

## Supplemental Material 1 – Details on BJSQ (Workers' self-reported stress responses)

[Instruction] Please answer the following questions concerning your health during the past month by circling the number that best fits your situation.

[options] 1: Almost never, 2: Sometimes, 3: Often, 4: Always often

Vigour	1	I have been very active
	2	I have been full of energy
	3	I have been lively
Irritability	1	I have felt angry
	2	I have been inwardly annoyed or aggravated
	3	I have felt irritable
Anxiety	1	I have felt tense
	2	I have felt worried or insecure
	3	I have felt restless
Depression	1	I have been depressed
	2	I have thought that doing anything was a hassle
	3	I have been unable to concentrate
	4	I have felt gloomy
	5	I have been unable to handle work
	6	I have felt sad
Fatigue	1	I have felt extremely tired
	2	I have felt exhausted
	3	I have felt weary or listless
Physical complaints	1	I have felt dizzy
	2	I have experienced joint pains
	3	I have experienced headaches
	4	I have had a stiff neck and /or shoulders
	5	I have had lower back pain
	6	I have had eyestrain
	7	I have experienced heart palpitations or shortness of breath
	8	I have experienced stomach and/or intestine problems
	9	I have lost my appetite
	10	I have experienced diarrhea and /or constipation
	11	I haven't been able to sleep well