### **APPENDIX A**

Structure and format of the weekly Narrative Medicine Workshops. The residents participating in the intervention group were each given a Moleskine notebook to use for their weekly writing prompts. The room was set up by the workshop facilitators so the chairs would be in a circle, facing each other. The workshops were led by the first author with senior author participating.

<b>Week 1</b> 12:15 – 12:30 12:30 – 12:35	Completion of pre-test instruments (see Appendix B) Framing discussion -Exposure to narratives: multi-modal; as are the ways in which we interact with our patients. -Describe workshop approach – piece of art, poetry, fiction, etc followed by discussion on how the author, writer, storyteller presents their account. This is followed by a 3-5 period of writing to a relevant prompt and similar discussion afterwards.
12:35-12:45	<i>Creative work</i> - "Empathy, The Human Connection to Patient Care", The Cleveland Clinic ( <u>https://youtu.be/cDDWvj_q-o8</u> ) -Show video -Brief discussion of video -Show single slide: "Algorithmania: looking at a patient as an illness to be solved through a series of steps." - <i>Ricardo Nuila</i>
12:45-12:50	Writing prompt: "Write about a patient."
12:50-12:55	Closing remarks/comments -How this workshop differs from usual workshops (weekly, rather than daily and larger size with variable participants) -Introduction of subsequent week's genre -Request for participants to arrive on time given the content to go through.
5 min buffer	
Week 2	
12:15 – 12:25	Residents enter, sit, and get their lunch
12:25 – 12:35	<i>Creative work - Americanah</i> by Chimamanda Ngozi Adichie. Published by Penguin Random House, 2013. pages 192 – 193 -Brief discussion of text

12:35 - 12:40 Writing prompt: "Write about an endless stretch of day"

## APPENDIX A

12:40 – 12:50	Voluntary sharing of writing prompt
12:50 - 12:55	Closing remarks/comments -Introduction of subsequent week's genre
5 min buffer	
Week 3	
12:15 – 12:25	Residents enter, sit, and get their lunch
12:25 – 12:35	<i>Creative work</i> - Jane Kenyon, "The Sick Wife," from Collected Poems, by Jane KenyonBrief discussion of text
12:35 - 12:40	Writing prompt: "Write the next stanza or write what comes next"
12:40 – 12:50	Voluntary sharing of writing prompt
12:50 - 12:55	Closing remarks/comments -Introduction of subsequent week's genre
5 min buffer	
Week 4	
12:15 – 12:25	Residents enter, sit, and get their lunch
12:25 – 12:35	<i>Creative work</i> - "The Alpha Wolf" presented by Elizabeth Gilbert on The Moth ( <u>https://themoth.org/podcast/the-alpha-wolf-elizabeth-gilbert</u> ) -Brief discussion of podcast
12:35 - 12:40	Writing prompt: "Write about the phenomenon of being human"
12:40 – 12:50	Voluntary sharing of writing prompt
12:50 – 1:00	Closing remarks/comments -Completion of post-test (see Appendix D)*

\*Residents who had been at any of the prior weeks of the NM workshops but who were absent on for the final session were emailed an electronic version of the post-test for the intervention group.

# Narrative Medicine Workshop

# **Pre-Test Evaluation – INTERVENTION GROUP**

<u>Please complete the following before proceeding to the survey</u> The ID code below will help us link each resident's pre and post surveys.

-	
	Personal ID code (please use all upper case letters):
	First letter of your mother's first name: First letter of your mother's maiden name:
	First digit of your social security numb Last digit of your social security number:
1	What is your year of residency?     a. PGY 1     b. PGY 2     c. PGY 3     d. PGY 4
2	What best defines your tract? a. Categorical b. Primary Care c. MDACC d. MedPeds e. prelim
3	What is your desired profession after residency?         a. Primary care       b. Hospitalist       c. Subspecialty       d. Other
4	a. Male b. Female
5	Race/Ethnicity (check all that apply)? a. African-American/Black b. American Indian/Alaska Native c. Asian/Asian American
	d. Hispanic/Latina e. Native Hawaiian/Pacific Islander e. White/Caucasian

	f. Other
6.	Is English your first or primary language? a. Yesb. No
7.	Do you know what narrative medicine is? a. Yesb. No

#### **INTERPERSONAL REACTIVITY INDEX**

The following statements inquire about your thoughts and feelings in a variety of situations. For each item, indicate how well it describes you by choosing the appropriate letter on the scale at the top of the page: A, B, C, D, or E. When you have decided on your answer, fill in the letter on the answer sheet next to the item number. READ EACH ITEM CAREFULLY BEFORE RESPONDING. Answer as honestly as you can. Thank you.

#### ANSWER SCALE:

	A DOES NOT D	B ESCRIBE ME V	C		D	E describes me very well
1.	I daydrean A	n and fanta B	size, with C	some regula D	rity, about thing E	gs that might happen to me.
2.	I often hav A	ve tender, c B	concerned f C	eelings for D	people less forti E	unate than me.
3.	I sometime A	es find it di B	ifficult to s C	ee things fro D	om the "other g E	uy's" point of view.
4.	Sometime: A	s I don't fee B	el very sorr C	ry for other D	people when the E	ey are having problems.
5.	I really get A	t involved B	with the fe C	elings of the D	e characters in a E	novel.

- 6. In emergency situations, I feel apprehensive and ill-at-ease. A B C D E
- I am usually objective when I watch a movie or play, and I don't often get completely caught up in it.
   A B C D E
- 8. I try to look at everybody's side of a disagreement before I make a decision. A B C D E
- 9. When I see someone being taken advantage of, I feel kind of protective towards them. A B C D E
- 10. I sometimes feel helpless when I am in the middle of a very emotional situation. A B C D E

I sometimes try to understand my friends better by imagining how things look from their perspective.
 A B C D E

- 12. Becoming extremely involved in a good book or movie is somewhat rare for me. A B C D E
- 13. When I see someone get hurt, I tend to remain calm. A B C D E
- 14. Other people's misfortunes do not usually disturb me a great deal. A B C D E
- 15. If I'm sure I'm right about something, I don't waste much time listening to other people's arguments.
   A B C D E
- 16. After seeing a play or movie, I have felt as though I were one of the characters.

### APPENDIX A

	А	В	С	D	Ε
17.	Being in a	tense emo	tional situa	tion scares	me.
	A	B	C	D	E
18.	When I se	e someone	being treat	ed unfairly	, I sometimes don't feel very much pity for them.
	A	B	C	D	E
19.	I am usual	lly pretty et	ffective in c	lealing with	n emergencies.
	A	B	C	D	E
20.	I am often	quite touc	hed by thin	gs that I see	e happen.
	A	B	C	D	E
21.	I believe t	hat there ar	re two sides	to every q	uestion and try to look at them both.
	A	B	C	D	E
22.	I would de	escribe mys	elf as a pre	tty soft-hea	rted person.
	A	B	C	D	E
23.	When I wa	atch a good	movie, I ca	an very eas	ily put myself in the place of a leading character.
	A	B	C	D	E
24.	I tend to lo A	ose control B	during eme C	ergencies. D	Ε
25.	When I'm	upset at so	meone, I us	sually try to	"put myself in his shoes" for a while.
	A	B	C	D	E
26.			n interestin ning to me. C		novel, I imagine how <u>I</u> would feel if the events in E

- 27. When I see someone who badly needs help in an emergency, I go to pieces. A B C D E
- 28. Before criticizing somebody, I try to imagine how <u>I</u> would feel if I were in their place. A B C D E

# Narrative Medicine Workshop

# **Pre-Test Evaluation – COMPARISON GROUP**

<u>Please complete the following before proceeding to the survey</u> The ID code below will help us link each resident's pre and post surveys.

	Personal ID code (please use all upper case letters):						
	First letter of your mother's first name:						
	First digit of your social security numb						
1	. What is your year of residency?						
	b. PGY 1 b. PGY 2 c. PGY 3 d. PGY 4						
2	. What best defines your tract? a. Categorical b. Primary Care c. MDACC d. MedPeds e. prelim						
3	. What is your desired profession after residency? a. Primary careb. Hospitalistc. Subspecialtyd. Other						
4	. Gender? a. Maleb. Female						
5	. Race/Ethnicity (check all that apply)? a. African-American/Black b. American Indian/Alaska Native c. Asian/Asian American						
	d. Hispanic/Latina e. Native Hawaiian/Pacific Islander e. White/Caucasian						

	f. Other
6.	Is English your first or primary language? a. Yes b. No
7.	Do you know what narrative medicine is? a. Yesb. No

#### INTERPERSONAL REACTIVITY INDEX

The following statements inquire about your thoughts and feelings in a variety of situations. For each item, indicate how well it describes you by choosing the appropriate letter on the scale at the top of the page: A, B, C, D, or E. When you have decided on your answer, fill in the letter on the answer sheet next to the item number. READ EACH ITEM CAREFULLY BEFORE RESPONDING. Answer as honestly as you can. Thank you.

#### ANSWER SCALE:

	A DOES NOT E	B DESCRIBE ME	( WELL	2	D	E describes me very well
1.	I daydream A	and fantas B	ize, with s C	some regular D	ity, about thing E	s that might happen to me.
2.	I often ha A	ve tender, c B	concerned C	feelings for D	people less fort E	unate than me.
3.	I sometim A	ies find it d B	ifficult to C	see things fr D	om the "other g E	uy's" point of view.
4.	Sometime A	es I don't fe B	el very soi C	rry for other D	people when th E	ey are having problems.

5. I really get involved with the feelings of the characters in a novel.

	А	В	С	D	E
6.	In emerge	ency situati	ons, I feel a	pprehensiv	re and ill-at-ease.
	A	B	C	D	E
7.	I am usua caught up A	• •	ve when I w C	vatch a mov D	vie or play, and I don't often get completely E
8.	I try to lo	ok at every	body's side	of a disagr	eement before I make a decision.
	A	B	C	D	E
9.	When I se	ee someone	e being take	n advantag	e of, I feel kind of protective towards them.
	A	B	C	D	E
10	. I sometir	nes feel hel	lpless when	I am in the	e middle of a very emotional situation.
	A	B	C	D	E
11	. I sometim perspectiv A	-	nderstand m	ny friends b D	better by imagining how things look from their E
12	. Becoming	g extremely	v involved i	n a good bo	ook or movie is somewhat rare for me.
	A	B	C	D	E
13	. When I se	ee someone	e get hurt, I	tend to rem	nain calm.
	A	B	C	D	E
14	. Other pec	ople's misfo	ortunes do n	ot usually o	disturb me a great deal.
	A	B	C	D	E
15	. If I'm sure argument A	•	about some C	thing, I dor D	n't waste much time listening to other people's E

16. After seeing a play or movie, I have felt as though I were one of the characters.

	А	В	С	D	E
17	7. Being in a	a tense emo	otional situa	tion scares	me.
	A	B	C	D	E
18	B. When I se them. A	ee someone B	being treat	ted unfairly D	r, I sometimes don't feel very much pity for E
19	). I am usua	lly pretty e	ffective in	dealing with	h emergencies.
	A	B	C	D	E
20	). I am ofter	n quite touc	hed by thir	ngs that I se	e happen.
	A	B	C	D	E
21	. I believe	that there a	re two side:	s to every q	uestion and try to look at them both.
	A	B	C	D	E
22	2. I would d	escribe my	self as a pro	etty soft-hea	arted person.
	A	B	C	D	E
23	B. When I w character A	-	d movie, I c C	can very eas D	sily put myself in the place of a leading E
24	I tend to l A	ose control B	during em C	ergencies. D	E
25	5. When I'm	upset at so	omeone, I u	sually try to	o "put myself in his shoes" for a while.
	A	B	C	D	E
24	- <b>X</b> 71 <b>T</b>	1.	• , ,•		

26. When I am reading an interesting story or novel, I imagine how <u>I</u> would feel if the events in the story were happening to me.

A B	С	D	Е
-----	---	---	---

- 27. When I see someone who badly needs help in an emergency, I go to pieces. A B C D E
- 28. Before criticizing somebody, I try to imagine how I would feel if I were in their place. A B C D E

### APPENDIX D Narrative Medicine Workshop

# **Post-Test Evaluation – INTERVENTION GROUP**

<u>Please complete the following before proceeding to the survey</u> The ID code below will help us link each resident's pre and post surveys.

Personal ID code (please use all upper case letters):					
First letter of your mother's first name:	First letter of your mother's maiden name:				
First digit of your social security numb	Last digit of your social security number:				

1. Do you know what narrative medicine is?

b. Yes b. No

2. Please describe your past experience with narrative medicine:

3.	Gender? a. Maleb. Femalec. Other
4.	Race/Ethnicity (check all that apply)? a. African-American/Black b. American Indian/Alaska Native c. Asian/Asian American
	d. Hispanic/Latina e. Native Hawaiian/Pacific Islander e. White/Caucasian
	f. Other

5.	Of the 4 sessions, how many did you attend? a. 1 b. 2 c. 3 d. 4	
6.	What was your undergraduate major(s)?	
	Please describe whether you agree or disagree with the following statements:	
7.	I would attend similar workshops in the future. a. Strongly agreeb. Agreec. Neutrald. Disagreee. Strongly disagree	
8.	I enjoyed these workshops a. Strongly agree b. Agree c. Neutral d. Disagree e. Strongly disagree	
9.	These workshops are valuable to my patient care. a. Strongly agreeb. Agreec. Neutrald. Disagreee. Strongly disagree	
10.	I can relate better to my patients as a result of these sessions. a. Strongly agreeb. Agreec. Neutrald. Disagreee. Strongly disagree	
11.	These workshops will improve my patient care. a. Strongly agree b. Agree c. Neutral d. Disagree e. Strongly disagree	
12.	. Please feel free to elaborate on responses above.	

13. What else would you like to share?

#### INTERPERSONAL REACTIVITY INDEX

The following statements inquire about your thoughts and feelings in a variety of situations. For each item, indicate how well it describes you by choosing the appropriate letter on the scale at the top of the page: A, B, C, D, or E. When you have decided on your answer, fill in the letter on the answer sheet next to the item number. READ EACH ITEM CAREFULLY BEFORE RESPONDING. Answer as honestly as you can. Thank you.

#### ANSWER SCALE:

	A does not e	B DESCRIBE ME	WELL		D	E describes me very well
1.	I daydream A	and fantas B	ize, with so C	ome regular D	ity, about thing E	s that might happen to me.
2.	I often ha A	ve tender, o B	concerned f C	eelings for D	people less fort E	unate than me.
3.	I sometim A	es find it d B	ifficult to s C	ee things fr D	om the "other g E	uy's" point of view.
4.	Sometime A	es I don't fe B	el very sorr C	ry for other D	people when th E	ey are having problems.
5.	I really ge A	et involved B	with the fe C	elings of th D	e characters in a E	a novel.
6.	In emerge A	ency situation B	ons, I feel a C	apprehensiv D	e and ill-at-ease E	2.
7.	I am usua caught up A	• •	ve when I w C	vatch a mov D	ie or play, and l E	I don't often get completely
8.	I try to loo A	ok at every B	body's side C	of a disagr D	eement before I E	make a decision.

- 9. When I see someone being taken advantage of, I feel kind of protective towards them. A B C D E
- 10. I sometimes feel helpless when I am in the middle of a very emotional situation. A B C D E
- I sometimes try to understand my friends better by imagining how things look from their perspective.
   A B C D E
- 12. Becoming extremely involved in a good book or movie is somewhat rare for me. A B C D E
- 13. When I see someone get hurt, I tend to remain calm. A B C D E
- 14. Other people's misfortunes do not usually disturb me a great deal. A B C D E
- 15. If I'm sure I'm right about something, I don't waste much time listening to other people's arguments.
  A B C D E
- 16. After seeing a play or movie, I have felt as though I were one of the characters. A B C D E
- 17. Being in a tense emotional situation scares me. A B C D E
- When I see someone being treated unfairly, I sometimes don't feel very much pity for them.
  - A B C D E

19. I am usu	ally pretty e	effective in C	dealing with	h emergencies.		
A	B		D	E		
20. I am ofte	n quite touc	ched by thir	ngs that I se	e happen.		
A	B	C	D	E		
21. I believe	that there a B	re two side	s to every q	uestion and try to look at them both.		
A		C	D	E		
22. I would	l describe m	nyself as a p	pretty soft-h	earted person.		
A	B	C	D	E		
23. When I character. A	watch a go B	od movie, 1 C	can very e	asily put myself in the place of a leading		
A	Б	C	D	L		
24. I tend to	b lose contro	ol during en	nergencies.	Ε		
A	B	C	D			
25. When I'	m upset at s	someone, I	usually try t	to "put myself in his shoes" for a while.		
A	B	C	D	E		
<ul> <li>26. When I am reading an interesting story or novel, I imagine how I would feel if the events in the story were happening to me.</li> <li>A B C D E</li> </ul>						
27. When I	see someor	e who badl	y needs hel	p in an emergency, I go to pieces.		
A	B	C	D	E		
28. Before o	criticizing s	omebody, I	try to imag	gine how <u>I</u> would feel if I were in their place.		
A	B	C	D	E		

### Narrative Medicine Workshop

# **Post-Test Evaluation – COMPARISON GROUP**

<u>Please complete the following before proceeding to the survey</u> The ID code below will help us link each resident's pre and post surveys.

Personal ID code (please use all upper case letters):					
First letter of your mother's first name:		First letter of your mother's maiden name:			
First digit of your social security numb		Last digit of your social security number:			

1. Do you know what narrative medicine is?

- c. Yes b. No
- 2. Please describe your past experience with narrative medicine:

#### **INTERPERSONAL REACTIVITY INDEX**

The following statements inquire about your thoughts and feelings in a variety of situations. For each item, indicate how well it describes you by choosing the appropriate letter on the scale at the top of the page: A, B, C, D, or E. When you have decided on your answer, fill in the letter on the answer sheet next to the item number. READ EACH ITEM CAREFULLY BEFORE RESPONDING. Answer as honestly as you can. Thank you.

#### ANSWER SCALE:

А	В	С	D	E
DOES NOT	Γ DESCRIBE ME WEI	L		DESCRIBES ME VERY WELL

- 1. I daydream and fantasize, with some regularity, about things that might happen to me. A B C D E
- 2. I often have tender, concerned feelings for people less fortunate than me. A B C D E
- 3. I sometimes find it difficult to see things from the "other guy's" point of view. A B C D E
- 4. Sometimes I don't feel very sorry for other people when they are having problems. A B C D E
- 5. I really get involved with the feelings of the characters in a novel. A B C D E
- 6. In emergency situations, I feel apprehensive and ill-at-ease. A B C D E
- I am usually objective when I watch a movie or play, and I don't often get completely caught up in it.
   A B C D E
- 8. I try to look at everybody's side of a disagreement before I make a decision. A B C D E

9. W	hen I see sor	neone being ta	ken advanta	age of, I feel kind of protective towards them.
A	B	C	D	E
10.	I sometimes	e feel helpless v	vhen I am i	n the middle of a very emotional situation.
A	B	C	D	E
	sometimes t	ry to understan	d my friend	ds better by imagining how things look from their
A	В	С	D	Ε
12 B	ecoming ext	tremely involve	ed in a good	d book or movie is somewhat rare for me.
A	B	C	D	E
13. WI	hen I see sor	neone get hurt,	I tend to re	emain calm.
A	B	C	D	E
14. Ot	her people's	misfortunes do	not usually	y disturb me a great deal.
A	B	C	D	E
	I'm sure I'm guments.	right about son	nething, I d	on't waste much time listening to other people's
A	B	С	D	Ε
16. Af	ter seeing a j	play or movie,	I have felt	as though I were one of the characters.
A	B	C	D	E
17. Be	ing in a tens	e emotional sit	uation scar	es me.
A	B	C	D	E
	hen I see sor em.	neone being tre	eated unfair	rly, I sometimes don't feel very much pity for
A	В	С	D	Ε

19. I am usu	ally pretty e	effective in	dealing wit	h emergencies.	
A	B	C	D	E	
20. I am ofte	en quite touo	ched by thin	ngs that I se	e happen.	
A	B	C	D	E	
21. I believe	that there a B	re two side	s to every c	uestion and try to look at them both.	
A		C	D	E	
22. I would	l describe m	yself as a p	pretty soft-h	earted person.	
A	B	C	D	E	
23. When I character		od movie, I	can very ea	sily put myself in the place of a leading	
А	В	С	D	Ε	
24. I tend to	lose contro	l during em	ergencies.	Ε	
A	B	C	D		
25. When I'r	n upset at so	omeone, I u	isually try to	o "put myself in his shoes" for a while.	
A	B	C	D	E	
26. When I am reading an interesting story or novel, I imagine how <u>I</u> would feel if the events in the story were happening to me.					
A	В	С	D	Ε	
27. When I s	see someone	e who badly	v needs help	o in an emergency, I go to pieces.	
A	B	C	D	E	
28. Before criticizing somebody, I try to imagine how I would feel if I were in their place. A B C D E					

#### **APPENDIX F**

Residents who participated in the study and who were part of the comparison group filled out the same pre-test survey (see Appendix B) as the intervention group, but a shortened version of the post-test survey (see Appendix D). As they did not participate in the intervention, they only completed a brief demographic section and the IRI. The pre-test surveys were administered in person, on paper during week one by distribution in the team rooms and morning conference at the corresponding 2 hospitals that comprised the comparison group. The post-test surveys were sent to the residents electronically, via Survey Monkey.