SURVEYING THE EXPERIENTIAL WELLBEING OF JUNIOR DOCTORS

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CAN WE MEASURE HAPPINESS?

“Measuring well-being gives leaders a unique perspective on where their populations are and where they can be — information that is vital to inform well-being improvement strategies.”

“Subjective well-being refers to how people evaluate their lives. However, the evaluation of one's life may also be in the form of affect, i.e. as the experience of unpleasant or pleasant emotions in reaction to life. Thus, a person is said to have high SWB if he or she is (a) satisfied with his or her life; and (b) experiences frequent positive emotions such as joy and happiness, and infrequent negative emotions such as sadness and anger” (Diener, Sandvik & Pavot, 1991).
“Job-related affective wellbeing is the currently the closest available expression of happiness in the workplace.”

THE DAY RECONSTRUCTION METHOD (DRM)

<table>
<thead>
<tr>
<th>Packet 1</th>
<th>-</th>
<th>Demographics and life satisfaction questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Packet 2</td>
<td>-</td>
<td>Segment the previous day into a diary of sequential events or ‘tasks’</td>
</tr>
<tr>
<td>Packet 3</td>
<td>-</td>
<td>Questions about the setting of each task and about their feelings</td>
</tr>
</tbody>
</table>
What were you doing? (check all that apply)

- commuting
- shopping
- doing housework
- eating
- socializing
- nap/resting
- relaxing
- intimate relations
- other (please specify______________________)

___ working
___ preparing food
___ taking care of your children
___ pray/worship/meditate
___ watching TV
___ computer/internet/email
___ on the phone
___ exercising

How did you feel during this episode?

Please rate each feeling on the scale given. A rating of 0 means that you did not experience that feeling at all. A rating of 6 means that this feeling was a very important part of the experience. Please circle the number between 0 and 6 that best describes how you felt.

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Not at all</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Impatient for it to end</td>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Happy</td>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Frustrated/annoyed</td>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Depressed/blue</td>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Hassled/pushed around</td>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Angry/hostile</td>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Worried/anxious</td>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Enjoying myself</td>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Criticized/put down</td>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Tired</td>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
...The Day Reconstruction Method is an established and respected method for studying the affective wellbeing of a group of employees...
AIM:

‘to survey the wellbeing of a group of training doctors using an abbreviated DRM model via a web-based App (MySurvey App)’

• Are there some tasks for which doctors experience high levels of negative emotions such as tired, sad, frustrated and low levels of positive emotions such as interested or happy?
• What demographic and work-place characteristics best predict a doctor’s daily emotional affect?
• Is daily emotional affect predictive of doctor’s overall satisfaction in the job and intention to remain in medicine?
WHY DO IT?

Could this information be used to design an intervention that would improve the wellbeing of junior doctors at work?

design a method for surveying the wellbeing of front-line healthcare staff in other trusts, deaneries, countries.
THE PROJECT

Health Education England

NHS

AUT UNIVERSITY
NEW ZEALAND
CONSENT

Informed Consent Form

**Work Day Wellbeing Study (WWB) of Junior Doctors: Informed Consent Form**

**Title of study:** Measuring the Experienced Wellbeing of Junior Doctors  
**Principal investigator:** Professor Rhiema Jeylanathan and Dr Peter Hockey  
**Institute:** Auckland University of Technology Health Education Wexsex

**Purpose of this research study:**  
The Work Day Wellbeing Study is a short-term research study of a representative cohort of Junior Doctors. The primary goal is to ascertain what tasks junior doctors do in a typical day and their feelings while completing these tasks. The intention is to design the working day to improve the overall experience of the working day of a junior doctor.

**YES - I am willing to participate. I have read and understood, and agree to the terms and conditions as stated in the Informed Consent Form above.**  
**NO - I do not want to participate.**

Submit

Having trouble? Please contact us.

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NHS Education England
Firstly, we would like to learn about your level of training and medical specialty...
First, what time did you start and finish your last work day?

- **Start time**: 1:00 PM
- **End time**: 3:00 PM
Please select the task that you did starting at 6:00 AM

- Discharge-planning
- Preparing for surgery
- Writing prescriptions
- Discussion with patient and/or relatives
- Patient-related discussion with colleagues
- Initial history & physical examination
- Ordering/obtaining test results
- Primary-care team meetings
- E.g. Clinical meetings, shift handover, ward rounds or consultations with other wards

Next >
Now, we would like to learn in more detail about how you felt during Discussion with patient and/or relatives between 7:30 AM and 9:45 AM.

Please rate each feeling on the scale given. A rating of 0 means that you did not experience that feeling at all. A rating of 6 means that this feeling was a very important part of the experience. Please select the number between 0 and 6 that best describes how you felt.

- Impatient for it to end
- Happy
- Frustrated/annoyed
- Competent/capable

Next ➔
December 2016 - Ethics Application submitted

January/May – Preliminary studies

2017
- Time and Motion Studies – Junior doctors shadowed to compile accurate task lists
  
  VISIT

- Pilot Surveys – To establish preferred survey methodology & app design
  
  VISIT

Group work – To gain feedback prior to final survey
  
  VISIT

June/July – Final Survey

2017
- Invitation and registration (20-30 minute)
- Respondents will be surveyed (10-12 minutes) 2x/week each week for 1 month
THANK YOU

Questions?