

APPENDIX I. Revised Moral Distress Scale Paediatric Version

Moral distress occurs when healthcare workers cannot perform actions that they consider ethically appropriate because of various constraints. The following situations occur in clinical settings. Please indicate how frequently you experience each item described and how disturbing the experience is for you **in the PICU** by placing a '✓' in the corresponding column. If you have never experienced a particular situation, select a frequency of '0' (never). Even if you have not experienced a particular situation, please indicate how disturbed you would be if it occurred in your workplace.

	Frequency					Level of Disturbance				
	Never				Very frequently	None				Great extent
	0	1	2	3	4	0	1	2	3	4
1. Provide less than optimal care because of pressure from administrators or insurers to reduce costs										
2. Witness healthcare providers giving 'false hope' to parents										
3. Honour the family's wishes to continue life support even though I believe it is not in the child's best interest										
4. Initiate extensive life-saving actions when I think they only prolong death										
5. Honour the family's request not to discuss death if a dying child asks about it										
6. Fulfil orders for what I consider unnecessary tests and treatments										
7. Continue to participate in the care of a hopelessly ill child who is being sustained on a ventilator when no one will make the decision to withdraw support										
8. Avoid taking action when I learn that a physician or nurse colleague has made a medical error and does not report it										
9. Assist a physician who I believe is providing incompetent care										
10. Be required to care for a patient that I do not feel qualified to care for										
11. Witness trainees perform painful procedures on patients solely to improve their skills										
12. Provide care that does not relieve the child's suffering because someone fears that a greater dose of pain medication will cause death										
13. Honour the doctor's request not to discuss the child's prognosis with their parents										
14. Increase the dose of sedatives/opiates for an unconscious child that I believe could accelerate the child's death										
15. Do not take action regarding an observed ethical issue because the involved staff member or someone in a position of authority asked me not to do so										
16. Honour the family's wishes for the child's care when I do not agree with them, based on concerns about a potential lawsuit										
17. Work with nurses or other care providers who are less competent than the child's care requires										
18. Witness diminished patient care quality because of poor team communication										
19. Ignore situations in which parents have not been given adequate information to ensure informed consent										
20. Watch patient care decline due to a lack of provider continuity										
21. Work with levels of care provider staffing that I consider unsafe										

APPENDIX 2. Depression Anxiety and Stress Scale–21 items

Please read each statement and place a '✓' in the column numbered 0, 1, 2 or 3 to indicate how much the statement applied to you **over the past week**. There are no right or wrong answers. Do not spend too much time on any statement.
 The rating scale is as follows:
 0 Did not apply to me at all
 1 Applied to me to some degree, or some of the time
 2 Applied to me to a considerable degree, or a substantial amount of time
 3 Applied to me very much or most of the time

	0	1	2	3
1. I found it difficult to wind down 我覺得很難讓自己安靜下來				
2. I felt that my mouth was dry 我感到口乾				
3. I couldn't experience any positive feelings at all 我好像不能再有任何愉快、舒暢的感覺				
4. I experienced breathing difficulty (eg, excessive rapid breathing and/or breathlessness without physical exertion) 我感到呼吸困難（例如不是做運動時也感到氣促或透不過氣來）				
5. I found it difficult to take the initiative to do things 我感到很難自動去開始工作				
6. I tended to overreact to situations 我對事情往往作出過敏反應				
7. I experienced trembling (eg, in my hands) 我感到顫抖（例如手震）				
8. I felt that I had a lot of nervous energy 我覺得自己消耗很多精神				
9. I was worried about situations in which I might panic and make a fool of myself 我憂慮一些令自己恐慌或出醜的場合				
10. I felt that I had nothing to look forward to 我覺得自己對將來沒有甚麼可盼望				
11. I found myself becoming agitated 我感到忐忑不安				
12. I found it difficult to relax 我感到很難放鬆自己				
13. I felt downhearted and blue 我感到憂鬱沮喪				
14. I was intolerant of anything that interfered with what I was doing 我無法容忍任何阻礙我繼續工作的事情				
15. I felt I was approach a state of panic 我感到快要恐慌了				
16. I was unable to become enthusiastic about anything 我對任何事也不能熱衷				
17. I felt that I wasn't worth much as a person 我覺得自己不怎麼配做人				
18. I felt that I was rather touchy 我發覺自己很容易被觸怒				
19. I was aware of heart activity in the absence of physical exertion (eg, sensation of increased heart rate or skipping a beat) 我察覺自己在沒有明顯的體力勞動時，也感到心律不正常				
20. I felt afraid without a good reason 我無緣無故地感到害怕				
21. I felt that life was meaningless 我感到生命毫無意義				