

Supplemental Material 1

Table S.1. Description of Co-Creation Methods.

Name	Description
Ice-breakers	'Ice-breakers' are exercises that provide a quick and effective way to start an interactive workshop, and that aim to warm-up the participants. This study used the following three ice-breaker questions, to which participants could respond through sticky notes on the Miro board: 1. If you could only eat one more thing for the rest of your life, what would it be? 2. If you would be a vegetable, which one would it be? 3. If you could have one superpower, which one would it be?
Case-based brainstorm	During the 'case-based brainstorm', 15 random and imaginative pictures were shown to the participants. Each participant could pick one or maximum two pictures that reminded them of a situation linked to burnout or mental health in medical education. Using pictures in a brainstorm exercise facilitates creative thinking and helps participants to brainstorm.
Stakeholder mapping	'Stakeholder mapping' is a visual exercise in which participants consider and organise all stakeholders involved with or affected by the mental health and burnout risk of medical students. Participants do this in groups of two to five people to inspire each other and discuss possible stakeholders.
Customer journey	A 'customer journey' is a visual representation of each step that a participant or customer takes. For this study, we transformed the customer journey exercise to an academic journey, during which all participants reflected in pairs about their academic year, identifying which periods were easy, what obstacles they encountered and what potential interventions could be implemented to improve that period.
Bad Ideas	'Bad ideas' is a form of ice-breaker exercise that is already more content-related. All participants describe on a sticky note potential bad and ineffective ideas to reduce burnout risk during medical education. Participants may include

	interventions that actually happened, but they are also encouraged to invent their own.
Personas	'Personas' refer to fictional characters that are created to represent the different types of people that exist within the target population. In the co-creation process, they are used to reflect on the various needs, requirements and characteristics of the target group.
Brainwriting	The 'brainwriting' technique is a highly collaborative and structured brainstorm used to generate ideas in group rapidly. After describing their own ideas, participants are encouraged to read and elaborate on the ideas of others.
Dot voting	'Dot voting' is a quick and simple decision-making exercise to narrow down options, prioritize interventions and identify team preferences. Each participant is given a set number of 'dots' to distribute across the list of interventions.
Matrix	A 'matrix' exercise is an analysis method for discussing and identifying interventions that are: - Difficult / easy to implement: vertical axis - Innovative / less innovate: horizontal axis
Prototyping	'Prototyping' is the experimental process in which participants develop an action plan for implementing their ideas; and where they transform their abstract concepts into more tangible formats.

Supplemental Material 2

The Miro boards below display the logical flow of the three workshops, illustrating how they build upon the previous workshop and elaborate on the concepts discussed. *Figure S.1* shows the flow of the first workshop, which focused on the problem analysis, aiming to gain insights into the problem and generating some first quick ideas for interventions. Exercises included stakeholder mapping and customer journey. *Figure S.2* presents the outline of workshop two, which focused on the ideation of interventions through multiple brainstorm exercises, such as the development of personas, brainwriting and a matrix analysis. *Figure S.3* shows the outline of workshop three, which elaborated further on the ideas generated in the former workshops, including co-creation exercises, such as dot voting and prototyping. *Figure S.4* provides the flow of the Delphi session, including dot voting and reaching consensus on the priority interventions.

Figure S.1. Miro Board for Workshop 1

Public online link: https://miro.com/app/board/uXjVOmtW66A=

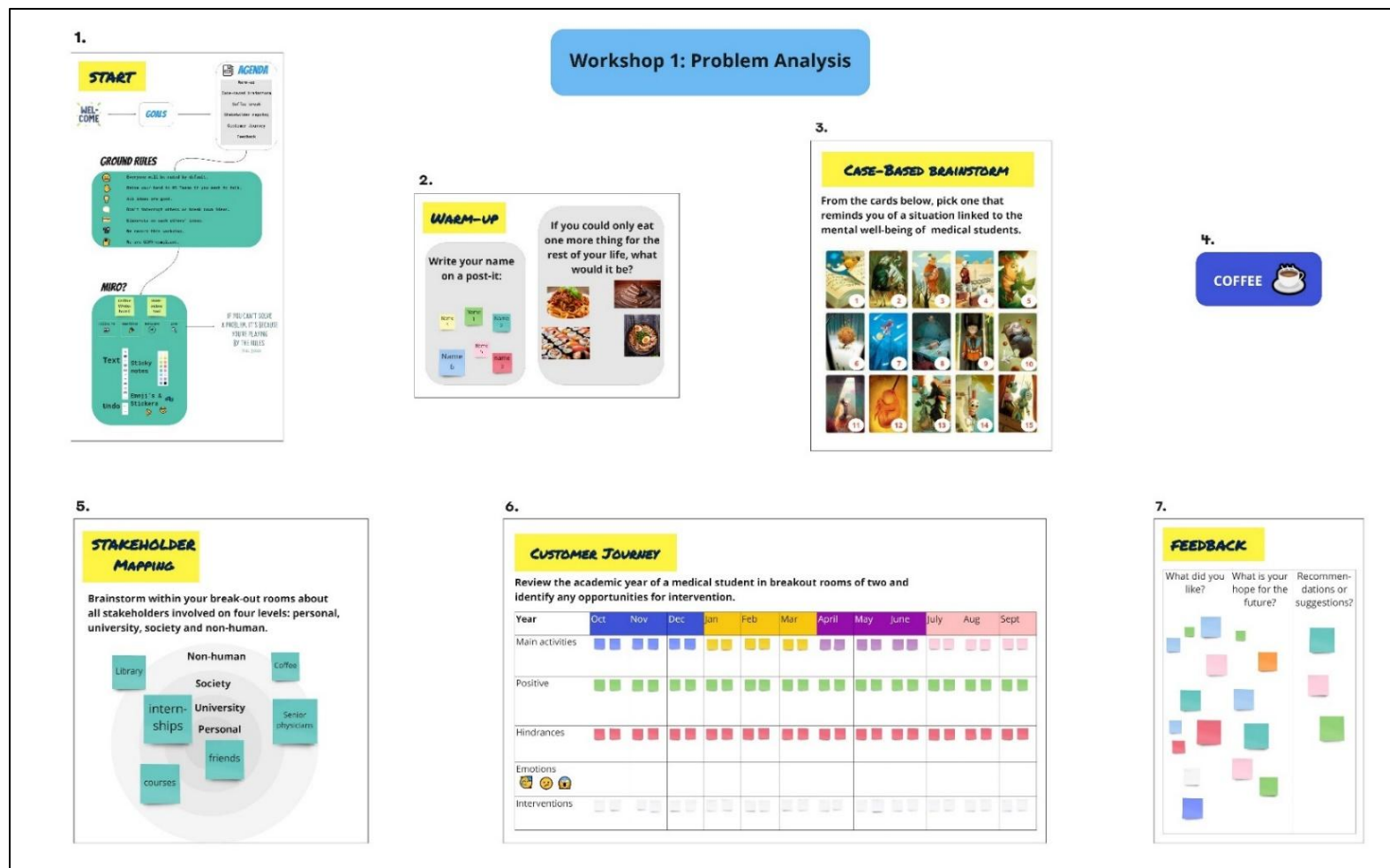


Figure S.2. Miro Board for Workshop 2

Public online link: https://miro.com/app/board/uXjVPITqMDA=

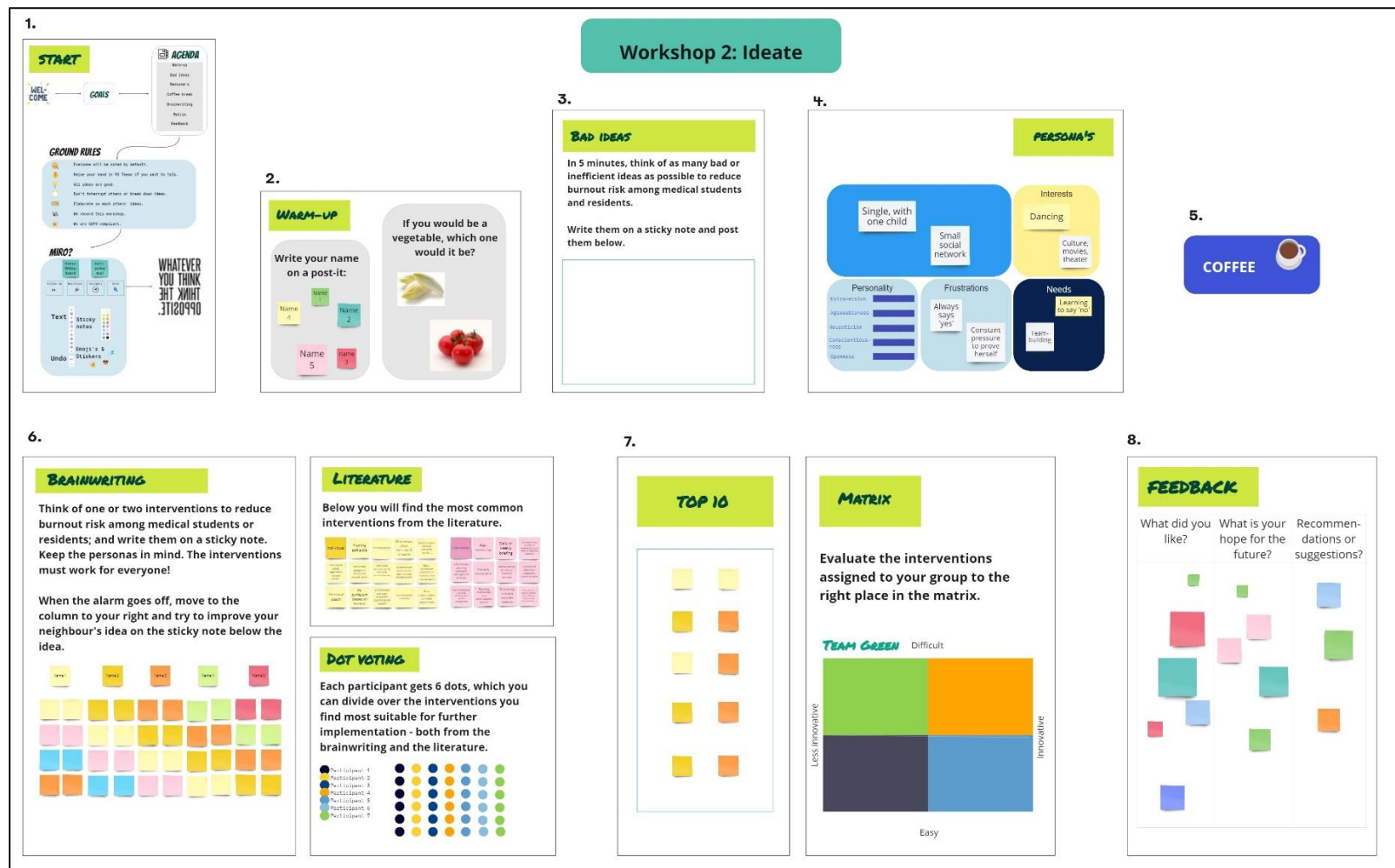


Figure S.3. Miro Board for Workshop 3

Public online link: https://miro.com/app/board/uXjVOyNJlks=

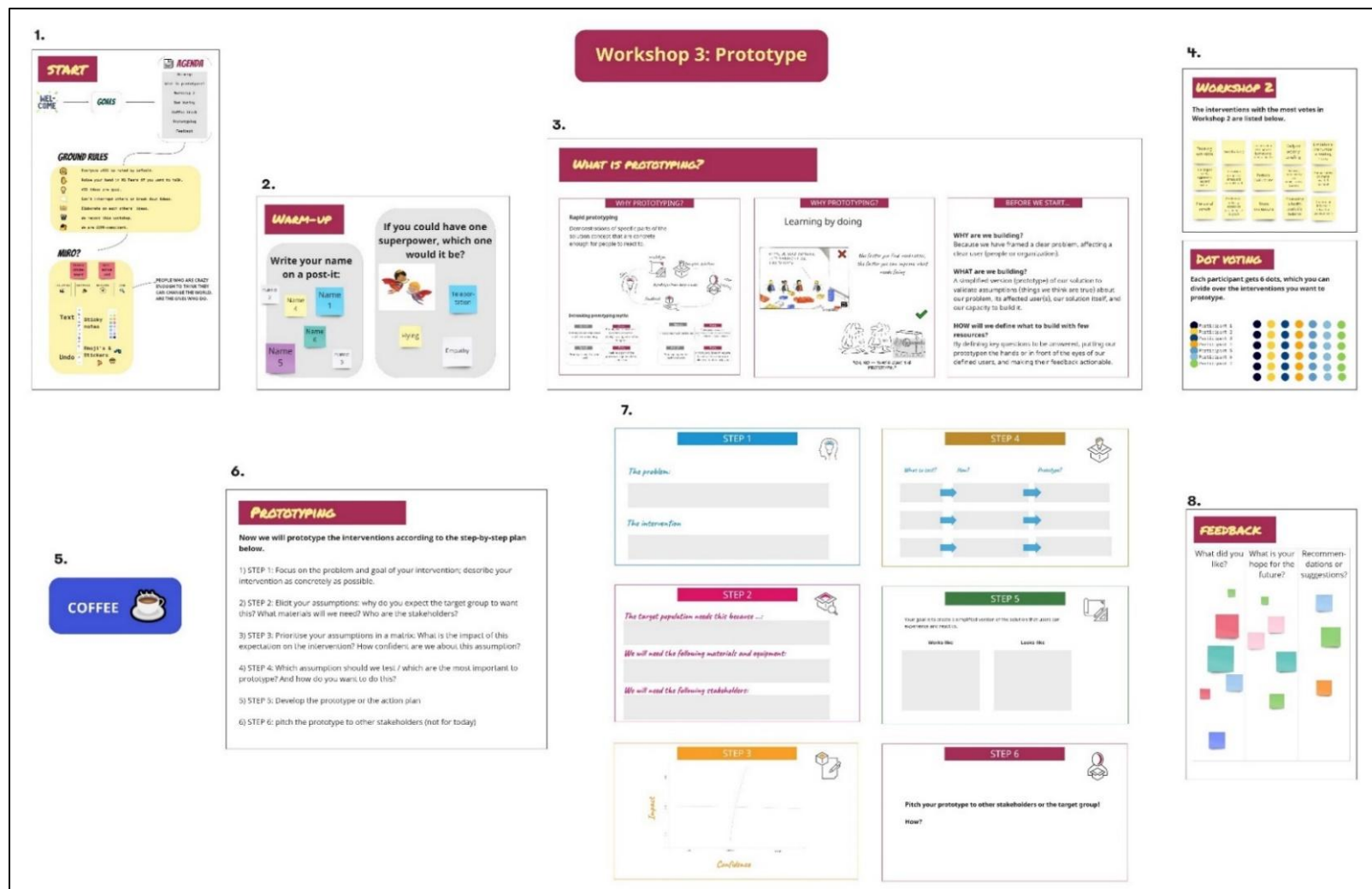


Figure S.4. Miro Board for Delphi Session

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