

The Turkish Validity and Reliability Study of the Shame Frequency Questionnaire in Medical Students

Section 1: Personal Information

1) How old are you?

.....

2) What is your gender?

☐ Female ☐ Male ☐ Prefer not to disclose

3) Which year are you in at medical school?

☐ Year 1 ☐ Year 2 ☐ Year 3 ☐ Year 4 ☐ Year 5 ☐ Year 6

4) How would you describe your income level?

☐ Low ☐ Moderate ☐ High

5) Where do you currently live?

☐ With my family ☐ In a dormitory ☐ With relatives ☐ With housemates ☐ Alone in my own place

6) Do you smoke cigarettes?

☐ Never tried ☐ Occasionally ☐ Regularly ☐ Quit

7) Do you consume alcohol?

☐ Never tried ☐ Occasionally ☐ Regularly ☐ Quit

8) Do you have any chronic illnesses? If yes, please specify.

☐ Yes (.....) ☐ No

9) Do any of your first-degree relatives have a chronic illness? If yes, please specify.

☐ Yes (.....) ☐ No

10) Do you have a current psychiatric diagnosis? If yes, please specify.

☐ Yes (.....) ☐ No

11) What is your career plan after graduation?

- ☐ To take the specialty exam (TUS) and choose an internal medicine field
- ☐ To take the specialty exam (TUS) and choose a surgical field
- ☐ To take the specialty exam (TUS) and choose a basic sciences field
- ☐ To work as a general practitioner
- ☐ To work or receive training abroad in the field of medicine
- ☐ To work outside the field of medicine
- ☐ Other: (please specify)

Section 2: The Turkish Version of the Shame Frequency Questionnaire in Medical Students

Son 3 ay içinde aşağıdaki duygu ve düşünceleri ne kadar sık yaşadığınızı belirtiniz. Lütfen 'Nadiren, Bazen, Sık sık, Neredeyse her zaman' seçeneklerinden size en uygun olanı işaretleyiniz.

	Nadiren	Bazen	Sık sık	Neredeyse her zaman
1) Kendimde bir şeylerin eksik olduğunu hissediyorum				
2) Sağlık alanında olmaya uygun olmadığımı düşünüyorum				
3) Yeteri kadar zeki olmadığımı düşünüyorum				
4) Sağlık hizmetlerine ait değilmişim gibi hissediyorum				
5) Kendimi sağlık alanında yetkin hissetmiyorum				
6) Bulunduğum ortamdaki en aptal kişi gibi hissediyorum				
7) Kendimi kırılgan, savunmasız hissediyorum				
8) Kendimi genel olarak yetersiz hissediyorum				
9) Yeterince iyi olmadığımı düşünüyorum				
10) Kendimi hatalı, kusurlu hissediyorum				
11) Sağlık profesyoneli olmaya uygun değilim				
12) Elde ettiğim başarılar şans ederiymiş gibi hissediyorum				

Section 2: The Original Version of the Shame Frequency Questionnaire in Medical Students

During the Past 3 Months, How Often Have You Experienced the Following Thoughts and Feelings?

	Never	Once a month or less	A few times a month	Once a week	A few times a week	Nearly every day
1) Deficient as a person						
2) Unworthy to be in health care						
3) Not smart enough						
4) Like you don't belong in health care						
5) Incompetent						
6) Like the dumbest person in the room						
7) Exposed						
8) Inadequate						
9) Not good enough						
10) Flawed as a person						
11) Unfit to be a health care professional						
12) Like an imposter						

Section 3: Maslach Burnout Inventory (MBI) (Turkish version)

Section 4: Generalized Anxiety Disorder 7-item (GAD-7) (Turkish version)

Section 5: Patient Health Questionnaire-9 (PHQ-9) (Turkish version)

Note: Owing to the large volume of data, sociodemographic variables other than gender, age, year of medical school, and income, together with the data from Section 3, Section 4, and Section 5, were not included in the present study. Therefore, their full details have not been reported here and they will be presented in a subsequent article.

