

1. Please indicate your gender:
 2. Please enter your age:
 3. Please select your current level in training:
 4. Please specify any advance degrees you currently hold:
 5. Please specify any advance degrees you are planning to pursue:
 6. What is your anticipated salary upon completion of training? 200-300 K, 300-400 K, 400-500 K, > 500 K
 7. What is your indebtedness from student loans? None, 0-50 K, 50-150 K, 150-250 K, > 250 K.
 8. Including yourself, how many trainees make up your vascular class (how many other trainees are at your current level)?
 9. Select the response that best characterizes your training program: Tertiary/Quaternary Care Center, Community, Military.
 10. Select the response that best characterizes your training program: Academic, Non-academic
 11. Do you feel that you have enough dedicated mentored time, free from clinical responsibilities, for academic development and research?
 12. At my training program, teaching in the operating room favors: Advancing my learning, Clinical productivity, Appropriately integrates learning and clinical productivity.
 13. At my training program, I feel appropriately challenged by the faculty: Yes or No
 14. At my training program, I feel the faculty create a supportive learning environment: Yes or No
 - If no to either question, select: Training program favors challenge over supportive learning environment, or favors supportive learning environment over challenge
 15. Mentorship opportunities are currently available at my training program: Yes or No
 16. Mentor relationship is longitudinal, continuing over time during my training program: Yes or No
17. The following items address ways you've been coping with the stress in your life. There are many approaches to dealing with problems. Don't focus on whether the action seems to be helping or not, rather pay attention to how often you are doing it. **Regarding your most recent major surgical complication, please answer using the following scale:**
- 1 = I haven't been doing this at all
 2 = I've been doing this a little bit
 3 = I've been doing this a medium amount
 4 = I've been doing this a lot
- I've been looking for something good in what is happening.
 - I've been turning to work or other activities to take my mind off things.
 - I've been praying or meditating.
 - I've been getting help and advice from other people.
 - I've been using alcohol or other drugs to make myself feel better.
 - I've been criticizing myself.
 - I've been thinking hard about what steps to take to prevent complication from happening again.
 - I've been exercising.
 - I've been giving up trying to deal with it.
 - I've been making jokes about it.
18. I have heard about mindfulness-based stress reduction: Yes or No
 19. What is your level of satisfaction with your choice of training program?
 20. I have felt burned out from my work: Never, A few times a year, Once a month or less, A few times a month, Once a week, A few times a week, Every day
 21. What other issues would you like to raise for the APDVS?

Supplementary Fig (online only). The 21-item multiple choice survey was administered to all trainees in vascular surgery in the Fall of 2018.

Supplementary Table I (online only). Respondent demographics do not correlate with burnout

Characteristics	No burnout ^a		Burnout ^a		P value ^c
	(n = 96)		(n = 81)		
	No.	(%) ^b	No.	(%) ^b	
Sex					
Female	24	(25.0)	28	(34.6)	.19
Male	71	(74.0)	53	(65.4)	
Other/prefer not to disclose	1	(1.0)	0	(0)	
Age, years, mean (SD)	32.0	(3.6)	32.3	(4.1)	.63
Training level					
First year vascular surgery fellow (5+2)	15	(15.6)	15	(18.5)	.71
Second year vascular surgery fellow (5+2)	19	(19.8)	23	(28.4)	
First year vascular surgery integrated resident (0+5)	12	(12.5)	6	(7.4)	
Second year vascular surgery integrate resident (0+5)	9	(9.4)	6	(7.4)	
Third year vascular surgery integrated resident (0+5)	19	(19.8)	11	(13.6)	
Fourth year vascular surgery integrated resident (0+5)	8	(8.3)	10	(12.4)	
Fifth year vascular surgery integrated resident (0+5)	9	(9.4)	6	(7.4)	
Research year vascular surgery integrated resident (0+5)	4	(4.2)	2	(2.5)	
Just completed vascular surgery integrated residency (2017 graduate)	0	(0)	1	(1.2)	
Just complete vascular surgery fellowship (2017 graduate)	0	(0)	0	(0)	
Other	1	(1.0)	1	(1.2)	
Type of training					
Academic	94	(97.9)	74	(91.4)	.08
Nonacademic	2	(2.1)	7	(8.6)	

SD, Standard deviation.

^aHigh burnout was defined as feeling burned out by work once a week, a few times a week, or every day.

^bValues are frequency and column percent unless otherwise specified.

^cP values are from Fischer's exact for categorical variables and t test for continuous variables.

Supplementary Table II (online only). Many coping skills did not differ between groups

Questions	No burnout ^a		Burnout ^a	P value ^b
	(n = 96)		(n = 81)	
	No.	(%)	No. (%)	
I've been looking for something good in what is happening.				
I haven't been doing this at all.	9	(9.4)	11 (13.6)	.62
I've been doing this a little bit.	42	(43.8)	29 (35.8)	
I've been doing this a medium amount.	32	(33.3)	27 (33.3)	
I've been doing this a lot.	13	(13.5)	14 (17.3)	
I've been prying or meditating. ^c				
I haven't been doing this at all.	60	(63.2)	43 (53.1)	.44
I've been doing this a little bit.	25	(26.3)	23 (28.4)	
I've been doing this a medium amount.	6	(6.3)	9 (11.1)	
I've been doing this a lot.	4	(4.2)	6 (7.4)	
I've been getting help and advice from other people. ^c				
I haven't been doing this at all.	19	(20.0)	16 (19.8)	.66
I've been doing this a little bit.	33	(34.7)	33 (40.7)	
I've been doing this a medium amount.	25	(26.3)	22 (27.2)	
I've been doing this a lot.	18	(19.0)	10 (12.4)	
I've been thinking hard about what steps to take to prevent complication from happening again.				
I haven't been doing this at all.	2	(2.1)	0 (0)	.24
I've been doing this a little bit.	16	(16.7)	9 (11.1)	
I've been doing this a medium amount.	40	(41.7)	30 (37.0)	
I've been doing this a lot.	38	(39.6)	42 (37.0)	
I've been exercising.				
I haven't been doing this at all.	19	(19.8)	28 (34.6)	.10
I've been doing this a little bit.	47	(49.0)	29 (35.8)	
I've been doing this a medium amount.	15	(15.6)	15 (18.5)	
I've been doing this a lot.	15	(15.6)	9 (11.1)	

^aHigh burn out was defined as feeling burned out by work once a week, a few times a week, or every day.

^bP values are from Fischer's exact and bolded if <.05.

^cThere was one missing response for these questions.