

APPENDIXES

Appendix 1: Hierarchy of evidence.

Type of evidence	Level of evidence	Description
Systematic review of meta-analyses	I Gold Standard	A synthesis of evidence from all relevant randomised controlled trials
Randomised controlled trial	II Gold Standard	An experiment in which subjects are randomised to a treatment or control group
Controlled trial without randomisation	III	An experiment in which subjects are non-randomly assigned to a treatment or control group
Case-control or Cohort study	IV	Case-control study: A comparison of subjects with a condition (case) with those who do not have the condition (control) to determine characteristics that might predict the condition. Cohort study: an observation of a group(s) cohort(s) to determine the development of an outcome such as a disease
Systematic review of qualitative or descriptive studies	V	A synthesis of evidence from qualitative or descriptive studies to answer a clinical question
Qualitative or descriptive studies	VI	Qualitative study: Gathers data on human behaviour to understand why and how decisions are made Descriptive study: Provides background
Opinion or consensus	VII	Information on the what, where and when of a topic of interest Authoritative opinion of expert committee

Appendix 2: Maslach-Burnout inventory scoring system.

Severity	Categorisation		
	Professional Efficacy	Emotional Exhaustion	Cynicism
High	30 or over	16 or over	13 or over
Moderate	24-29	8-15	6-12
Low	0-23	0-7	0-5