SUPPLEMENTARY MATERIALS

Table S1. Questions about job-related stress

Questions	Answers			
#1. I have an extremely large amount of work to do.	1	2	3	4
#2. I can't complete work in the required time.	1	2	3	4
#3. I have to work as hard as I can.	1	2	3	4
#4. I have to pay very careful attention.	1	2	3	4
#5. My job is difficult in that it requires a high level of knowledge and technical skill.	1	2	3	4
#6. I need to be constantly thinking about work throughout the working day.	1	2	3	4
#7. My job requires a lot of physical work.	1	2	3	4
#8. I can work at my own pace.	1	2	3	4
#9. I can choose how and in what order to do my work.	1	2	3	4
#10. I can reflect my opinions on workplace policy.	1	2	3	4
#11. My knowledge and skills are rarely used at work.	1	2	3	4
#12. There are differences of opinion within my department.	1	2	3	4
#13. My department does not get along well with other departments	1	2	3	4
#14. The atmosphere in my workplace is friendly.	1	2	3	4
#15. My working environment is poor (e.g., noise, lighting, temperature, ventilation).	1	2	3	4
#16. This job suits me well.	1	2	3	4
#17. My job is worth doing.	1	2	3	4

Participants answered each question from four potential answers: 1 (very much so), 2 (moderately so), 3 (somewhat), or 4 (not at all).

In the answer options, those shown by the gray cells indicate the “most stressful” options. Job strain, job control, job suitability, and relationships at work were evaluated: regarding job strain, when more than six answers of “most stressful option” were given for seven question items of #1 to #7, it was rated “high,” otherwise “low”; regarding job control, when more than two answers of “most stressful option” were given for three question items of #8 to #10, it was rated “low,” otherwise “high”; regarding job suitability, when more than two answers of “most stressful option” were given for three question items of #11, #16, and #17, it was rated “low,” otherwise “high”; regarding relationships at work, when more than two answers of “most stressful option” were given for three question items of #12 to #14, it was rated “poor,” otherwise “good.”