

Work-life balance

What does this mean to medical students at different stages of training, and are they achieving it?

Thank you for reading the study information sheet. If you are happy to continue, please complete the following questionnaire. For each question with options, **please tick the box** indicating your response.

Part 1: **Demographics**

1. What is your gender? Male Female

2. What is your age?

3. Are you a Graduate Entry Course (GEC) student?

Yes No

4. What is your current year of study?

Year 3 (Year 2 GEC)

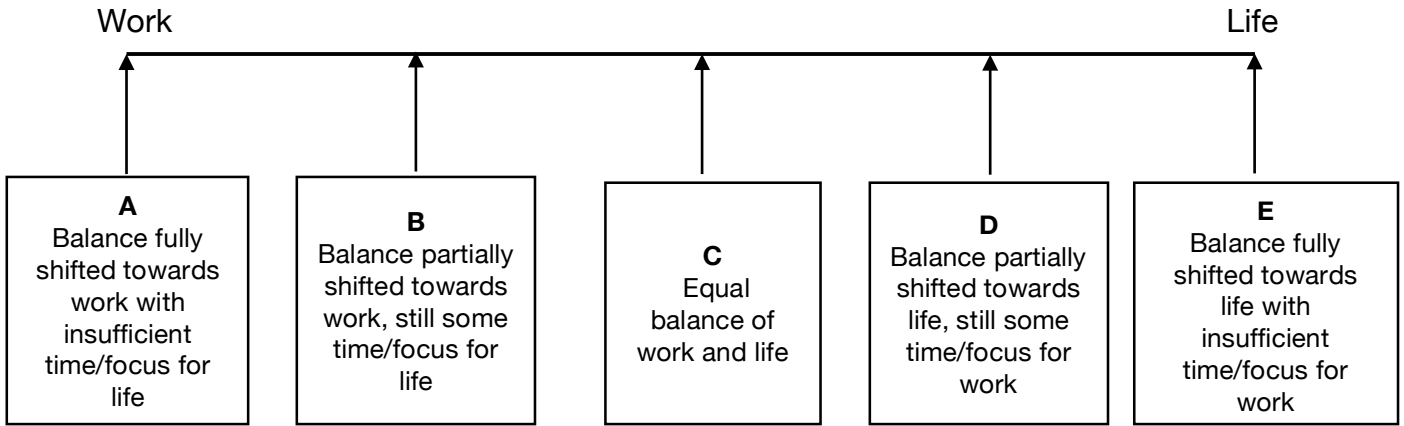
Year 4 (Year 3 GEC)

Year 5 (Year 4 GEC)

Student questionnaire

Part 2: **Assessment of work-life balance**

The following diagram forms a simple representation of work-life balance to provide a visual aid for the questions below.



Which of the above five statements (A-E) best summarises your own assessment of your **current** work-life balance, **based on this academic year as a whole?**

A B C D E

Please explain why you chose this option:

Which of the above five statements (A-E) best summarises where you think your work-life balance should be **at your current stage of training?**

A B C D E

Please explain why you chose this option:

Which of the above statements (A-E) best summarises how you anticipate your work-life balance may be **as Foundation Year doctor?**

A B C D E

Please explain why you chose this option:

Student questionnaire

Part 3: **What does 'work-life balance' mean to you?**

Part 4: **Support and advice**

Have you received any guidance, support or advice on work-life balance during your studies on this course?

Yes Not sure No

If you answered yes, which of these best describes where this guidance, support or advice came from. Please tick all that apply:

Formal teaching	<input type="checkbox"/>	Welfare tutor	<input type="checkbox"/>
Senior Academy Tutor	<input type="checkbox"/>	Family	<input type="checkbox"/>
Personal mentor	<input type="checkbox"/>	Friends	<input type="checkbox"/>

Other (please specify below)

What could help you to improve your work-life balance?