

## Appendix 1

### *Demographics*

1. What is your age group?
  - <40
  - 40–50
  - 50–60
  - 60–70
  - >70
2. What gender do you identify with?
  - Female
  - Male
  - Other (please specify)
3. What ethnicity do you identify with?
4. Do you have a partner / are you married?
5. If you do you have a partner, are they also a healthcare professional?
6. How many dependent children live at home with you?
7. Which subspecialty of ORL is your main practice? (You may select more than 1 option)
  - General
  - Head and neck
  - Sleep surgery
  - Rhinology
  - Otology
  - Laryngology
  - Paediatric
  - Facial plastics
  - Other
8. Is your practice in an urban or regional centre in New Zealand?

### *Professional profile*

9. What is your practice split?
  - Public only
  - Private only
  - Public and private
10. How many years have you been practicing as an ORL SMO?
  - <5 years
  - 5–10 years
  - 10–20 years
  - 20–30 years
  - >30 years
11. Do you regularly operate on weekends?
12. Do you regularly have a clinic on weekends?
13. What are your usual weekday work hours?

14. How many hours do you work per week on average?
- <40
  - 40–50
  - 50–60
  - 60–70
  - 70–80
  - >80
15. How many times after the workday and on weekends do you check work related material on your phone or computer?
- Never
  - A few times per year
  - Once per month
  - A few times per month
  - Once per week
  - A few times per week
  - Everyday
16. How many times after the work-day do you complete routine work related items (finishing clinic notes and/or op notes, reviewing results, etc.)?
- Never
  - A few times per year
  - Once per month
  - A few times per month
  - Once per week
  - A few times per week
  - Everyday
17. How often do you miss social activities or family activities due to work?
- Never
  - A few times per year
  - Once per month
  - A few times per month
  - Once per week
  - A few times per week
  - Everyday
18. Do you feel burdened by on call demands?
- Yes
  - No
19. Do you feel that you have support from your professional peers at your workplace?
- Yes
  - No
20. Do you feel that you have support from organisations such as MPS/ASMS?
- Yes
  - No
21. Do you feel that you are suffering from burnout?
- Yes
  - No
22. Overall, I am satisfied with where I am and my career is similar to what I had envisioned:
- Strongly disagree
  - Disagree
  - Neutral
  - Agree
  - Strongly agree