

Appendix 1 Sleep Safe Survey



This survey was based on Creupelandt H, Anthierens S, Habraken H, Declercq T, Sirdifield C, Siriwardena ANA, et al. Teaching young GPs to cope with psychosocial consultations without prescribing: a durable impact of an e-module on determinants of benzodiazepines prescribing. *BMC Med Educ.* 2017;17(1):259. Available from: <https://dx.doi.org/10.1186%2Fs12909-017-1100-3>.

Years in clinical practice	<5	6-10	11-15	>16
Gender	_____			

Management of Insomnia

1. The advantages of sleep medication outweigh the disadvantages

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
--------------------------------------------	-----------------------------------	----------------------------------	--------------------------------	-----------------------------------------

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

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
--------------------------------------------	-----------------------------------	----------------------------------	--------------------------------	-----------------------------------------

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

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
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4. Non-medicine treatment of sleep problems is the business of other professionals

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
--------------------------------------------	-----------------------------------	----------------------------------	--------------------------------	-----------------------------------------

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

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
--------------------------------------------	-----------------------------------	----------------------------------	--------------------------------	-----------------------------------------

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

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
--------------------------------------------	-----------------------------------	----------------------------------	--------------------------------	-----------------------------------------

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

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
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8. When I am not prescribing medication for sleep problems I feel like I am not empathic

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
--------------------------------------------	-----------------------------------	----------------------------------	--------------------------------	-----------------------------------------

9. I have the expertise to use non-drug treatment for sleep problems

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
--------------------------------------------	-----------------------------------	----------------------------------	--------------------------------	-----------------------------------------

10. I often feel overwhelmed when a patient presents with psychosocial problems

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
--------------------------------------------	-----------------------------------	----------------------------------	--------------------------------	-----------------------------------------

11. I have tried in the past to prescribe less sleep medication

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
--------------------------------------------	-----------------------------------	----------------------------------	--------------------------------	-----------------------------------------

12. I intend to prescribe less sleep medication but don't know how

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
--------------------------------------------	-----------------------------------	----------------------------------	--------------------------------	-----------------------------------------

13.. I am trying at the moment to prescribe less sleep medication but without success

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
--------------------------------------------	-----------------------------------	----------------------------------	--------------------------------	-----------------------------------------

14. I am trying at the moment to prescribe less sleep medication and have succeeded in doing so

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Neutral	<input type="checkbox"/> Agree	<input type="checkbox"/> Strongly agree
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15. Would you like to add any comments?

Adaptations made from Creupelandt et al. (2017)

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).