

Supplemental\_Table 3 Association between average working hours for 6 months and stress response scores

|                    |                                 | Crude model            |             |                       |                                  | Model 1 <sup>a</sup> |             |          |                     | Model 2 <sup>b</sup> |             |          |                     |       |
|--------------------|---------------------------------|------------------------|-------------|-----------------------|----------------------------------|----------------------|-------------|----------|---------------------|----------------------|-------------|----------|---------------------|-------|
|                    |                                 | Mear (SE) <sup>c</sup> | P-values    | $\eta^2$ <sup>d</sup> | Multiple comparison <sup>e</sup> | Mear (SE)            | P-values    | $\eta^2$ | Multiple comparison | Mear (SE)            | P-values    | $\eta^2$ | Multiple comparison |       |
| Vigor              | I. <140 h/mo (<35 h/w)          | 2454                   | 2.34 (0.02) | 0.000                 | 0.005                            | 0.000                | 2.30 (0.02) | 0.000    | 0.003               | 0.111                | 2.30 (0.02) | 0.000    | 0.003               | 0.560 |
|                    | II. 140–180 h/mo (35–45 h/w)    | 9793                   | 2.25 (0.01) |                       |                                  | ref <sup>f</sup>     | 2.25 (0.01) |          |                     | ref                  | 2.26 (0.01) |          |                     | ref   |
|                    | III. 180–205 h/mo(45–51.25 h/w) | 2287                   | 2.18 (0.02) |                       |                                  | 0.004                | 2.20 (0.02) |          |                     | 0.107                | 2.20 (0.02) |          |                     | 0.067 |
|                    | IV. 205–220 h/mo (51.25–55 h/w) | 424                    | 2.08 (0.04) |                       |                                  | 0.000                | 2.10 (0.04) |          |                     | 0.002                | 2.08 (0.04) |          |                     | 0.000 |
|                    | V. ≥220 h/mo (≥55 h/w)          | 185                    | 1.98 (0.06) |                       |                                  | 0.000                | 1.99 (0.06) |          |                     | 0.000                | 1.97 (0.06) |          |                     | 0.000 |
| Irritability       | I. <140 h/mo                    | 2454                   | 2.06 (0.02) | 0.014                 | 0.001                            | 1.000                | 1.96 (0.02) | 0.000    | 0.004               | 0.000                | 1.98 (0.02) | 0.000    | 0.005               | 0.036 |
|                    | II. 140–180 h/mo                | 9793                   | 2.04 (0.01) |                       |                                  | ref                  | 2.04 (0.01) |          |                     | ref                  | 2.04 (0.01) |          |                     | ref   |
|                    | III. 180–205 h/mo               | 2287                   | 2.05 (0.02) |                       |                                  | 1.000                | 2.12 (0.02) |          |                     | 0.000                | 2.12 (0.02) |          |                     | 0.000 |
|                    | IV. 205–220 h/mo                | 424                    | 2.16 (0.04) |                       |                                  | 0.027                | 2.21 (0.04) |          |                     | 0.000                | 2.25 (0.04) |          |                     | 0.000 |
|                    | V. ≥220 h/mo                    | 185                    | 2.14 (0.06) |                       |                                  | 0.775                | 2.22 (0.06) |          |                     | 0.030                | 2.26 (0.06) |          |                     | 0.001 |
| Anxiety            | I. <140 h/mo                    | 2454                   | 1.88 (0.02) | 0.000                 | 0.006                            | 1.000                | 1.84 (0.02) | 0.000    | 0.009               | 0.146                | 1.83 (0.02) | 0.000    | 0.008               | 0.029 |
|                    | II. 140–180 h/mo                | 9793                   | 1.89 (0.01) |                       |                                  | ref                  | 1.89 (0.01) |          |                     | ref                  | 1.89 (0.01) |          |                     | ref   |
|                    | III. 180–205 h/mo               | 2287                   | 1.96 (0.02) |                       |                                  | 0.000                | 2.01 (0.02) |          |                     | 0.000                | 2.01 (0.02) |          |                     | 0.000 |
|                    | IV. 205–220 h/mo                | 424                    | 2.17 (0.04) |                       |                                  | 0.000                | 2.19 (0.04) |          |                     | 0.000                | 2.17 (0.04) |          |                     | 0.000 |
|                    | V. ≥220 h/mo                    | 185                    | 2.15 (0.05) |                       |                                  | 0.000                | 2.19 (0.05) |          |                     | 0.000                | 2.17 (0.05) |          |                     | 0.000 |
| Depressor          | I. <140 h/mo                    | 2454                   | 1.72 (0.02) | 0.000                 | 0.005                            | 0.001                | 1.75 (0.02) | 0.000    | 0.002               | 0.385                | 1.77 (0.02) | 0.000    | 0.003               | 1.000 |
|                    | II. 140–180 h/mo                | 9793                   | 1.78 (0.01) |                       |                                  | ref                  | 1.78 (0.01) |          |                     | ref                  | 1.78 (0.01) |          |                     | ref   |
|                    | III. 180–205 h/mo               | 2287                   | 1.87 (0.02) |                       |                                  | 0.000                | 1.85 (0.02) |          |                     | 0.002                | 1.85 (0.02) |          |                     | 0.000 |
|                    | IV. 205–220 h/mo                | 424                    | 1.95 (0.04) |                       |                                  | 0.000                | 1.90 (0.04) |          |                     | 0.018                | 1.95 (0.04) |          |                     | 0.000 |
|                    | V. ≥220 h/mo                    | 185                    | 1.93 (0.05) |                       |                                  | 0.089                | 1.90 (0.05) |          |                     | 0.352                | 1.96 (0.05) |          |                     | 0.008 |
| Fatigue            | I. <140 h/mo                    | 2454                   | 2.19 (0.02) | 0.000                 | 0.007                            | 0.000                | 2.02 (0.02) | 0.000    | 0.003               | 1.000                | 2.04 (0.02) | 0.000    | 0.004               | 1.000 |
|                    | II. 140–180 h/mo                | 9793                   | 2.04 (0.01) |                       |                                  | ref                  | 2.05 (0.01) |          |                     | ref                  | 2.05 (0.01) |          |                     | ref   |
|                    | III. 180–205 h/mo               | 2287                   | 1.96 (0.02) |                       |                                  | 0.000                | 2.07 (0.02) |          |                     | 1.000                | 2.07 (0.02) |          |                     | 1.000 |
|                    | IV. 205–220 h/mo                | 424                    | 2.17 (0.04) |                       |                                  | 0.016                | 2.26 (0.04) |          |                     | 0.000                | 2.30 (0.04) |          |                     | 0.000 |
|                    | V. ≥220 h/mo                    | 185                    | 2.17 (0.06) |                       |                                  | 0.384                | 2.29 (0.06) |          |                     | 0.001                | 2.33 (0.06) |          |                     | 0.000 |
| Physical complaint | I. <140 h/mo                    | 2454                   | 1.80 (0.01) | 0.000                 | 0.002                            | 0.001                | 1.75 (0.01) | 0.151    | 0.000               | 1.000                | 1.75 (0.01) | 0.074    | 0.001               | 1.000 |
|                    | II. 140–180 h/mo                | 9793                   | 1.75 (0.01) |                       |                                  | ref                  | 1.75 (0.01) |          |                     | ref                  | 1.75 (0.01) |          |                     | ref   |
|                    | III. 180–205 h/mo               | 2287                   | 1.71 (0.01) |                       |                                  | 0.037                | 1.76 (0.01) |          |                     | 1.000                | 1.76 (0.01) |          |                     | 1.000 |
|                    | IV. 205–220 h/mo                | 424                    | 1.79 (0.03) |                       |                                  | 1.000                | 1.82 (0.03) |          |                     | 0.134                | 1.83 (0.03) |          |                     | 0.052 |
|                    | V. ≥220 h/mo                    | 185                    | 1.73 (0.04) |                       |                                  | 1.000                | 1.78 (0.04) |          |                     | 1.000                | 1.79 (0.04) |          |                     | 1.000 |

a : Model 1: adjusted for sex, age, job type, employment type (regular employee or others), and work style (shift work or no shift work)

b: Model 2: adjusted for Model 1 and experience or no experience with COVID-19 emergencies in April 2020

c: SE, standard error

d: partial eta squared

e: Bonferroni method

f: ref, reference