

Appendices

Appendix 1: Interview Questions

1. Demographic data: Gender, Grade and speciality (Single or Dual trainee), Professional experience
2. What does resilience mean to you?
3. Within your professional life do you consider yourself to have resilient behaviours or characteristics?
4. Do Intensive Care Medicine (ICM) doctors require a higher level of resilience compared to any other speciality and why?
5. Which are the major challenges of a career in ICM)? How successful would you consider your personal coping/thriving in this career?
6. What are the major work place stressors in ICM? How successful would you consider your personal coping?
7. How can ICM doctors remain healthy and satisfied? What coping strategies do you apply?
8. Of those colleagues that you would deem to have the greatest levels of resilience, what strategies do they apply in order to deal with the stressors of professional life?
9. Of those colleagues that you would deem to have the lowest levels of resilience, what strategies do they fail to apply to deal with the stressors of professional life?
10. What advice would you give a new ICM trainee on how to thrive/cope with a career in intensive care medicine?
12. What advice would you give a new ICM trainee on how he/she could increase their personal resilience?
13. Any other comments or questions?