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

Appendix: Excerpt from initial recruitment survey

Registration survey question: subjective report of baseline mindfulness experience

How would you describe your current knowledge of mindfulness?

- 0 None
- 1 Some knowledge (0-2 years experience)
- 2 Quite detailed (3-5 years experience)
- 3 Very knowledgeable (5+ years experience)