

Supplementary Online Content

Stevens K, Davey C, Lassig AA. Association of weekly protected nonclinical time with resident physician burnout and well-being. *JAMA Otolaryngol Head Neck Surg*. Published online January 2, 2020. doi:10.1001/jamaoto.2019.3654

eTable. Baseline and Week 32 Mini-Z Responses

eFigure 1. Use of Weekly Nonclinical Time by Residents

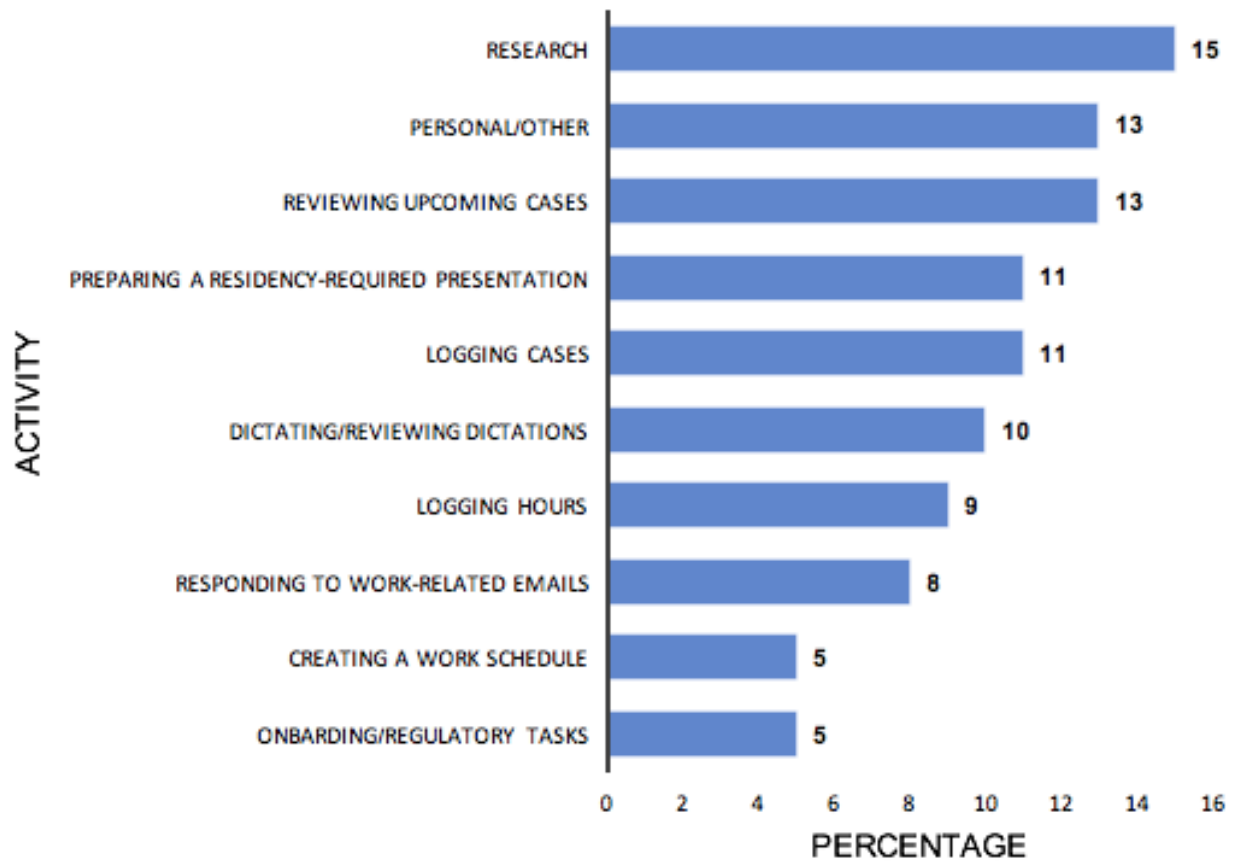
eFigure 2. Flowchart of Resident Participation in Weekly Intervention While on Intervention Phase

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable. Baseline and Week 32 Mini-Z Responses

Mini Z item and response options	N (%) with each response	
	Week 0 (baseline)	Week 32
Q1: Job Satisfaction		
Strongly disagree	1 (5.3)	0 (0.0)
Disagree	1 (5.3)	0 (0.0)
Neither agree nor disagree	1 (5.3)	1 (5.3)
Agree	12 (63.2)	15 (78.9)
Strongly agree	4 (21.1)	3 (15.8)
Q2: Job stress		
Strongly disagree	0 (0.0)	1 (5.3)
Disagree	2 (10.5)	1 (5.3)
Neither agree nor disagree	6 (31.6)	9 (47.4)
Agree	7 (36.8)	7 (36.8)
Strongly agree	4 (21.1)	1 (5.3)
Q3: Burnout		
I enjoy my work. I have no symptoms of burnout.	0 (0.0)	3 (15.8)
I am under stress and don't always have as much energy as I did but I don't feel burned out.	12 (63.2)	12 (63.2)
I am definitely burning out and have one or more symptoms of burnout.	6 (31.6)	4 (21.1)
The symptoms of burnout that I'm experiencing won't go away. I think about work frustrations a lot.	1 (5.3)	0 (0.0)
I feel completely burned out. I am at the point where I may need to seek help.	0 (0.0)	0 (0.0)
Q4: Control over workload		
Poor	3 (15.8)	0 (0.0)
Marginal	4 (21.1)	2 (10.5)
Satisfactory	9 (47.4)	11 (57.9)
Good	3 (15.8)	6 (31.6)
Optimal	0 (0.0)	0 (0.0)
Q5: Sufficient time for documentation		
Poor	2 (10.5)	1 (5.3)
Marginal	8 (42.1)	3 (15.8)
Satisfactory	7 (36.8)	9 (47.4)
Good	2 (10.5)	5 (26.3)
Optimal	0 (0.0)	1 (5.3)
Q9: Time spent at home on EMR		
Excessive	0 (0.0)	0 (0.0)
Moderately High	7 (36.8)	5 (26.3)
Satisfactory	5 (26.3)	7 (36.8)
Modest	5 (26.3)	5 (26.3)
Minimal/None	2 (10.5)	2 (10.5)

eFigure 1. Use of Weekly Nonclinical Time by Residents



Of note, if subjects selected “personal/other”, they were asked to further describe how they spent their time. Free form responses were grouped into personal health/wellness (5%), studying (2.8%), running errands (1.4%), post-residency job search (1.2%), department-related administrative activities (1%), and no response (1.7%).

eFigure 2. Flowchart of Resident Participation in Weekly Intervention While on Intervention Phase

