

## 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.

### Week 1

- 12:15 – 12:30 Completion of pre-test instruments (see Appendix B)
- 12:30 – 12:35 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 *Creative work* - “Empathy, The Human Connection to Patient Care”, The Cleveland Clinic ([https://youtu.be/cDDWvj\\_q-o8](https://youtu.be/cDDWvj_q-o8))
- 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." - *Ricardo Nuila*
- 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 *Creative work* - *Americanah* 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 *Creative work* - Jane Kenyon, "The Sick Wife," from *Collected Poems*, by Jane Kenyon. -Brief 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 *Creative work* - "The Alpha Wolf" presented by Elizabeth Gilbert on *The Moth* (<https://themoth.org/podcast/the-alpha-wolf-elizabeth-gilbert>)  
-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.

**APPENDIX B**

**Narrative Medicine Workshop**

**Pre-Test Evaluation – INTERVENTION GROUP**

Please complete the following before proceeding to the survey  
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. Gender?  
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



## APPENDIX B

6. In emergency situations, I feel apprehensive and ill-at-ease.  
A            B            C            D            E
  
7. 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
  
11. 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

- A            B            C            D            E
17. Being in a tense emotional situation scares me.  
A            B            C            D            E
18. 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 usually pretty effective in dealing with emergencies.  
A            B            C            D            E
20. I am often quite touched by things that I see happen.  
A            B            C            D            E
21. I believe that there are two sides to every question and try to look at them both.  
A            B            C            D            E
22. I would describe myself as a pretty soft-hearted person.  
A            B            C            D            E
23. When I watch a good movie, I can very easily put myself in the place of a leading character.  
A            B            C            D            E
24. I tend to lose control during emergencies.  
A            B            C            D            E
25. When I'm upset at someone, I usually try to "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 I would feel if the events in the story were happening to me.  
A            B            C            D            E

## APPENDIX B

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 C

Narrative Medicine Workshop

Pre-Test Evaluation – COMPARISON GROUP

Please complete the following before proceeding to the survey  
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?

- 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 care  b. Hospitalist  c. Subspecialty  d. Other

4. Gender?

- 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



## APPENDIX C

f. Other \_\_\_\_\_

\_\_\_\_\_

6. Is English your first or primary language?

a. Yes  b. No

7. Do you know what narrative medicine is?

a. Yes  b. 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 B C D E  
DOES NOT DESCRIBE ME WELL 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.

## APPENDIX C

A            B            C            D            E

6. In emergency situations, I feel apprehensive and ill-at-ease.

A            B            C            D            E

7. 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

11. 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 C

A            B            C            D            E

17. Being in a tense emotional situation scares me.

A            B            C            D            E

18. 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 usually pretty effective in dealing with emergencies.

A            B            C            D            E

20. I am often quite touched by things that I see happen.

A            B            C            D            E

21. I believe that there are two sides to every question and try to look at them both.

A            B            C            D            E

22. I would describe myself as a pretty soft-hearted person.

A            B            C            D            E

23. When I watch a good movie, I can very easily put myself in the place of a leading character.

A            B            C            D            E

24. I tend to lose control during emergencies.

A            B            C            D            E

25. When I'm upset at someone, I usually try to "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 I would feel if the events in the story were happening to me.

## APPENDIX C

A            B            C            D            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 I would feel if I were in their place.

A            B            C            D            E

**APPENDIX D**  
**Narrative Medicine Workshop**

**Post-Test Evaluation – INTERVENTION GROUP**

Please complete the following before proceeding to the survey  
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. Male       b. Female       c. 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  \_\_\_\_\_

**APPENDIX D**

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 agree       b. Agree       c. Neutral       d. Disagree       e. 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 agree       b. Agree       c. Neutral       d. Disagree       e. Strongly disagree

10. I can relate better to my patients as a result of these sessions.  
a. Strongly agree       b. Agree       c. Neutral       d. Disagree       e. 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?  
\_\_\_\_\_

## APPENDIX D

### 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	B	C	D	E
DOES NOT	DESCRIBE ME WELL			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

7. 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

## APPENDIX D

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

11. 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

18. When I see someone being treated unfairly, I sometimes don't feel very much pity for them.

A            B            C            D            E



## APPENDIX D

19. I am usually pretty effective in dealing with emergencies.

A            B            C            D            E

20. I am often quite touched by things that I see happen.

A            B            C            D            E

21. I believe that there are two sides to every question and try to look at them both.

A            B            C            D            E

22. I would describe myself as a pretty soft-hearted person.

A            B            C            D            E

23. When I watch a good movie, I can very easily put myself in the place of a leading character.

A            B            C            D            E

24. I tend to lose control during emergencies.

A            B            C            D            E

25. When I'm upset at someone, I usually try to "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 I would feel if the events in the story were happening to me.

A            B            C            D            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 I would feel if I were in their place.

A            B            C            D            E

**APPENDIX E**

**Narrative Medicine Workshop**

**Post-Test Evaluation – COMPARISON GROUP**

Please complete the following before proceeding to the survey  
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:	<input type="text"/>	First letter of your mother's maiden name:	<input type="text"/>
First digit of your social security numb	<input type="text"/>	Last digit of your social security number:	<input type="text"/>

1. Do you know what narrative medicine is?

c. Yes       b. No

2. Please describe your past experience with narrative medicine:



## APPENDIX 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

11. 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

18. When I see someone being treated unfairly, I sometimes don't feel very much pity for them.

A            B            C            D            E

## APPENDIX E

19. I am usually pretty effective in dealing with emergencies.

A            B            C            D            E

20. I am often quite touched by things that I see happen.

A            B            C            D            E

21. I believe that there are two sides to every question and try to look at them both.

A            B            C            D            E

22. I would describe myself as a pretty soft-hearted person.

A            B            C            D            E

23. When I watch a good movie, I can very easily put myself in the place of a leading character.

A            B            C            D            E

24. I tend to lose control during emergencies.

A            B            C            D            E

25. When I'm upset at someone, I usually try to "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 I would feel if the events in the story were happening to me.

A            B            C            D            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 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.