

Hi Manish,

We have gone over the survey and have some recommendations for data collection.

It is important to make a better comparison in the results of coping strategies. For example, the results can be divided into three categories, such as a significant positive effect, moderate positive effect, and no effect instead of 1-5 scores. As the differences between the 1-5 categories are more subjective and harder to differentiate across levels we would advise combining them and having broader categories that are easier to compare.

It may also be difficult to draw conclusions on the survey as it is currently structured. We mentioned the risk of the missingness not at random in the data potentially biasing the survey in a way that misrepresents the population you are trying to study. The best way we have come up with to incentivize as many respondents as possible and eliminate some of the bias is to potentially offer a reward in a raffle to one respondent. Is it possible for you to be able to raise some funding to offer as a reward for respondents?

Here are some of our recommended changes with limiting the subjectivity of the questions.

Survey 1: Mental Health Challenges Among Oral and Maxillofacial Surgeons

Section A: Demographics

1. Age Group: ☐ Under 30 ☐ 30-39 ☐ 40-49 ☐ 50-59 ☐ 60+
2. Gender: ☐ Male ☐ Female ☐ Other ☐ Prefer not to say
3. Years in Practice: ☐ <5 ☐ 5-10 ☐ 11-20 ☐ 21+
4. Practice Setting: ☐ Private ☐ Public ☐ Academic ☐ Mixed

Section B: Work Environment

5. How many hours do you work per week? ☐ <40 ☐ 40-49 ☐ 50-59 ☐ 60+
6. How many patients do you typically see per day (including outpatient and OR cases)?
☐ <5 ☐ 5-10 ☐ 11-15 ☐ 16+
7. How often are you on-call? ☐ Daily ☐ Weekly ☐ Monthly ☐ Rarely ☐ Never
8. How would you describe support from colleagues and supervisors? ☐ Poor ☐ Fair ☐ Good

Section C: Mental Health & Well-Being

9. How often do you feel stressed at work? ☐ Never ☐ Sometimes ☐ Often
10. Which mental health symptoms have you experienced in the past year? (Check all that apply)
☐ Burnout ☐ Anxiety ☐ Depression ☐ Sleep disturbances ☐ Emotional exhaustion ☐ None
11. Do you find yourself thinking about work outside working hours? ☐ Never ☐ Sometimes ☐ Often
12. Have you ever sought professional help for mental health concerns? ☐ Yes ☐ No

Section D: Work-Related Stressors

13. Which factors contribute most to your stress? (Select up to 3)
☐ Long hours ☐ Heavy patient load ☐ Managing patient anxiety ☐ Administrative work ☐ Work-life balance ☐

Financial pressures

14. To what extent does patient anxiety impact your mental well-being?
☐ No impact ☐ Low ☐ High

Survey 2: Coping Strategies for Mental Health

Section A: Coping Mechanisms

1. What strategies do you use to manage stress? (Check all that apply)
☐ Peer support ☐ Exercise ☐ Mindfulness/meditation ☐ Counseling ☐ Hobbies (e.g., music, sports, art) ☐ Family support
2. How effective do you find these coping strategies? (Rate from 1-3: 1 = Not Effective, 3= Very Effective)

3. Do you participate in professional support groups or forums? ☐ Yes ☐ No

4. How often do you take vacations or breaks? ☐ Never ☐ Rarely ☐ Sometimes ☐ Often

Section B: Workplace Support & Resources

5. Are mental health resources available at your workplace? ☐ Yes ☐ No ☐ Unsure

6. Have you attended any mental health workshops or training? ☐ Yes ☐ No

7. Would you be interested in institutional mental health programs? ☐ Yes ☐ No ☐ Maybe

Section C: Barriers & Additional Support

8. What prevents you from using coping strategies? (Open-ended)

9. What additional support would help you manage stress better? (Open-ended)

Thanks,

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