

Additional file 1. Artistic Practice Questionnaire

This questionnaire was developed by Martim Fornetti, M.D. (Universidade de Lisboa) and supervised by Professor Miguel Barbosa (Universidade de Lisboa). It is intended for all students, over 18 years of age, currently enrolled in the Integrated Master's in Medicine or the respective basic cycle of studies in Portugal. Your collaboration in completing this questionnaire is requested.

In accordance with European Parliament Regulation 2016/679 (GDPR), the confidentiality of the information provided is guaranteed and the collected data will be used exclusively for the purposes of this study. Participation in this study is anonymous and entirely voluntary, and the recorded responses to the questionnaire do not contain any identifying information about you. If you decide to participate, you may withdraw at any time. By answering the questionnaire, you are giving your informed consent to participate in this study.

Thank you very much for your collaboration.

Question 1. Age: _____ (years)

Question 2. Gender: _____

Question 3. Which year of the course are you currently attending?

Select only one option.

- 1st year
- 2nd year
- 3rd year
- 4th year
- 5th year
- 6th year

Question 4. Which medical school are you currently enrolled in?

Select only one option.

- EMUM | Escola de Medicina da Universidade do Minho
- ICBAS | Instituto de Ciências Biomédicas Abel Salazar
- FMUP | Faculdade de Medicina da Universidade do Porto
- FMUC | Faculdade de Medicina da Universidade de Coimbra
- FMUL | Faculdade de Medicina da Universidade de Lisboa
- FCM-NMS | Faculdade de Ciências Médicas - Nova Medical School
- FCS-UBI | Faculdade de Ciências da Saúde - Universidade da Beira Interior
- FMUCP | Faculdade de Medicina da Universidade Católica Portuguesa
- FCV-UM | Faculdade de Ciências da Vida - Universidade da Madeira
- FCT-UA | Faculdade de Ciências e Tecnologia - Universidade dos Açores
- DCBM-UA|g | Departamento de Ciências Biomédicas e Medicina -
Universidade do Algarve

Question 5. Are you currently involved in any artistic activities?

Select only one option.

- Yes
- No

Question 6. How often do you practice the following artistic activities?

Answer on a scale of: 1 - Never / 2 - Annually / 3 - Monthly / 4 - Weekly / 5 - Daily

- Theatre: _____
- Music: _____
- Dance: _____
- Photography: _____
- Painting: _____
- Prose: _____
- Poetry: _____

Question 7. If you engage in any other artistic activities (besides those mentioned), please specify which one(s) and how often: _____

Question 8. At what age did you start your artistic practice? _____ (years)

Question 9. Has your artistic practice been continuous or intermittent?

Select only one option.

- Continuous
- Intermittent