

**Supplemental Table 2. Characteristics of included studies<sup>1</sup>**

Undergraduate Non-Medical Students								
Author, Year	Timeframe	Participant Numbers	Type of Participants	Design <sup>2</sup>	Well-being Domain <sup>3</sup>	Intervention Description	Level <sup>4</sup>	Significantly significant <sup>5</sup>
Dumont et al., 2010 <sup>1</sup>	N/S	215	Health Sciences	Uncontrolled	Intellectual, Occupational	Prelicensure interfaculty courses on interprofessional collaboration in patient and family-centered care	System	Yes
Roach et al., 2012 <sup>2</sup>	N/S	43	Health Sciences	RCT	Intellectual, Occupational	Three-dimensional (3D) video learning module on the acquisition of new skills	System	No
Undergraduate Medical Students								
Author, Year	Timeframe	Participant Numbers	Type of Participants	Design <sup>2</sup>	Well-being Domain <sup>3</sup>	Intervention Description	Level <sup>4</sup>	Significantly significant <sup>5</sup>
Ali et al., 2003 <sup>3</sup>	N/S	29	Senior undergraduate medical students	RCT	Intellectual	Trauma Evaluation and Management (TEAM) module devised by the American College of Surgeons in the trauma education	Individual	Yes
Bland et al., 2001 <sup>4</sup>	2001	84	Second year undergraduate medical students	Uncontrolled	Intellectual	Teaching module on alcohol, tobacco, and drug use	Program	Yes
Brown et al., 2018 <sup>5</sup>	2016	123	First year undergraduate medical students	Uncontrolled	Intellectual, Occupational	Program for Improvement in Medical Education (PRIME) for engagement in Quality Improvement training	Individual	Yes
Burbridge et al., 2015 <sup>6</sup>	2013-2015	135	Pre-clinical undergraduate medical students	Quasi-experimental	Intellectual, Occupational	University of Saskatchewan Radiology Courseware (USRC), a novel interactive web application that enables preclinical medical students to acquire image interpretation skills fundamental to clinical practice	System	Yes
Byszewski et al., 2017 <sup>7</sup>	2014	93	Undergraduate medical students	Uncontrolled	Intellectual, Occupational	Multimedia podcast resource on what a geriatric specialty entails	Individual	Yes
Cadieux et al., 2017 <sup>8</sup>	N/S	62	First year undergraduate medical students	Uncontrolled	Intellectual, Occupational	Leadership course grounded in business pedagogy	System	No
Cassidy-Smith et al., 2011 <sup>9</sup>	2005	26	Fourth year undergraduate medical students	Uncontrolled	Intellectual, Occupational	Two dedicated teaching attending physician shifts added to the clinical schedule each week	Program	Yes
Chew et al., 2012 <sup>10</sup>	2008-2009	18	Second year undergraduate medical students	Uncontrolled	Intellectual, Occupational	Pre-clerkship HIV elective (PHE)	Individual	Yes
Cleave-Hogg et al., 2002 <sup>11</sup>	N/S	145	Fourth year undergraduate medical students	Uncontrolled	Intellectual, Occupational	Anesthesia computer-controlled patient simulator	Program	No
D'Urzo et al., 2019 <sup>12</sup>	N/S	27	Second year undergraduate medical students	Uncontrolled	Social, Intellectual	Motivational interviewing workshop	Program	No
Duque et al., 2003 <sup>13</sup>	1999-2000	182	Second year undergraduate medical students	Uncontrolled	Intellectual	Integrated week in geriatric medicine	Program	Yes
Elharram et al., 2017 <sup>14</sup>	2015	7	Undergraduate medical students	Uncontrolled	Social, Intellectual	Multidirectional exchange program with Haiti and Rwanda	System	Yes
Ellaway et al., 2014 <sup>15</sup>	2010-2012	101	First year undergraduate medical students	Uncontrolled	Social, Intellectual	Mobile device program	System	No
Fairchild et al., 2012 <sup>16</sup>	N/S	8	Senior undergraduate medical students	Uncontrolled	Social, Intellectual	Multidisciplinary Summer Studentship in Palliative and Supportive Care in Oncology	System	No
Garg et al., 1997 <sup>17</sup>	1987	359	Third year undergraduate medical students	Uncontrolled	Social, Intellectual	Teaching sessions with 6-point protocol to guide students in breaking bad news	Program	Yes
Gawad et al., 2013 <sup>18</sup>	N/S	21	Undergraduate medical students	Uncontrolled	Intellectual, Occupational	Surgical Exploration and Discovery (SEAD) Program	System	Yes

Greene et al., 2015 <sup>19</sup>	2015	18	First year undergraduate medical students	Uncontrolled	Intellectual, Occupational	Surgical Exploration and Discovery (SEAD) Program	Program	Yes
Harding, et al., 2001 <sup>20</sup>	N/S	N/S	First year undergraduate medical students	Uncontrolled	Social, Intellectual	Lego activity for teaching patient-centered interviewing skills	Program	Yes
Haupt et al., 2019 <sup>21</sup>	2018	37	Second year undergraduate medical students	Uncontrolled	Occupational	Pre-clerkship Residency Exploration Program (PREP)	Individual	Yes
Ibrahim et al., 2014 <sup>22</sup>	2014	143	First and second year undergraduate medical students	Uncontrolled	Social, Intellectual	Global health education session	System	Yes
Jamniczky et al., 2017 <sup>23</sup>	2014	161	First year undergraduate medical students	Quasi-experimental	Intellectual	Ultrasound learning outcomes	Individual	Indeterminate <sup>6</sup>
Law et al., 2019 <sup>24</sup>	2017	17	Undergraduate medical students	Uncontrolled	Intellectual, Occupational	Computer programming certificate course	Individual	No
Livingston et al., 1973 <sup>25</sup>	1973	6	Final year undergraduate medical students	Uncontrolled	Occupational	Community medicine education experiment	Individual	No
Lynch et al., 2014 <sup>26</sup>	N/S	4	Undergraduate medical students	Uncontrolled	Social, Intellectual	Linking students from North America and Europe with a peer-to-peer learning approach	Individual	No
Morgan et al., 2000 <sup>27</sup>	1998-1999	145	Final year undergraduate medical students	Uncontrolled	Intellectual	Anaesthesia simulator evaluation tool	Program	No
Shapiro et al., 2009 <sup>28</sup>	1996-2000	38	First year undergraduate medical students	Quasi-experimental	Social	Therapeutic Communication Program (TCom)	Individual	Indeterminate <sup>7</sup>
Sheppard et al., 2020 <sup>29</sup>	N/S	37	Second year undergraduate medical students	Uncontrolled	Occupational	Pre-clerkship Residency Exploration Program (PREP)	Individual	Yes
Skoll et al., 2006 <sup>30</sup>	2003-2004	92	Third year undergraduate medical students	Uncontrolled	Occupational	Program which pairs medical students with nurse preceptors	Program	Yes
Smyth et al., 2019 <sup>31</sup>	2018	37	Second year undergraduate medical students	Uncontrolled [qualitative]	Occupational	Pre-clerkship Residency Exploration Program (PREP)	Individual	Yes
Turner et al., 2012 <sup>32</sup>	2009-2010	63	First year undergraduate medical students	Quasi-experimental	Intellectual, Occupational	Clinical duties shadow program	System	Yes
Welsher et al., 2018 <sup>33</sup>	N/S	23	Pre-clerkship year undergraduate medical students	Quasi-experimental	Intellectual	Video-based observational practice communities that augment simulation-based skill education and connect geographically distributed learners	Individual	No
Yeung et al., 2017 <sup>34</sup>	2014	20	Second year undergraduate medical students	Uncontrolled	Social, Intellectual	Longitudinal Students as Teachers (SAT) program	Individual	Yes
<b>Postgraduate Medical Students</b>								
Author, Year	Timeframe	Participant Numbers	Type of Participants	Design <sup>2</sup>	Well-being Domain <sup>3</sup>	Intervention Description	Level <sup>4</sup>	Significantly significant <sup>5</sup>
Baird et al., 2016 <sup>35</sup>	2016	10	Pediatric Surgery	Uncontrolled	Social, Intellectual, Occupational	Exchange program between Canada and Kenya	Program	Yes <sup>8</sup>
Campagna-Vaillancourt et al., 2014 <sup>36</sup>	2011-2013	45	Otolaryngology–Head and Neck Surgery	Uncontrolled	Social	Multiple Mini Interview (MMI) for the selection of applicants to residency	Program	No
Crutcher et al., 2004 <sup>37</sup>	N/S	56	Family	Quasi-experimental	Intellectual, Occupational	Multi-professional education (MPE)	System	Yes
Dore et al., 2010 <sup>38</sup>	2008-2010	484	Obstetrics–Gynecology, Pediatrics, Internal	Uncontrolled	Social	Multiple Mini Interview (MMI) for the selection of applicants to residency	Program	Yes
Downar et al., 2010 <sup>39</sup>	N/S	25	Psychiatry	Uncontrolled	Intellectual, Occupational	Course to prepare psychiatric residents to use neuroimaging techniques	Individual	Yes
Ens et al., 2017 <sup>40</sup>	2013	97	Pediatrics	RCT	Intellectual, Occupational	Learning Needs Assessment (LNA)	Program	Yes
Fabreau et al., 2013 <sup>41</sup>	2010	63	Internal	Uncontrolled	Social, Mental	Senior resident rotation bundle that integrates a night float system, educational sessions on sleep hygiene, an electronic handover tool, and a simulation-based medical education curriculum	Program	Indeterminate <sup>9</sup>

Appendix 2, as supplied by the authors. Appendix to: Moss SJ, Wolny K, Amarbayan M, et al. Interventions to improve the well-being of medical learners in Canada: a scoping review. *CMAJ Open* 2021. DOI:10.9778/cmajo.20200236. Copyright © 2021 The Author(s) or their employer(s). To receive this resource in an accessible format, please contact us at cmajgroup@cmaj.ca.

Finley et al., 2001 <sup>42</sup>	1998	93	Pediatric Cardiology	Uncontrolled	Intellectual	Video-conferenced teaching sessions	Program	No
Gibson et al., 2015 <sup>43</sup>	2009-2013	32	Psychiatry	Uncontrolled	Intellectual	Educational handbook designed to increase resident knowledge of second-generation antipsychotic (SGA) use	Program	Yes
Gilic et al., 2015 <sup>44</sup>	2012	40	Family	Quasi-experimental	Intellectual, Occupational	Acute Care Rounds (ACR)	Program	Yes
Grabovac et al., 2008 <sup>45</sup>	2005	22	Psychiatry	Uncontrolled	Intellectual	Course on the interface between spirituality, religion, and psychiatry	Program	Yes
Hanna et al., 2012 <sup>46</sup>	N/S	43	Surgical subspecialties	Uncontrolled	Occupational	Management seminars	System	Yes
James et al., 2006 <sup>47</sup>	N/S	46	Internal	Uncontrolled	Social, Intellectual	Resident-as-teacher educational intervention	Program	Yes
Jefferies et al., 2011 <sup>48</sup>	2009	20	Neonatal Intensive Care	Uncontrolled	Intellectual, Occupational	Seminars, web-based tutorial, handouts, pocket cards and web-based management algorithm	System	No
Kanagasabai et al., 2007 <sup>49</sup>	2003-2005	5917	Any	Uncontrolled	Physical, Occupational	Immunization standards	System	Yes
Law et al., 2016 <sup>50</sup>	2012-2013	29	Geriatric Psychiatry	Uncontrolled	Intellectual	Communication skills training (CST)	Individual	No
Malhotra et al., 2008 <sup>51</sup>	2005	12	Internal	Uncontrolled	Mental, Intellectual	Mini-clinical evaluation exercise (mini-CEX)	Program	No
McKendy et al., 2016 <sup>52</sup>	N/S	24	Surgical subspecialties	Uncontrolled	Intellectual	Learner-created virtual patient (VP) curriculum	Program	Indeterminate <sup>10</sup>
McMillan et al., 2016 <sup>53</sup>	2014	16	Pediatrics	Uncontrolled	Mental, Intellectual	Interactive training session and practice lumbar punctures	Individual	No
Meterissian et al., 2007 <sup>54</sup>	2006-2007	40	General Surgery	Uncontrolled	Intellectual	Interactive games-based approach to learning	Program	Yes
Myden et al., 2012 <sup>55</sup>	N/S	6	Orthopedics	Quasi-experimental	Intellectual, Occupational	Computer-assisted surgery (CAS) simulations	Program	Yes
Sachedina et al., 2019 <sup>56</sup>	N/S	17	Cardiac Critical Care	Uncontrolled	Occupational	Code blue Simulation Program (CBSP)	Individual	No
Sternszus et al., 2018 <sup>57</sup>	2015-2016	25	N/S	Uncontrolled	Social, Intellectual	Resident role-modelling programme	System	No
Sukhera et al., 2018 <sup>58</sup>	2017	10	Psychiatry	Uncontrolled	Mental	Mental illness implicit association test (IAT)	System	No
Tait et al., 2013 <sup>59</sup>	N/S	7	Family Medicine, Psychiatry	Uncontrolled	Mental, Intellectual, Occupational	The Dignity Interview	Individual	No
Tan et al., 2013 <sup>60</sup>	2010-2011	130	Family Medicine	Uncontrolled	Social, Occupational	Online virtual patient (VP) clinical case in Palliative Care	Program	No
Telner et al., 2010 <sup>61</sup>	N/S	3	Family	RCT	Intellectual	Game-based learning	System	No
Willett et al., 2011 <sup>62</sup>	2009	37	Family Medicine	Uncontrolled	Intellectual	Acute Critical Events Simulation (ACES) course	Program	Yes
Zahrai et al., 2011 <sup>63</sup>	2009	16	Orthopedic Surgery	Quasi-experimental	Mental, Intellectual	Night float system	Program	No
<b>Undergraduate Medical &amp; Postgraduate Medical Students</b>								
Author, Year	Timeframe	Participant Numbers	Type of Participants	Design <sup>2</sup>	Well-being Domain <sup>3</sup>	Intervention Description	Level <sup>4</sup>	Significantly significant <sup>5</sup>
Posluns et al., 1990 <sup>64</sup>	1990	N/S	Any	Uncontrolled	Intellectual	Program to recognize and reward excellence in medical education	System	No
Laidlaw et al., 2002 <sup>65</sup>	1997-1998	318	Any	Uncontrolled	Intellectual, Occupational	Communication skills training (CST)	System	Yes

<sup>1</sup>Categorized by medical learner population then alphabetically by author

<sup>2</sup>RCT, randomized controlled trial; Quasi-experimental, non-randomized controlled trial; Uncontrolled, non-randomized uncontrolled trial

<sup>3</sup>Social, mental, physical, intellectual and/or occupational well-being

<sup>4</sup>Individual, program or system level

<sup>5</sup>Study reported statistical significance for main effects of learner intervention

<sup>6</sup>Intervention did not improve learner knowledge but compliance was high and perceived impactful to intellectual well-being

<sup>7</sup>Intervention improved learner communication skills but not learner confidence and perceptions of engaging communications; both social well-being

<sup>8</sup>Learners agreed the intervention improved intellectual and occupational well-being and logistical challenges negatively impacted social well-being

<sup>9</sup>Learners felt social and mental well-being were relatively unaffected by the intervention

<sup>10</sup>Intervention failed to improve learner knowledge but satisfaction with curriculum was significantly higher, both related to intellectual well-being

N/S, not stated

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