

Stephanie Neary, MPA, MMS, PA-C, Yale University  
Benjamin Doolittle, MD, MDiv, Yale University

Martina Mueller, PhD, MUSC  
Michelle Nichols, PhD, RN, MUSC

## BACKGROUND

MD, PA, and NP students often experience mental illness, burnout, and suicidal ideation at higher rates than the general population.

Wellness interventions primarily focus on mitigating burnout rather than promoting flourishing.

VanderWeele proposed 6 flourishing domains: Happiness and Life Satisfaction, Meaning and Purpose, Character and Virtue, Mental and Physical Health, Close Social Relationships, Financial Security

**However, not all students share the same values**

## METHOD

MD, PA, and NP students from two institutions completed the traditional SFI (tSFI).

Students then applied a percentage weight to each of the six domains (maximum total 100%) based on perceived relative importance to their overall flourishing.

A novel self-weighted SFI score (swSFI) was calculated.

The Bland-Altman (BA) plot was used to assess the magnitude of agreement between scores.

## KEY TAKE AWAY

**Current Secure Flourish Index scoring may overestimate flourishing for individuals who have low flourishing and underestimate flourishing for individuals with high flourishing.**

## RESULTS

The BA plot (**Figure 1**) shows the difference in scores versus the average of the two scores.

The BA plot (n=281) revealed a mean bias of .07(95% CI -.50,.63).

Eighteen participants (6.4%) fell outside of the calculated BA limits of agreement [-9.31 [95% CI -10.27,-8.45] and 9.45 [95% CI 8.49,10.41].

Linear regression revealed the mean BA score is predictive of the mean difference between scores [ $R^2 = 0.07$ ,  $F(1,280) = 21.1$ ,  $p < .001$ ] indicating bias in agreement between the scoring systems as mean flourishing score changes.

## FUNDING/SUPPORT

This project was funded in part by the Physician Assistant Education Association, Washington, DC; the Yale University General Internal Medicine Educational Research Grant; the PA Foundation Breitman-Dorn Research Fellowship; the National Center for Advancing Translational Sciences of the National Institutes of Health under Grant Number UL1 TR001450. The content is solely the responsibility of the authors and does not necessarily represent the official views of the funders.

## KEY REFERENCES

- VanderWeele TJ. On the promotion of human flourishing. *Proc Natl Acad Sci U S A*. 2017;114(31):8148-56.
- Lee MT, Bialowolski P, Weziak-Bialowolska D, Mooney KD, Lerner PJ, McNeely E, et al. Self-assessed importance of domains of flourishing: demographics and correlations with well-being. *J Posit Psych*. 2020;16(1):137-44. <https://doi.org/10.1080/17439760.2020.1716050>
- Altman DG & Bland JM. Measurement in medicine: the analysis of method comparison studies. *The Statistician*. 1983;32(3):307-317. <https://doi.org/10.2307/2987937>
- Preiss D & Fisher J. A measure of confidence in Bland-Altman analysis for the interchangeability of two methods of measurement. *J Clin Mont Computer*. 2008;22:257-259. <https://doi.org/10.1007/s10877-008-9127-y>

**Figure 1** Bland-Altman Plot of Flourishing Score Difference and Mean Flourishing Score

