

Supplementary File 2. Semi-Structured Interview Guide

Title: Semi-Structured Interview Guide for Exploring Burnout Among Medical Residents

Description:

This interview guide was developed specifically for this study to explore residents' perceptions of burnout, training experiences, and structural and cultural factors influencing their well-being during residency training.

Interview Procedure

Interviews were conducted in a private setting by a trained psychiatrist experienced in qualitative research. Participation was voluntary, and all participants provided informed consent prior to the interview. Interviews were audio-recorded and transcribed verbatim. The guide was used flexibly to allow exploration of emerging themes.

Core Interview Domains and Guiding Questions

1. General Experience in Residency

- Can you describe your overall experience during residency training?
- How has your perception of residency changed over time?

2. Workload and Daily Demands

- How would you describe your workload during residency?
- Are there specific situations or rotations that you find particularly demanding?

3. Emotional Experience and Burnout

- Have you experienced moments of emotional exhaustion during your training?
- How do you usually cope with stress or emotional strain?

4. Institutional Culture and Hierarchy

- How would you describe the work environment and institutional culture?
- How do hierarchical relationships influence your experience as a resident?

5. Work–Life Balance

- How do you manage the balance between your personal life and residency responsibilities?
- Has residency affected your personal relationships or well-being?

6. Identity and Professional Development

- In what ways has residency influenced your sense of identity as a physician?
- Have your expectations about your career changed during training?

7. Gender and Social Dynamics

- Do you think gender influences the experience of residency training?
- Have you observed or experienced differences related to gender within the program?

8. Support Systems

- What types of support (institutional, peer, or personal) are available to you?
- What kind of support do you think is missing?

9. Recommendations and Improvements

- What changes would you suggest to improve residents' well-being?
- What interventions do you think could help prevent burnout?

Notes

- Questions were adapted as needed to follow participants' narratives.
- Probing questions were used to deepen responses and clarify emerging themes.
- The guide aimed to capture both individual experiences and broader structural influences on burnout.