Question 1: For your role as a family physician, how do you rate your sense of well-being/personal wellness?

- 52% Generally I feel pretty good, but like most people experience, there are trying days
- 27% Exhausted but coping—I still derive meaning from my work
- 8% I’m neither excited nor exhausted; I have a job to do
- 7% Burned out and think I’m done with family medicine
- 7% I feel the best I’ve ever felt and at the top of my game professionally and personally
Question 2: Does or did your work as a family physician ever contribute to experiencing any of the following? Respondents were able to select more than one response.

- Burnout (i.e., physical, emotional, and/or mental exhaustion, and cynicism): 70%
- Depression: 28%
- Anxiety: 49%
- Avoidance of co-workers, friends, and family: 29%
- Increased use of alcohol or recreational substances: 12%
- None of the above: 20%
Question 3: What factors do you find add stress to your day?
Respondents were able to select more than one response.

<table>
<thead>
<tr>
<th>Factor</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Paperwork</td>
<td>73%</td>
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<tr>
<td>Health Care System Demands</td>
<td>71%</td>
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<tr>
<td>Trying to balance professional and personal life</td>
<td>64%</td>
</tr>
<tr>
<td>Patient Complexity</td>
<td>54%</td>
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<tr>
<td>Volume of Work</td>
<td>54%</td>
</tr>
<tr>
<td>Electronic Medical Records Functionality/Maintenance</td>
<td>41%</td>
</tr>
<tr>
<td>Practice Management Issues</td>
<td>32%</td>
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<tr>
<td>Financial Concerns</td>
<td>31%</td>
</tr>
<tr>
<td>Medical Uncertainty</td>
<td>29%</td>
</tr>
<tr>
<td>Inability to leave the practice (vacation, locums)</td>
<td>29%</td>
</tr>
<tr>
<td>Workplace Intimidation</td>
<td>12%</td>
</tr>
<tr>
<td>Practice location (e.g., rural, remote, urban)</td>
<td>10%</td>
</tr>
<tr>
<td>Other</td>
<td>16%</td>
</tr>
</tbody>
</table>
Question 4: What techniques do you use to cope with high stress?
Respondents were able to select more than one response.

<table>
<thead>
<tr>
<th>Technique</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Physical exercise</td>
<td>69%</td>
</tr>
<tr>
<td>Accept personal limitations</td>
<td>59%</td>
</tr>
<tr>
<td>Reduce my work hours/ set limits</td>
<td>54%</td>
</tr>
<tr>
<td>Allow for more personal time/ strong personal</td>
<td>44%</td>
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<tr>
<td>relationships</td>
<td></td>
</tr>
<tr>
<td>Mindfulness</td>
<td>43%</td>
</tr>
<tr>
<td>Share workload/ use effective practice arrangements</td>
<td>32%</td>
</tr>
<tr>
<td>Consider a career change</td>
<td>23%</td>
</tr>
<tr>
<td>Ignore/ avoidance</td>
<td>23%</td>
</tr>
<tr>
<td>I don’t use any techniques</td>
<td>3%</td>
</tr>
<tr>
<td>Other</td>
<td>15%</td>
</tr>
</tbody>
</table>
Question 5: How could the CFPC support your health and well-being?
Respondents were able to select more than one response.

- Advocacy with governments: 59%
- Establish a physician wellness program: 34%
- CPD offering tools to better manage stress (could include practice management advice): 32%
- Networking and mentoring: 30%
- Regular tools and tips: 25%
- This is not an area where the CFPC should be active: 4%
- Other: 16%
Question 6: Are you:

- A resident: 29%
- In your first five years of practice: 20%
- In practice for six to 10 years: 16%
- In practice for 11 to 20 years: 13%
- In practice for 21 to 30 years: 3%
- In practice for 30+ years: 20%
Question 7: Where do you primarily practise?

Respondents were able to select more than one response.

- **66%** URBAN
- **36%** RURAL
- **7%** LOCUM
- **6%** REMOTE
Question 8: Practice organization:
Respondents were able to select more than one response.

- **64% TEAM-BASED**
- **35% HOSPITAL/INSTITUTIONAL**
- **18% SOLO**
- **16% OTHER**
Question 9: Practice scope:
Respondents were able to select more than one response.

- **78%**: Comprehensive Family Practice
- **23%**: Focused Practice
- **14%**: Other
Question 10: Remuneration method:
Respondents were able to select more than one response.

- **FEE-FOR-SERVICE**: 54%
- **SALARY**: 21%
- **CAPITATION**: 15%
- **BLENDED (NO SINGLE METHOD ACCOUNTS FOR 90 PER CENT OF INCOME)**: 19%
- **OTHER**: 10%
Q11: On average, how many hours a week do you work/attend school?

- 0 hours: 0.3%
- 1 to 20 hours: 5%
- 21 to 40 hours: 28%
- 41 to 60 hours: 48%
- 61 to 80 hours: 10%
- 81 to 100 hours: 2%
- >100 hours: 0.7%
- Missing or N/A: 7%
Q12: On average, how much of your week is time on call?

- 10%: Zero hours
- 28%: One to 20 hours
- 5%: 21 to 40 hours
- 17%: 41 to 60 hours
- 6%: 61 to 80 hours
- 2%: 81 to 100 hours
- 2%: >100 hours
- 6%: Missing or N/A