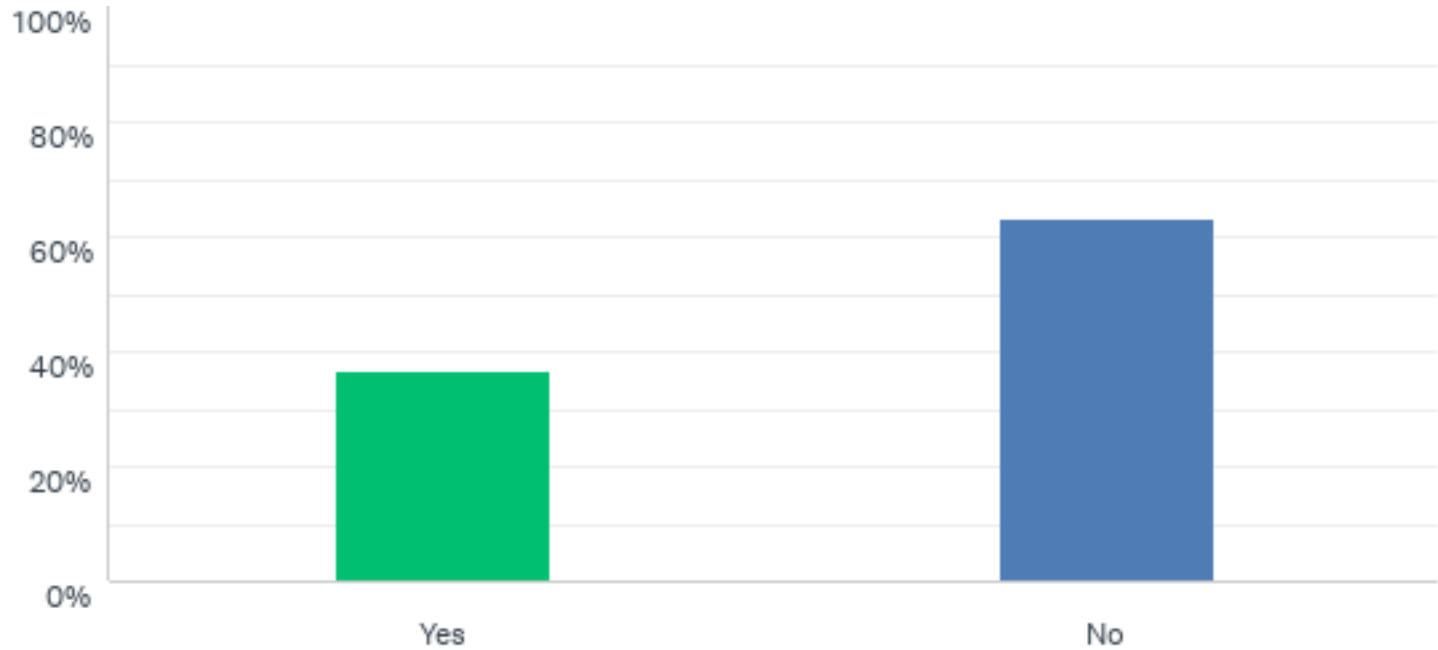
Q2: Are you in your first year?

Answered: 56 Skipped: 1

ANSWER CHOICES	RESPONSES	
Yes	37.50%	21
No	62.50%	35
TOTAL		56

Q3: Are you in your last year?

Answered: 57 Skipped: 0



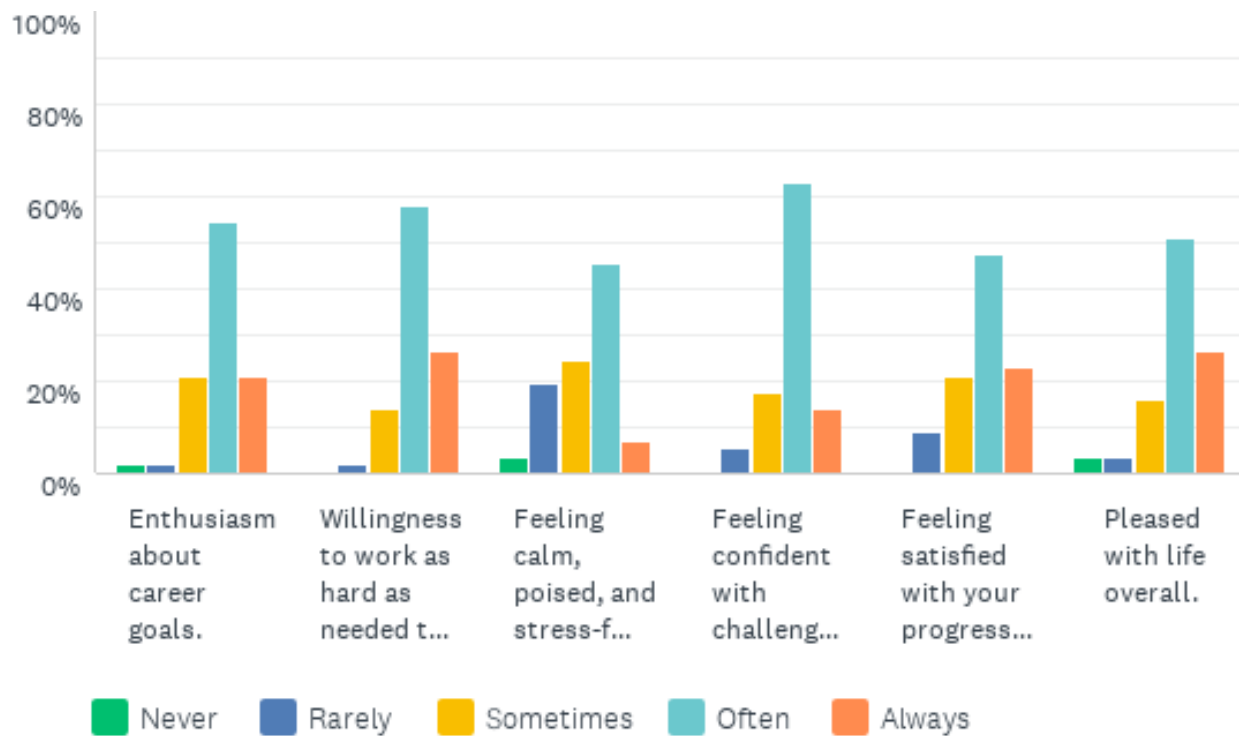
Q3: Are you in your last year?

Answered: 57 Skipped: 0

ANSWER CHOICES	RESPONSES	
Yes	36.84%	21
No	63.16%	36
TOTAL		57

Q4. Below is a list of common feelings and attitudes that people experience. For each, mark the box corresponding to how often you have experienced or felt them during the past week including today.

Answered: 57 Skipped: 0



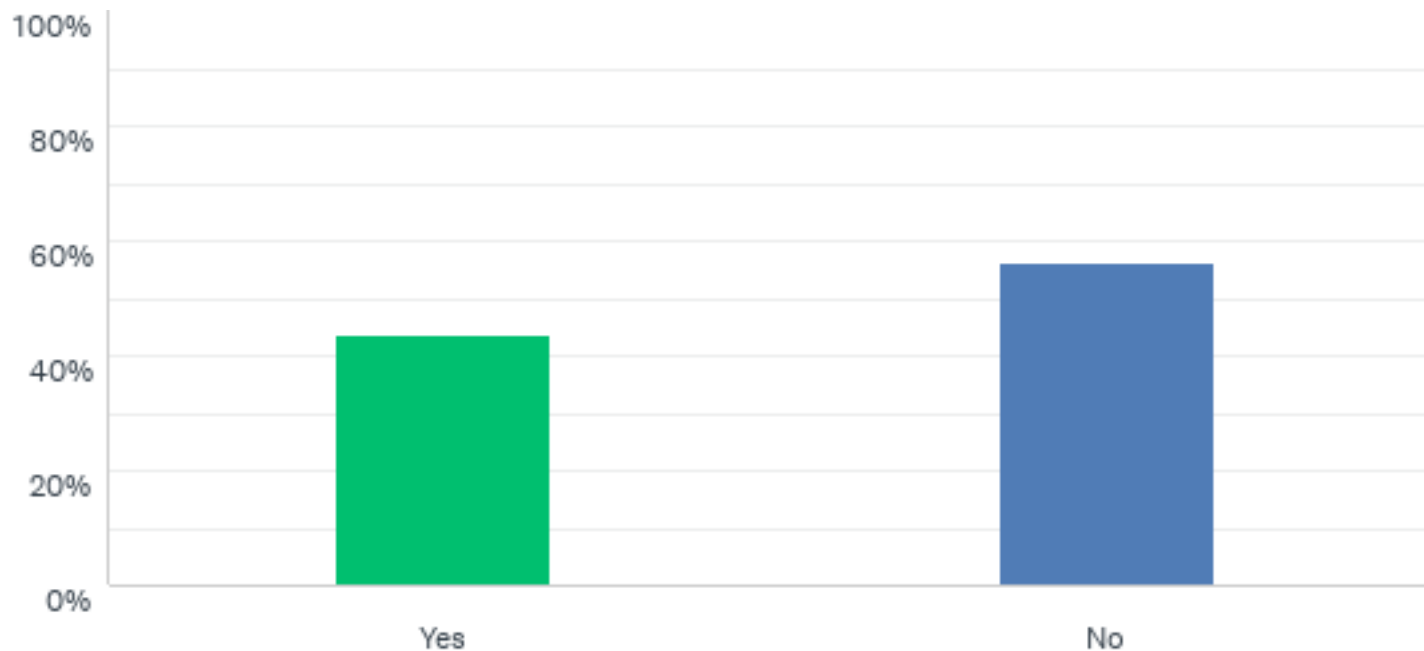
Q4. Below is a list of common feelings and attitudes that people experience. For each, mark the box corresponding to how often you have experienced or felt them during the past week including today.

Answered: 57 Skipped: 0

	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS	TOTAL	WEIGHTED AVERAGE
Enthusiasm about career goals.	1.75% 1	1.75% 1	21.05% 12	54.39% 31	21.05% 12	57	3.91
Willingness to work as hard as needed to succeed.	0.00% 0	1.75% 1	14.04% 8	57.89% 33	26.32% 15	57	4.09
Feeling calm, poised, and stress-free.	3.51% 2	19.30% 11	24.56% 14	45.61% 26	7.02% 4	57	3.33
Feeling confident with challenging patients.	0.00% 0	5.26% 3	17.54% 10	63.16% 36	14.04% 8	57	3.86
Feeling satisfied with your progress so far in training.	0.00% 0	8.77% 5	21.05% 12	47.37% 27	22.81% 13	57	3.84
Pleased with life overall.	3.51% 2	3.51% 2	15.79% 9	50.88% 29	26.32% 15	57	3.93

Q5: Have you thought about being seen by a physician for any concerns in the past year?

Answered: 57 Skipped: 0



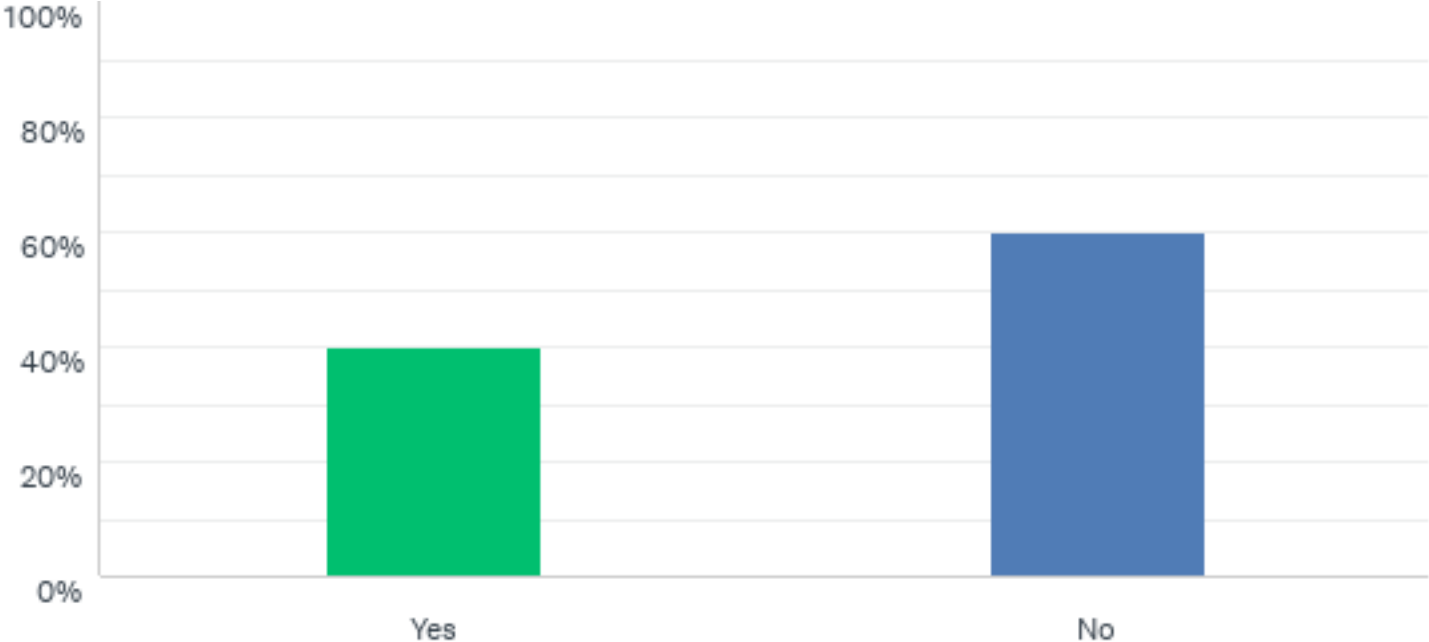
Q5: Have you thought about being seen by a physician for any concerns in the past year?

Answered: 57 Skipped: 0

ANSWER CHOICES	RESPONSES	
Yes	43.86%	25
No	56.14%	32
TOTAL		57

Q6: Have you been seen for a medical concern within the past year?

Answered: 55 Skipped: 2



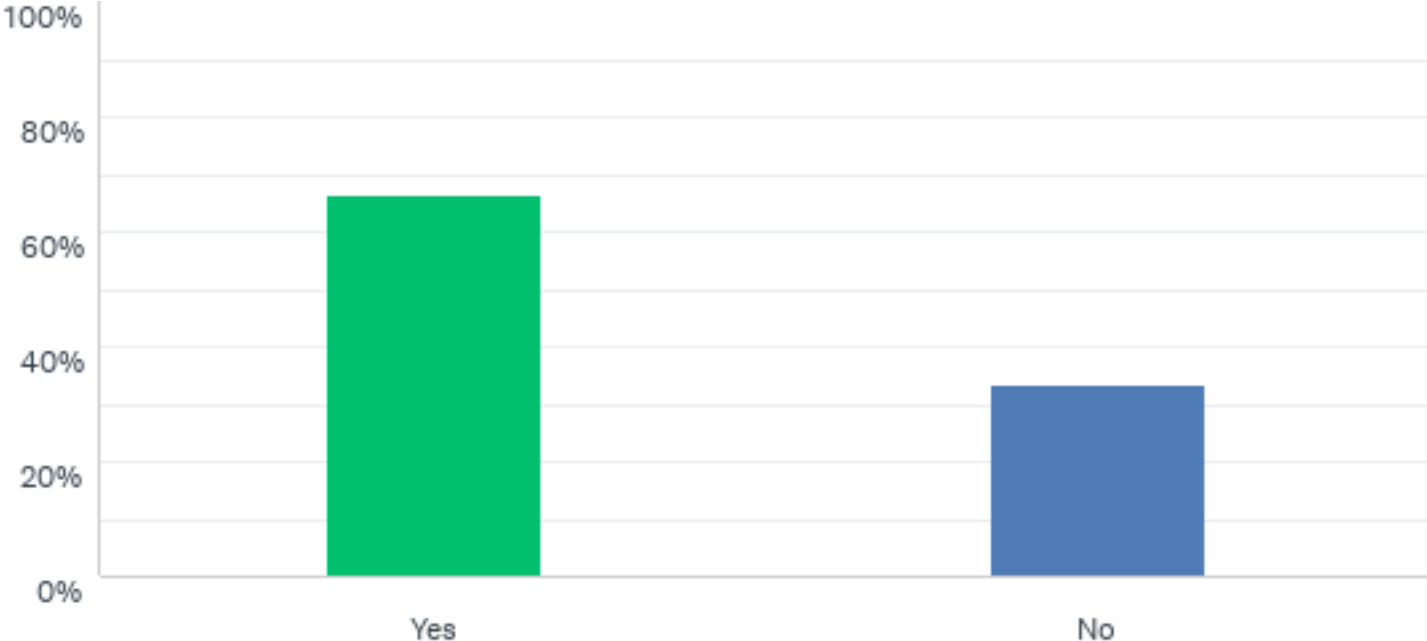
Q6: Have you been seen for a medical concern within the past year?

Answered: 55 Skipped: 2

ANSWER CHOICES	RESPONSES	
Yes	40.00%	22
No	60.00%	33
TOTAL		55

Q7: Did you have a general physical exam within the past year?

Answered: 57 Skipped: 0



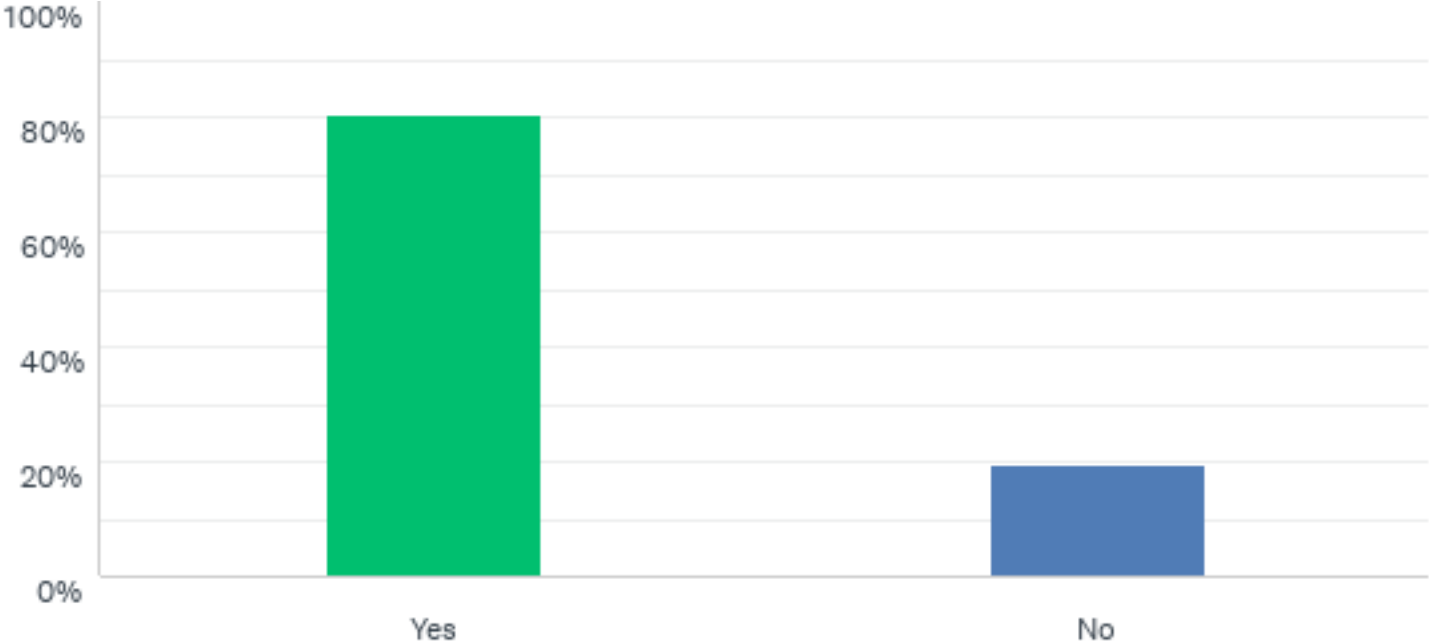
Q7: Did you have a general physical exam within the past year?

Answered: 57 Skipped: 0

ANSWER CHOICES	RESPONSES	
Yes	66.67%	38
No	33.33%	19
TOTAL		57

Q8: Do you have a primary care provider?

Answered: 56 Skipped: 1



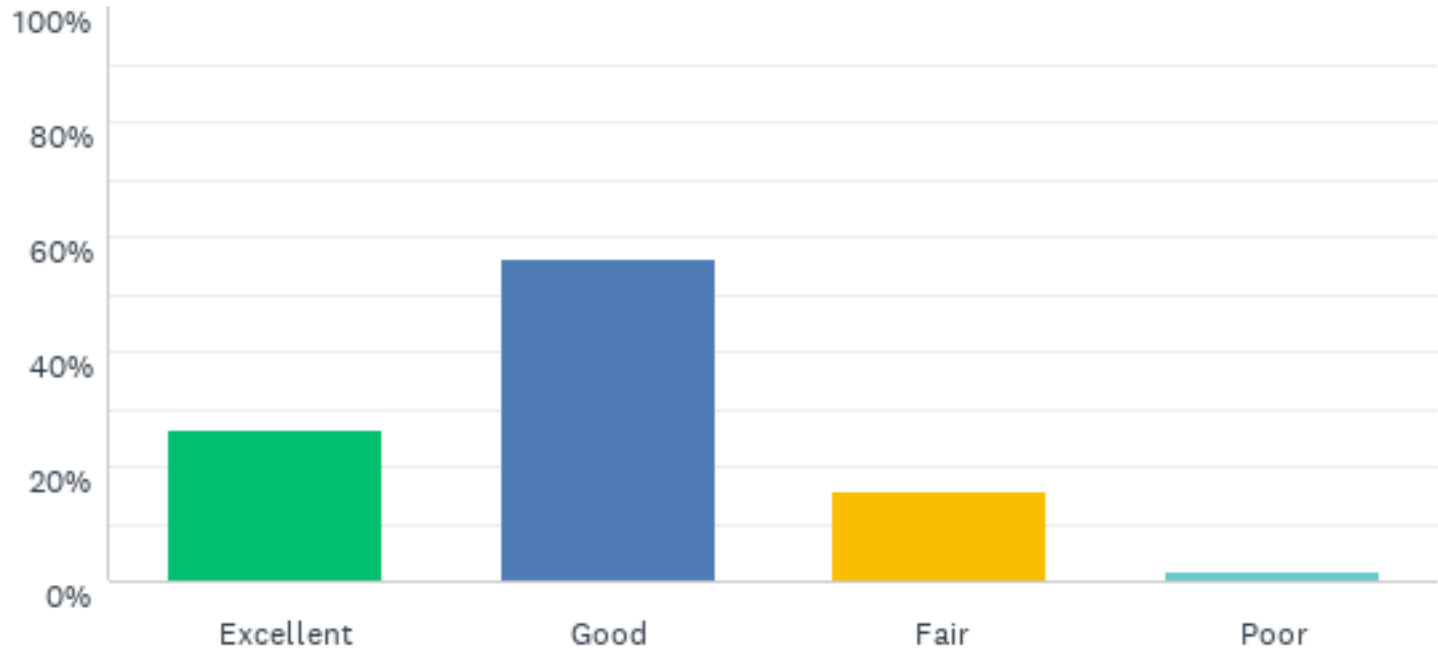
Q8: Do you have a primary care provider?

Answered: 56 Skipped: 1

ANSWER CHOICES	RESPONSES	
Yes	80.36%	45
No	19.64%	11
TOTAL		56

Q9: How would you rate your health overall?

Answered: 57 Skipped: 0



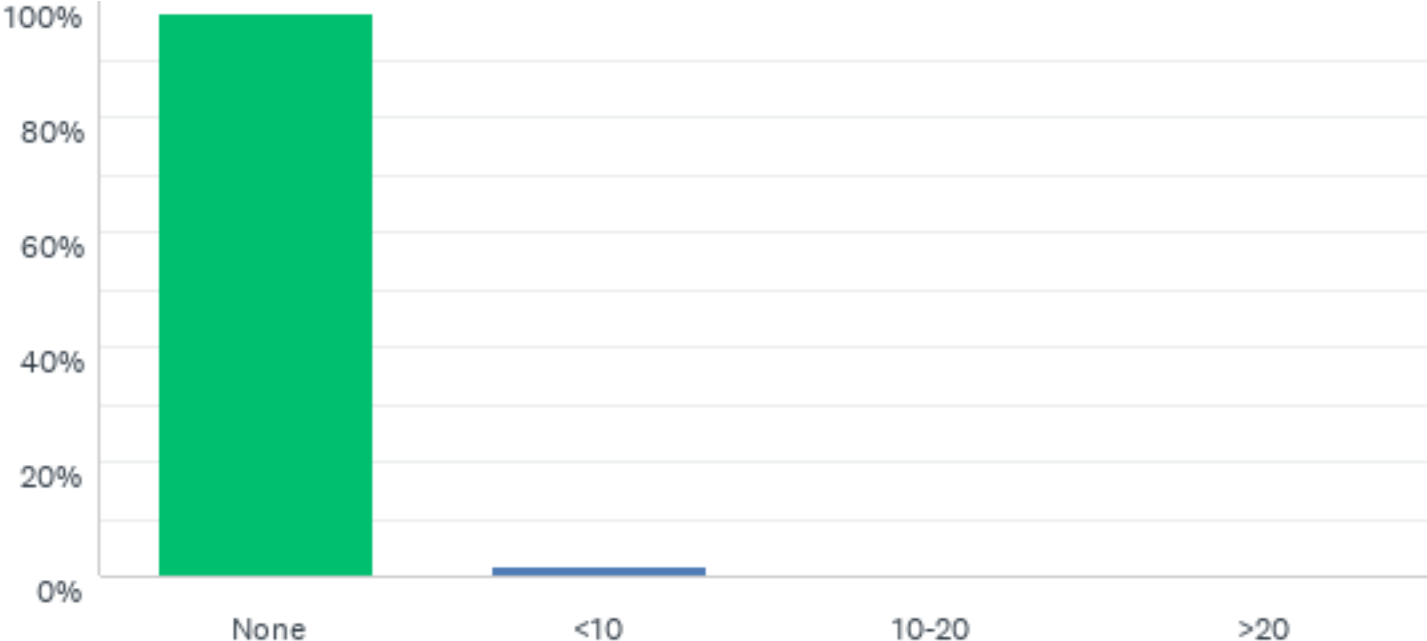
Q9: How would you rate your health overall?

Answered: 57 Skipped: 0

ANSWER CHOICES	RESPONSES	
Excellent	26.32%	15
Good	56.14%	32
Fair	15.79%	9
Poor	1.75%	1
TOTAL		57

Q10: How many cigarettes do you smoke per day?

Answered: 57 Skipped: 0



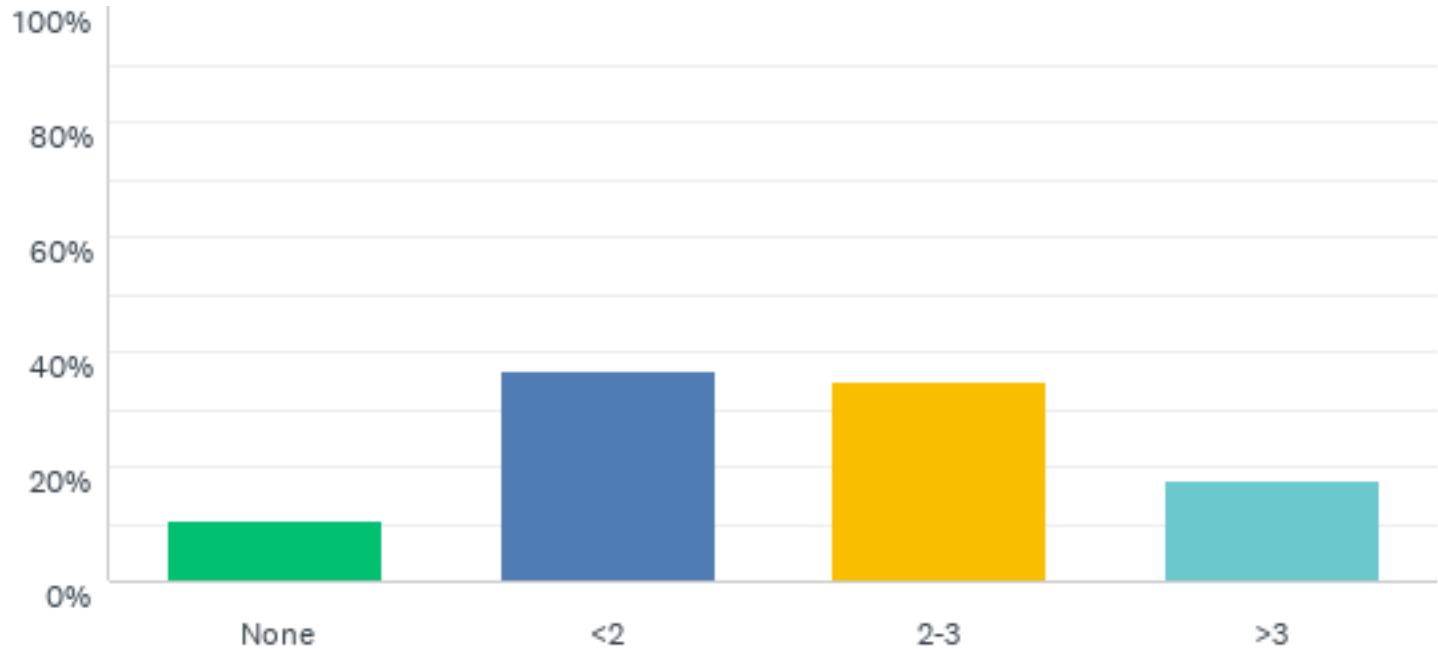
Q10: How many cigarettes do you smoke per day?

Answered: 57 Skipped: 0

ANSWER CHOICES	RESPONSES	
None	98.25%	56
<10	1.75%	1
10-20	0.00%	0
>20	0.00%	0
TOTAL		57

Q11: How many caffeinated beverages do you drink per day?

Answered: 57 Skipped: 0



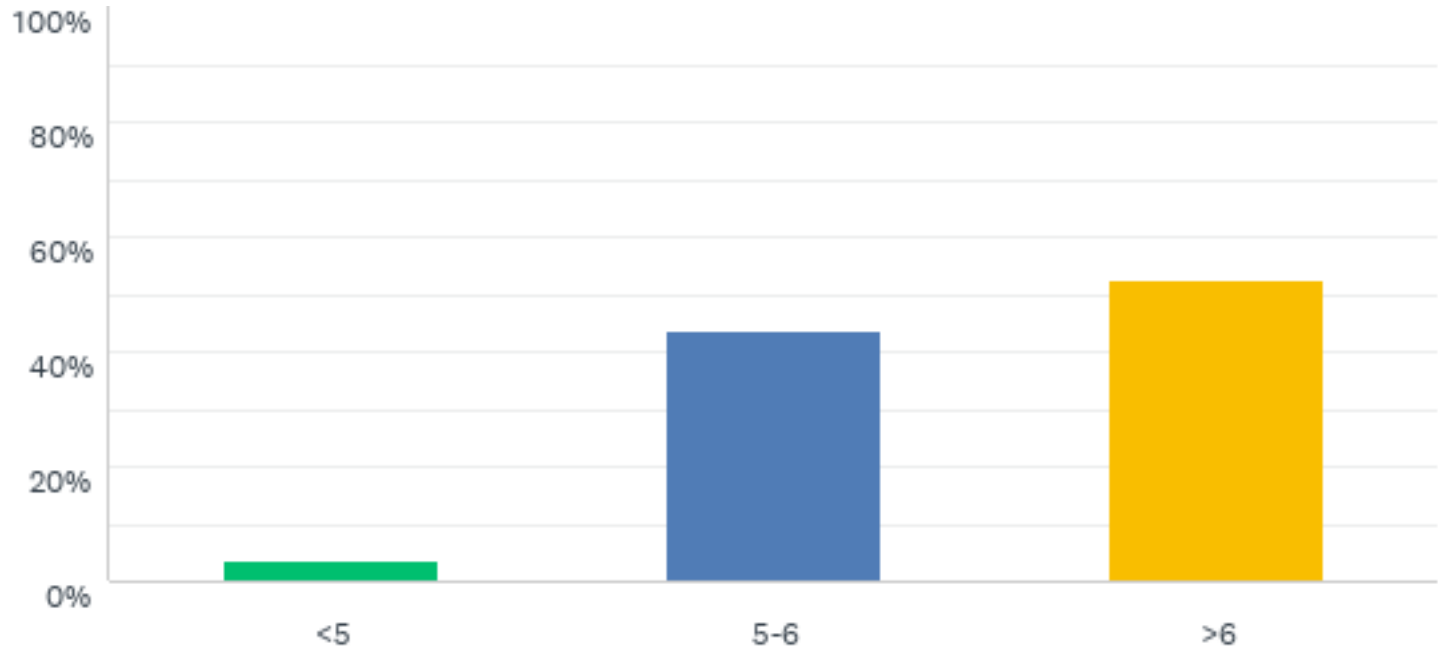
Q11: How many caffeinated beverages do you drink per day?

Answered: 57 Skipped: 0

ANSWER CHOICES	RESPONSES	
None	10.53%	6
<2	36.84%	21
2-3	35.09%	20
>3	17.54%	10
TOTAL		57

Q12: How many hours of sleep do you get per day?

Answered: 57 Skipped: 0



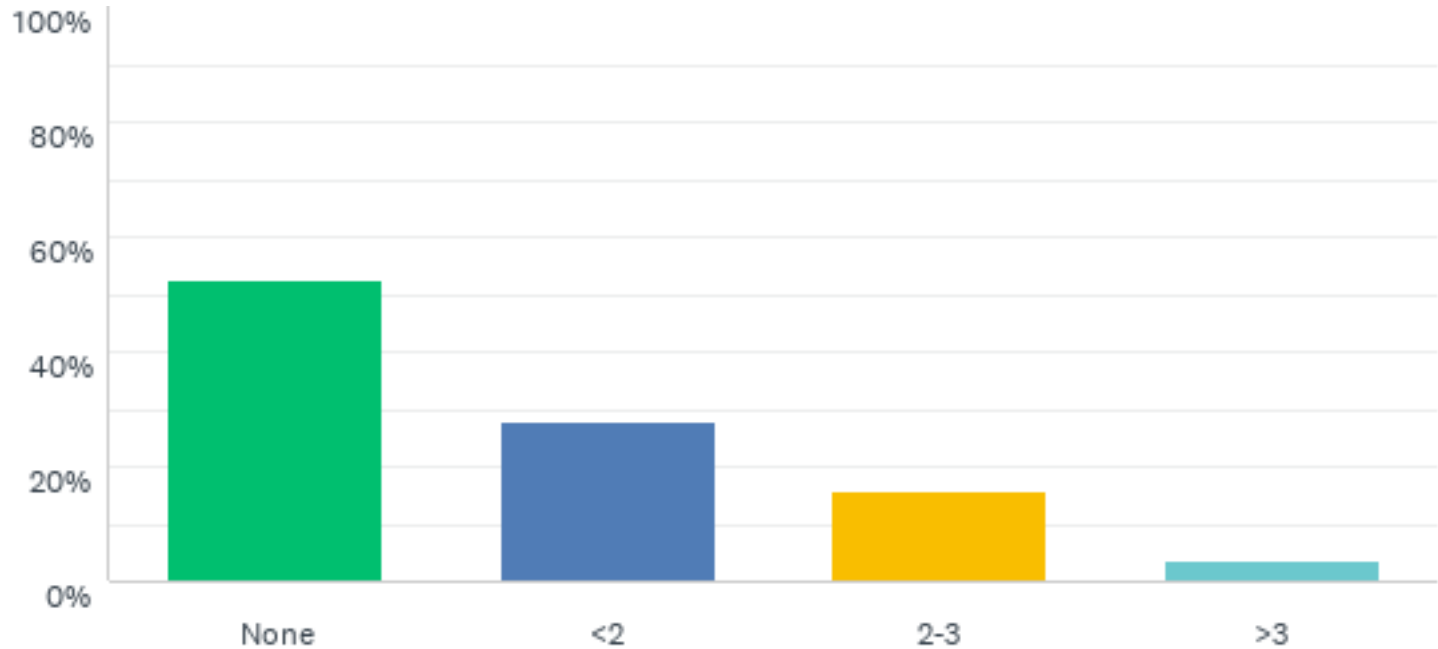
Q12: How many hours of sleep do you get per day?

Answered: 57 Skipped: 0

ANSWER CHOICES	RESPONSES	
<5	3.51%	2
5-6	43.86%	25
>6	52.63%	30
TOTAL		57

Q13: How many alcoholic beverages do you drink per week?

Answered: 57 Skipped: 0



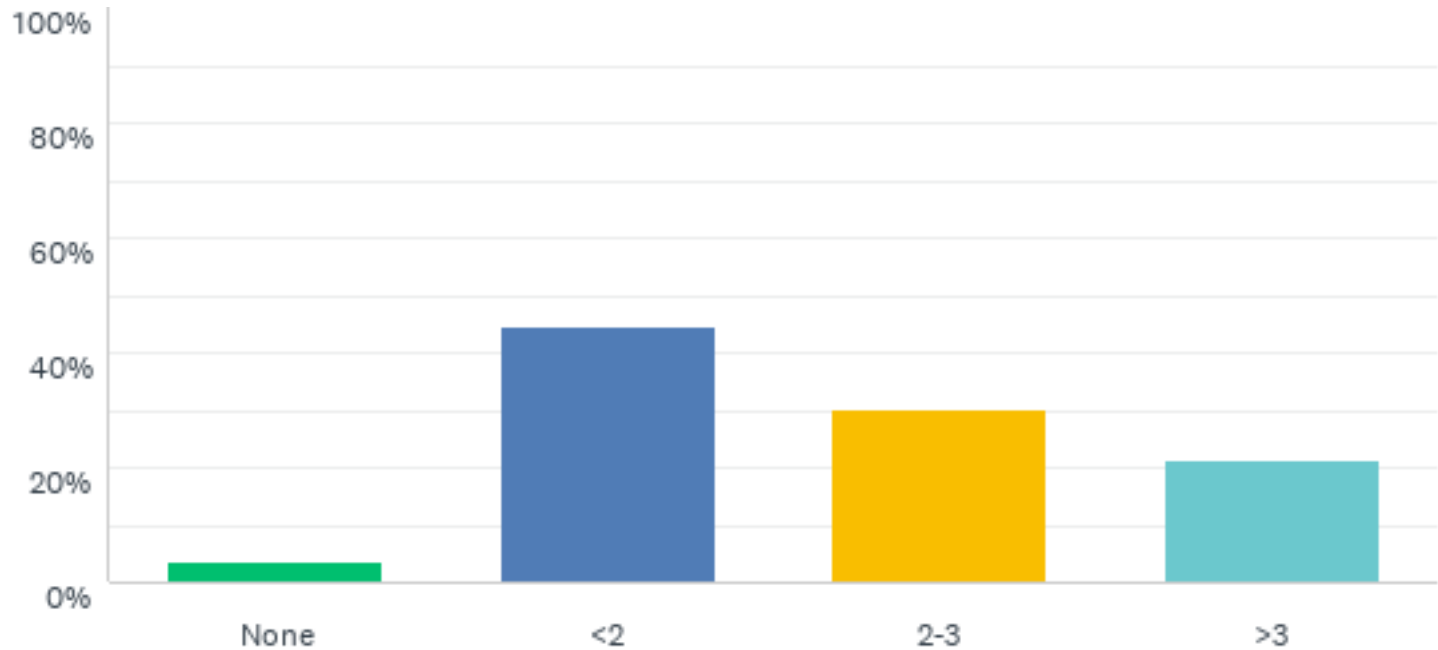
Q13: How many alcoholic beverages do you drink per week?

Answered: 57 Skipped: 0

ANSWER CHOICES	RESPONSES	
None	52.63%	30
<2	28.07%	16
2-3	15.79%	9
>3	3.51%	2
TOTAL		57

Q14: How many times are you involved in a social/leisure activity in a week's time?

Answered: 56 Skipped: 1



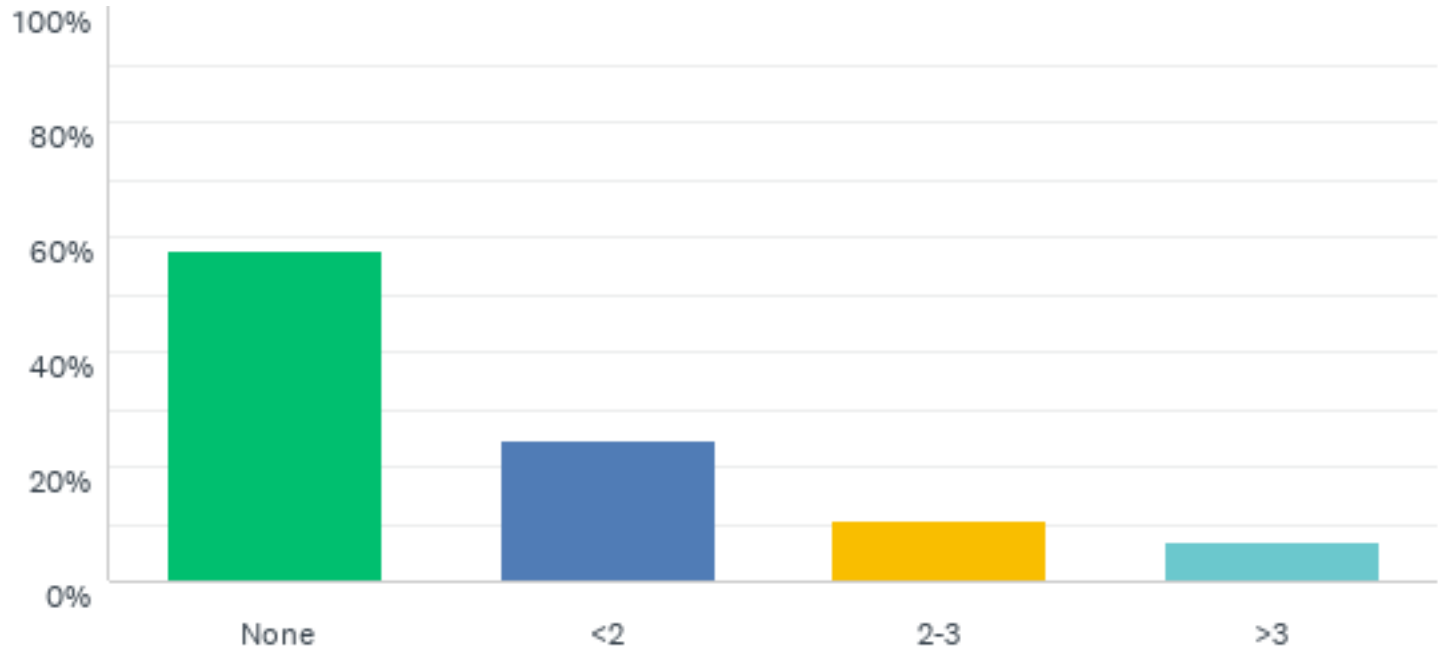
Q14: How many times are you involved in a social/leisure activity in a week's time?

Answered: 56 Skipped: 1

ANSWER CHOICES	RESPONSES	
None	3.57%	2
<2	44.64%	25
2-3	30.36%	17
>3	21.43%	12
TOTAL		56

Q15: How many times are you involved in Yoga, meditation, or mindfulness activities in a week's time?

Answered: 57 Skipped: 0



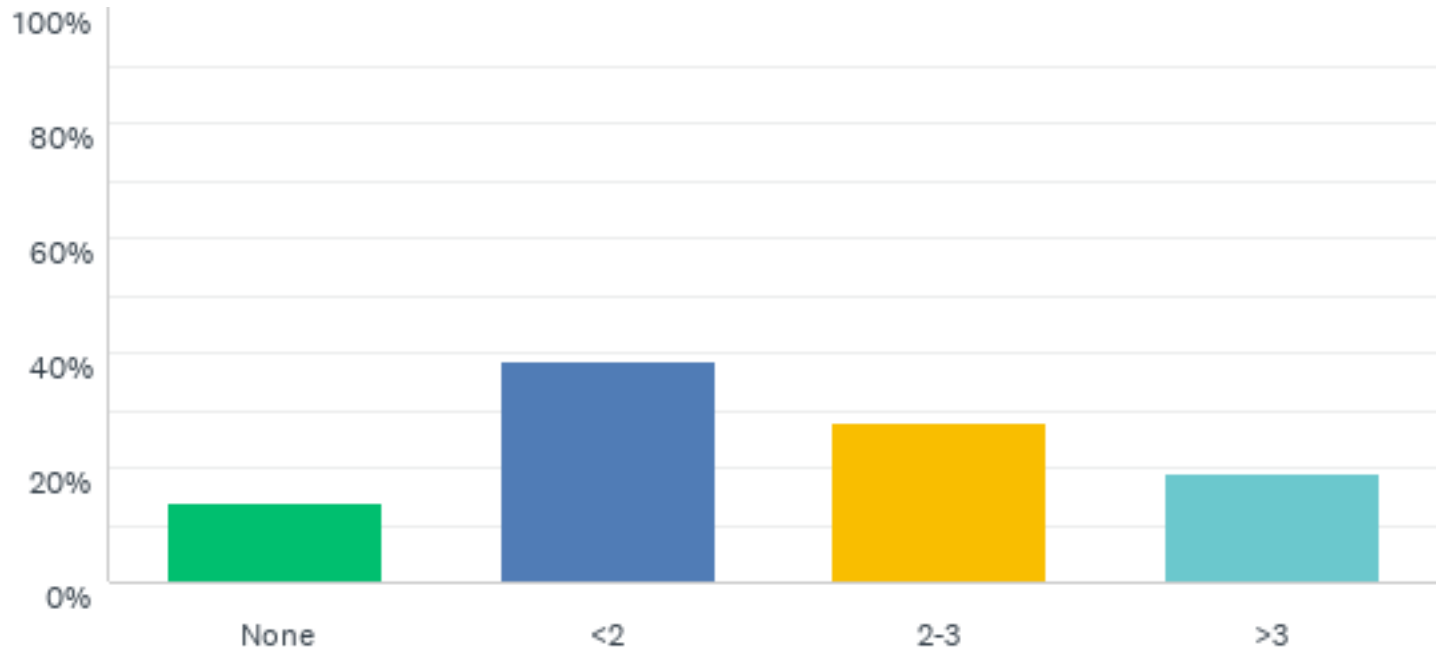
Q15: How many times are you involved in Yoga, meditation, or mindfulness activities in a week's time?

Answered: 57 Skipped: 0

ANSWER CHOICES	RESPONSES	
None	57.89%	33
<2	24.56%	14
2-3	10.53%	6
>3	7.02%	4
TOTAL		57

Q16: How many times are you involved in physical activities (exercise, sports, etc.) in a week's time?

Answered: 57 Skipped: 0



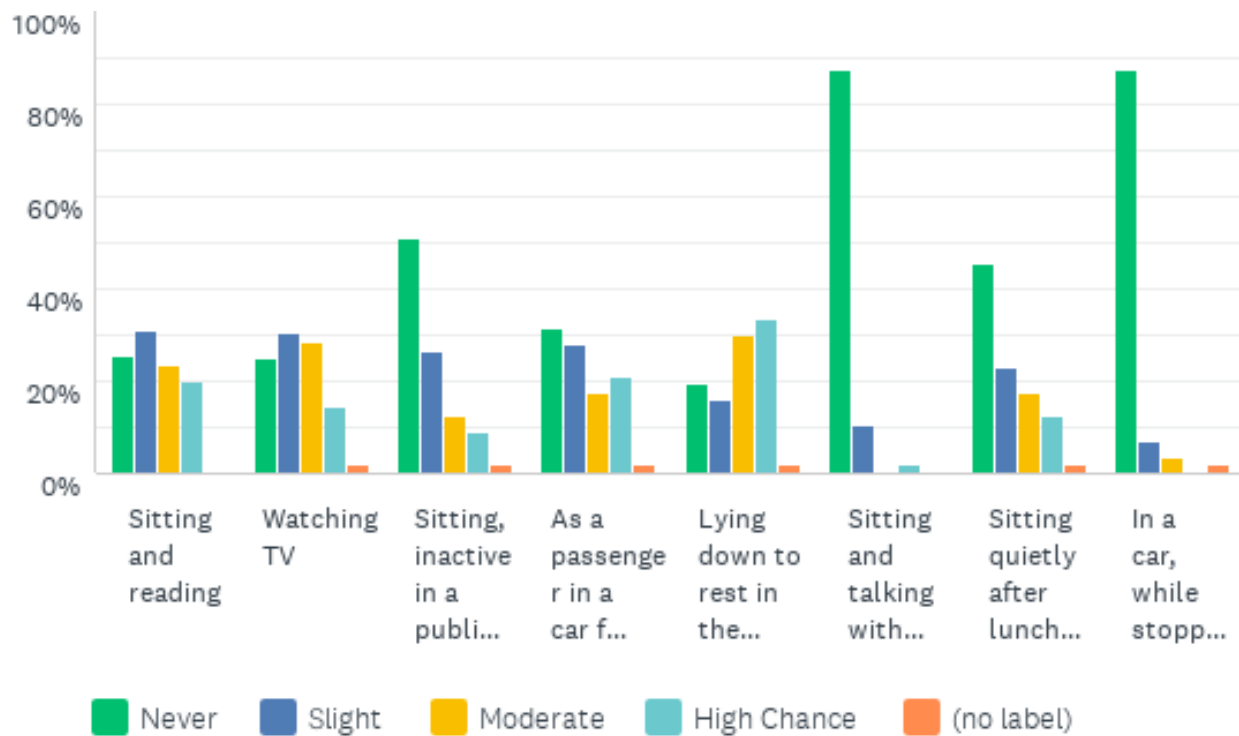
Q16: How many times are you involved in physical activities (exercise, sports, etc.) in a week's time?

Answered: 57 Skipped: 0

ANSWER CHOICES	RESPONSES	
None	14.04%	8
<2	38.60%	22
2-3	28.07%	16
>3	19.30%	11
TOTAL		57

Q17: Epworth Sleepiness Scale: How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

Answered: 57 Skipped: 0



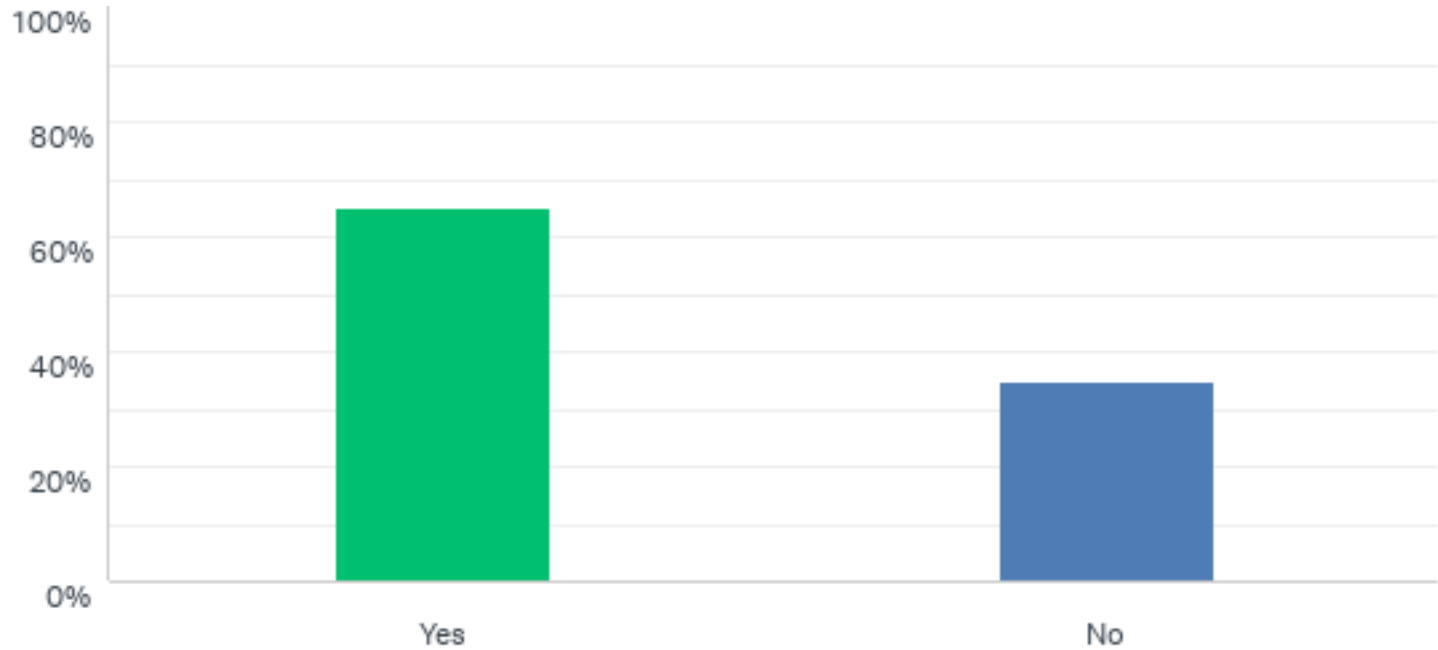
Q17: Epworth Sleepiness Scale: How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

Answered: 57 Skipped: 0

	NEVER	SLIGHT	MODERATE	HIGH CHANCE	(NO LABEL)	TOTAL	WEIGHTED AVERAGE
Sitting and reading	25.45% 14	30.91% 17	23.64% 13	20.00% 11	0.00% 0	55	1.38
Watching TV	25.00% 14	30.36% 17	28.57% 16	14.29% 8	1.79% 1	56	1.39
Sitting, inactive in a public place (e.g. a theatre or a meeting)	50.88% 29	26.32% 15	12.28% 7	8.77% 5	1.75% 1	57	0.86
As a passenger in a car for an hour without a break	31.58% 18	28.07% 16	17.54% 10	21.05% 12	1.75% 1	57	1.35
Lying down to rest in the afternoon when circumstances permit	19.30% 11	15.79% 9	29.82% 17	33.33% 19	1.75% 1	57	1.84
Sitting and talking with someone	87.72% 50	10.53% 6	0.00% 0	1.75% 1	0.00% 0	57	0.16
Sitting quietly after lunch without alcohol	45.61% 26	22.81% 13	17.54% 10	12.28% 7	1.75% 1	57	1.04
In a car, while stopped for only a few minutes in traffic	87.72% 50	7.02% 4	3.51% 2	0.00% 0	1.75% 1	57	0.23

Q18: Do you have a mentor?

Answered: 57 Skipped: 0



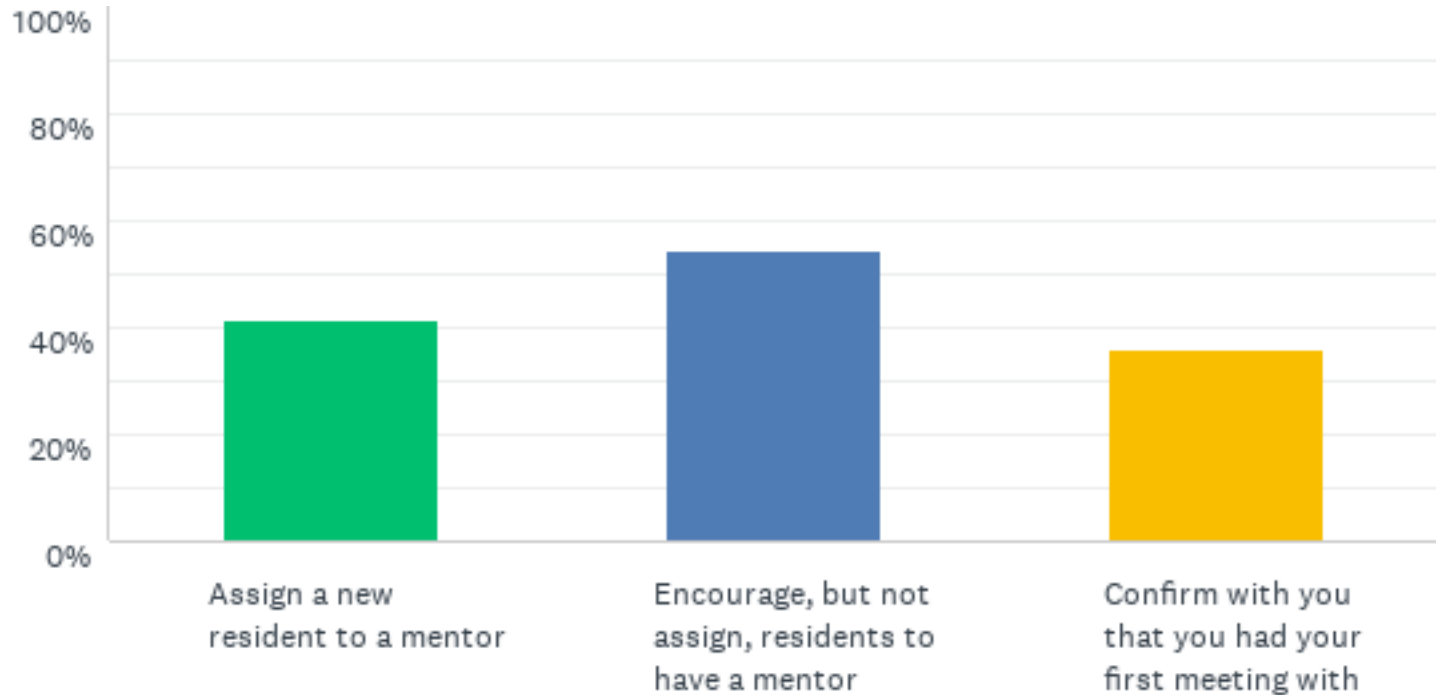
Q18: Do you have a mentor?

Answered: 57 Skipped: 0

ANSWER CHOICES	RESPONSES	
Yes	64.91%	37
No	35.09%	20
TOTAL		57

Q20: Which of the following did your program do (check all that apply)

Answered: 53 Skipped: 4



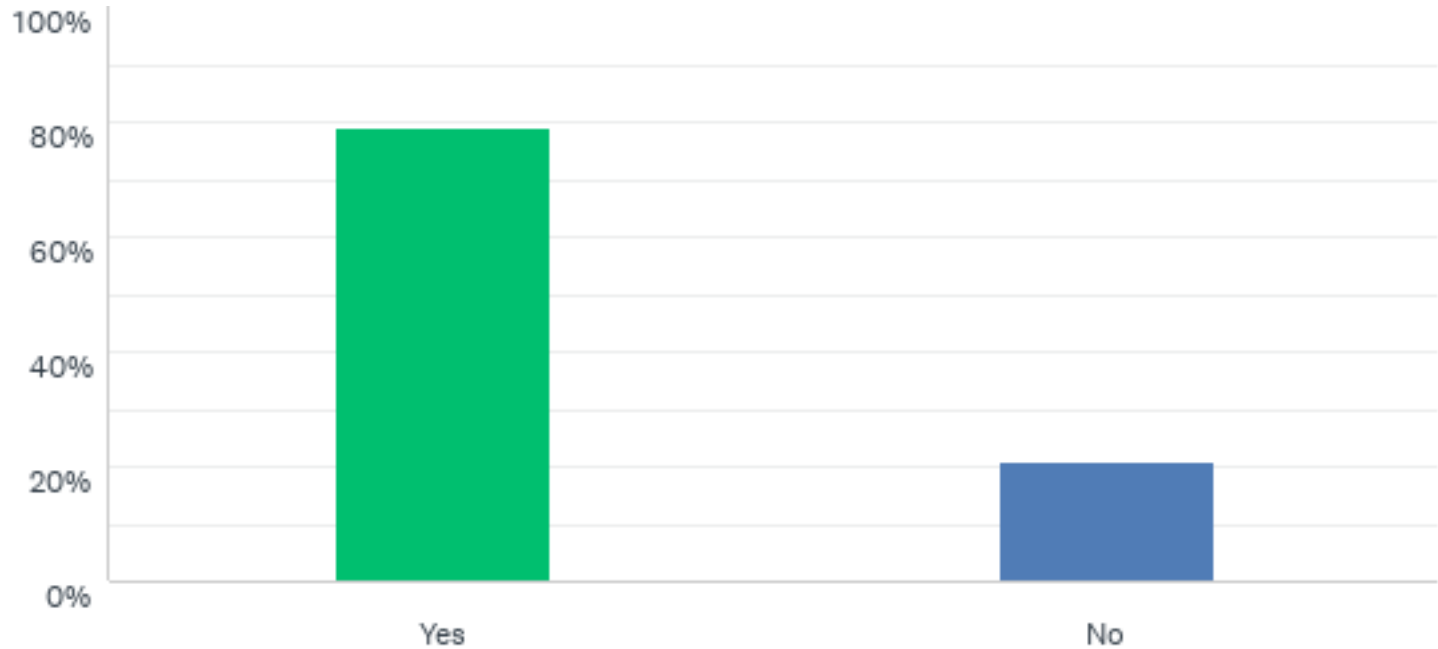
Q20: Which of the following did your program do (check all that apply)

Answered: 53 Skipped: 4

ANSWER CHOICES	RESPONSES	
Assign a new resident to a mentor	41.51%	22
Encourage, but not assign, residents to have a mentor	54.72%	29
Confirm with you that you had your first meeting with your mentor	35.85%	19
Total Respondents: 53		

Q21: Have you received informal mentoring in residency?

Answered: 57 Skipped: 0



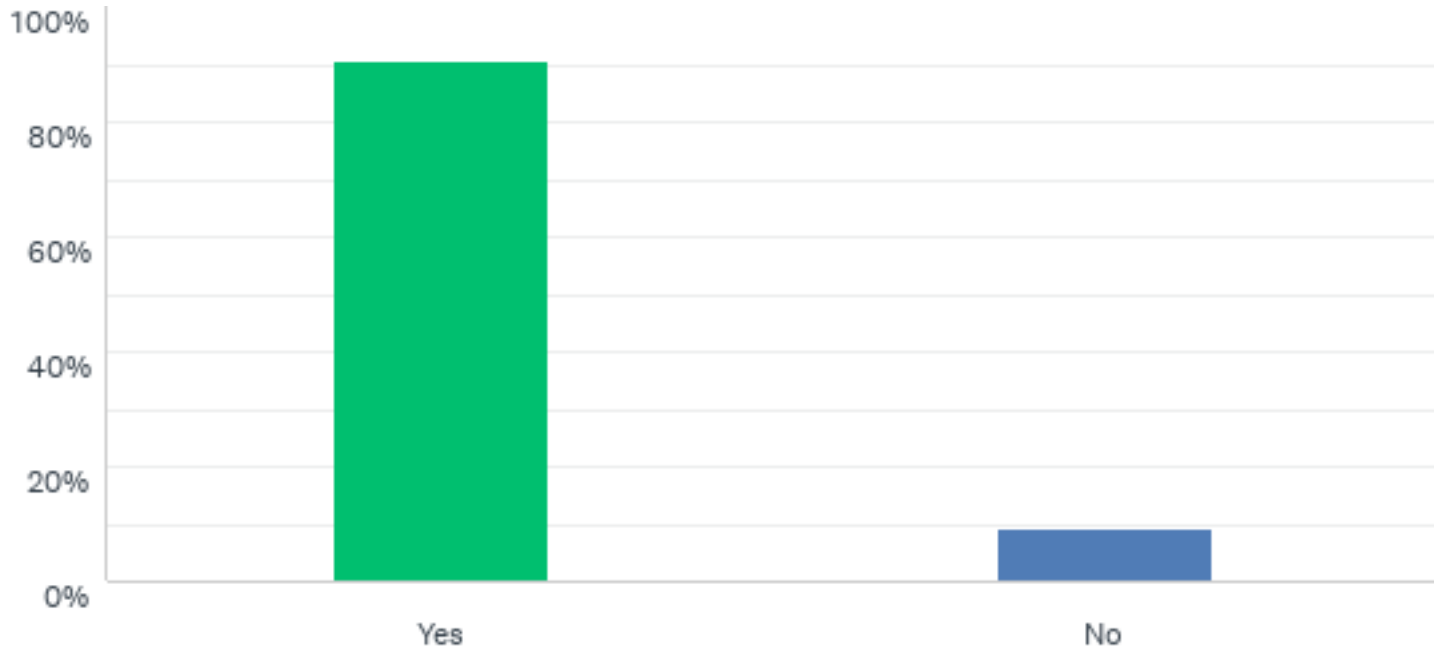
Q21: Have you received informal mentoring in residency?

Answered: 57 Skipped: 0

ANSWER CHOICES	RESPONSES	
Yes	78.95%	45
No	21.05%	12
TOTAL		57

Q22. If you answered no to the previous question, please skip this question. Have you received informal mentoring from more than one person?

Answered: 43 Skipped: 14



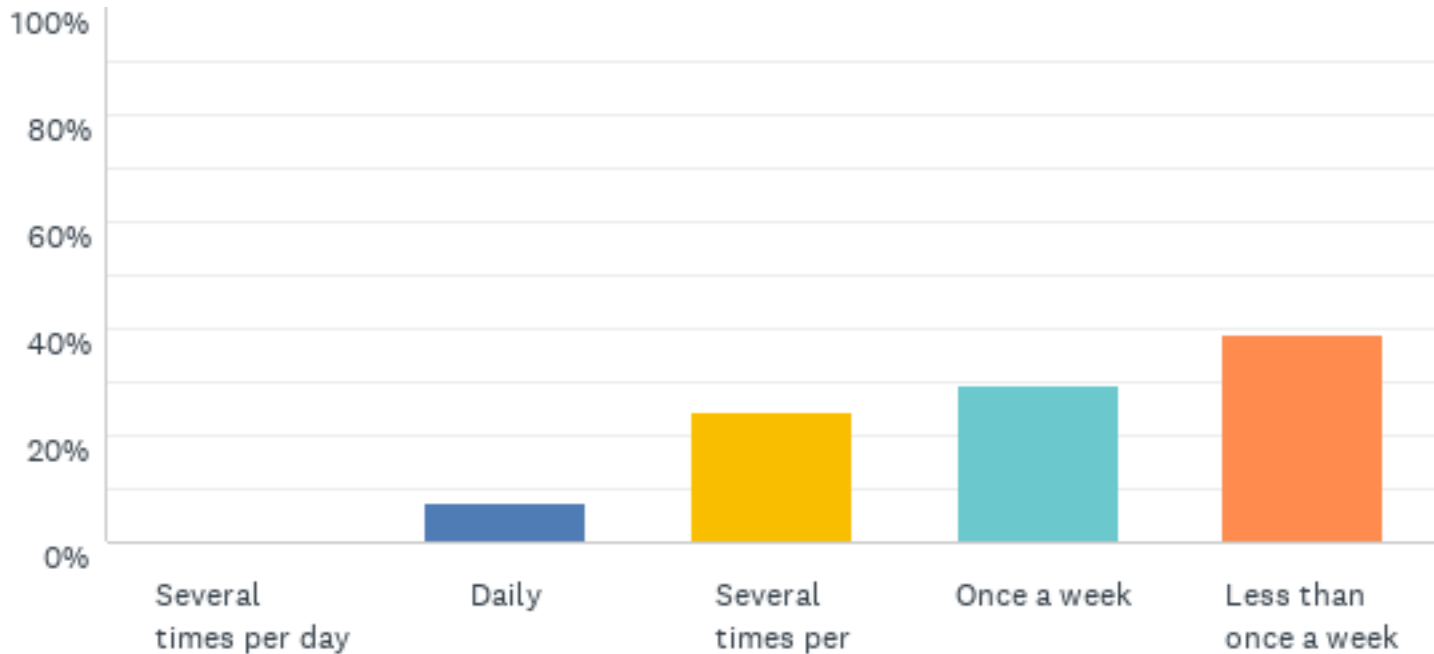
Q22. If you answered no to the previous question, please skip this question. Have you received informal mentoring from more than one person?

Answered: 43 Skipped: 14

ANSWER CHOICES	RESPONSES	
Yes	90.70%	39
No	9.30%	4
TOTAL		43

Q25. If you answered no to the previous question, please skip this question. In the past year overall, how often do you think you received informal mentoring (mark only one answer below)

Answered: 41 Skipped: 16



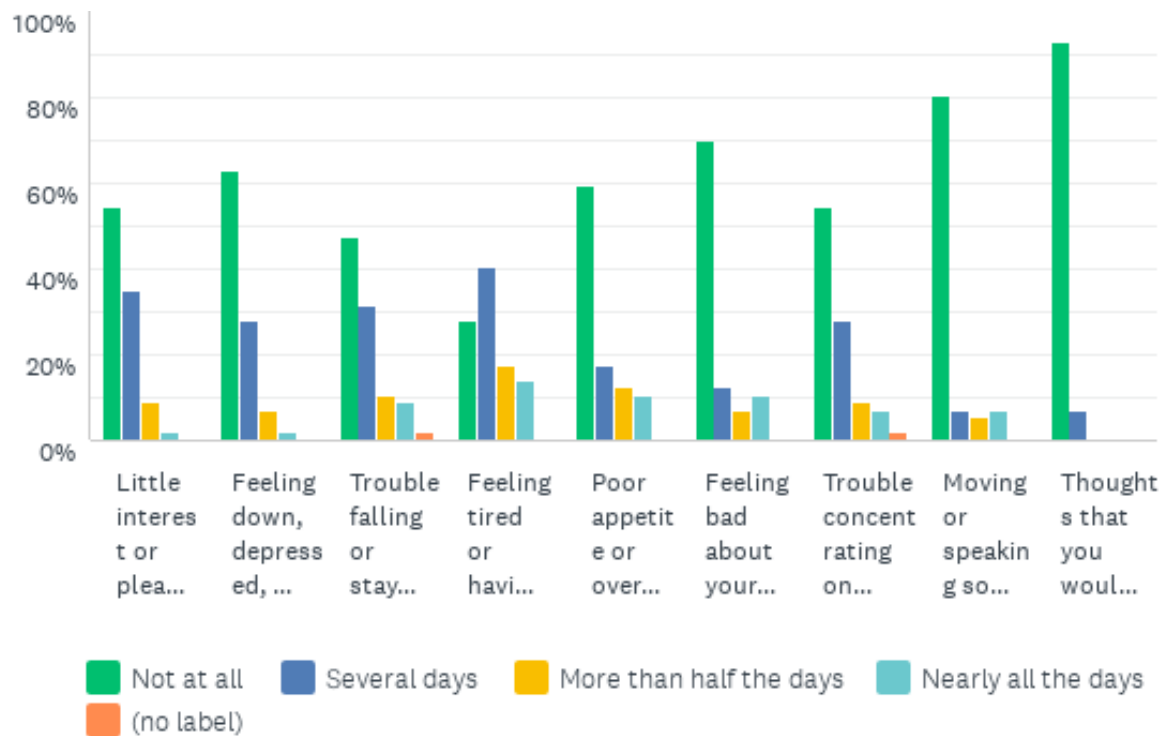
Q25. If you answered no to the previous question, please skip this question. In the past year overall, how often do you think you received informal mentoring (mark only one answer below)

Answered: 41 Skipped: 16

ANSWER CHOICES	RESPONSES	
Several times per day	0.00%	0
Daily	7.32%	3
Several times per week	24.39%	10
Once a week	29.27%	12
Less than once a week	39.02%	16
TOTAL		41

Q24: PHQ-9: Over the last 2 weeks, how often have you been bothered by any of the following problems?

Answered: 57 Skipped: 0



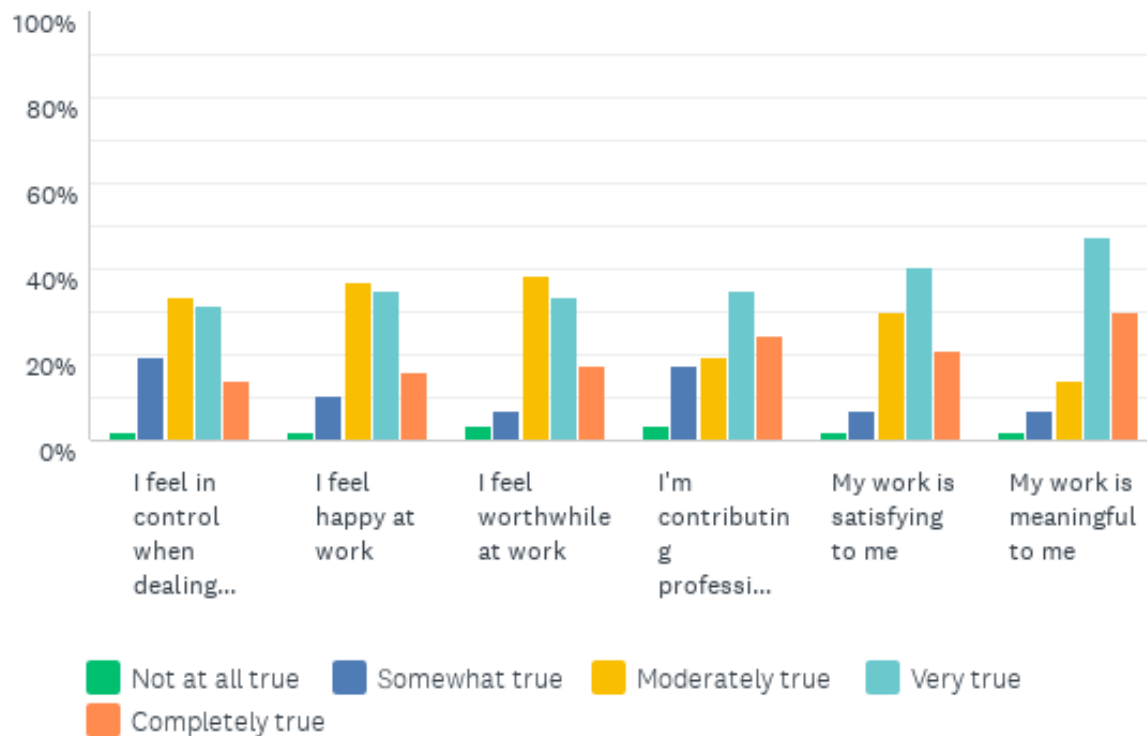
Q24: PHQ-9: Over the last 2 weeks, how often have you been bothered by any of the following problems?

Answered: 57 Skipped: 0

	NOT AT ALL	SEVERAL DAYS	MORE THAN HALF THE DAYS	NEARLY ALL THE DAYS	(NO LABEL)	TOTAL	WEIGHTED AVERAGE
Little interest or pleasure in doing things	54.39% 31	35.09% 20	8.77% 5	1.75% 1	0.00% 0	57	0.58
Feeling down, depressed, or hopeless	63.16% 36	28.07% 16	7.02% 4	1.75% 1	0.00% 0	57	0.47
Trouble falling or staying asleep, or sleeping too much	47.37% 27	31.58% 18	10.53% 6	8.77% 5	1.75% 1	57	0.88
Feeling tired or having little energy	28.07% 16	40.35% 23	17.54% 10	14.04% 8	0.00% 0	57	1.18
Poor appetite or overeating	59.65% 34	17.54% 10	12.28% 7	10.53% 6	0.00% 0	57	0.74
Feeling bad about yourself or that you are a failure or have let yourself or your family down	70.18% 40	12.28% 7	7.02% 4	10.53% 6	0.00% 0	57	0.58
Trouble concentrating on things, such as reading the newspaper or watching television	54.39% 31	28.07% 16	8.77% 5	7.02% 4	1.75% 1	57	0.75
Moving or speaking so slowly that other people could have noticed. Or the opposite, being so fidgety or restless that you have been moving around a lot more than usual.	80.70% 46	7.02% 4	5.26% 3	7.02% 4	0.00% 0	57	0.39
Thoughts that you would be better off dead, or of hurting yourself in some way.	92.98% 53	7.02% 4	0.00% 0	0.00% 0	0.00% 0	57	0.07

Q25: How true do you feel the following statements are about you at work during the past two weeks?

Answered: 57 Skipped: 0



Q25: How true do you feel the following statements are about you at work during the past two weeks?

Answered: 57 Skipped: 0

	NOT AT ALL TRUE	SOMEWHAT TRUE	MODERATELY TRUE	VERY TRUE	COMPLETELY TRUE	TOTAL	WEIGHTED AVERAGE
I feel in control when dealing with difficult problems at work	1.75% 1	19.30% 11	33.33% 19	31.58% 18	14.04% 8	57	2.37
I feel happy at work	1.75% 1	10.53% 6	36.84% 21	35.09% 20	15.79% 9	57	2.53
I feel worthwhile at work	3.51% 2	7.02% 4	38.60% 22	33.33% 19	17.54% 10	57	2.54
I'm contributing professionally (e.g. patient care, teaching, research, and leadership) in the ways I value most	3.51% 2	17.54% 10	19.30% 11	35.09% 20	24.56% 14	57	2.60
My work is satisfying to me	1.75% 1	7.02% 4	29.82% 17	40.35% 23	21.05% 12	57	2.72
My work is meaningful to me	1.75% 1	7.02% 4	14.04% 8	47.37% 27	29.82% 17	57	2.96

Q26: To what degree have you experienced the following?

Answered: 57 Skipped: 0



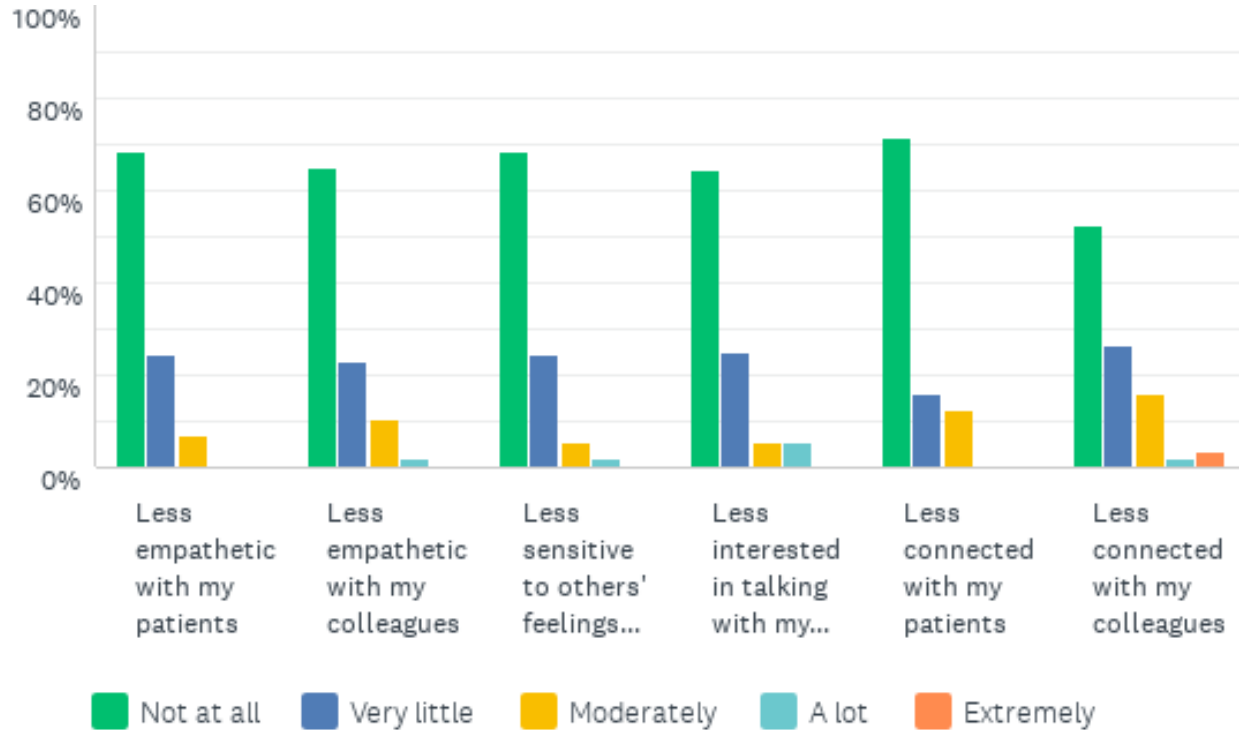
Q26: To what degree have you experienced the following?

Answered: 57 Skipped: 0

	NOT AT ALL	VERY LITTLE	MODERATELY	A LOT	EXTREMELY	TOTAL	WEIGHTED AVERAGE
Lacking in enthusiasm at work	31.58% 18	31.58% 18	22.81% 13	10.53% 6	3.51% 2	57	1.23
A sense of dread when I think about work I have to do	26.32% 15	31.58% 18	28.07% 16	8.77% 5	5.26% 3	57	1.35
Emotionally exhausted at work	29.82% 17	26.32% 15	26.32% 15	7.02% 4	10.53% 6	57	1.42
Physically exhausted at work	21.05% 12	35.09% 20	24.56% 14	12.28% 7	7.02% 4	57	1.49

Q27: During the past two weeks my job has contributed to me feeling...

Answered: 57 Skipped: 0



Q27: During the past two weeks my job has contributed to me feeling...

Answered: 57 Skipped: 0

	NOT AT ALL	VERY LITTLE	MODERATELY	A LOT	EXTREMELY	TOTAL	WEIGHTED AVERAGE
Less empathetic with my patients	68.42% 39	24.56% 14	7.02% 4	0.00% 0	0.00% 0	57	0.39
Less empathetic with my colleagues	64.91% 37	22.81% 13	10.53% 6	1.75% 1	0.00% 0	57	0.49
Less sensitive to others' feelings/emotions	68.42% 39	24.56% 14	5.26% 3	1.75% 1	0.00% 0	57	0.40
Less interested in talking with my patients	64.29% 36	25.00% 14	5.36% 3	5.36% 3	0.00% 0	56	0.52
Less connected with my patients	71.43% 40	16.07% 9	12.50% 7	0.00% 0	0.00% 0	56	0.41
Less connected with my colleagues	52.63% 30	26.32% 15	15.79% 9	1.75% 1	3.51% 2	57	0.77

Q28: Which of the following has occurred for you during residency (mark only those that occurred for you):

Answered: 56 Skipped: 1



Q28: Which of the following has occurred for you during residency (mark only those that occurred for you):

Answered: 56 Skipped: 1

ANSWER CHOICES	RESPONSES	
Been taught how to ask for and receive feedback	76.79%	43
Encouraged to ask for feedback	82.14%	46
Been asked about the quality of the feedback you receive	55.36%	31
Been asked about the timeliness of the feedback you receive	58.93%	33
None of the above have occurred	8.93%	5
Total Respondents: 56		