

Family Medicine

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Appendix to:

Hooker SA, Post RE, Sherman MD. Awareness of Meaning in Life is Protective Against Burnout Among Family Physicians: A CERA Study. *Fam Med.* 2020. 52(X):pp-pp.

Appendix: Survey Questions

Thoughts of Meaning Scale

1. How meaningful does your life feel right now?
Not at All
1 2 3 4 5 6 7 Quite a bit
2. How much do you feel your life has purpose right now?
Not at All
1 2 3 4 5 6 7 Quite a bit
3. How much have you thought about what makes your life meaningful today?
Not at All
1 2 3 4 5 6 7 Quite a bit
4. How much have you thought about your purpose in life today?
Not at All
1 2 3 4 5 6 7 Quite a bit
5. My activities today were consistent with my life goals and purpose in life.
Not at All
1 2 3 4 5 6 7 Quite a bit
6. Today, I have thought about my reasons for living.
Not at All
1 2 3 4 5 6 7 Quite a bit
7. The activities I did today were valuable and worthwhile.
Not at All
1 2 3 4 5 6 7 Absolutely

8. When choosing my activities for today, I did so with my purpose in life in mind.
 Not at All 1 2 3 4 5 6 7 Absolutely
9. My activities today supported what is meaningful in my life.
 Not at All 1 2 3 4 5 6 7 Absolutely
10. The decisions I made today were based on what is valuable and meaningful to me.
 Not at All 1 2 3 4 5 6 7 Absolutely

Burnout

How often do you feel burnout out from your work as a family medicine program director?

Never	A few times a year or less	Once a month or less	A few times a month	Once a week	A few times a week	Every day
1	2	3	4	5	6	7

How often do you feel you've become more callous towards people since you took the job as a family medicine program director?

Never	A few times a year or less	Once a month or less	A few times a month	Once a week	A few times a week	Every day
1	2	3	4	5	6	7

Fatigue

How fatigued do you feel today?

Not at All	A little bit	Somewhat	Quite a bit	Very much
1	2	3	4	5

Quality of Life

In general, would you say your quality of life is:

Poor	Very Good	Good	Very Good	Excellent
1	2	3	4	5