Appendix 1

References

- 1. Maslach C, Leiter MP. *The truth about burnout: How organizations cause personal stress and what to do about it.* San Francisco (CA): Josey-Bass Publishers; 1997:13-5.
- 2. Ishak WW, Lederer S, Mandili C, et al. Burnout during residency training: a literature review. *J Grad Med Educ* 2009;1:236-42.
- 3. Pattani R, Wu PE, Dhalla IA. Resident duty hours in Canada: past, present and future. *CMAJ* 2014; May 20 [Epub ahead of print].
- 4. Fletcher KE, Underwood W, Davis S, et al. Effect of work hour reduction on residents' lives. *JAMA* 2005;294:1088-100.
- 5. Hamadani FT, Deckelbaum D, Sauve A, et al. Abolishment of 24-hour continuous medical call duty in Quebec: a quality of life survey of general surgical residents following implementation of the new workhour restrictions. *J Surg Educ* 2013;70:296-303.
- 6. CMA guide to physician health and well-being: facts, advice and resources for Canadian doctors. Ottawa (ON): Canadian Medical Association; 2003.
- 7. Wallace JE, Lemaire JB, Ghali WA. Physician wellness: a missing quality indicator. *Lancet* 2009;374:1714-21.