

TABLES AND FIGURES

Table 1. Study Population Characteristics and Prevalence of PCEs by D/MPH, ACES, ARSEs, and Demographics

	N (%)	Prevalence of PCEs			P-value
	All	0-2 PCEs	3-5 PCEs	6-7 PCEs	
All	1456	294 (20.2%)	581 (39.9%)	581 (39.9%)	-
D/PMH					
Yes	448 (30.8%)	131 (29.2%)	213 (47.5%)	104 (23.2%)	<0.001
No	1008 (69.2%)	163 (16.2%)	368 (36.5%)	477 (47.3%)	
ACES					
0 ACEs	395 (27.1%)	14 (3.5%)	117 (29.6%)	264 (66.8%)	<0.001
1 ACE	372 (25.5%)	38 (10.2%)	175 (47%)	159 (42.7%)	
2-3 ACEs	391 (26.9%)	99 (25.3%)	177 (45.3%)	115 (29.4%)	
4-11 ACEs	298 (20.5%)	143 (48%)	112 (37.6%)	43 (14.4%)	
ARSEs					
Always	293 (20.1%)	15 (5.1%)	82 (28%)	196 (66.9%)	<0.001
Usually	818 (56.2%)	131 (16%)	353 (43.2%)	334 (40.8%)	
Sometimes/ rarely/never	345 (23.7%)	148 (42.9%)	146 (42.3%)	51 (14.8%)	
Age					
18-24	208 (14.3%)	34 (16.3%)	91 (43.8%)	83 (39.9%)	0.007
25-29	798 (54.8%)	151 (18.9%)	323 (40.5%)	324 (40.6%)	
30-34	333 (22.9%)	69 (20.7%)	128 (38.4%)	136 (40.8%)	
35 or older	117 (8%)	40 (34.2%)	39 (33.3%)	38 (32.5%)	
Gender					
Man	405 (27.8%)	71 (17.5%)	149 (36.8%)	185 (45.7%)	<0.001
Woman	1017 (69.8%)	208 (20.5%)	421 (41.4%)	388 (38.2%)	
TG/GNC	34 (2.3%)	15 (44.1%)	11 (32.4%)	8 (23.5%)	
Orientation					
Straight/Heterosexual	1165 (80%)	204 (17.5%)	448 (38.5%)	513 (44%)	<0.001
LGBTQ+	277 (19%)	87 (31.4%)	125 (45.1%)	65 (23.5%)	
Prefer not to answer	14 (1%)	3 (21.4%)	8 (57.1%)	3 (21.4%)	
Race/Ethnicity					
White, non-Hispanic	867 (59.5%)	153 (17.6%)	303 (34.9%)	411 (47.4%)	<0.001
Asian	313 (21.5%)	65 (20.8%)	165 (52.7%)	83 (26.5%)	
Black or African American	60 (4.1%)	17 (28.3%)	32 (53.3%)	11 (18.3%)	
Hispanic	115 (7.9%)	31 (27%)	46 (40%)	38 (33%)	
Other	76 (5.2%)	23 (30.3%)	21 (27.6%)	32 (42.1%)	
Prefer not to answer	25 (1.7%)	5 (20%)	14 (56%)	6 (24%)	
School related debt					
No school-related debt	346 (23.8%)	56 (16.2%)	131 (37.9%)	159 (46%)	0.087
\$1-\$99,999	327 (22.5%)	71 (21.7%)	133 (40.7%)	123 (37.6%)	
\$100,000-199,999	331 (22.7%)	61 (18.4%)	134 (40.5%)	136 (41.1%)	
\$200,000-\$299,999	254 (17.4%)	59 (23.2%)	101 (39.8%)	94 (37%)	
> \$300,000	183 (12.6%)	45 (24.6%)	72 (39.3%)	66 (36.1%)	

I do not know	15 (1%)	2 (13.3%)	10 (66.7%)	3 (20%)	
History of discrimination					
Yes	332 (22.8%)	109 (32.8%)	157 (47.3%)	66 (19.9%)	<0.001
No	1109 (76.2%)	179 (16.1%)	417 (37.6%)	513 (46.3%)	
Prefer not to answer	15 (1.0%)	6 (40%)	7 (46.7%)	2 (13.3%)	
Relationship					
Yes	966 (66.3%)	185 (19.2%)	385 (39.9%)	396 (41%)	0.396
No	457 (31.4%)	100 (21.9%)	181 (39.6%)	176 (38.5%)	
Prefer not to answer	33 (2.3%)	9 (27.3%)	15 (45.5%)	9 (27.3%)	
Children					
None	1278 (87.8%)	251 (19.6%)	528 (41.3%)	499 (39%)	0.296
1	110 (7.6%)	24 (21.8%)	32 (29.1%)	54 (49.1%)	
2+	65 (4.5%)	19 (29.2%)	20 (30.8%)	26 (40%)	
Prefer not to answer	3 (0.2%)	0 (0.0%)	1 (33.3%)	2 (66.7%)	
Region					
Midwest	181 (12.4%)	43 (23.8%)	77 (42.5%)	61 (33.7%)	0.002
Northeast	414 (28.4%)	60 (14.5%)	169 (40.8%)	185 (44.7%)	
South	193 (13.3%)	55 (28.5%)	79 (40.9%)	59 (30.6%)	
West	656 (45.1%)	133 (20.3%)	253 (38.6%)	270 (41.2%)	
Other National Program	12 (0.8%)	3 (25%)	3 (25%)	6 (50%)	
Training level					
Medical Student	912 (62.6%)	193 (21.2%)	385 (42.2%)	334 (36.6%)	0.003
Resident	412 (28.3%)	80 (19.4%)	146 (35.4%)	186 (45.1%)	
Fellow	125 (8.6%)	17 (13.6%)	48 (38.4%)	60 (48%)	
Other	7 (0.5%)	4 (57.1%)	2 (28.6%)	1 (14.3%)	
Future Specialization					
(Medical students)					
Medical	385 (26.4%)	79 (20.5%)	171 (44.4%)	135 (35.1%)	0.363
Mixed Surgical and Medical	259 (17.8%)	56 (21.6%)	97 (37.5%)	106 (40.9%)	
Surgical	131 (9%)	27 (20.6%)	56 (42.7%)	48 (36.6%)	
Indirect or Non-Patient Care	95 (6.5%)	26 (27.4%)	41 (43.2%)	28 (29.5%)	
Undecided	42 (2.9%)	5 (11.9%)	20 (47.6%)	17 (40.5%)	
Current Specialization					
(Fellows and residents)					
Medical	321 (22%)	60 (18.7%)	124 (38.6%)	137 (42.7%)	0.367
Mixed Surgical and Medical	105 (7.2%)	16 (15.2%)	41 (39%)	48 (45.7%)	
Surgical	57 (3.9%)	10 (17.5%)	13 (22.8%)	34 (59.6%)	
Indirect or Non-Patient Care	51 (3.5%)	10 (19.6%)	15 (29.4%)	26 (51%)	
Other	3 (0.2%)	1 (33.3%)	1 (33.3%)	1 (33.3%)	

Abbreviations: ACEs, adverse childhood experiences; ARSES, adult-reported social and emotional support; D/PMH, depression and/or poor mental health; LGBTQ+, lesbian, gay, bisexual, transgender, queer/questioning, and others; PCEs, positive childhood experiences; TG/GNC, transgender/gender non-conforming

Table 2: Distribution of ACEs among medical students and their future specialization and fellow/residents and their current specialization.

		Prevalence of ACEs				p-value
		0 ACEs	1 ACE	2-3 ACEs	4-11 ACEs	
All		395 (27.1%)	372 (25.5%)	391 (26.9%)	298 (20.5%)	
Training level						
Medical Student	912 (62.6%)	236 (25.9%)	236 (25.9%)	242 (26.5%)	198 (21.7%)	0.401
Fellow	125 (8.6%)	40 (32%)	31 (24.8%)	34 (27.2%)	20 (16%)	
Resident	412 (28.3%)	119 (28.9%)	104 (25.2%)	112 (27.2%)	77 (18.7%)	
Other	7 (0.5%)	0	1 (14.3%)	3 (42.9%)	3 (42.9%)	
Future Specialization						
<i>(Medical students)</i>						
Medical	385 (26.4%)	104 (27%)	99 (25.7%)	104 (27%)	78 (20.3%)	0.216
Mixed Surgical and Medical	259 (17.8%)	69 (26.6%)	71 (27.4%)	60 (23.2%)	59 (22.8%)	
Surgical	131 (9%)	35 (26.7%)	31 (23.7%)	35 (26.7%)	30 (22.9%)	
Indirect or Non-Patient Care	95 (6.5%)	13 (13.7%)	23 (24.2%)	35 (36.8%)	24 (25.3%)	
Undecided	42 (2.9%)	15 (35.7%)	12 (28.6%)	8 (19%)	7 (16.7%)	
Current Specialization						
<i>(Fellows and residents)</i>						
Medical	321 (22%)	90 (28%)	85 (26.5%)	83 (25.9%)	63 (19.6%)	0.944
Mixed Surgical and Medical	105 (7.2%)	34 (32.4%)	23 (21.9%)	30 (28.6%)	18 (17.1%)	
Surgical	57 (3.9%)	18 (31.6%)	15 (26.3%)	15 (26.3%)	9 (15.8%)	
Indirect or Non-Patient Care	51 (3.5%)	16 (31.4%)	12 (23.5%)	17 (33.3%)	6 (11.8%)	
Other	3 (0.2%)	1 (33.3%)	0	1 (33.3%)	1 (33.3%)	

Abbreviations: ACEs, adverse childhood experiences

Relational Health in Medical Trainees

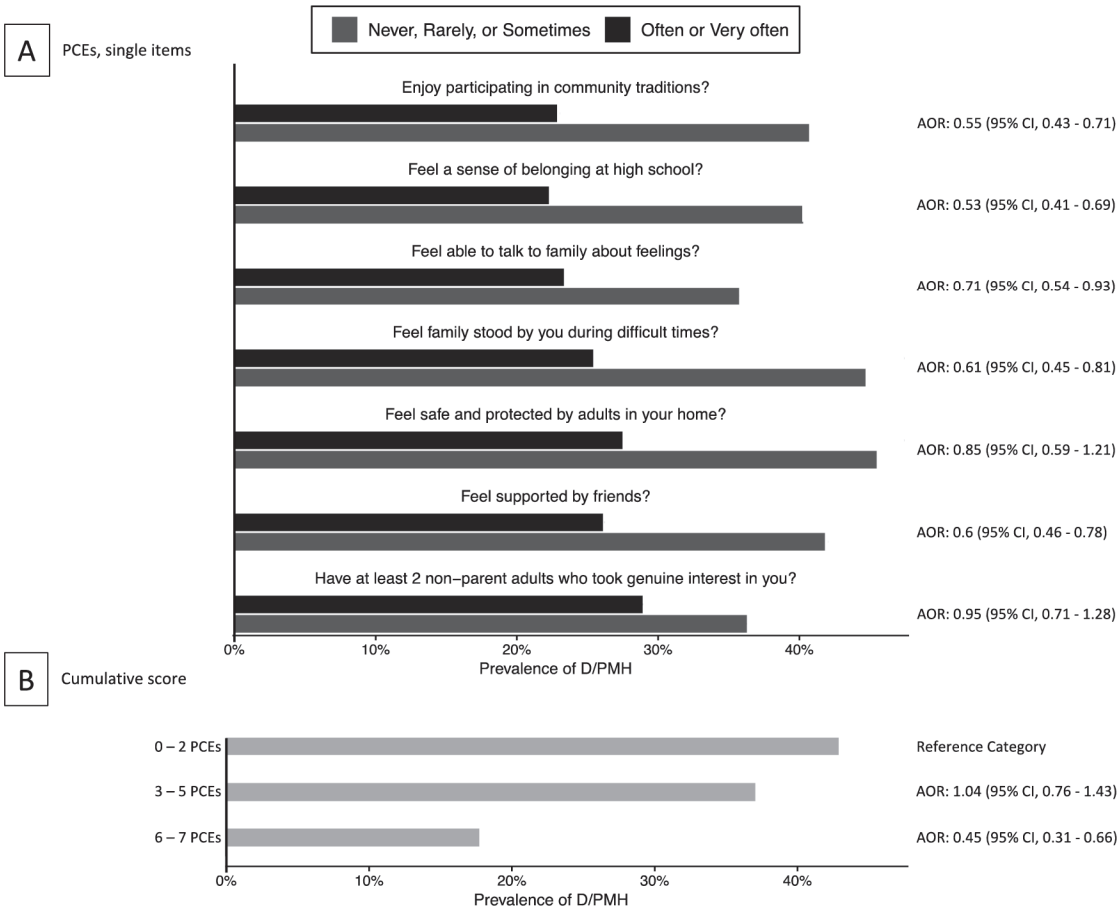
White, non-Hispanic	283	32.6%	1 [Reference]	199	23%	1 [Reference]
Asian	73	23.3%	0.52 (0.37, 0.72)	53	16.9%	0.84 (0.57, 1.23)
Black or African American	25	41.7%	0.005	5	8.3%	0.012
Hispanic	29	25.2%	0.49 (0.3, 0.79)	20	17.4%	0.86 (0.49, 1.45)
Other	29	38.2%	1.2 (0.7, 2.03)	10	13.2%	0.54 (0.25, 1.08)
Prefer not to answer	9	36%	1.13 (0.44, 2.71)	6	24%	1.8 (0.61, 4.76)
History of discrimination						
No	314	28.3%	1 [Reference]	241	21.7%	1 [Reference]
Yes	130	39.2%	<0.001	51	15.4%	1.27 (0.85, 1.87)
Prefer not to answer	4	26.7%	0.98 (0.25, 3.22)	1	6.7%	0.57 (0.03, 3.25)
Relationship						
No	143	31.3%	1 [Reference]	69	15.1%	1 [Reference]
Yes	291	30.1%	0.309	219	22.7%	1.59 (1.16, 2.21)
Prefer not to answer	14	42.4%	1.42 (0.65, 3.05)	5	15.2%	1.17 (0.37, 3.12)

Abbreviations: ACEs, adverse childhood experiences; ARSES, adult-reported social and emotional support; D/PMH, depression and/or poor mental health; LGBTQ+, lesbian, gay, bisexual, transgender, queer/questioning, and others; PCEs, positive childhood experiences; TG/GNC, transgender/gender non-conforming

^a Adjusted odds ratios shown are adjusted for: age, gender, sexual orientation, ethnicity, relationship status, history of discrimination, and adverse childhood experiences.

^b Significance for each variable evaluated using χ^2 tests; p-values for individual adjusted odds ratios not shown.

Figure 1. Prevalence of Depression and/or Poor Mental Health (D/PMH) Among Adults by Positive Childhood Experiences (PCEs) Single Items and Cumulative Scores^{a,b,c}

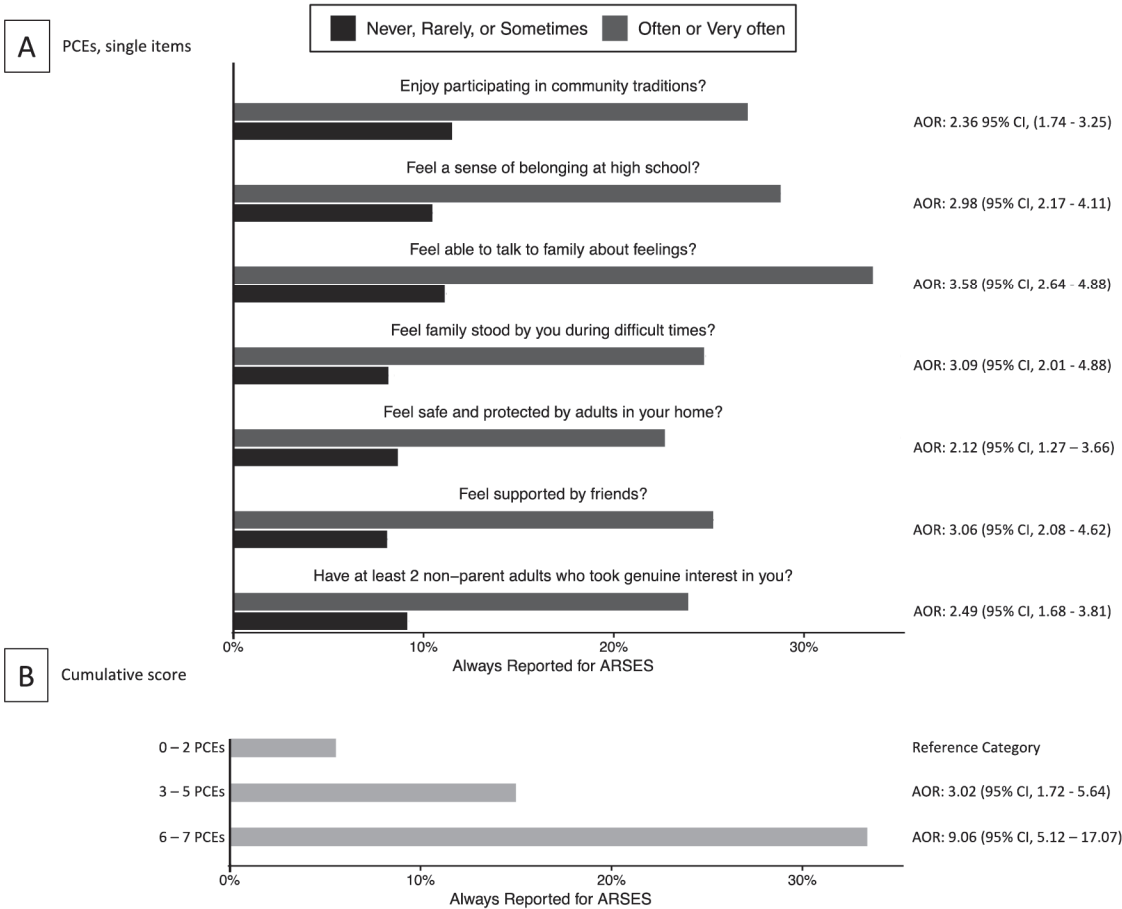


^a Adjusted odds ratios (AORs) shown are adjusted for: age, gender, sexual orientation, ethnicity, relationship status, history of discrimination, and adverse childhood experiences.

^b Never, rarely, or sometimes is the reference category

^c Weighted percentages shown

Figure 2. Prevalence of Adult Reporting Always Receiving Needed Social Emotional Support (ARSES) by Positive Childhood Experiences (PCEs) Single Items and Cumulative Scores^{a,b,c}



^a Adjusted odds ratios (AORs) shown are adjusted for: age, gender, sexual orientation, ethnicity, relationship status, history of discrimination, and adverse childhood experiences.

^b Never, rarely, or sometimes is the reference category

^c Weighted percentages shown