

Appendix 1.

Questionnaires

[Personal information]

1. How old are you now?

Each answer must be between 0 and 100.

Write down your answer here.

2. What is your gender?

Choose one of the two.

- Male
- Female

3. What year did you get the certification of medical specialist?

4. What is your current position at your workplace?

Choose one.

- 1st year resident
- 2nd year resident
- 3rd year resident
- 4th year resident
- Fellowship at university hospital (Clinical instructor, Clinical assistant professor)
- Professor at university hospital
- Pay-doctor at secondary hospital (general hospital)
- Pay-doctor at private clinics
- General physician
- Army doctor / Public health care physician

5. How many patients are you in charge of?

Only the residents can answer this question. Choose one.

- Less than 10
- 10-20
- 20-30
- 30-40
- more than 40

6. What is the resident supplement rate of your hospital?

Only the residents and those who work at a medical specialist training hospital can answer this question. Choose one.

- Less than 20%
- 20-40%
- 40-60%
- 60-80%
- 80-100%

7. What is your current medical specialty?

Choose one.

- General practice (including residents)
- Obesity & metabolic surgery
- Hepatopancreaticobiliary surgery
- Gastroenteric surgery & gastric cancer

- Pediatric surgery
- Breast endocrine surgery
- Transplantation & vascular surgery
- Trauma surgery & Intensive critical care medicine
- Colorectal surgery

8. How long are your average working hours per week (including night duties)?

Choose one.

- Less than 40 hours
- 40-50 hours
- 50-60 hours
- 60-70 hours
- 70-80 hours
- 80-90 hours
- 90-100 hours
- More than 100 hours

9. How long are your average days of night duty (including on call)?

Each answer must be between 0 and 7.

Write down your answer here.

10. Are you married?

Choose one.

- Yes
- No

11. How often do you drink?

Choose one.

- Never
- Several times a year
- Once a month
- Several times a week
- Almost everyday

12. Do you smoke?

Choose one.

- Never
- Several times a year
- Once a month
- Once a week
- Several times a week
- Almost everyday

13. How often do you exercise each week?

Choose one.

- < never > < less than 30 minutes > < 30-60 minutes > < 60-120 minutes > < 120-150 minutes > < more than 150 minutes >
- 'Moderate exercise' such as walking fast, cycling etc.
- 'Strenuous exercise' such as jogging, swimming, mountain biking etc.

14. How many days do you do muscle-strengthening exercise each week?

Choose one.

- Never
- One day
- Two days
- Three days
- More than four days

15. When did you have your last regular medical examination?

Choose one.

- Less than 1 year ago
- 1-2 years ago
- 2-3 years ago
- 3-4 years ago
- More than 5 years ago
- Never

[Workplace culture]

16. I feel uneasy at the work-related dinner.

Choose one.

- Never
- Rarely
- Often
- Usually

17. I usually get instructions without a criterion or without consistency.

Choose one.

- Never
- Rarely
- Often
- Usually

18. I work in an atmosphere of an authoritative society with occupational hierarchy.

Choose one.

- Never
- Rarely
- Often
- Usually

19. I have encountered disadvantages because of gender discrimination.

Choose one.

- Never
- Rarely
- Often
- Usually

[Physical environment]

20. My workplace is clean and comfortable.

Choose one.

- Never
- Rarely
- Often
- Usually

21. My job is dangerous and I have the chance to have an accident during my work.

Choose one.

- Never
- Rarely
- Often
- Usually

22. I think I will work in an uncomfortable position for a long time.

Choose one.

- Never
- Rarely
- Often
- Usually

[Job requirement]

23. I am always under time pressure due to a lot of work.

Choose one.

- Never
- Rarely
- Often
- Usually

24. I get instructions to do other tasks before I am able to finish my current task.

Choose one.

- Never
- Rarely
- Often
- Usually

25. The quantity of my work amount markedly increased.

Choose one.

- Never
- Rarely
- Often
- Usually

26. I feel burdened to take responsibility of my colleagues or juniors.

Choose one.

- Never
- Rarely
- Often
- Usually

27. My work needs concentration for a long time.

Choose one.

- Never
- Rarely
- Often
- Usually

28. I have enough break time during my work.

Choose one.

- Never
- Rarely
- Often
- Usually

29. It is difficult to do the best efforts on both, my work and my family.

Choose one.

- Never
- Rarely
- Often
- Usually

30. I am used to do several tasks simultaneously.

Choose one.

- Never
- Rarely
- Often
- Usually

[Work independence]

31. My work needs creativity.

Choose one.

- Never
- Rarely
- Often
- Usually

32. Work-related matters as operations or clinic schedules, work quantities (hours), time points of conferences, etc. are abruptly set or changed without any previous notices.

Choose one.

- Never
- Rarely
- Often
- Usually

33. My work needs a high level of skills or knowledge.

Choose one.

- Never
- Rarely
- Often
- Usually

34. I am empowered to decide my work hours and the process of my own business and have an influence on them.

Choose one.

- Never
- Rarely
- Often
- Usually

35. I can control my work quantity (hours) and the schedule for myself.

Choose one.

- Never
- Rarely
- Often
- Usually

[Conflict of Relationship]

36. My supervisors help me to complete my work.

Choose one.

- Never
- Rarely
- Often
- Usually

37. My colleagues help me to complete my work.

Choose one.

- Never
- Rarely
- Often
- Usually

38. At work, there are some people who understand me when I am in trouble.

Choose one.

- Never
- Rarely
- Often
- Usually

39. I have some colleagues that I can share with my difficulties at work.

Choose one.

- Never
- Rarely
- Often
- Usually

[Unstability of work]

40. Even though I quit this job, I can easily get another one that is suitable for me.

Choose one.

- Never
- Rarely
- Often
- Usually

41. Even though I quit this job, I can easily get another job that is equivalent to the current one.

Choose one.

- Never
- Rarely
- Often
- Usually

42. My future is uncertain because the financial state of the hospital is unstable.

Choose one.

- Never
- Rarely
- Often
- Usually

43. I am not in danger to be fired from work.

Choose one.

- Never
- Rarely
- Often
- Usually

44. There are chances to be fired from my work within the next two years.

Choose one.

- Never
- Rarely
- Often
- Usually

45. It is expected that there will be undesirable changes at my work conditions or circumstances.

Choose one.

- Never
- Rarely
- Often
- Usually

[System of organization management]

46. I am evaluated fairly and reasonably on work performance and personal management (promotion, personnel appointment) at my work place.

Choose one.

- Never
- Rarely
- Often
- Usually

47. At my work place, there is a good support for personnel, space, facilities, tools and disciplines to well perform my duties.

Choose one.

- Never
- Rarely
- Often
- Usually

48. There are no conflicts between my department and other ones, but good cooperation.

Choose one.

- Never
- Rarely
- Often
- Usually

49. All the staff, executive members and owner – including doctors and nurses – work in concert for our work place (hospital).

Choose one.

- Never
- Rarely
- Often
- Usually

50. I have chances and ways to reflect my ideas and opinions on work.

Choose one.

- Never
- Rarely
- Often
- Usually

51. I can foresee that I will develop my career and get promotion without any difficulties.

Choose one.

- Never
- Rarely
- Often
- Usually

52. My status (position) at work is appropriate, judging from my qualifications.

Choose one.

- Never
- Rarely
- Often
- Usually

[Inadequate rewards]

53. My job is less than I have always expected.

Choose one.

- Never
- Rarely
- Often
- Usually

54. My payment and treatment are appropriate, considering all my efforts and achievements.

Choose one.

- Never
- Rarely
- Often
- Usually

55. Considering all my efforts and achievements, I am sufficiently respected and trusted.

Choose one.

- Never
- Rarely
- Often
- Usually

56. I am interested in my current duties.

Choose one.

- Never
- Rarely
- Often
- Usually

57. I work hard as I think that my conditions will be improving in the future.

Choose one.

- Never
- Rarely
- Often
- Usually

58. I have opportunities to develop and exhibit my abilities.

Choose one.

- Never
- Rarely
- Often
- Usually

[Other measurements]

59. How often do you feel the following symptoms a week?

< never > < one day > < two days > - - - - - < six days > < all through the week >

- The frequency of being more indifferent to others than usual when working per week
- The frequency of feeling extreme mental fatigue due to work per week

60. How much weight do you place on your personal routine as compared with your work?

Choose one.

- Not so significant
- A little significant
- Very significant

61. Do you have any particular hobbies?

- Yes
- No

62. Do you have any friends, seniors, teachers, family members and relatives with whom you share your difficulties at any time?

- Yes
- No

63. For personal reasons apart from work, how often do you have time with friends, seniors, teachers, family members and relatives to go around with?

Choose one.

- Never
- Several times a year
- Once a month
- Several times a month
- Once a week
- Several times a week

64. How do you relieve your work stress?

Choose all the pertinent answers.

- Searching for worth from work
- Having a positive attitude
- Setting up my own philosophy that helps me keep the balance between personal life and work
- Concentrating on what seems to be the most important in life
- Having a regular holiday
- Enjoying hobbies or exercise
- Getting help from religion
- Talking about the stressful contexts with family members, friends or colleagues
- Consulting with a psychiatrist or a psychotherapist

65. Answer with Yes or No.

- I would be a doctor if I chose my occupation again.
- I would be a surgeon if I chose my specialty again.
- I would persuade my future children to become a surgeon.
- I think a surgeon is a profession that I can perform, doing family life simultaneously.