|  |
| --- |
| **Supplementary Table 2.** Univariate analysis of associations between coping strategies and burnout and post-traumatic stress status |
|  | Burnout  |  | Post-Traumatic Stress  |  |
| Coping strategy | Yes *n* = 127 | No *n* = 224 | *p* | Yes *n* = 44 | No *n* = 288 | *p* |
|  | *n* (%) | *n* (%) |  | *n* (%) | *n* (%) |  |
| Organizational strategies |  |  |  |  |  |  |
| Talk to seniors | 41 (33) | 108 (48) | **0.004** | 11 (25) | 131 (46) | **0.011** |
| Attend teaching sessions | 25 (20) | 46 (21) | 0.849 | 6 (14) | 63 (22) | 0.210 |
| Attend debrief | 13 (10) | 47 (21) | **0.010** | 5 (11) | 56 (19) | 0.197 |
| Personal strategies |  |  |  |  |  |  |
| Speak to people at work | 97 (76) | 179 (80) | 0.438 | 33 (75) | 227 (79) | 0.567 |
| Speak outside work | 79 (62) | 158 (71) | 0.109 | 28 (64) | 201 (70) | 0.411 |
| Try to be cheerful | 80 (63) | 153 (68) | 0.311 | 28 (64) | 194 (67) | 0.625 |
| Hobbies | 64 (50) | 142 (63) | **0.017** | 20 (46) | 182 (63) | **0.025** |
| Look for positives | 68 (54) | 128 (57) | 0.514 | 20 (46) | 167 (58) | 0.119 |
| Find solutions | 56 (44) | 138 (62) | **0.002** | 21 (48) | 163 (57) | 0.270 |
| Remember value of work | 54 (43) | 119 (53) | 0.056 | 16 (36) | 150 (52) | 0.052 |
| Keep home/work separate | 58 (46) | 115 (51) | 0.307 | 20 (46) | 142 (49) | 0.634 |
| Keep prof boundaries | 56 (44) | 104 (46) | 0.673 | 19 (43) | 133 (46) | 0.710 |
| Exercise | 53 (42) | 103 (46) | 0.441 | 26 (59) | 127 (44) | 0.063 |
| Keep busy | 53 (42) | 77 (34) | 0.170 | 19 (43) | 103 (36) | 0.342 |
| Use faith | 43 (34) | 82 (37) | 0.621 | 17 (39) | 95 (33) | 0.480 |
| Vent emotion | 49 (39) | 48 (21) | **0.001** | 19 (43) | 74 (26) | **0.016** |
| Ignore stress | 40 (32) | 51 (23) | 0.073 | 16 (36) | 71 (25) | 0.100 |
| Work harder | 37 (29) | 53 (24) | 0.259 | 12 (27) | 75 (26) | 0.863 |
| Relaxation | 29 (23) | 59 (26) | 0.467 | 11 (25) | 71 (25) | 0.960 |
| Drink alcohol | 38 (30) | 32 (14) | **<0.001** | 13 (30) | 52 (18) | 0.074 |
| Take time off | 30 (24) | 40 (18) | 0.194 | 10 (23) | 55 (19) | 0.572 |
| Notes: Burnout was defined by the presence of high levels of emotional exhaustion as determined by subscale score ≥ 27 (prorated from aMBI) ) or depersonalization (DP; as determined by subscale score ≥ 10 (prorated from aMBI); post-traumatic stress was defined as scoring above the cut-off (≥ 6) for clinically significant level of symptoms on the Trauma Screening Questionnaire; aMBI = abbreviated Maslach Burnout Inventory; *p* values were calculated using Chi-square tests; significant group differences are highlighted in bold.  |