Supplemental File 1: search strategies

MEDLINE

("work"[Mesh] OR "Employment"[Mesh] OR work* [Tiab] OR "Employment"[Tiab])

AND

("Mental Health"[Mesh] OR "Occupational Health"[Mesh] OR "Quality of Life/psychology"[Mesh] OR "Occupational Diseases"[Mesh] OR "quality of life"[Tiab] OR "stress" [Tiab] OR "Mental Health" [Tiab] OR "Occupational Health" [Tiab] OR "sleep" [Tiab] OR "health" [Tiab] OR "mental disorders" [Tiab] OR "psychological disorders" [Tiab] OR "insomnia" [Tiab] OR "well-being" [Tiab] OR "anxiety" [Tiab] OR "depression" [Tiab] or "depressive disorder" [Tiab])

AND

("worktime reduction" [Tiab] OR "reduced workhours" [Tiab] OR "reduced working hours" [Tiab] OR "weekly work hours" [Tiab] OR "weekly working hours" [Tiab] OR "shorter workday"[Tiab] OR "6-hour working day" [Tiab] OR "reduced work hours"[Tiab] OR "reduced worktime"[tiab] OR "work week" [Tiab] OR "workday" [Tiab])

PsycINFO

(DE "Work Load" OR DE "Work Scheduling" OR DE "Workplace intervention" OR TI "work" OR AB "work")

AND

(DE "Mental Health" OR DE "Occupational Health" OR DE "Mental Disorders" OR DE "Occupational Stress" OR DE "Quality of life" OR TI "Stress" OR AB "Stress" OR TI "Mental Health" OR AB "Mental Health" OR TI "Occupational Health" OR AB "Occupational Health" OR TI "sleep" OR AB "sleep" OR TI "health" OR AB "health" OR TI "mental disorder*" OR AB "mental disorders" OR TI "psychological disorders" OR AB "psychological disorders" OR TI "insomnia" OR AB "insomnia" OR TI "well-being" OR AB "well-being" OR TI "anxiety" OR AB "anxiety" OR TI "depression" OR AB "depression" OR TI "depressive disorder" OR AB "depressive disorder")

AND

(TI "worktime reduction" OR AB "worktime reduction" OR TI "reduced workhours" OR AB "reduced workhours" OR TI "reduced working hours" OR AB "reduced working hours" OR TI "weekly work hours" OR AB "weekly work hours" OR TI "weekly working hours" OR AB "weekly working hours" OR TI "shorter workday" OR AB "shorter workday" OR TI "6-hour working day" OR AB "6-hour working day" OR TI "reduced work hours" OR AB "reduced work hours" OR TI "reduced worktime" OR AB "reduced worktime" OR TI "work week" OR AB "work week" OR TI "workday" OR AB "workday")

EMBASE

('work'/exp OR work*:ti,ab,kw OR 'employment'/exp OR 'employment':ti,ab,kw)

AND

('mental health'/exp OR 'occupational health'/exp OR 'quality of life'/exp OR 'occupational disease'/exp OR 'quality of life':ti,ab,kw OR 'stress':ti,ab,kw OR 'Mental Health':ti,ab,kw OR 'Occupational Health':ti,ab,kw OR 'sleep':ti,ab,kw OR 'health':ti,ab,kw OR 'mental disorders':ti,ab,kw OR 'psychological disorders':ti,ab,kw OR 'insomnia':ti,ab,kw OR 'well-being':ti,ab,kw OR 'anxiety':ti,ab,kw OR 'depression':ti,ab,kw OR 'depressive disorder':ti,ab,kw)

AND

('worktime reduction':ti,ab,kw OR 'reduced workhours':ti,ab,kw OR 'reduced working hours':ti,ab,kw OR 'weekly work hours':ti,ab,kw OR 'weekly working hours':ti,ab,kw OR 'shorter workday':ti,ab,kw OR '6-hour working

day':ti,ab,kw OR 'reduced work hours':ti,ab,kw OR 'reduced worktime':ti,ab,kw OR 'work week':ti,ab,kw OR 'workday':ti,ab,kw)

WEB OF SCIENCE

(job OR work*OR Employment)

AND

("quality of life" OR "stress" OR "Mental Health" OR "Occupational Health" OR "sleep" OR "health" OR "mental disorders" OR "psychological disorders" OR "insomnia" OR "well-being" OR "anxiety" OR "depression" OR "depressive disorder")

AND

("worktime reduction" OR "reduced workhours" OR "reduced working hours" OR "weekly work hours" OR "weekly working hours" OR "shorter workday" OR "6-hour working day" OR "reduced work hours" OR "reduced worktime" OR "work week" OR "workday")