

## Supporting Information

### The endless quarantine: The impact of the COVID-19 outbreak on healthcare workers after three months of mandatory social isolation in Argentina

Daniela L. Giardino<sup>a</sup>, Cristián Huck-Iriart<sup>b</sup>, Maximiliano Riddick<sup>c</sup>, Arturo Garay<sup>a</sup>

<sup>a</sup> Medicina del Sueño-Neurología-Centro de Educación Médica e Investigaciones Clínicas “Norberto Quirno” (CEMIC), Buenos Aires , Argentina

<sup>b</sup> Escuela de Ciencia y Tecnología, Universidad Nacional de San Martín (UNSAM), Buenos Aires, Argentina

<sup>c</sup> Departamento de Matemáticas-Facultad de Ciencias Exactas-UNLP-CONICET, Buenos Aires, Argentina

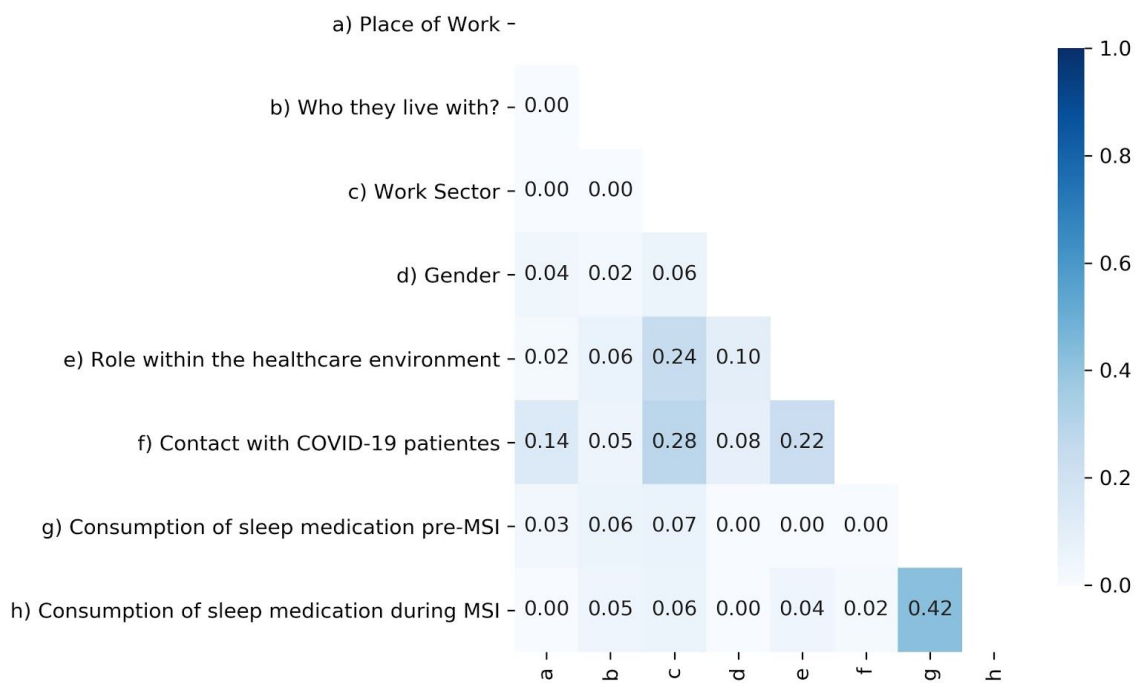
**Table S1.** Demographic characteristics

Demographic characteristics	N (%)
AMBA (Buenos Aires City and surroundings )	871 (82.2%)
Provincia de Buenos Aires (NO AMBA)	60 (5.7%)
Salta	3 (0.3%)
Santiago del Estero	13 (1.2%)
Mendoza	21 (2.0%)
Córdoba	33 (3.1%)
Neuquén	11 (1.0%)
Chubut	7 (0.7%)
Place of work	
Santa Fe	10 (0.9%)
La Pampa	3 (0.3%)
San Luis	1 (0.1%)
Entre Ríos	3 (0.3%)
Tucumán	14 (1.3%)
Río Negro	2 (0.2%)
La Rioja	2 (0.2%)
Corrientes	4 (0.4%)
Chaco	1 (0.1%)

Gender	Male (M)	287 (27.1%)	
	Female (F)	770 (72.7%)	
	Non Binary (NB)	2 (0.2%)	
Work sector	Public	328 (31.0%)	
	Private	425 (40.1%)	
	Both	306 (28.9%)	
Role within the healthcare environment	Physician	583 (55.1%)	F: 391(67.%), M: 191 (32.8%) NB: 1 (0.2)
	Other (nutritionist, psychologist, kinesiologist, etc)	140 (13.2%)	F: 111 (79.3%) M: 29 (20.7%)
	Administrative staff	85 (8.0%)	F: 70 (82.4%) M: 15 (17.6%)
	Nurse	79 (7.5%)	F: 61 (77.2%). M: 18 (22.8%)
	Technician, Phlebotomist, Surgical Instruments	50 (4.7%)	F: 39 (78.0%) M: 11 (22.0%)
	Physician in trainee Resident	121 (11.4%)	F: 97 (80.2%) M: 23 (19.0%) NB: 1 (0.8%)
	Security personnel	1 (0.1%)	F: 1 (100%)
	Work in contact COVID-19 patients	Yes	690 (65.2%)
No		369 (34.8%)	
Who they live with?	With other adults	436 (41.2%)	
	Alone	196 (18.5%)	
	With children over 10 years old	160 (15.1%)	
	With children between 4 and 10 years old	148 (14.1%)	
	With children under 4 years old	118(11.1%)	
COVID-19 Positive	No	1040 (98.2%)	
	Yes	19 (1.8%)	

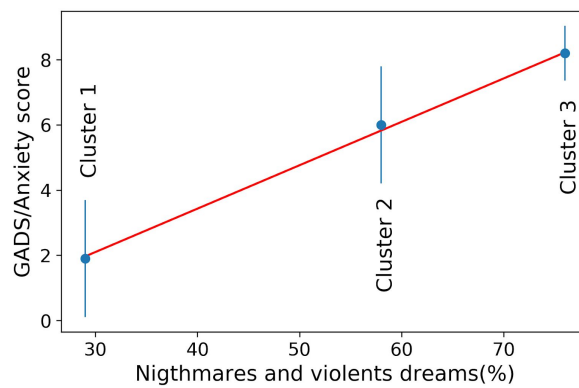
	No	435 (41.1%)
	Yes	624 (58.9%)
Nightmares and violent dreams	• 3 or more times per week	96 (9.1%)
	• 1 to 2 times per week	230 (21.7%)
	• Less than once a week	298 (28.1%)
Consumption of sleep medication Pre-MSI	No	959 (90.6%)
	Yes	100 (9.4%)
Consumption of sleep medication during MSI	No	698 (65.8%)
	Yes	361 (34.2%)
	• 3 or more times per week	147 (13.9%)
	• 1 to 2 times per week	98 (9.3%)
	• Less than once a week	116 (11.0%)

**Table S2.** Cramér's V coefficients for the categorical predictor variables. The coefficient limits are 0 for unassociated and 1 for fully associated variables.

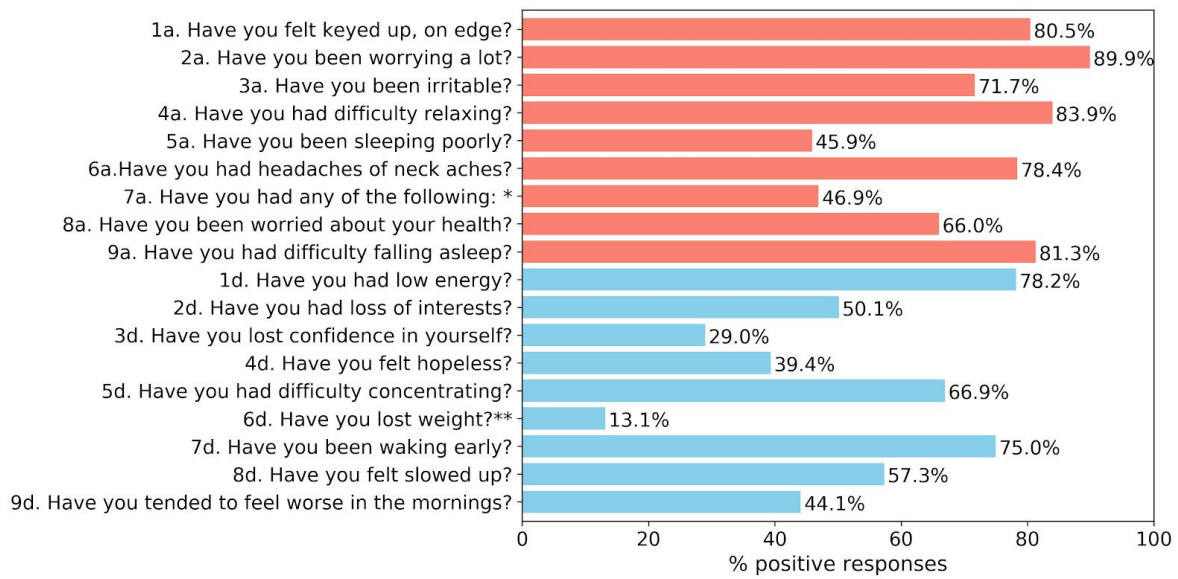


**Table S3.** Mann Whitney and Kruskal-Wallis test for comparison of Age with the categorical variables..

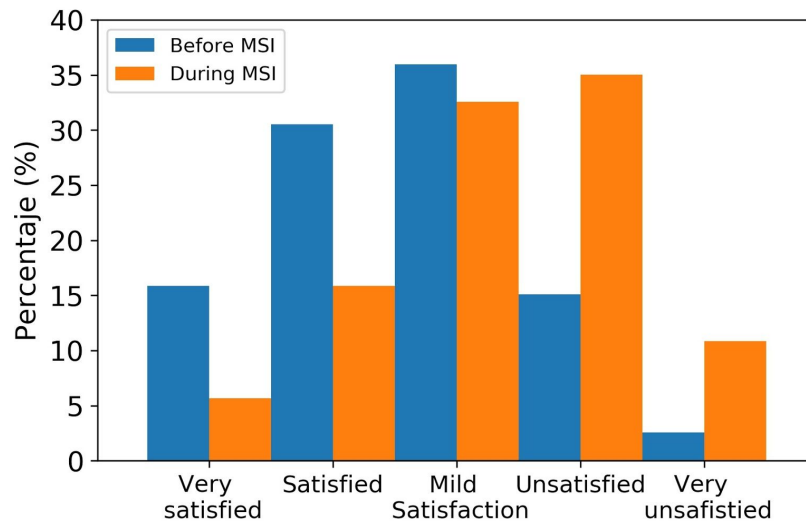
Categorical variable	$\chi^2$	degrees of freedom	p-value
Place of Work	8.568	1	0.0034
Who they live with?	33.84	2	<0.0001
Work sector	21.79	2	<0.0001
Gender	7.548	1	0.0060
Role within the healthcare environment	1.005	1	0.316
Contact with COVID-19 patientes	11.24	1	0.0008
Consumption of sleep medication pre-MSI	22.33	1	<0.0001
Consumption of sleep medication during MSI	14.30	1	0.0001



**Figure S1.** Linear Correlation between anxiety and % of subjects suffering from Nightmares and violent dreams between clusters



**Figure S2.** GADS subanalysis for anxiety (a-red) and depression (d-blue). The dashed line represents 50% of positive responses. \* (Trembling, tingling, dizzy spells, sweating, frequency, diarrhoea), \*\* (due to poor appetite)



**Figure S3.** Sleep satisfaction before and during MSI (N = 1059)