

**Appendix 2 to: Zahrai A, Chahal J, Stojimirovic D, et al. Quality of life and educational benefit among orthopedic surgery residents : a prospective, multicentre comparison of the night float and the standard call systems. *Can J Surg* 2011;54:25-32.**

## **Appendix 2: Stress Level**

Please rate stress experienced over the last two months by circling **ONE** of following:

- 0= little or no stress
- 1= minimal stress
- 2= moderate stress
- 3= high stress
- 4= excessive stress

<b>Overall stress</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Stress of being a resident</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Stress of combining a personal and professional life</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>