

Appendix – Questionnaire to evaluate quality of life in medical students (VERAS-Q questionnaire)

Answer according to your values, aspirations, worries and satisfactions of the past two weeks.

Mark down one of the alternatives below:

TD – totally disagree D – disagree I – indifferent A – agree TA – totally agree

Domains: *TM*-time management; *P*-psychological; *PH*- physical health; *LE*-learning environment.

Question						
01. My quality of life is good.	<i>PH</i>	TD	D	I	A	TA
02. I don't make the most of my life.	<i>TM</i>	TD	D	I	A	TA
03. I get supervision in my practice.	<i>LE</i>	TD	D	I	A	TA
04. I have time for my family.	<i>TM</i>	TD	D	I	A	TA
05. Sometimes I feel humiliated in the medical course.	<i>LE</i>	TD	D	I	A	TA
06. My university environment is health.	<i>LE</i>	TD	D	I	A	TA
07. I have a good relationship with my classmates.	<i>PH</i>	TD	D	I	A	TA
08. I have time for extracurricular activities.	<i>TM</i>	TD	D	I	A	TA
09. I don't have enough free time.	<i>TM</i>	TD	D	I	A	TA
10. My faith improves my quality of life.	<i>P</i>	TD	D	I	A	TA
11. My life makes sense.	<i>P</i>	TD	D	I	A	TA
12. My relationship with my teachers is good.	<i>LE</i>	TD	D	I	A	TA

13. The contact with my patients increase my quality of life.	<i>LE</i>	TD	D	I	A	TA
14. I push myself too much in my medical course.	<i>TM</i>	TD	D	I	A	TA
15. I am pushed a lot by my teachers.	<i>TM</i>	TD	D	I	A	TA
16. Don't take care of my health.	<i>PH</i>	TD	D	I	A	TA
17. I have time for cultural activities.	<i>TM</i>	TD	D	I	A	TA
18. My medical course activities are hard for me.	<i>TM</i>	TD	D	I	A	TA
19. I have enough time to study.	<i>TM</i>	TD	D	I	A	TA
20. I have good access to medical care.	<i>LE</i>	TD	D	I	A	TA
21. Most of my course classes are bad.	<i>LE</i>	TD	D	I	A	TA
22. My relationship with my past year colleagues is good.	<i>LE</i>	TD	D	I	A	TA
23. I can manage my time well.	<i>TM</i>	TD	D	I	A	TA
24. My health is good.	<i>PH</i>	TD	D	I	A	TA
25. My quality of life at the medical course is good.	<i>LE</i>	TD	D	I	A	TA
26. My medical course deprives me of some personal appointments.	<i>TM</i>	TD	D	I	A	TA
27. I have been feeling down lately.	<i>P</i>	TD	D	I	A	TA
28. I have a good access to psychological care.	<i>LE</i>	TD	D	I	A	TA
29. I have enough sleeping time.	<i>TM</i>	TD	D	I	A	TA

30. I am satisfied with my undergraduate course.	<i>LE</i>	TD	D	I	A	TA
31. I have time for my friends.	<i>TM</i>	TD	D	I	A	TA
32. I can't take care of my looks.	<i>PH</i>	TD	D	I	A	TA
33. My Family expectation towards my performance decreases my quality of life.	<i>P</i>	TD	D	I	A	TA
34. I have been feeling anxious lately.	<i>P</i>	TD	D	I	A	TA
35. My university environment is competitive.	<i>LE</i>	TD	D	I	A	TA
36. I am happy about my love life.	<i>P</i>	TD	D	I	A	TA
37. My own expectation worsens my quality of life.	<i>P</i>	TD	D	I	A	TA
38. My vitality is enough to do my activities in the medical course.	<i>P</i>	TD	D	I	A	TA
39. I can't absorb the content.	<i>P</i>	TD	D	I	A	TA
40. I can properly eat.	<i>PH</i>	TD	D	I	A	TA
41. I regularly do physical activities.	<i>PH</i>	TD	D	I	A	TA
42. I haven't been able to properly concentrate lately.	<i>P</i>	TD	D	I	A	TA
43. I get stressed in my medical course.	<i>P</i>	TD	D	I	A	TA
44. I am satisfied with my housing conditions.	<i>PH</i>	TD	D	I	A	TA
45. I feel under pressure by having to financially depend on my family.	<i>LE</i>	TD	D	I	A	TA