

UC San Diego

Family Medicine Research Symposium 2026

Title

Building Belonging in Residency: A Resident-Led Identity and Empowerment Workshop in Family Medicine

Permalink

<https://escholarship.org/uc/item/4vf459hx>

Authors

Yap, Edgar

Boehnlein, Colin

McPherson, Julia

et al.

Publication Date

2026-08-12

Peer reviewed

Background: Residency involves high rates of burnout and isolation. While clinical skills are assessed, residents' sense of community is often neglected. Peer-led models can foster greater psychological safety than faculty-led initiatives by allowing residents to share vulnerabilities without evaluation.

Objective: To evaluate a resident-led Identity and Empowerment workshop series designed to enhance community and belonging within a Family Medicine residency.

Data and Methods: At a university-affiliated residency (n=25), a two-part curriculum involving narrative sharing and reflection was delivered over six months. Residents completed an adapted 8-item Brief Sense of Community Scale (BSCS) at four intervals: pre-intervention, post-Workshop 1, 3 months post, and 6 months post.

Results: BSCS scores showed a modest increase post-Workshop 1, attenuation at 3 months, and partial recovery at 6 months. Emotional Connection trended from 4.10 (n=20) to 4.36 (n=14). Though not statistically significant, 92.9% reported a positive impact on connection, rating the workshop's ability to foster closeness at 4.62/5.

Conclusions and Implications: Resident-led workshops are feasible and highly valued. Despite modest quantitative shifts, the perceived impact suggests peer-led narrative interventions are meaningful tools to address isolation. Future iterations will utilize closer scheduling.