Supplemental Digital Appendix 1

Information on Mindfulness-Based Stress Reduction (MBSR) Training, From a Study of Mindfulness Training and Professional Development, Radboudumc, Nijmegen, the Netherlands, 2014–2016

Curriculum

- Eight-week, 2.5-hour training with a fixed program
- Comprehensive folder containing an explanation of the exercises and home practice
- Formal exercises comprise body scan, sitting meditation, and mindful movement
- Informal exercises include awareness of breathing, awareness of routine activities such as eating, walking, cycling
- One-day silent retreat during the sixth week of the program
- Daily home practice with help of CDs/audio recordings comprising weekly alternating formal and informal exercises such as the body scan, sitting meditation, and awareness of routine activities
- Group dialogue and inquiry oriented around weekly in-session exercises and at-home assignments

Summary of weekly theme with core exercise

| Week 1: Recognizing Automatic Behavior (the automatic pilot) | • Raisin practice: using all senses to explore an object  
• Body scan: practice being aware of different parts of the body  
• A routine activity with deliberate awareness (e.g., taking a shower) |
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| Week 2: Influence of Perception | • Body scan: practice being aware of different parts of the body  
• Sitting meditation: awareness of breathing  
• A routine activity with deliberate awareness (e.g., taking a shower) |
| Week 3: Recognizing Boundaries | • Yoga: awareness of movement, respecting physical boundaries  
• Pleasant events log: inquiry thoughts, feelings, bodily sensations  
• Three-minute breathing space, a short pause during the day |
| Week 4: Awareness of Stress | • Sitting meditation: awareness of breathing, body, sounds, thought & emotions  
• Unpleasant events log: inquiry thoughts, feelings, bodily sensations  
• Yoga: awareness of movement, respecting physical boundaries |
| Week 5: Mindful Response to Stress | • Sitting meditation: awareness of breathing, body, sounds, thoughts & emotions  
• Stressful events log: automatic reaction versus mindful response |
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| Week 6: Communication | • Yoga; awareness of movement, respecting physical boundaries  
• Walking meditation  
• Practice mindful communication + group inquiry |
| Silent day | • Varying meditation exercises  
• Silent lunch |
| Week 7: Work–Life Balance | • Sitting meditation: choiceless awareness  
• Group dialogue: activities demanding energy and giving energy |
| Week 8: Week 8 Lasts the Rest of Your Life | • Body scan: practice being aware of different parts of the body  
• Make a plan of action for keeping up your skills |
Supplemental Digital Appendix 2


Questions / topics

How did you experience the mindfulness-bases stress reduction (MBSR) training?
How has the training influenced your work as a resident?
Regarding:
- work/professional life?
- working and communicating with colleagues?
- working and communicating with your supervisor?
How has the training influenced your work–life balance?
Did the training changed your opinion on what defines a “good doctor”?
How has the training influenced the relationship with patients (contact, communication)?
Are there any further thought about the influence of the training?

As the interviewer, please note any thoughts you had about the interview.