

Your Training Counts

Spotlight on health and wellbeing



Comhairle na nDochtúirí Leighis
Medical Council

Statistical annex

This annex provides data to accompany that featured in the *Your Training Counts Spotlight* on Health and Wellbeing.

The spotlight on health and wellbeing, which uses data collected in 2014, can be viewed at the following link: <http://bit.ly/YourTraininCounts>

Additional data regarding:

Variations in general health ratings among doctors in training

Figure 2: Trainee views on general health – variation by reported experience of bullying

Reported experience of being bullied in post and general health	% of Trainees	Number of Trainees
Never bullied	66.42%	904
Health is good or better	91.48%	827
Health is less than good	8.52%	77
Infrequently bullied	19.25%	262
Health is good or better	83.59%	219
Health is less than good	16.41%	43
Frequently bullied	14.33%	195
Health is good or better	73.85%	144
Health is less than good	26.15%	51
Total	100.00%	1361

Figure 3: Trainee views on general health – variation by reported experience of undermining

Reported experience of undermining behaviour from a consultant/GP and general health	% of Trainees	Number of Trainees
Never undermined	56.17%	774
Health is good or better	90.70%	702
Health is less than good	9.30%	72
Infrequently undermined	28.96%	399
Health is good or better	86.72%	346
Health is less than good	13.28%	53
Frequently undermined	14.88%	205
Health is good or better	77.56%	159
Health is less than good	22.44%	46
Total	100.00%	1378

Figure 4: Trainee views on general health – variation by reported hours worked in an average week

Hours worked on an average week and general health	% of Trainees	Number of Trainees
20-39 hours per week	6.49%	93
Health is good or better	86.02%	80
Health is less than good	13.98%	13
40-59 hours per week	55.38%	793
Health is good or better	91.80%	728
Health is less than good	8.20%	65
60-79 hours per week	33.38%	478
Health is good or better	83.47%	399
Health is less than good	16.53%	79
80-99 hours per week	4.19%	60
Health is good or better	68.33%	41
Health is less than good	31.67%	19
More than 100 hours per week	0.56%	8
Health is good or better	75.00%	6
Health is less than good	25.00%	2
Total	100.00%	1432

Additional data regarding:

Variations in quality of life ratings among doctors in training

Figure 8: Trainee views on quality of life – variation by age

Age groups by year and quality of life	% of Trainees	Number of Trainees
20-24	4.77%	68
Quality of life is good or better	75.00%	51
Quality of life is less than good	25.00%	17
25-29	37.77%	539
Quality of life is good or better	63.64%	343
Quality of life is less than good	36.36%	196
30-34	36.93%	527
Quality of life is good or better	62.43%	329
Quality of life is less than good	37.57%	198
35-39	15.14%	216
Quality of life is good or better	50.93%	110
Quality of life is less than good	49.07%	106
40 and over	5.40%	77
Quality of life is good or better	63.64%	49
Quality of life is less than good	36.36%	28
Total	100.00%	1427

Figure 9: Trainee views on quality of life – variation by country of qualification

Region of BMQ graduation and quality of life	% of Trainees	Number of Trainees
Irish Medical School Graduate	79.47%	293
Quality of life is good or better	63.14%	166
Quality of life is less than good	36.86%	127
Graduate from outside Ireland	20.53%	1134
Quality of life is good or better	56.66%	716
Quality of life is less than good	43.34%	418
Total	100.00%	1427

Figure 10: Trainee views on quality of life – variation by stage of training

Stage of training and quality of health	% of Trainees	Number of Trainees
Intern	15.07%	215
Quality of life is good or better	67.44%	145
Quality of life is less than good	32.56%	70
BST	25.93%	370
Quality of life is good or better	55.95%	207
Quality of life is less than good	44.05%	163
GP	22.14%	316
Quality of life is good or better	69.30%	219
Quality of life is less than good	30.70%	97
Run through	3.71%	53
Quality of life is good or better	49.06%	26
Quality of life is less than good	50.94%	27
HST	27.89%	398
Quality of life is good or better	59.80%	238
Quality of life is less than good	40.20%	160
Registrar	5.12%	73
Quality of life is good or better	63.01%	46
Quality of life is less than good	36.99%	27
Other	0.14%	2
Quality of life is good or better	50.00%	1
Quality of life is less than good	50.00%	1
Grand Total		1427

Figure 11: Trainee views on quality of life – variation by type of clinical site

Type of site in which trainees were located and quality of life	% of Trainees	Number of Trainees
GP Practice	12.47%	178
Quality of life is good or better	78.09%	139
Quality of life is less than good	21.91%	39
Mental Health Services	7.01%	100
Quality of life is good or better	70.00%	70
Quality of life is less than good	30.00%	30
Smaller Hospital	17.94%	256
Quality of life is good or better	62.50%	160
Quality of life is less than good	37.50%	96
Larger Hospital	61.04%	871
Quality of life is good or better	56.83%	495
Quality of life is less than good	43.17%	376
Other	1.54%	22
Quality of life is good or better	81.82%	18
Quality of life is less than good	18.18%	4
Total	100.00%	1427

Figure 12: Trainee views on quality of life – variation by number of hours worked

Hours worked in an average week and quality of life	% of Trainees	Number of Trainees
20-39 hours per week	6.52%	93
Quality of life is good or better	80.65%	75
Quality of life is less than good	19.35%	18
40-59 hours per week	55.29%	789
Quality of life is good or better	70.60%	557
Quality of life is less than good	29.40%	232
60-79 hours per week	33.43%	477
Quality of life is good or better	48.43%	231
Quality of life is less than good	51.57%	246
80-99 hours per week	4.20%	60
Quality of life is good or better	30.00%	18
Quality of life is less than good	70.00%	42
More than 100 hours per week	0.56%	8
Quality of life is good or better	12.50%	1
Quality of life is less than good	87.50%	7
Total	100.00%	1427

Figure 13: Trainee views on quality of life – variation by reported experience of bullying

Experience of being bullied in post and quality of life	% of Trainees	Number of Trainees
Never bullied	66.37%	902
Quality of life is good or better	71.73%	647
Quality of life is less than good	28.27%	255
Infrequently bullied	19.13%	260
Quality of life is good or better	52.69%	137
Quality of life is less than good	47.31%	123
Frequently bullied	14.50%	197
Quality of life is good or better	34.52%	68
Quality of life is less than good	65.48%	129
Total	100.00%	1359

Figure 14: Trainee views on quality of life – variation by reported experience of undermining

Experience of being undermined by a consultant/GP and quality of life	% of Trainees	Number of Trainees
Frequently undermined	14.86%	204
Quality of life is good or better	42.16%	86
Quality of life is less than good	57.84%	118
Infrequently undermined	28.77%	395
Quality of life is good or better	60.25%	238
Quality of life is less than good	39.75%	157
Never undermined	56.37%	774
Quality of life is good or better	69.51%	538
Quality of life is less than good	30.49%	236
Total	100.00%	1373

Additional data regarding:

Variations in feeling the need for support among doctors in training

Figure 30: Felt need for support, by gender

Gender and the felt need to use support services about a wellbeing issue experienced while training	% of Trainees	Number of Trainees
Female	56.10%	763
No - I did not feel the need to access support services	65.14%	497
Yes - I did feel the need to access support services	34.86%	266
Male	43.90%	597
No - I did not feel the need to access support services	78.56%	469
Yes - I did feel the need to access support services	21.44%	128
Total	100.00%	1360

Figure 31: Felt need for support, by reported experience of bullying

Reported experience of bullying and the felt need to use support services about a wellbeing issue	% of Trainees	Number of Trainees
Never bullied	66.74%	869
No - I did not feel the need to access support services	78.37%	681
Yes - I did feel the need to access support services	21.63%	188
Infrequently bullied	19.12%	249
No - I did not feel the need to access support services	60.64%	151
Yes - I did feel the need to access support services	39.36%	98
Frequently bullied	14.13%	184
No - I did not feel the need to access support services	51.09%	94
Yes - I did feel the need to access support services	48.91%	90
Grand Total	100.00%	1302

Figure 32: Felt need for support, by reported experience of undermining

Reported experience of undermining and the felt need to use support services about a wellbeing issue experienced while on training	% of Trainees	Number of Trainees
Never undermined	56.80%	748
No - I did not feel the need to access support services	78.07%	584
Yes - I did feel the need to access support services	21.93%	164
Infrequently undermined	28.63%	377
No - I did not feel the need to access support services	66.05%	249
Yes - I did feel the need to access support services	33.95%	128
Frequently undermined	14.58%	192
No - I did not feel the need to access support services	54.17%	104
Yes - I did feel the need to access support services	45.83%	88
Total	100.00%	1317

Additional data regarding:

Variations in accessing support among doctors in training

Figure 34: Accessing support services in response to a felt need, by age group

Age group (years) and accessing support services in response to a felt need	% of Trainees	Number of Trainees
20-24	3.55%	14
I did not contact support service about my issue	100.00%	14
I accessed support services for my issue	0.00%	0
25-29	35.28%	139
I did not contact support service about my issue	92.81%	129
I accessed support services for my issue	7.19%	10
30-34	42.89%	169
I did not contact support service about my issue	84.02%	142
I accessed support services for my issue	15.98%	27
35-39	13.45%	53
I did not contact support service about my issue	83.02%	44
I accessed support services for my issue	16.98%	9
40 and over	4.82%	19
I did not contact support service about my issue	57.89%	11
I accessed support services for my issue	42.11%	8
Total	100.00%	394



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