Supplementary table 1: Burnout mean scores according to selected participants' characteristics.

	Emotional Exhaustion	*Test*	Depersonalization	*Test*	Personal Accomplishment	*Test*
Gender						
Male	19.7 ± 13.1	2584.5 [ns]	6.6 ± 4.7	**2078.0***	40.5 ± 7.1	**2206.0***
Female	17.7 ± 12.1		4.7 ± 4.8		38.5 ± 7.4	
Age						
<=45	16.5 ± 11.6	1596.0 [ns]	4.8 ± 3.6	1713.5 [ns]	40.1 ± 4.4	1704.0 [ns]
>45	19.1 ± 12.8		5.8 ± 5.7		39.4 ± 7.9	
Children						
Yes	19.0 ± 12.5	801.0 [ns]	5.8 ± 5.2	**678.0***	39.7 ± 7.0	794.5 [ns]
No	15.2 ± 12.9		3.9 ± 5.9		36.6 ± 9.8	
Marital status						
Single/Divorced	14.9 ± 12.6	**1452.0***	4.6 ± 5.8	1479.0 [ns]	39.6 ± 8.5	1786.5 [ns]
Married/Union	19.6 ± 12.4		5.8 ± 5.0		39.4 ± 7.1	
Practice years						
≤20	15.9 ± 11.1	1688.5 [ns]	4.6 ± 3.5	1879.5 [ns]	39.9 ± 4.6	1912.5 [ns]
>20	19.6 ± 12.9		5.9 ± 5.7		39.2 ± 8.0	
Hours/day patien.						
≤5	17.4 ± 7.8	0.7 [ns]	5.1 ± 4.1	3.3 [ns]	30.8 ± 11.5	**6.1 ***
6-8	19.2 ± 13.2		5.8 ± 5.5		39.6 ± 6.9	
≥9	23.1 ± 13.4		9.1 ± 5.9		36.6 ± 8.6	
Hours/week inst.						
≤40	17.9 ± 13.7	2368.5 [ns]	5.4 ± 5.8	2234.5 [ns]	39.5 ± 8.8	2356.5 [ns]
>40	19.3 ± 11.7		5.8 ± 4.9		39.3 ± 6.2	
Practice unit						
FHCU	16.1 ± 10.8	1701.0 [ns]	5.3 ± 4.6	1915.5 [ns]	41.0 ± 5.7	1663.5 [ns]
PHCU	19.4 ± 12.9		5.6 ± 5.1		38.8 ± 7.8	
Other inst.						
Yes	16.8 ± 12.0	2174.0 [ns]	5.5 ± 5.3	2211.5 [ns]	40.2 ± 7.1	2237.5 [ns]
No	19.3 ± 12.9		5.6 ± 5.3		39.0 ± 7.6	

Results are expressed as mean ± standard deviation. Comparisons were performed with Mann-Whitney or Kruskall-Wallis: NS, not significant. *, p <0.05. FHCU, Family Health Care Unit. PHCU, Personalized Health Care Unit.

Supplementary table 2: logistic regression to assess the factors individually and independently associated with burnout components.

	High EE	High DP	Low PA (1)	Low PA (2)
Gender				
Woman	1 (ref.)	1 (ref.)	1 (ref.)	1 (ref.)
Man	1.45 (0.63-3.35)	2.06 (0.79-5.39)	0.40 (0.14-1.14)	0.33 (0.12-0.95)
Marital status				
Single/Divorced	1 (ref.)	1 (ref.)	-	-
Married/Union	3.06 (0.84-11.19)	2.88 (0.62-13.29)	-	-
Age category				
≤45	-	-	1 (ref.)	-
>45	-	-	3.02 (0.82-11.17)	-
Years of activity				
≤20	-	1 (ref.)	-	1 (ref.)
>20	-	1.78 (0.47-6.67)	-	3.07 (0.81-11.67)
Practice unit				
FHCU	1 (ref.)	-	1 (ref.)	1 (ref.)
PHCU	2.48 (0.92-6.71)	-	3.31 (0.70-15.74)	2.63 (0.81-8.55)

EE, emotional exhaustion; DP, depersonalization; PA, personal accomplishment; FHCU, Family Health Care Unit; PHCU, Personalized Health Care Unit; -, not included in the model. Results are expressed as Odds ratio and (95% confidence interval). For low PA, two models were used as the variables years of activity and age categories were correlated and their simultaneous inclusion led to a non-estimable model. Statistical analysis by multivariate logistic regression not taking into account sample stratification.

Supplementary table 3: Prevalence of burnout among Portuguese general practitioners, using original cut-offs for the Maslach Burnout Inventory – Human Services Survey (MBI-HSS)

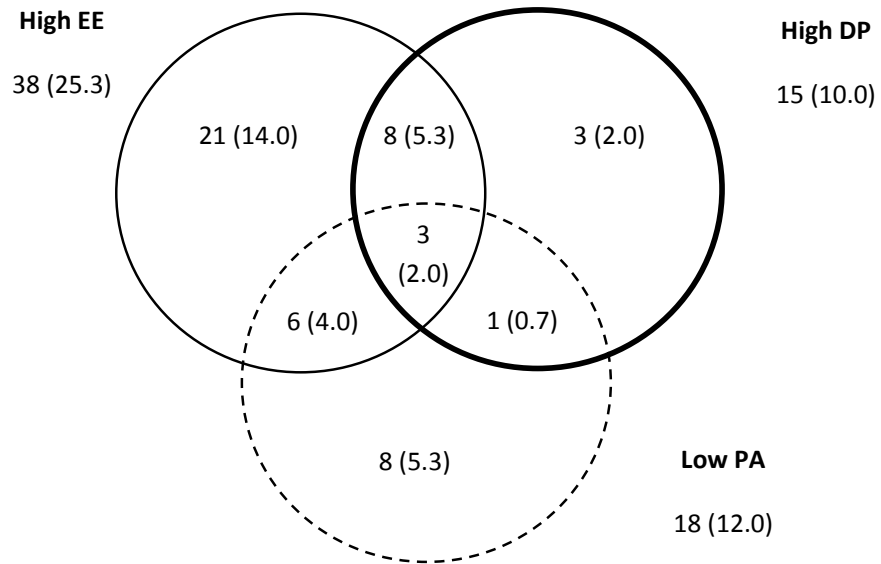| Variables	All	Male	Female	*Test*
High emotional exhaustion score	38 (25.3) (n = 150)	21 (30.9) (n = 68)	17 (20.7) (n = 82)	2.08 [ns]
High depersonalization score	38 (25.3) (n = 150)	21 (30.9) (n = 68)	17 (20.7) (n = 82)	2.08 [ns]
Low personal accomplishment score	18 (12.0) (n = 150)	6 (8.8) (n = 68)	12 (14.6) (n = 82)	4.28 [ns]
Burnout [§]	3 (2.0) (n = 148)	2 (2.9) (n = 68)	1 (1.3) (n = 80)	NA
Burnout [§§]	41 (27.7) (n = 148)	22 (32.4) (n = 68)	19 (23.8) (n = 80)	1.36 [ns]
Burnout [§§§]	18 (12.2) (n = 148)	9 (13.2) (n = 68)	9 (11.3) (n = 80)	0.14 [ns]

Results are expressed as number of participants and (percentage). Statistical analysis by chi-square: ns, not significant, NA, not assessable. Burnout defined as § high levels of emotional exhaustion and depersonalization, combined with low personal accomplishment; §§ high emotional exhaustion and/or high depersonalization and §§§ high score on emotional exhaustion in combination with high depersonalization or low personal accomplishment.

Supplementary table 4: Number of participants with low, average and high burnout scores in none, one, two or three subscales, using original cut-offs for the Maslach Burnout Inventory – Human Services Survey (MBI-HSS)

	High Burnout				
	0	1	2	3	Total
Average burnout					
0	46 (31.1)	15 (10.1)	5 (3.4)	3 (2.0)	69 (46.6)
1	39 (26.4)	14 (9.5)	10 (6.8)	-	63 (42.6)
2	12 (8.1)	2 (1.4)	-	-	14 (9.5)
3	2 (1.4)	-	-	-	2 (1.4)
Total	99 (66.9)	31 (20.9)	15 (10.1)	3 (2.0)	148 (100)

The possible combinations for the different subscales describing increasing burnout are shown in the table. Participants with low burnout scores in one dimension are represented by excluding average or high burnout. Results are expressed as number (percentage) of the total subjects.

Supplementary figure 1 - Venn's diagram with the number of participants with high burnout scores in one, two or three subscales, using, original cut-offs for the Maslach Burnout Inventory – Human Services Survey (MBI-HSS). N = 150.

High EE

38 (25.3)

21 (14.0)   8 (5.3)   3 (2.0)

3 (2.0)

6 (4.0)   1 (0.7)

8 (5.3)

High DP

15 (10.0)

Low PA

18 (12.0)

Results are expressed as number (percentage) of subjects.