



Supplementary Material A

The Relationship between Pet Ownership, Psychopathological Symptoms and Health-benefitting Factors in Occupations at Risk for Traumatization

Johanna Lass-Hennemann¹, Sarah K. Schäfer², M. Roxanne Sopp³ and Tanja Michael^{4,*}

Saarland University, Department of Psychology; 66123 Saarbrücken, Germany; sarah.schaefer@uni-saarland.de (S.K.S.); roxanne.sopp@uni-saarland.de (M.R.S.); t.michael@mx.uni-saarland.de (T.M.)

[◦] Shared first authorship

* Correspondence: lass-hennemann@mx.uni-saarland.de; Tel.: +49-681-302-71011 (JLH)

1. Results for the Comparison Between Dog/Cat Owners and Others

1.1. Demographic Group Differences Between Dog/Cat Owners and Others

Sample characteristics of dog/cat owners and others are presented in Table A-1. Dog/cat owners and others were not different regarding the proportion of women, $\chi^2(1) = 3.12, p = 0.077$, age, $t(575) = 1.24, p = 0.214$, and job experience, $t(544) = 0.55, p = 0.586$. However, dog/cat owners were more likely to live together with a partner or family as compared to non-dog owners, $\chi^2(1) = 10.76, p = 0.001$. Moreover, dog/cat owners and others did neither differ with respect to their frequency in working shifts, $\chi^2(1) = 1.61, p = 0.204$, nor to the proportion of those working night shifts or on standby duty.

Table 1. Sample characteristics for dog/cat owners and others.

	Dog/cat owners	Others	$\chi^2/t(df)$	<i>p</i>
Sex (% women)	44.70	37.40	$\chi^2(1) = 3.12$	0.077
Age (in years)	38.89 (11.19)	37.68 (11.80)	$t(575) = 1.24$	0.214
Form of living (living alone, %)	16.3	27.8	$\chi^2(1) = 10.76$	0.001
Job experience (in years)	16.99 (11.10)	16.44 (11.87)	$t(544) = 0.55$	0.586
Shift work (%)	63.0	57.8	$\chi^2(1) = 1.61$	0.204
Night shifts (% of those working shifts)	82.60	85.50	$\chi^2(1) = 0.55$	0.495
Standby duty (% of those working shifts)	36.60	29.00	$\chi^2(1) = 2.04$	0.154

Note. df = degree of freedom.

Numbers in brackets indicate standard deviations or degrees of freedom.

1.2. Group Differences: Psychopathological Symptoms

General mental health problems. A *t*-test for independent samples with group (dog/cat owner vs. others) as independent variable and GSI scores as dependent variable revealed no significant group difference, $t(569) = 1.07, p = 0.285, d = 0.09$. Moreover, there were no moderating effects of gender, $F(1,567) = 0.25, p = 0.616, \eta^2_p = 0.00$, and age, $F(1,564) = 0.18, p = 0.672, \eta^2_p = 0.00$. Furthermore, it did not impact on the findings if individuals live alone or together with a partner or family, $F(1,567) = 0.09, p = 0.766, \eta^2_p = 0.00$.

Posttraumatic stress symptoms. A *t*-test for independent samples with dog/cat owner versus others as independent variable and IES-R total scores as dependent variable did not show a significant between-group difference, $t(496) = 0.09, p = 0.931, d = 0.01$. As for general mental health problems, there were no moderating effects of age, $F(1,491) = 0.01, p = 0.913, \eta^2_p = 0.00$, and form of living, $F(1,494) = 1.32, p = 0.250, \eta^2_p = 0.00$. However, respondents' gender showed an impact on PTSD symptom levels: Women reported higher levels of PTSD symptoms, $F(1,494) = 6.99, p = 0.008, \eta^2_p =$

0.02. Moreover, there was a significant interaction of dog/cat-ownership and gender, $F(1,494) = 4.03$, $p = 0.045$, $\eta^2_p = 0.01$. Post-hoc comparisons showed that among non-dog/cat owners women and men did not differ in PTSD symptoms, $t(287) = 0.48$, $p = 0.643$, $d = 0.06$, while women reported more severe PTSD symptoms in the group of dog/cat owners, $t(207) = 3.12$, $p = 0.002$, $d = 0.43$.

Burnout symptoms. A MANOVA with dog/cat owner versus others as between-subject factor and burnout symptoms (emotional exhaustion, depersonalization, and personal accomplishment) as dependent variable did not result in significant group differences, $F(3,567) = 0.06$, $p = .983$, $\eta^2_p = 0.00$. Moreover, there was no significant moderator effect of gender, $F(1,565) = 0.09$, $p = .964$, $\eta^2_p = 0.00$, age, $F(1,562) = 0.25$, $p = 0.859$, $\eta^2_p = 0.00$, and form of living, $F(1,565) = 1.04$, $p = 0.374$, $\eta^2_p = 0.01$.

1.3. Group Differences: Health-Benefitting Factors

Sense of coherence. A *t*-test for independent samples with dog/cat owner versus others as independent variable and SOC scores as dependent variable did not show significant group differences, $t(578) = 0.34$, $p = 0.731$, $d = 0.03$. Furthermore, there were no moderator effects of gender, $F(1,576) = 0.60$, $p = 0.440$, $\eta^2_p = .00$, age, $F(1,573) = 1.04$, $p = 0.309$, $\eta^2_p = 0.00$, and form of living, $F(1,576) = 1.84$, $p = 0.175$, $\eta^2_p = 0.00$.

Trait-resilience. In line with the findings on SOC, a *t*-test for independent samples with trait-resilience as dependent variable did not reveal significant differences between dog/cat owners and others, $t(576) = 0.85$, $p = 0.398$, $d = 0.07$. As for SOC, there were no significant moderating effects, gender: $F(1,574) = 0.77$, $p = 0.380$, $\eta^2_p = 0.00$, age: $F(1,571) = 0.23$, $p = 0.636$, $\eta^2_p = 0.00$, form of living: $F(1,574) = 0.60$, $p = 0.440$, $\eta^2_p = 0.00$.

Locus of control. A MANOVA with dog/cat owner versus others as between-subject factor and external as well as internal LOC as dependent variables also did not result in a significant between group difference, $F(2,577) = 0.21$, $p = 0.809$, $\eta^2_p = .0001$. Moreover, we did not find moderator effects, gender: $F(1,575) = 0.48$, $p = 0.622$, $\eta^2_p = 0.00$, age: $F(1,572) = 2.62$, $p = 0.074$, $\eta^2_p = 0.01$, form of living: $F(1,575) = 2.46$, $p = 0.086$, $\eta^2_p = 0.01$.



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