Moments of exhaustion: An experience sampling study of first semester medical students' mental health during exam preparation

Appendix 1. Multilevel model equations

Multilevel regression models with random intercept and random slope (RQ1):

Emotional exhaustion$_{ij}$ = 2.99 + 0.04·situation$_t$ + 0.02·day$_{ij}$ + (0.04·situation$_t$ + 0.02·day$_{ij}$) u_{0i} + u_{0ij} + u_{1i}·situation$_t$ + ε_{ijt}

Stress$_{ij}$ = 3.75 + 0.06·situation$_{ijt}$ + 0.01·day$_{ij}$ + (0.06·situation$_{ijt}$ + 0.01·day$_{ij}$) u_{0i} + u_{0ij} + ε_{ijt}

Well-being (control)$_{ij}$ = 1.80 − 0.05·situation$_t$ − 0.02·day$_{ij}$ + (0.05·situation$_{ijt}$ - 0.02·day$_{ij}$) u_{0i} + u_{0ij} + ε_{ijt}

Multilevel regression model with random intercept and fixed slope (RQ1):

Well-being (inner balance)$_{ij}$ = 1.90 − 0.08·situation$_t$ − 0.02·day$_{ij}$ + u_{0i} + u_{0ij} + ε_{ijt}

Multilevel regression model with random intercept and random slope (RQ3):

Emotional exhaustion$_{ijt}$=3.00+0.02·day$_j$+0.04·situation$_t$+0.07·study material$_{ij}$+0.10·pressure to perform$_{ij}$−0.06·self-confidence$_j$−0.02·social support$_j$+ (0.02·day$_j$+0.04·situation$_t$ +0.07·study material$_{ij}$+0.10·pressure to perform$_{ij}$−0.06·self-confidence$_j$−0.02·social support$_j$) $u0_i$+$u0_{ij}$+ε_{ijt}