

Evolution of wellness markers and quality of life during the first two years of a pediatric residency

Evolución de marcadores de bienestar y calidad de vida en los dos primeros años de una residencia de pediatría

Supplementary Table 1. Degree of sleepiness according to the presence of altered MBI components

	High EE			High DP			Low PF		
	Yes	No	p	Yes	No	p	Yes	No	p
EDS n (%)									
• Yes	21 (91.3)	18 (64.3)	0.02*	10 (90.9)	29 (72.5)	0.2	14 (82.3)	25 (73.5)	0.48
• No	2 (8.7)	10 (35.7)		1 (9.1)	11 (27.5)		3 (17.7)	9 (26.5)	
Sleepiness n (%)									
• Normal daytime sleepiness	2 (8.7)	10 (35.7)	0.01*	1 (9.1)	11 (27.5)	0.12	3 (17.7)	9 (26.5)	0.45
• Mild EDS	2 (8.7)	5 (17.9)		1 (9.1)	6 (15)		3 (17.7)	4 (11.8)	
• Moderate EDS	4 (17.4)	7 (25)		1 (9.1)	10 (25)		2 (11.8)	9 (26.5)	
• Severe EDS	15 (65.2)	6 (21.4)		8 (72.7)	13 (32.5)		9 (52.9)	12 (35.3)	

MBI: Maslach Burnout Inventory; EE: emotional exhaustion, DP: depersonalization; PF: personal fulfilment; EDS: Excessive Daytime Sleepiness.
*Statistically significant.

Supplementary Table 2. Domain score, QoL1 and QoL2 according to the presence of altered MBI components

	High EE			High DP			Low PF		
	Yes	No	p	Yes	No	p	Yes	No	p
Domain score $\bar{x} \pm SD$									
• Physical	51.4 ± 12.6	66.5 ± 14.3	0.0003*	52.9 ± 17.3	61.5 ± 14.6	0.1	49.6 ± 13.4	64.7 ± 14	0.0006*
• Psychological	51.3 ± 16.7	67.3 ± 10.6	0.0001*	51.5 ± 20.9	62.4 ± 13.4	0.04*	48.5 ± 15.9	65.8 ± 12.3	0.0001*
• Interpersonal relationships	62 ± 17.7	67.6 ± 20.1	0.3	53 ± 19.1	68.3 ± 17.9	0.02*	60.3 ± 13.7	67.4 ± 21.1	0.21
• Environmental	56.4 ± 18.2	74.6 ± 12.8	0.0001*	56.5 ± 18.9	69.1 ± 16.8	0.04*	53.9 ± 15.8	72.6 ± 15.5	0.0002*
QoL1: How would you rate your quality of life? n (%)			0.004*			0.06			0.009*
• Very poor	1 (4.4)	0 (0)		0 (0)	1 (2.5)		1 (5.9)	0 (0)	
• Poor	8 (34.8)	2 (7.1)		5 (45.5)	5 (12.5)		7 (41.2)	3 (8.8)	
• Neither poor nor good	11 (47.8)	8 (28.6)		4 (36.4)	15 (37.5)		7 (41.2)	12 (35.3)	
• Good	3 (13)	16 (57.1)		1 (9.1)	18 (45)		2 (11.8)	17 (50)	
• Very good	0 (0)	2 (7.1)		1 (9.1)	1 (2.5)		0 (0)	2 (5.9)	
QoL2: How satisfied are you with your health? n (%)			0.009*			0.25			
• Very dissatisfied	1 (4.4)	0 (0)		1 (9.1)	0 (0)		1 (5.9)	0 (0)	
• Dissatisfied	12 (52.2)	4 (14.3)		3 (27.3)	13 (32.5)		10 (58.8)	6 (17.7)	0.01*
• Neither satisfied nor dissatisfied	7 (30.4)	8 (28.6)		4 (36.4)	11 (27.5)		4 (23.5)	11 (32.4)	
• Satisfied	2 (8.7)	10 (35.7)		1 (9.1)	11 (27.5)		1 (5.9)	11 (32.4)	
• Very satisfied	1 (4.4)	6 (21.4)		2 (18.2)	5 (12.5)		1 (5.9)	1 (17.7)	

MBI: Maslach Burnout Inventory; EE: emotional exhaustion, DP: depersonalization; PF: personal fulfilment; QoL1: First quality of life question; QoL2: Second quality of life question* Statistically significant.