Appendix 1 Sleep Safe Survey


<table>
<thead>
<tr>
<th>Years in clinical practice</th>
<th>&lt;5</th>
<th>6-10</th>
<th>11-15</th>
<th>&gt;16</th>
</tr>
</thead>
</table>

Gender

Management of Insomnia

1. The advantages of sleep medication outweigh the disadvantages

☐ Strongly disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly agree

2. There are no non-drug alternatives for sleep problems that are as effective as drugs

☐ Strongly disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly agree

3. I don’t have time to treat sleep problems using non-drug therapies

☐ Strongly disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly agree

4. Non-medicine treatment of sleep problems is the business of other professionals

☐ Strongly disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly agree

5. Non-drug treatment of sleep problems needs to be supported with medication

☐ Strongly disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly agree

6. If I do not prescribe a medication to a patient with sleep problems s/he is dissatisfied

☐ Strongly disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly agree

7. It is difficult for a family doctor to motivate a patient with sleep problems to choose a non-medicine treatment

Appendix 1, as supplied by the authors. Appendix to: Cheung S, O’Beirne M, Hill T, et al. Management of sleep disorder by preceptors in a family medicine residency program in Calgary, Alberta: a mixed-methods study. CMAJ Open 2023. DOI:10.9778/cmajo.20220080. Copyright © 2023 The Author(s) or their employer(s). To receive this resource in an accessible format, please contact us at cmajgroup.cmaj.ca.
Appendix 1, as supplied by the authors. Appendix to: Cheung S, O’Beirne M, Hill T, et al. Management of sleep disorder by preceptors in a family medicine residency program in Calgary, Alberta: a mixed-methods study. CMAJ Open 2023. DOI:10.9778/cmajo.20220080. Copyright © 2023 The Author(s) or their employer(s). To receive this resource in an accessible format, please contact us at cmajgroup.cmaj.ca.
A. Questions retained from Creupelandt et al. (2017)

NB. Where small word changes were made, these have been identified in parentheses after the question.

1. The advantages of sleep medication outweigh the disadvantages.
2. There are no non-drug alternatives for sleep problems that are as effective as drugs.
3. I don’t have time to treat sleep problems using non-drug therapies.
4. Non-medicine treatment of sleep problems is the business of other professionals. [Omitted ‘the’]
5. Non-drug treatment of sleep problems needs to be supported with medication. [No change]
6. If I do not prescribe a medication to a patient with sleep problems s/he is dissatisfied. [Added ‘a’]
7. It is difficult for a family doctor to motivate a patient with sleep problems to choose a non-medicine treatment. [Swapped ‘non medicine’ for ‘non-medicational’]
8. When I am not prescribing medication for sleep problems I feel like I am not empathic.
9. I have the expertise to use non-drug treatment for sleep problems.
10. I often feel overwhelmed when a patient presents with psychosocial problems.
11. I have tried in the past to prescribe less sleep medication.
12. I intend to prescribe less sleep medication but don’t know how.
13. I am trying at the moment to prescribe less sleep medication but without success.
14. I am trying at the moment to prescribe less sleep medication and have succeeded in doing so.

B. Additional study question not in Creupelandt et al. (2017):

15. Would you like to add any comments?

C. Questions from original Creupelandt et al. (2017) survey that were not included in the current study:

i) I do not intend to prescribe less sleep medication.
ii) I intend to prescribe less sleep medication within the next weeks (< one month).
iii) I have been trying to prescribe less sleep medication for some time (more than 6 months).