Improving Physician Wellness through the Applied Mindfulness Program for Medical Personnel (AMP-MP): Findings from a Prospective Qualitative Study

Appendix: Intervention Enrollment Flow Chart

Replies to online recruitment registration survey (n = 91)

Number who did not meet inclusion criteria (n = 20)

Details of excluded participants (n = 20)
- Other healthcare personnel (n = 2)
- Retired (n = 2)
- Unable to attend intervention dates/times (n = 10)
- Not practicing in the GTA (n = 1)
- Trainee/Student (n = 3)
- Participating in another mindfulness program during our study period (n = 2)

Number who met inclusion criteria (n = 71)

Final number enrolled from recruitment* (n = 60)

Dropout prior to start of the intervention (n = 12)

Final number enrolled prior to intervention start (n = 48)

Dropouts after start of the intervention (n = 3)

- Reason reported for dropping out
  - Unanticipated schedule conflict (n = 2)
  - Early start of maternity leave (n = 1)

Final number of intervention participants (n = 45)

Final number of interview participants (n = 28)

Number of participants not included in post-program interviews (n = 17)

- Primary reason reported for not participating interview
  - Unable to participate in interview due to being unavailable/busy within the post-program interview timetable

*Participants were assigned to a cohort/session based on their submitted schedule preferences. Therefore, the total number admitted is less than the total number who met inclusion criteria - due to the maximum number of 23 participants allotted to each cohort.