

INTRODUCTION

- The transition into residency for most first-year medical residents often brings significant stress, burnout, and mental health challenges. These stressors can negatively impact both the personal well-being and professional performance of residents.
- Early interventions, such as wellness check-ins, may alleviate these concerns by identifying individuals in need of support.
- Only a few studies have examined whether wellness check-ins increase the utilization of mental health services or if they are satisfactory for residents.

Source

Yagmour, Nicholas A. MPP; Brigham, Timothy P. MDiv, PhD; Richter, Thomas MA; Miller, Rebecca S. MS; Philibert, Ingrid PhD, MBA; Baldwin, DeWitt C. Jr MD; Nasca, Thomas J. MD. Causes of Death of Residents in ACGME-Accredited Programs 2000 Through 2014: Implications for the Learning Environment.

Aim

We hypothesize that by implementing structured wellness check-ins with AdventHealth first-year residents, we can:

1. Increase therapy utilization by encouraging residents to schedule a counseling session following their wellness check-in.
2. Assess resident satisfaction with the check-in process through a post check-in survey measuring the check-ins perceived usefulness.
3. Evaluate the effectiveness of wellness check-ins by tracking the number of residents who opt into therapy services and analyzing satisfaction survey responses.
4. Support resident well-being by fostering a culture that normalizes mental health discussions and encourages proactive help-seeking behaviors.

METHODS

This study was conducted at AdventHealth Orlando and involved first-year residents (n=76) from every residency program who participated in a structured wellness check-in between July and August 2025. Residents were assured confidentiality prior to the check-in to encourage honest dialogue between the resident and the psychotherapist intern. At the end of each session, residents were offered the opportunity to schedule a counseling appointment, regardless of their responses.

METHODS: Measures/Metrics

Wellness check-ins are a continued process through the first year of residency and data collection occurred between July-August 2025. Residents would meet with the psychotherapist intern who conducted a 25-questionnaire that was created by the GME wellness team to assess the resident's overall well-being. Following the assessment, residents were asked by the interviewer if they were interested in scheduling a counseling appointment. A follow-up survey was sent to the residents within 24-hours of their check-in to assess the satisfaction with the wellness check-in.

Measure #1: 25-Item Questionnaire

- Assessed for areas of well-being (general well-being, work-life balance, emotional health, social support, physical health, coping mechanisms, professional concerns, and future outlook)

Measure #2: Post Check-In Survey

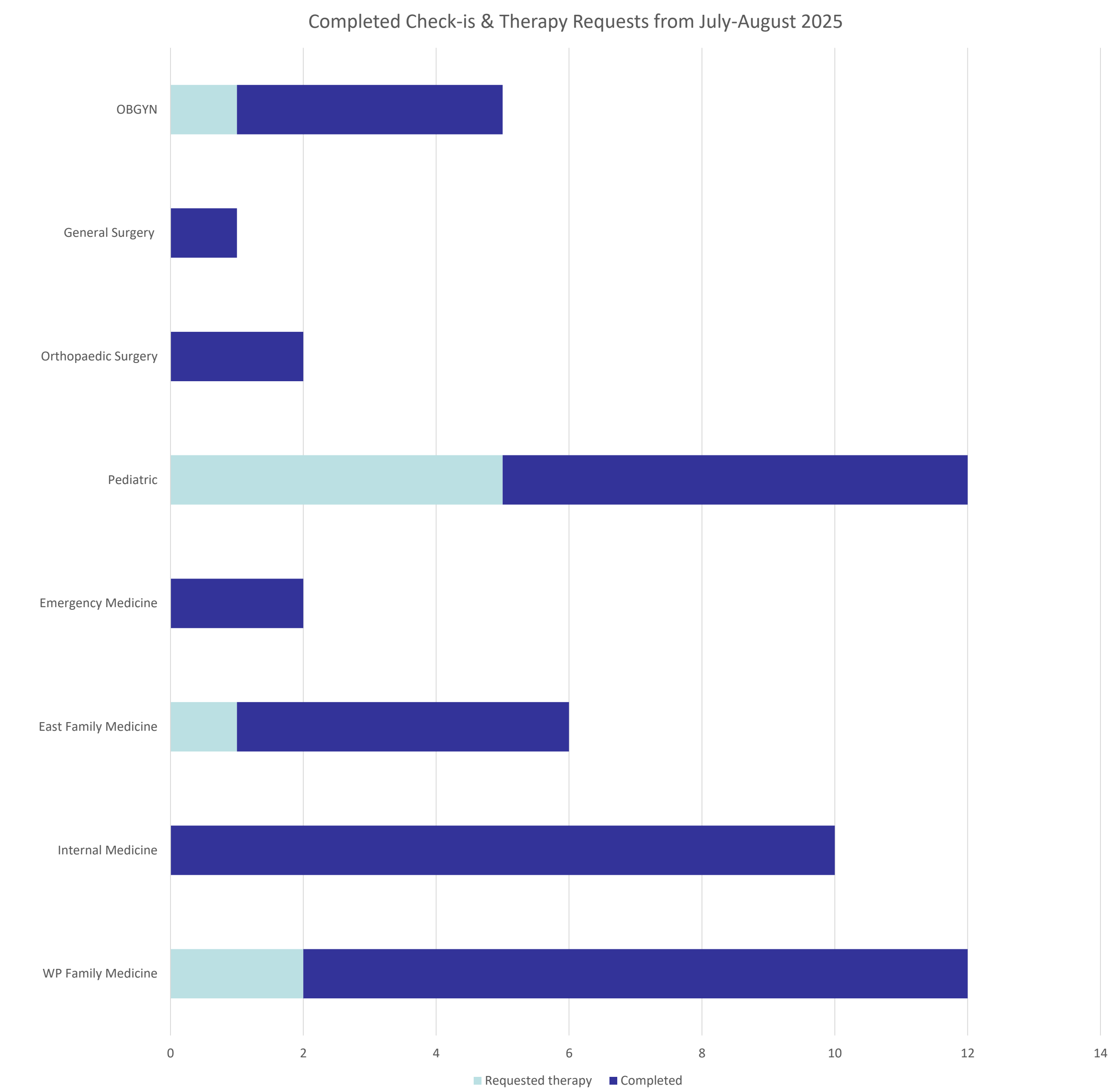
- Likert-scale items assessed the usefulness and comfort of the check-in.
- Open-ended questions for feedback

RESULTS

Out of the 76 residents who were emailed, 42 residents from varying residencies had completed their check-in during the data collection from July-August 2025. Table 1 displays the residents who have completed their check-in (n=42) and those who requested a therapy session (n=9) during the check-in. Pediatrics was the residency program with the highest rates of residents expressing interest in therapy. Of those pediatric residents (n=7) who completed their check-in, 71% (n=5) expressed interest in therapy .

20 residents completed the check-in survey and satisfaction with the overall wellness check-in was positive. 90% (n= 18) of residents found the discussion “very helpful” and 85% (n=17) reported that the check-in was “very effective” in addressing their mental health needs and concerns.

RESULTS: Continued



Discussion: Barriers & Strategies

Key Findings

This study demonstrates that wellness check-ins promote mental health awareness and satisfaction amongst first-year residents. Wellness check-ins create a streamlined pathway for residents seeking additional mental health support, with confidentiality fostering an open and honest dialogue. Resident’s satisfaction with the check-in process was significant with emphasis placed that the check-in provided an effective way to address any mental health needs or concerns.

Limitations

Low enrollment in counseling requests may suggest possible time barriers for residents to have a counseling session and perceived attitudes and beliefs towards mental health therapy.