## Supplementary Material 2

## Survey Form (Paper Format)

*By completing this survey, you acknowledge that your responses will be used for research purposes, and we kindly ask you to provide thoughtful and accurate answers to ensure the integrity of the data collected.*

**Demographics:**

1. Age: _____
2. Gender: □ Male □ Female □ Prefer not to say
3. Role/Occupation: □ Doctor □ Nurse □ Nurse Aide □ Pharmacist □ Medical Technician □ Other (please specify): _____
4. Years of experience in healthcare: _____

**Understanding and Adoption of the Biopsychosocial Model:**

5. Are you familiar with the biopsychosocial model of healthcare?

   □ Yes

   □ No

6. How often do you use the biopsychosocial model in your clinical practice?

   □ Frequently

   □ Occasionally

   □ Rarely

   □ Never

7. What aspects of patient care do you incorporate the biopsychosocial model into?

   □ Diagnosis

   □ Treatment Planning

   □ Patient Education

   □ Communication

   □ Other (please specify): _____

8. Which component of the biopsychosocial model (biological, psychological, social) do you focus on most in your practice?

- □ Biological
- □ Psychological
- □ Social
- □ All equally

9. What challenges have you faced when applying the biopsychosocial model in a resource-limited setting? (Select all that apply)

- □ Limited access to mental health resources
- □ Lack of training on the biopsychosocial model
- □ Time constraints during patient consultations
- □ Insufficient community support services
- □ Other (please specify): _____

**Unconventional Approaches and Innovation:**

10. Have you had to apply the biopsychosocial model in unconventional ways due to limited resources?

- □ Yes
- □ No

11. How do you balance applying the biopsychosocial model with limited resources and time?

- □ Creativity and resourcefulness
- □ Collaboration with colleagues
- □ Patient education and self-care
- □ Other (please specify): _____

12. Can you briefly describe an unconventional approach you used in applying the biopsychosocial model?

……...……

……...……

……..

**Effectiveness and Outcomes:**

13. In your opinion, how effective is the biopsychosocial model in treating complex patient cases?

- □ Very effective
- □ Effective
- □ Neutral
- □ Ineffective

14. Do you feel that incorporating psychological and social aspects of a patient's

health improves treatment adherence?

- □ Yes, significantly
- □ Yes, somewhat
- □ No

15. Have you noticed a difference in patient satisfaction when you use the biopsychosocial model compared to traditional methods?

- □ Yes, much higher satisfaction
- □ Yes, somewhat higher satisfaction
- □ No change
- □ Satisfaction decreased

16. Have you been able to resolve certain health issues more effectively using the biopsychosocial model?

- □ Yes
- □ No
- □ Not sure

**Challenges and Resource Limitations:**

17. What resources do you feel are needed to better implement the biopsychosocial model in Myanmar's healthcare system?

- □ More training and education on the model
- □ Improved mental health services
- □ Better community support services

□ More interdisciplinary collaboration (e.g., social workers, psychologists)

□ Other (please specify): _____

18. How do you overcome the challenges of limited resources when applying the biopsychosocial model? (Select all that apply)

□ Creativity and resourcefulness

□ Collaboration with colleagues

□ Relying on patient education and self-care

□ Other (please specify): _____

19. Do you feel there is enough support from your institution for applying the biopsychosocial model?

□ Yes, adequate support

□ Some support, but more is needed

□ No support

**Future Outlook:**

20. Do you believe that the adoption of the biopsychosocial model will continue to grow in Myanmar's healthcare system in the future?

□ Yes, definitely

□ Yes, to some extent

□ No

21. What steps do you think should be taken to encourage future healthcare providers to embrace the biopsychosocial model?

□ More education and training in medical schools

□ Encouragement from senior healthcare providers

□ Government support and policy changes

□ Other (please specify): _____

22. What impact do you think the biopsychosocial model will have on the future of healthcare in Myanmar?

□ Positive impact, will improve patient care

□ Neutral impact

□ Negative impact, too complex for resource-limited settings

**General Feedback:**

23. What do you think are the most important benefits of using the biopsychosocial model in healthcare?

……...……

……...……

……...……

……...

24. Are there any barriers to implementing the biopsychosocial model that have not been addressed in this survey?

……...……

……...……

……...

……...

25. What additional comments do you have about your experience with the biopsychosocial model in your healthcare practice?

……...……

……...……

……...

……...

26. How do you think the future of healthcare in Myanmar can be shaped by the increasing use of the biopsychosocial model?

……...……

……...……

……...

27. What resources or policies would support healthcare professionals in adopting this holistic approach?

……...……

……...……

……...

28. What challenges do you face in engaging patients with a biopsychosocial model, and how do you address them?

……...……

……...……

……...

……...

29. Do you believe the adoption of the biopsychosocial model can reduce the burden of healthcare in Myanmar?

……...……

……...……

……...

……...

30. What long-term changes would you like to see in Myanmar's healthcare system

to better support the integration of the biopsychosocial model, and how can future healthcare providers contribute to these changes?

……...……

……...……

……...

……...

------- END OF SURVEY --------

*Thank you for taking the time to complete this survey. Please be assured that your responses will only be used for healthcare research in Myanmar, with the aim of improving the modern healthcare system in the country. Your participation is greatly appreciated, and we will not use the data for any other purposes.*

# Survey Form (Google Forms)

## Survey from Young Healthcare Professionals (aged 25-35) on Biopsychosocial Model Adoption

Thank you for participating in this survey. The purpose of this survey is to gather insights from healthcare professionals in Myanmar on their understanding and application of the **biopsychosocial model** in patient care. This model takes a holistic approach, considering biological, psychological, and social factors that influence a patient's health and well-being.

Your responses will help assess the adoption of this model in Myanmar's healthcare system, its effectiveness, the challenges faced in resource-limited settings, and the resources needed to better implement it.

The survey consists of questions related to your demographic background, your experience with the biopsychosocial model, its effectiveness in patient care, the challenges you face, and the resources or policy changes needed for broader adoption.

Your participation is completely anonymous, and your responses will contribute to improving the quality of healthcare delivery in Myanmar. We appreciate your time and valuable input.

For any inquiries or further information, please feel free to contact me:
**Htet Lin Aung**
Clinical and Health Science Researcher
Email: pane.htetlinaung@gmail.com
ORCID: https://orcid.org/0009-0004-0664-973X

* Indicates required question

1. *

By completing this survey, you acknowledge that your responses will be used for research purposes, and we kindly ask you to provide thoughtful and accurate answers to ensure the integrity of the data collected.

*Mark only one oval.*

- Agree

*Skip to question 2*

**Demographics**

2. 1. Age: _____ years-old *

3. 2. Gender: * Dropdown

*Mark only one oval.*

- Male
- Female
- Prefer not to say

4. 3. Role/Occupation: * Dropdown

*Mark only one oval.*

- Doctor
- Nurse
- Nurse Aide
- Pharmacist
- Medical Technician
- Other

5. 4. Years of experience in healthcare: _____ years *

Skip to question 6

## Understanding and Adoption of the Biopsychosocial Model

6. 5. Are you familiar with the biopsychosocial model of healthcare? *

*Mark only one oval.*

- Yes
- No

7. 6. How often do you use the biopsychosocial model in your clinical practice? *

*Mark only one oval.*

- Frequently
- Occasionally
- Rarely
- Never

8. 7. What aspects of patient care do you incorporate the biopsychosocial model into? (Select all that apply) *

*Tick all that apply.*

- [ ] Diagnosis
- [ ] Treatment Planning
- [ ] Patient Education
- [ ] Communication
- [ ] Patient Care
- [ ] None

9. 8. Which component of the biopsychosocial model (biological, psychological, social) do you focus on most in your practice? (Select all that apply) *

*Tick all that apply.*

- [ ] Biological
- [ ] Psychological
- [ ] Social
- [ ] All equally

10. 9. What challenges have you faced when applying the biopsychosocial model in a resource-limited setting? (Select all that apply) *

*Tick all that apply.*

- [ ] Limited access to mental health resources
- [ ] Lack of training on the biopsychosocial model
- [ ] Time constraints during patient consultations
- [ ] Insufficient community support services
- [ ] None

Skip to question 11

## Unconventional Approaches and Innovation

11. 10. Have you had to apply the biopsychosocial model in unconventional ways due to limited resources? *

*Mark only one oval.*

- Yes
- No

12. 11. How do you balance applying the biopsychosocial model with limited resources and time? *

*Mark only one oval.*

- Creativity and resourcefulness
- Collaboration with colleagues
- Patient education and self-care
- Other

13. 12. Can you briefly describe an unconventional approach you used in applying the biopsychosocial model? *

_____

*Skip to question 14*

## Effectiveness and Outcomes

14. 13. In your opinion, how effective is the biopsychosocial model in treating complex patient cases? *

*Mark only one oval.*

- Very effective
- Effective
- Neutral
- Ineffective

15. 14. Do you feel that incorporating psychological and social aspects of a patient's health improves treatment adherence? *

*Mark only one oval.*

- Yes, significantly
- Yes, somewhat
- No

16. 15. Have you noticed a difference in patient satisfaction when you use the biopsychosocial model compared to traditional methods? *

*Mark only one oval.*

- Yes, much higher satisfaction
- Yes, somewhat higher satisfaction
- No change
- Satisfaction decreased

17. 16. Have you been able to resolve certain health issues more effectively using the biopsychosocial model? *

*Mark only one oval.*

- Yes
- No
- Not sure

*Skip to question 18*

## Challenges and Resource Limitations

18. 17. What resources do you feel are needed to better implement the biopsychosocial model in Myanmar's healthcare system? *

*Mark only one oval.*

- More training and education on the model
- Improved mental health services
- Better community support services
- More interdisciplinary collaboration (e.g., social workers, psychologists)
- Other

19. 18. How do you overcome the challenges of limited resources when applying the biopsychosocial model? (Select all that apply) *

*Tick all that apply.*

- [ ] Creativity and resourcefulness
- [ ] Collaboration with colleagues
- [ ] Relying on patient education and self-care
- [ ] Other

20. 19. Do you feel there is enough support from your institution for applying the biopsychosocial model? *

*Mark only one oval.*

- Yes, adequate support
- Some support, but more is needed
- No support

*Skip to question 21*

## Future Outlook

21. 20. Do you believe that the adoption of the biopsychosocial model will continue to grow in Myanmar's healthcare system in the future? *

*Mark only one oval.*

- Yes, definitely
- Yes, to some extent
- No

22. 21. What steps do you think should be taken to encourage future healthcare providers to embrace the biopsychosocial model? *

*Mark only one oval.*

- More education and training in medical schools
- Encouragement from senior healthcare providers
- Government support and policy changes
- Other

23. 22. What impact do you think the biopsychosocial model will have on the future of healthcare in Myanmar? *

*Mark only one oval.*

- Positive impact, will improve patient care
- Neutral impact
- Negative impact, too complex for resource-limited settings

*Skip to question 24*

## General Feedback

24. 23. What do you think are the most important benefits of using the biopsychosocial model in healthcare? *

25. 24. Are there any barriers to implementing the biopsychosocial model that have not been addressed in this survey? *

26. 25. What additional comments do you have about your experience with the biopsychosocial model in your healthcare practice? *

27. 26. How do you think the future of healthcare in Myanmar can be shaped by the increasing use of the biopsychosocial model? *

28. 27. What resources or policies would support healthcare professionals in adopting this holistic approach? *

29. 28. What challenges do you face in engaging patients with a biopsychosocial model, and how do you address them? *

30. 29. Do you believe the adoption of the biopsychosocial model can reduce the burden of healthcare in Myanmar? *

31. 30. What long-term changes would you like to see in Myanmar's healthcare system to better support the integration of the biopsychosocial model, and how can future healthcare providers contribute to these changes? *

This content is neither created nor endorsed by Google.

Google Forms