



COOPERATIVE OF
AMERICAN PHYSICIANS

Physician Wellness Survey

The purpose of this survey is to identify the types of stressors and concerns that are affecting CAP members' lives and/or practices. **All responses are anonymous and data will be produced in aggregate form only.**

1. Please tell us your age:

- Under 30
- 30-40
- 41-50
- 51-60
- 61-70
- 71 and over

2. Please tell us your gender:

- Male
- Female

3. How many years have you been in practice?

- 0-5 years
- 6-10 years
- 11-20 years
- 21-30 years
- 31-40 years
- More than 40 years

4. What is your medical specialty?

- Anesthesia
- Cardiology
- Family Medicine/General Practice
- General Surgery
- Internal Medicine
- Obstetrics/Gynecology
- Orthopedic Surgery
- Pediatrics
- Psychiatry
- Other Surgical Specialty
- Other Medical Specialty
- Other

5. What is your type of practice?

- Solo
- Group
- Multi-specialty
- Academic
- Hospital-based

6. **Professional Issues:** Please rank the following stressors by the magnitude of their impact on you.

(1 = Highest Stressor)

- Decreasing reimbursements
- Demands of call
- Patient demands/attitudes
- Paperwork
- Loss of autonomy
- Time demands/long hours
- Electronic Medical Records
- Litigation, malpractice concerns
- Defensive medicine

7.

Administrative Issues: Please rank the following stressors by the magnitude of their impact on you.

(1 = Highest Stressor)

- Business or administrative issues
- Bureaucratic control/Regulation: Medicare, CMS, OSHA, HIPAA
- Dealing with third party payers

8. **Personal Issues:** Please rank the following stressors by the magnitude of their impact on you.

(1 = Highest Stressor)

- Personal life issues (spouse, parents, children)
- Lack of personal time
- Adverse events (e.g. divorce, death of loved one)
- Breakdown in collegiality; isolation
- Global economic downturn

9. Please estimate the average number of hours worked per week.

- Under 20 hours
- 20-30 hours
- 31-40 hours
- 41-50 hours
- 51-60 hours
- 61-70 hours
- Over 71 hours

10. Have you experienced burnout?

Burnout has been defined as a syndrome of emotional exhaustion, depersonalization, and a sense of low personal accomplishment that leads to decreased effectiveness at work. It differs from the global impairment of depression as it primarily affects an individual's relationship to his work.

Source: *The Well-Being of Physicians, Association of Professors of Medicine*

- Yes
- No

11. Have the demands of practice caused you to consider a drastic change such as leaving your practice or moving to a different location?

- Yes
- No

12. How many hours each week do you spend on any of the following: hobbies, church/religious, social community, exercise?

- 0-5 hours
- 6-10 hours
- 11-15 hours
- 16-20 hours
- 21-25 hours
- 26 hours or more

13. What actions do you take to relieve stress?

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14. What changes have you made, or are thinking of making, in your practice to relieve stress?

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15.

If CAP could provide articles, resources or a special program, where would your interests lie? Please rank by the level of your interest with 1 being the most interesting to you.

(1 = Highest Interest)

- Physical Health: fitness, exercise, nutrition, diet
- Psychological/Mental Health: relaxation; stress management techniques; therapy; support group; meditation instruction
- Work/Life Balance Issues: mentoring; recreation; nature; social events; time management
- Financial Health: financial assessment; financial planning; economic class
- Risk Management: risk reduction strategies for office practice

• Comment:

500 characters left.

Finish