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| **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) |