

## Appendix 1. Overall Procedural Self-Confidence Scale

<i>Please rate your performance on the procedure you just performed (scale of 1 to 5)</i>				
How confident were you overall during the procedure?				
1 Not at all	2	3 Confident	4	5 Level of an Attending surgeon
What was your surgical skill level during the procedure?				
1 I felt I had None whatsoever	2	3 Average, as required of a resident of my level	4	5 Well above average and only rarely encountered in a resident of my level
Were you worried during the procedure?				
1 Constantly worried something was going to go wrong (life-threatening complication) or I was not operating at the required level	2	3 Occasionally worried	4	5 I felt completely calm, not worried at all
Were you anxious during the procedure?				
1 Constantly anxious, I had "flutters in my stomach" during the whole procedure	2	3 Occasionally anxious	4	5 Not at all
Based on your performance today, would you have liked to have avoid this procedure altogether?				
1 Indeed	2	3 Only occasionally during the procedure	4	5 On the contrary, I would do it again any time
How comfortable were you with the independent planning and performing of the procedure?				
1 Very uncomfortable	2	3 Average	4	5 Very Comfortable (Level of an attending surgeon)