

Survey on International Experiences and Anti-racism Resources in Medical Education in Finland

Section 1: International Activities and Experiences

Thank you for participating in this survey. The first section asks questions about international activities and experiences you may have had in the past.

1. Have you ever traveled outside Finland? For which reason(s)? (Select all that apply)

- ☐ No, I have never left Finland
- ☐ Yes, leisure/vacationing
- ☐ Yes, I was born outside of Finland
- ☐ Yes, visiting family
- ☐ Yes, student exchange
- ☐ Yes, volunteering
- ☐ Yes, work
- ☐ Yes, other: _____
- ☐ Prefer not to respond

2. Do you participate in any organized international activities held in Finland, such as discussion groups, volunteering for organizations with an international focus, etc.?

- ☐ Yes, daily
- ☐ Yes, one or two times a week
- ☐ Yes, one or two times a month
- ☐ Yes, once or a few times a year
- ☐ No, less than once a year or never

3. Do you have family who are from another country?

- ☐ No
- ☐ Yes
- ☐ Prefer not to respond

4. Do you have friends who are from another country?

- ☐ No
- ☐ Yes
- ☐ Prefer not to respond

For the next question, “antiracism” is defined as: “Active work to identify and eliminate racist customs, structures, practices, attitudes and other forms of racism in society and organisations.”

(<https://monikulttuurinen.fi/en/glossary/>)

“Aktiivista työtä rasististen käytäntöjen, yhteiskunnan ja organisaatioiden rakenteiden, toimintatapojen, asenteiden ja muun rasismin tunnistamiseen ja eliminointiin.”

<https://monikulttuurinen.fi/sanasto/>

5. How have the international experiences you referred to earlier affected your interest in antiracism?

- ☐ I have never had an international experience
- ☐ Decreased it significantly
- ☐ Decreased it
- ☐ No impact
- ☐ Increased it
- ☐ Increased it significantly

Section 2: A-RES

Questions by Eschmann et al. 2023

Please indicate your level of agreement or disagreement with the following statements:

6. People like you can influence the way racism affects others.

- Agree strongly
- Agree
- Disagree
- Disagree strongly

7. You consider yourself well qualified to participate in movements related to racism.

- Agree strongly
- Agree
- Disagree
- Disagree strongly

8. You have a pretty good understanding of the important issues facing our country around racism.

- Agree strongly
- Agree
- Disagree
- Disagree strongly

9. People like you don't have any say about racism. (rev)

- Agree strongly
- Agree
- Disagree
- Disagree strongly

10. No matter what you do, racism will never go away. (rev)

- Agree strongly
- Agree
- Disagree
- Disagree strongly

Would you like to elaborate on your answers? (optional)

Section 3: Racism and Antiracism Learning Resources

The next questions ask about your learning about racism.

11. Have you received any formal education about how racism impacts medicine during your medical studies?

- Yes
- No
- I can't remember

Please elaborate. (optional)

12. To what extent do you agree with the following statement?

I seek out resources and opportunities to better understand racism (e.g., books, optional courses, podcasts, YouTube videos) on my own.

- Disagree strongly
- Disagree
- Neutral
- Agree
- Agree strongly

13. To what extent do you agree with the following statement?

I know where to access reference materials showing medical symptoms and conditions on light skin tones.

- Disagree strongly
- Disagree
- Neutral
- Agree
- Agree strongly

If so, where? (optional)

14. To what extent do you agree with the following statement?

I know where to access reference materials showing medical symptoms and conditions on dark skin tones.

- ☐ Disagree strongly
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Agree strongly

If so, where? (optional)

15. Which of the following, if any, have been barriers to your learning about racism?

(Select all that apply)

- ☐ No barriers or challenges
- ☐ Lack of time due to heavy workload
- ☐ Limited information offered in the medical curriculum
- ☐ Lack of available resources in Finnish or Swedish
- ☐ Other (please specify): _____

16. What additional supports would you find helpful in addressing racism in your medical education and future practice? (Select all that apply)

- ☐ More training and workshops
- ☐ Mentorship from faculty experienced in antiracism
- ☐ Peer support groups
- ☐ Inclusion of literature and research on racism in medicine in required course materials
- ☐ Other (please specify): _____

Section 4: Racism and Antiracism in Medicine in Finland

The next questions ask for your thoughts on racism and antiracism.

17. **On a scale of 1-10, how significant of a problem is racism in Finland, in your opinion?**
- o 1 (insignificant) – 10 (very significant)
18. **On a scale of 1-10, how significant of a problem is racism in medicine in Finland, in your opinion?**
- o 1 (insignificant) – 10 (very significant)
19. **On a scale of 1-10, how prepared do you feel to intervene (by directly saying something or anonymously reporting) if you notice racist behaviours in a classroom or teaching setting?**
- o 1 (completely unprepared) – 10 (completely prepared)
20. **On a scale of 1-10, how prepared do you feel to intervene (by directly saying something or anonymously reporting) if you notice racist behaviours in a clinical or hospital setting?**
- o 1 (completely unprepared) – 10 (completely prepared)
21. **Have you ever observed racism within your medical education settings?**
- ☐ No
 - ☐ Yes, and nobody intervened
 - ☐ Yes, and someone else intervened
 - ☐ Yes, and I intervened
 - ☐ Prefer not to respond
22. **Have you ever been the target of racism within your medical education settings?**
- ☐ Does not apply to me
 - ☐ No
 - ☐ Yes, and nobody intervened
 - ☐ Yes, and somebody else intervened
 - ☐ Yes, and I defended myself
 - ☐ Prefer not to respond

Section 5: Demographic Information

The last section of the survey contains questions about your student background. You may select “Prefer not to respond” if you are uncomfortable answering a question.

23. Age:

- ☐ 18-21
- ☐ 22-25
- ☐ 26-29
- ☐ 30-34
- ☐ 35 and above
- ☐ Prefer not to respond

24. Gender:

- ☐ Man
- ☐ Woman
- ☐ Nonbinary or other gender identity
- ☐ Prefer not to respond

25. What is your year of study (measured in degree progress)?

- ☐ 1st Year
- ☐ 2nd Year
- ☐ 3rd Year
- ☐ 4th Year
- ☐ 5th Year
- ☐ 6th Year
- ☐ Other, please explain: _____
- ☐ Prefer not to respond

26. At what university are you enrolled for your medical studies?

- ☐ University of Helsinki
- ☐ University of Turku
- ☐ University of Tampere
- ☐ University of Oulu
- ☐ University of Eastern Finland (Kuopio)
- ☐ Other, please explain: _____
- ☐ Prefer not to respond

27. To what extent do you agree or disagree with the following statement?

Internationality is a big part of my identity.

- ☐ Disagree strongly

- Disagree
- Neutral
- Agree
- Agree strongly
- Prefer not to respond

28. Do you identify as a member of a racialized minority in Finland?

- o Yes
- o No
- o Prefer not to respond

Section 6: Open-Ended Questions

Below are some open-ended questions related to internationality, antiracism, and medical education in Finland. The questions are all optional.

1. Please describe any specific international experiences that have influenced your understanding of antiracism in medicine. (optional)

2. In your opinion, what changes are needed in medical education to address racism in healthcare? (optional)

3. Is there anything else you would like to share? (optional)

Thank you for taking the time to complete this survey. Your responses are invaluable.

Because contact information is not collected, it will not be possible to withdraw answers once they have been submitted. By submitting your answers, you consent to their use in the master's thesis project "Examining Finnish medical students' anti-racism efficacy and international experiences," as well as possible future publications in academic journals.

To submit your answers, please click the button below.

SUBMIT