PARTICIPANT INFORMATION SHEET AND CONSENT FORM

Title of Study: A National Cross-Sectional Survey of Burnout and Wellness Perceptions Among Canadian Plastic Surgeons

Locally Responsible Investigator and Principal Investigator, Department/Hospital/Institution: Dr Josephine D'Abbondanza, MD, McMaster University

---

You are being invited to participate in a research study conducted by Dr. D'Abbondanza because you are a plastic and reconstructive surgeon who is a member of the CSPS.

In order to decide whether or not you want to be a part of this research study, you should understand what is involved and the potential risks and benefits. This form gives detailed information about the research study. Once you understand the study, you will be asked to sign this form if you wish to participate. Please take your time to make your decision.

There are no conflicts of interest to declare for the investigators of this study.

WHY IS THIS RESEARCH BEING DONE?

This research is being done to better understand the prevalence of burnout and wellness perceptions among practicing plastic surgeons in Canada. Burnout is known to impact surgeon well-being and patient care, but little is known about how it affects Canadian plastic surgeons specifically. This national survey aims to identify common stressors, evaluate existing wellness supports, and help inform future strategies to promote surgeon wellness across the country.

WHAT WILL MY RESPONSIBILITIES BE IF I TAKE PART IN THE STUDY?

If you volunteer to participate in this study, you will participate in a one-time online survey that should take 5-10 minutes to complete.

WHAT ARE THE POSSIBLE RISKS AND DISCOMFORTS?

The risks to participants in this study are minimal. There is a risk of emotional discomfort when reflecting on personal experiences with burnout or mental health. There is also a low risk of privacy breach, though all data will be collected anonymously using a secure platform. No identifying information will be collected, and responses will be reported in aggregate.

HOW MANY PEOPLE WILL BE IN THIS STUDY?

We estimate that around 100 participants will be included in this study.

WHAT ARE THE POSSIBLE BENEFITS FOR ME AND/OR FOR SOCIETY?

You will not receive any personal benefits to you from your participation in this study. However, possible benefits include helping assess levels of burnout amongst plastic surgeons in Canada.

IF I DO NOT WANT TO TAKE PART IN THE STUDY, ARE THERE OTHER CHOICES?

Your participation in this study is completely voluntary. You can choose not to take part in the study. Your participation in this survey will not impact your professional standing.

WHY IS THIS STUDY COLLECTING DEMOGRAPHIC INFORMATION?

This survey includes demographic questions (such as age, gender, race/ethnicity, and professional background) to help describe the characteristics and representativeness of the study population. This information will primarily be used to summarize who participated in the study. If sufficient numbers of participants are available, researchers may also compare responses across broad demographic or practice groups (for example, by region or years in practice) to better understand patterns in survey responses.

To protect participant privacy, all demographic data will be analyzed and reported only in aggregate form. No analyses or reporting will be conducted for any group with fewer than 6 participants. Where necessary to further protect anonymity, categories may be combined into broader groups. Race/ethnicity and Indigenous identity data are being collected for descriptive purposes only and are not intended to support analyses specifically focused on Indigenous participants as a distinct group in this study.

WHAT INFORMATION WILL BE KEPT PRIVATE?

This survey is anonymous. No directly identifying information (such as names, signatures, IP addresses, or email addresses) will be collected. Because no identifying information is collected, your responses cannot be linked back to you by the research team. Survey responses will be kept confidential and accessible only to the research team. Results will be reported in aggregate form only, and no data from cell sizes smaller than 6 participants will be reported in order to further protect participant privacy.

CAN PARTICIPATION IN THE STUDY END EARLY?

If you choose to participate in this study, you may withdraw at any time without penalty by closing the survey before submitting your responses. Once you submit the survey, it will no longer be possible to withdraw your responses because the survey is anonymous and no identifying information is collected; therefore, the research team will not be able to determine which responses are yours.

WILL I BE PAID TO PARTICIPATE IN THIS STUDY?

No, you will not be paid to participate in this study.

WILL THERE BE ANY COSTS?

No, there are no costs to participate in this study.

CAN I PARTICIPATE IN OTHER STUDIES WHILE PARTICIPATING IN THIS STUDY?

Co-enrollment in other research studies is permitted.

IF I HAVE ANY QUESTIONS OR PROBLEMS, WHOM CAN I CONTACT?

If you have any questions about the research now or later, please contact the research team at Carolyn.wang@medportal.ca

CONSENT STATEMENT

By completing the survey, you are confirming that you have read and understood the information in this consent form, have had any questions answered, and agree to take part in this study.

Link to Survey: https://surveys.mcmaster.ca/limesurvey/index.php/855652?lang=en

By proceeding to complete the survey, you are confirming that you have read and understood the information in this consent form, have had any questions answered, and agree to take part in this study.

This study has been reviewed by the Hamilton Integrated Research Ethics Board (HIREB). The HIREB is responsible for ensuring that participants are informed of the risks associated with the research, and that participants are free to decide if participation is right for them. If you have any questions about your rights as a research participant, please call the Office of the Chair, Hamilton Integrated Research Ethics Board at 905.521.2100 x 42013.