

Is telework allowance and utilization associated with stress indicators among white-collar workers? ¹

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1. Supplementary material
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Table S1. Fixed effects in the unadjusted linear mixed models testing perceived stress and cardiac autonomic parameters (heart rate, RMSSD and SDNN), including interaction terms.

	Perceived stress		Heart Rate (bpm)		RMSSD (ms)		SDNN (ms)	
	F	p	F	p	F	p	F	p
Main effects								
Allowance to telework	1.54	0.21	1.20	0.27	5.62	0.02	1.96	0.16
Utilization of telework	4.25	0.04	3.26	0.07	14.96	<0.01	20.96	<0.01
Period of the day	na	na	272.20	<0.01	30.89	<0.01	7.21	<0.01
Interaction terms								
Allowance * Period of the day	na	na	0.40	0.67	0.30	0.74	0.01	0.99
Utilization * Period of the day	na	na	0.27	0.76	0.78	0.46	0.37	0.69

Bpm: beats per minutes. RMSSD: root mean square of successive differences between normal heartbeats. SDNN: standard deviation of the RR intervals. Bold values mark statistical significance (p<0.05). na: non-applicable.

Table S2. Estimated main effects (B) with 95% confidence intervals and p-values for cardiac autonomic parameters (heart rate, RMSSD and SDNN), using sleep as the reference.

	B	Leisure 95% CI	p	B	Work 95% CI	p
Unadjusted models						
Heart rate (bpm)	16.48	15.04–17.92	<0.01	14.45 ^a	13.00–15.90	<0.01
	-	-18.78--	<0.01	-13.64	-17.43--9.85	<0.01
RMSSD (ms)	15.06	11.34	<0.01	-13.64	-17.43--9.85	<0.01
SDNN (ms)	-7.01	-10.46--3.56	<0.01	-4.15	-7.68--0.61	0.02
Adjusted models						
Heart rate (bpm)	16.40	14.98–17.81	<0.01	14.15 ^a	12.85–15.66	<0.01
	-	-18.83--	<0.01	-13.84	-17.47--	<0.01
RMSSD (ms)	15.24	11.66	<0.01	-13.84	10.21	<0.01
SDNN (ms)	-7.03	-10.17--3.89	<0.01	-4.24	-7.42--1.06	0.01

Adjusted models for age, sex, BMI, and physical activity (ILRs). Bpm– beats per minutes. RMSSD– root mean square of successive differences between normal heartbeats. SDNN– standard deviation of the RR intervals. ms– milliseconds. Bold values mark statistical significance (p<0.05).

a. statistically significant pairwise comparison between leisure and work (p<0.05).

