

Model Coefficients – The Perceived Stress

Predictor	Estimate	SE	t	p
Intercept	16.83	1.63	10.32	< .001
Age:				
18-29	REFERENCE			
30-39	-0.68	1.25	-0.54	0.59
40-49	0.03	1.54	0.02	0.98
50-59	-2.24	1.93	-1.16	0.25
60+	-5.35	4.27	-1.25	0.21
Gender:				
Male	REFERENCE			
Female	3.46	0.64	5.42	< .001
Marital status:				
Single	REFERENCE			
Married	-1.99	1.07	-1.86	0.06
Divorced	-1.16	3.57	-0.32	0.75
Widow	-1.23	5.58	-0.22	0.83
Education:				
Primary	REFERENCE			
Secondary	0.44	1.59	0.28	0.78
Bachelor	-0.26	1.64	-0.16	0.87
Master	-0.46	2.16	-0.21	0.83
Doctor or more	-1.59	2.30	-0.69	0.49
Vocational training	0.57	3.27	0.17	0.86
No formal education	-2.16	3.45	-0.63	0.53
Occupation:				
Student	REFERENCE			
Public sector employee	1.07	1.18	0.91	0.36
Private sector employee	-1.17	1.02	-1.15	0.25
Not working, unemployed, housewife	1.94	1.30	1.50	0.14
Retired	3.32	3.97	0.84	0.40

Model Coefficients – Sleep Quality

Predictor	Estimate	SE	t	p
Intercept	57.71	2.30	25.05	< .001
Age:				
18-29	REFERENCE			
30-39	-0.03	1.77	-0.02	0.99
40-49	-4.58	2.18	-2.10	0.04
50-59	-2.69	2.72	-0.99	0.32

60+	-5.96	6.03	-0.99	0.32
Gender:				
Male	REFERENCE			
Female	0.80	0.90	0.89	0.37
Marital status:				
Single	REFERENCE			
Married	-2.77	1.51	-1.84	0.07
Divorced	-1.69	5.04	-0.34	0.74
Widow	7.00	7.88	0.89	0.38
Education:				
Primary	REFERENCE			
Secondary	-1.61	2.25	-0.72	0.47
Bachelor	-2.58	2.31	-1.12	0.27
Master	-1.97	3.05	-0.64	0.52
Doctor or more	-5.76	3.25	-1.77	0.08
Vocational training	4.09	4.62	0.88	0.38
No formal education	-6.65	4.87	-1.37	0.17
Occupation:				
Student	REFERENCE			
Public sector employee	-0.29	1.66	-0.17	0.86
Private sector employee	-0.24	1.44	-0.16	0.87
Not working, unemployed, housewife	2.55	1.83	1.39	0.16
Retired	-0.59	5.61	-0.11	0.92

Model Coefficients - Depression

Predictor	Estimate	SE	t	p
Intercept	21.83	1.76	12.42	< .001
Age:				
18-29	REFERENCE			
30-39	0.14	1.35	0.10	0.92
40-49	-0.52	1.66	-0.31	0.75
50-59	-2.11	2.07	-1.02	0.31
60+	-2.59	4.60	-0.56	0.57
Gender:				
Male	REFERENCE			
Female	2.04	0.69	2.97	0.00
Marital status:				
Single	REFERENCE			
Married	-4.47	1.15	-3.89	< .001
Divorced	1.87	3.85	0.49	0.63

Widow	1.71	6.02	0.28	0.78
Education:				
Primary	REFERENCE			
Secondary	-1.37	1.71	-0.80	0.43
Bachelor	-2.55	1.76	-1.45	0.15
Master	-4.06	2.33	-1.74	0.08
Doctor or more	-4.16	2.48	-1.68	0.09
Vocational training	-4.76	3.53	-1.35	0.18
No formal education	-2.52	3.72	-0.68	0.50
Occupation:				
Student	REFERENCE			
Public sector employee	1.42	1.27	1.12	0.26
Private sector employee	0.47	1.10	0.43	0.67
Not working, unemployed, housewife	2.51	1.40	1.80	0.07
Retired	3.04	4.28	0.71	0.48
Model Coefficients – Self-efficacy				
Predictor	Estimate	SE	t	p
Intercept	6.86	0.40	17.32	< .001
Gender:				
Male	REFERENCE			
Female	-0.53	0.16	-3.45	< .001
Monthly income:				
Less than 500	REFERENCE			
500 to 1000	-0.31	0.40	-0.76	0.45
1000 to 2000	-0.14	0.40	-0.34	0.73
2000 to 5000	-0.06	0.42	-0.14	0.89
more than 5000	0.61	0.46	1.31	0.19