**Well-Being Index**

Instructions

Please complete the following questions from the validated Well-Being Index. You can rest assured your responses, scores, and data are all secure.

1. During the past month, have you felt burned out from your work?

2. During the past month, have you worried that your work is hardening you emotionally?

3. During the past month, have you often been bothered by feeling down, depressed, or hopeless?

4. During the past month, have you fallen asleep while stopped in traffic or driving?

5. During the past month, have you felt that all things you had to do were piling up so high that you could not overcome them?

6. During the past month, have you been bothered by emotional problems (such as feeling anxious, depressed, or irritable)?

7. During the past month, has your physical health interfered with your ability to do your daily work at home and/or away from home?

*(Note: Each question is answered ‘‘yes/no’’ with 1 point assigned for each ‘‘yes’’ response. The score range is 0 to 7, and threshold score to identify individuals in distress is 4 or higher for medical students, 5 or higher for residents, 4 or higher for practicing physicians, and 2 or higher for other US workers.)*

Please rate your level of agreement with the two following statements:

8. The work I do is meaningful to me.

Very strongly disagree (1), strongly disagree (2), disagree (3), neutral (4), agree (5), strongly agree (6), Very strongly agree (7)

9. My work schedule leaves me enough time for my personal/family life.

Strongly disagree (1), disagree (2), neutral (3), agree (4), strongly agree (5)