

Supplemental Table 1. Coping strategies-results of principal components analysis followed by Oblimin rotation: factor loadings

		1	2	3	4	5	6	7	8	9
% total variance		22.1	10.0	7.34	7.20	6.35	5.27	4.79	3.96	3.90
Cronbach's α Item		.85	.93	.91	.76	.64	.82	.60	.76	.57
Mean (time 2)		1.65	.17	.71	1.39	.23	1.41	.53	2.72	.76
(SD)		(.85)	(.39)	(.81)	(.84)	(.58)	(.85)	(.49)	(.48)	(.56)
Active coping	I've been concentrating my efforts on doing something about the situation I'm in.	.84								
Planning	I've been trying to come up with a strategy about what to do	.79								
Planning	I've been thinking hard about what steps to take.	.78								
Active coping	I've been taking action to try to make the situation better	.74								
Alcohol/ Drug use	I've been using alcohol and other drugs to help me get through it		.96							
Alcohol/ Drug use	I've been using alcohol or other drugs to make myself feel better		.90							
Humor	I've been making fun of the situation			.95						
Humor	I've been making jokes about it.			.92						
Religion	I've been praying or meditating.				.90					
Religion	I've been trying to find comfort in my religion or spiritual beliefs.				.89					

Positive reinterpretation and growth	I've been looking for something good in what is happening	.47	
Positive reinterpretation and growth	I've been trying to see it in a different light, to make it seem more positive.	.41	
Denial	I've been saying to myself "this isn't real."	.80	
Denial	I've been refusing to believe that it has happened.	.80	
Seeking of emotional support	I've been getting emotional support from others.		-.82
Using instrumental support	I've been getting help and advice from other people		-.72
Seeking of emotional support	I've been getting comfort and understanding from someone.		-.69
Using instrumental support	I've been trying to get advice or help from other people about what to do.		-.41
Focus on and venting of emotions	I've been expressing my negative feelings.		.36
Self-blame	I've been criticizing myself		.85
Self-blame	I've been blaming myself for things that happened.		.68
Focus on and venting of emotions	I've been saying things to let my unpleasant feelings escape.		.46
Acceptance	I've been accepting the reality of the fact that it has happened.		-.75
Acceptance	I've been learning to live with it.		-.73

Behavioral disengagement	I've been giving up trying to deal with it.	.83
Behavioral disengagement	I've been giving up the attempt to cope.	.50
Mental disengagement	I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping or shopping.	.49
Mental disengagement	I've been turning to work or other activities to take my mind off things.	.42

Supplemental table 2. Pearson correlates among covariates and outcomes of interest.

	1	2	3	4	5	6	7	8	9	10
1. PSQI total score										
2. CESD total score	.50**									
3. Global mental score (MCS)	-.45**	-.74**								
4. Global physical score (PCS)	-.27**	-.33**	.43**							
5. Overall perceived health	.23*	.29**	-.35**	-.75**						
6. Shift work history	.19*	.12	-.08	-.09	.11					
7. Days between time 1 and time 2	.10	.05	-.04	-.17	.25**	-.04				
8. Sex	.33**	.18	-.15	.004	-.06	-.03	.25**			
9. Age	-.32**	-.26**	.25**	.14	-.07	-.08	-.07	-.28**		
10. Subjective social status	.18	.24**	-.21*	-.33**	.44**	.18	.14	.26**	.05	

Note. $p < .05$, ** $p < .01$