

**Supplementary File 5** Characteristics of the 25 included articles on mental health wellness of medical students, residents, and attending physicians

Source (Country of Study)	Article Type	Group	Aim	Word Count (No.)			Author Recommendations		
				Stigma	Discrimination	Treatment	Reduce Institutional Discrimination	Increase Identification, Treatment	Notable Others
Braquehais, 2014 (Spain)	Narrative Review	R, P	To explore the problem of dual diagnosis in physicians from a clinical perspective.	3	0	32		✓	
Chan, 2014 (Australia)	Cross- sectional	MS	To measure levels of suicide literacy and stigma amongst Australian medical students in comparison to a general university population, and to assess medical students' help-seeking intentions.	35	1	3		✓	
Cheng, 2013 (Australia)	Cross- sectional	MS	To assess current levels of stigma associated with depression amongst Australian medical students as well as the possible causes of these negative views.	88	0	8		✓	
Downs, 2014 (US)	Cross- sectional	MS	To describe a program to increase mental health services utilization and decrease suicide risk for medical students.	3	0	28		✓	
Dyrbye, 2015a (US)	Cross- sectional	MS	To understand the help-seeking behaviors of medical students with burnout and the role of perceived stigma in their decisions to seek help.	46	7	31		✓	
Dyrbye, 2015b (US)	Cross- sectional	MS	To assess attitudes about appropriate prescribing behaviors and responsibility to report impaired colleagues, and to explore relationships between prescribing beliefs, burnout, depression, and alcohol abuse/dependence.	5	0	7		✓	
Estabrook, 2013 (US)	Cross- sectional	MS	To delineate what medical students feel are barriers to healthcare and to assess medical student attitudes toward potential solutions.	4	0	4			
García-Guasch, 2012 (Spain)	Narrative Review	R, P	To review the problem of substance abuse among anesthesiologists.	2	0	14		✓	
Gold, 2015 (US)	Cross- sectional	MS	To characterize medical student help-seeking behaviors and examine the relationship with stress, burnout, stigma, depression, and personal health behaviors.	24	0	14		✓	
Hankir, 2014a (UK)	Case Report	MS	To provide an autobiographical narrative of a medical student with first-hand experience with mental health challenges in order to build awareness and reduce stigma.	51	3	6		✓	
Hankir, 2013 (UK)	Case Report	MS	To lessen the stigma associated with doctors who suffer from psychopathology and encourage sufferers to engage with appropriate services.	10	0	8		✓	
Hankir, 2014b (UK)	Descriptive; Cross- Sectional	MS	To investigate whether a brief, contact-based anti-stigma intervention, "The Wounded Healer," can positively influence participants' views towards mental health challenges in medical students and doctors.	78	6	1		✓	
Hassan, 2016 (Canada)	Cross- sectional	P	To explore barriers impacting access to mental healthcare for Canadian physicians.	13	0	15		✓	

Hu, 2012 (US)	Cross-sectional	R, P	To design an evidence-based intervention for physician distress based on the attitudes towards support among physicians.	7	0	0		✓ <sup>a</sup>
Issa, 2014 (Nigeria)	Cross-sectional	P	To determine the mental health of doctors at a Nigerian university teaching hospital.	2	0	5		✓ <sup>b</sup>
Martinez, 2016 (US)	Cross-sectional	MS, R, P	To explore associations between the self-perception of “drinking too much” and other demographic, clinical, and treatment factors among medical students, house staff, and faculty at a state-sponsored US medical school.	6	1	18	✓	
Menon, 2015 (India)	Cross-sectional	MS	To determine the barriers to seeking help from healthcare services reported by medical students at an Indian medical school, and to compare the barriers for using physical health services with those for using mental health services.	12	0	7	✓	
Moutier, 2012 (US)	Descriptive	MS, R, P	To describe a program designed to increase awareness of depression and destigmatize help-seeking in order to prevent suicide at a US medical school.	11	0	16	✓	
Orri, 2014 (France)	Meta-ethnography	P	To synthesize the findings from individual qualitative studies about surgeons’ perspectives about factors affecting their practice and wellbeing.	1	0	1		
Rosler, 2012 (Switzerland)	Narrative review	P	To describe stressors unique to the psychiatric profession that may result in job dissatisfaction and burnout for mental health professionals.	3	1	0		
Sklar, 2016 (US)	Commentary	MS, R, P	To suggest a framework for addressing student, resident, and faculty burnout, and share some ideas about how to create a culture of wellness to prevent burnout.	2	0	0	✓	✓ <sup>c</sup>
Slavin, 2014 (US)	Descriptive	MS	To present a new paradigm for improving medical student mental health by describing a preclinical curricular change program.	2	0	2		✓ <sup>d</sup>
Thompson, 2016 (US)	Cross-sectional	MS	To determine the prevalence of burnout and depression among medical students, and explore relationships between coping strategies, social support, and resiliency to depression and burnout.	10	0	11	✓	✓ <sup>e</sup>
Tischler, 2015 (UK)	Perspective	MS, R	To present physician-penned literature in order to raise awareness of physician substance misuse and reduce the stigma associated with addiction in the medical profession.	8	0	6	✓	
Wimsatt, 2015 (US)	Cross-sectional	MS	To identify early career indications of stigma among physicians-in-training and to inform the design of stigma-reduction programs.	83	15	32	✓	

Abbreviations: MS, medical students; R, residents; P, attending physicians

<sup>a</sup>Authors recommend peer support.

<sup>b</sup>Authors recommend interventions to ease the effects of heavy work load on physicians and encourage their participation in social activities.

<sup>c</sup>Author recommends curricular change as well as treatment.

<sup>d</sup>Authors recommend curricular changes, including modifications to course content, contact hours, scheduling, grading, electives, and learning communities.

<sup>e</sup>Authors recommend active involvement of medical students in developing policy and identifying wellness interventions.