|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplemental Table.** Select Fellow Fears Questionnaire Items by Year of Fellowship (N=10) | | | | | | | | | | | |
|  | 1st year (N=4) | | |  | 2nd year (N=4) | | |  | 3rd year (N=2) | | |
|  | Initial | 2nd | Final |  | Initial | 2nd | Final |  | Initial | 2nd | Final |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **When thinking about pediatric cardiology fellowship, how often do the following statements apply to you?** |  |  |  |  |  |  |  |  |  |  |  |
| I worry that I do not have enough clinical knowledge or skills to take care of patients |  |  |  |  |  |  |  |  |  |  |  |
| Never | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| Rarely | 1 (25.0) | 0 (0.0) | 1 (25.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 1 (50.0) | 1 (50.0) | 1 (50.0) |
| Sometimes | 3 (75.0) | 2 (50.0) | 2 (50.0) |  | 3 (75.0) | 1 (25.0) | 2 (50.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| Often | 0 (0.0) | 1 (25.0) | 1 (25.0) |  | 0 (0.0) | 3 (75.0) | 1 (25.0) |  | 1 (50.0) | 1 (50.0) | 1 (50.0) |
| Always | 0 (0.0) | 1 (25.0) | 0 (00.0) |  | 1 (25.0) | 0 (0.0) | 1 (25.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| I worry that I will not pass my boards |  |  |  |  |  |  |  |  |  |  |  |
| Never | 0 (0.0) | 2 (50.0) | 1 (25.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| Rarely | 1 (25.0) | 0 (0.0) | 1 (25.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 2 (100.0) | 1 (50.0) | 1 (50.0) |
| Sometimes | 1 (25.0) | 0 (0.0) | 2 (50.0) |  | 4 (100.0) | 2 (50.0) | 3 (75.0) |  | 0 (0.0) | 1 (50.0) | 1 (50.0) |
| Often | 1 (25.0) | 2 (50.0) | 0 (0.0) |  | 0 (0.0) | 2 (50.0) | 1 (25.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| Always | 1 (25.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| I worry that I will not complete the required research |  |  |  |  |  |  |  |  |  |  |  |
| Never | 2 (50.0) | 2 (50.0) | 2 (50.0) |  | 1 (25.0) | 0 (0.0) | 0 (0.0) |  | 1 (50.0) | 1 (50.0) | 1 (50.0) |
| Rarely | 1 (25.0) | 1 (25.0) | 1 (25.0) |  | 0 (0.0) | 0 (0.0) | 1 (25.0) |  | 1 (50.0) | 0 (0.0) | 1 (50.0) |
| Sometimes | 0 (0.0) | 0 (0.0) | 1 (25.0) |  | 1 (25.0) | 1 (25.0) | 0 (0.0) |  | 0 (0.0) | 1 (50.0) | 0 (0.0) |
| Often | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 1 (25.0) | 1 (25.0) | 2 (50.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| Always | 1 (25.0) | 1 (25.0) | 0 (0.0) |  | 1 (25.0) | 2 (50.0) | 1 (25.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| I worry that I do not know what I want to do with my life |  |  |  |  |  |  |  |  |  |  |  |
| Never | 2 (50.0) | 0 (0.0) | 2 (50.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 1 (50.0) | 1 (50.0) |
| Rarely | 1 (25.0) | 3 (75.0) | 1 (25.0) |  | 1 (25.0) | 0 (0.0) | 1 (25.0) |  | 1 (50.0) | 0 (0.0) | 0 (0.0) |
| Sometimes | 0 (0.0) | 0 (0.0) | 1 (25.0) |  | 1 (25.0) | 1 (25.0) | 1 (25.0) |  | 0 (0.0) | 1 (50.0) | 1 (50.0) |
| Often | 1 (25.0) | 1 (25.0) | 0 (0.0) |  | 0 (0.0) | 2 (50.0) | 2 (50.0) |  | 1 (50.0) | 0 (0.0) | 0 (0.0) |
| Always | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 2 (50.0) | 1 (25.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| I worry that I will disappoint faculty, loved ones, or myself. |  |  |  |  |  |  |  |  |  |  |  |
| Never | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 1 (25.0) | 1 (25.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| Rarely | 3 (75.0) | 3 (75.0) | 2 (50.0) |  | 0 (0.0) | 1 (25.0) | 1 (25.0) |  | 0 (0.0) | 1 (50.0) | 1 (50.0) |
| Sometimes | 1 (25.0) | 0 (0.0) | 2 (50.0) |  | 1 (25.0) | 0 (0.0) | 2 (50.0) |  | 1 (50.0) | 0 (0.0) | 0 (0.0) |
| Often | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 1 (25.0) | 1 (25.0) | 0 (0.0) |  | 1 (50.0) | 1 (50.0) | 1 (50.0) |
| Always | 0 (0.0) | 1 (25.0) | 0 (0.0) |  | 1 (25.0) | 1 (25.0) | 1 (25.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| I worry that I am not smart enough to be a pediatric cardiologist |  |  |  |  |  |  |  |  |  |  |  |
| Never | 1 (25.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| Rarely | 2 (50.0) | 2 (50.0) | 2 (50.0) |  | 0 (0.0) | 1 (25.0) | 0 (0.0) |  | 1 (50.0) | 1 (50.0) | 1 (50.0) |
| Sometimes | 1 (25.0) | 1 (25.0) | 2 (50.0) |  | 3 (75.0) | 1 (25.0) | 2 (50.0) |  | 0 (0.0) | 0 (0.0) | 1 (50.0) |
| Often | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 1 (25.0) | 1 (25.0) | 2 (50.0) |  | 1 (50.0) | 1 (50.0) | 0 (0.0) |
| Always | 0 (0.0) | 1 (25.0) | 0 (0.0) |  | 0 (0.0) | 1 (25.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| I worry that I will not be home enough for my loved ones or family |  |  |  |  |  |  |  |  |  |  |  |
| Never | 2 (50.0) | 0 (0.0) | 1 (25.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 1 (50.0) | 1 (50.0) |
| Rarely | 0 (0.0) | 1 (25.0) | 1 (25.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 1 (50.0) | 0 (0.0) | 0 (0.0) |
| Sometimes | 2 (50.0) | 2 (50.0) | 1 (25.0) |  | 2 (50.0) | 2 (50.0) | 0 (0.0) |  | 1 (50.0) | 0 (0.0) | 1 (50.0) |
| Often | 0 (0.0) | 0 (0.0) | 1 (25.0) |  | 0 (0.0) | 0 (0.0) | 2 (50.0) |  | 0 (0.0) | 1 (50.0) | 0 (0.0) |
| Always | 0 (0.0) | 1 (25.0) | 0 (0.0) |  | 2 (50.0) | 2 (50.0) | 2 (50.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| I worry that I will not be able to balance my personal life and work demands |  |  |  |  |  |  |  |  |  |  |  |
| Never | 1 (25.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| Rarely | 1 (25.0) | 1 (25.0) | 2 (50.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 1 (50.0) | 0 (0.0) | 1 (50.0) |
| Sometimes | 2 (50.0) | 2 (50.0) | 1 (25.0) |  | 1 (25.0) | 0 (0.0) | 0 (0.0) |  | 1 (50.0) | 1 (50.0) | 1 (50.0) |
| Often | 0 (0.0) | 0 (0.0) | 1 (25.0) |  | 1 (25.0) | 2 (50.0) | 2 (50.0) |  | 0 (0.0) | 1 (50.0) | 0 (0.0) |
| Always | 0 (0.0) | 1 (25.0) | 0 (0.0) |  | 2 (50.0) | 2 (50.0) | 2 (50.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| I worry that I will be overwhelmed by work |  |  |  |  |  |  |  |  |  |  |  |
| Never | 2 (50.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| Rarely | 0 (0.0) | 2 (50.0) | 2 (50.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 1 (50.0) | 1 (50.0) | 1 (50.0) |
| Sometimes | 2 (50.0) | 1 (25.0) | 2 (50.0) |  | 2 (50.0) | 1 (25.0) | 1 (25.0) |  | 0 (0.0) | 0 (0.0) | 1 (50.0) |
| Often | 0 (0.0) | 1 (25.0) | 0 (0.0) |  | 2 (50.0) | 3 (75.0) | 3 (75.0) |  | 1 (50.0) | 1 (50.0) | 0 (0.0) |
| Always | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| I worry that I will miss out on professional or personal opportunities due to the demands of fellowship |  |  |  |  |  |  |  |  |  |  |  |
| Never | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 1 (50.0) |
| Rarely | 1 (25.0) | 1 (25.0) | 2 (50.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 1 (50.0) | 1 (50.0) | 0 (0.0) |
| Sometimes | 3 (75.0) | 2 (50.0) | 0 (0.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |  | 1 (50.0) | 1 (50.0) | 1 (50.0) |
| Often | 0 (0.0) | 0 (0.0) | 2 (50.0) |  | 2 (50.0) | 3 (75.0) | 3 (75.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| Always | 0 (0.0) | 1 (25.0) | 0 (0.0) |  | 2 (50.0) | 1 (25.0) | 1 (25.0) |  | 0 (0.0) | 0 (0.0) | 0 (0.0) |