

TABLE 1: QUALITATIVE INFORMATION ON CODING CATEGORIES

Coding Category	Definition	Example
Stressors	Description of triggers that generate stress	"Um, I think the most stressful thing I deal with on a daily basis is meeting the expectations of uh, the attendings."; "I guess the stress I feel from work is more, you know, you do things that you were taught to do, but then, you are told are wrong because it's a different attending. "; "...emotional perspective of all the things that we all like feel and think, but we don't talk about while we're at work. And just kind of how, I mean kids come in and they'll die and stuff and it's like, I don't know, people don't really deal with that at work or talk about it too much."; "Um, death obviously. I think it's really stressful when, when I don't know what to do. Like if I don't feel comfortable with my knowledge base and, um. And I think like high acuity situations. "
Manifestations	Physical, behavioral, emotional and cognitive symptoms of stress	"Tension yes, oh gosh, shoulders really bad. ... rare but I tend to get tension headaches."; "Usually I'll start uh, I'll become absent minded. Like forgetting my backpack."; "I kind of have GI symptoms too."; "...I have a lot of trouble saying what I want to, like, just like finding the words and communicating them."
Ways of handling stress	Personal approaches to alleviating stress	"..writing poetry for me helps me.."; "I'll give my affirmation, I guess affirmation comes in the form of when I get a compliment from a colleague or you know an attending. You know or my wife or something like that. But that's kind of how I get affirmation, is from other people telling me that I did a good job or, or something about a patient, like a patient's parents, you know who say something. "; "I dance, I take ballet, I mean and I dance in my living room. I try to exercise and stuff, that's not as I don't know, as far as like going to the gym. I don't know I just like, I find that, that dancing that is something that is like calming to me."
Utility and effectiveness of BATHE	Perceived usefulness and effectiveness of all or some elements of BATHE	"...it was already incorporated into the way I do, typically deal with things"; "I feel like I try to do a lot of the things in the model already."; "...about the BATHE model, I thought, this is kind of a cool way to like analyze your feelings and take a step back when you have a rocky situation."
Deterrents to use of BATHE	Perceived impediments to using BATHE	"And then you go to work and things are crazy and there is no time for analysis"; "It seemed artificial to me to break things into parts."