

Supplementary material

Table A. Group differences shift /day work.

Variable	Shift workers (n = 112)	Day workers (n = 113)	Test statistic
	<i>M, SD</i>	<i>M, SD</i>	(<i>Z, p, η</i> ²)
Insomnia severity (ISI [61])	10.58, 5.97	8.70, 5.90	-2.42, .094
Sleep quality (PSQI [62])	7.57, 3.85	6.58, 3.61	-2.02, .192
Sleep onset latency (SOL [62], min)	33.12, 26.95	26.54, 20.31	-1.52, .353
Total sleep time (TST [62], h)	6.06, 1.19	6.77, 1.29	-4.08, .025, 0.07
Daytime sleepiness (ESS [63])	9.21, 4.28	8.71, 4.08	-0.83, .600
Anxiety state (HADS-D anxiety) [64]	6.38, 3.62	7.12, 3.87	-1.14, .478
Depression state (HADS-D depression) [64]	5.44, 3.75	4.88, 3.64	-1.20, .478
Psychological stress (HADS-D total) [64]	11.82, 6.73	12.00, 6.71	-0.09, .962
Anxiety (trait, 16 PF-R global scale) [65]	63.65, 14.57	67.12, 12.77	-1.86, .203
Concern (16 PF-R, O) [65]	22.85, 6.25	25.19, 6.00	-2.81, .063
Emotional instability (16 PF-R, C) [65]	18.94, 5.25	19.63, 4.85	-1.21, .478
Tension (16 PF-R, Q4) [65]	21.87, 5.76	22.31, 4.75	-0.62, .679
Perfectionism (16 PF-R, Q3) [65]	23.52, 5.16	23.60, 5.60	-0.22, .900
Social Integration (F-SozU) [66]	46.83, 7.20	44.55, 7.49	-2.43, .094
ERI: effort [55]	8.61, 2.13	7.92, 2.21	-2.00, .192
ERI: reward [55]	19.50, 3.67	19.99, 4.02	-1.07, .478
ERI: overcommitment [55]	13.53, 3.46	13.91, 3.89	-0.74, .642
ERI: imbalance [55]	1.09, 0.42	0.98, 0.38	-1.85, .203
Dysfunctional beliefs about sleep (MZS) [67]	68.46, 27.43	64.27, 26.79	-1.07, .478
Pre-Sleep-Arousal total (PSAS) [68]	25.64, 10.20	25.83, 9.41	-0.44, .748
Pre-Sleep-Arousal somatic (PSAS) [68]	11.51, 4.32	11.40, 3.97	-0.57, .679
Pre-Sleep-Arousal cognitive (PSAS) [68]	14.13, 6.94	14.43, 6.59	-0.60, .679
Chronotype (rCSM) [69]	19.12, 3.91	19.12, 4.64	-0.05, .962
Sleep hygiene (SHI) [70]	17.23, 6.88	17.53, 6.80	-.086, .600
like/dislike shiftwork (n = 112)	---		
Importance of sleep	3.22, 0.86	3.37, 0.78	-1.17, .478

α-corrected [71,72]

Table B. Post-hoc tests for Kruskal-Wallis-H-Test

Variable	Groups	<i>z</i>	<i>p</i>	<i>η</i> ²	Variable	Groups	<i>z</i>	<i>p</i>	<i>η</i> ²
Insomnia severity (ISI [61])	2-1	9.03	< .001	0.36	Emotional instability (16 PF-R, C) [65]	4-3	4.75	< .001	0.10
	2-3	-10.15	< .001	0.46		4-1	4.73	< .001	0.10
	4-1	8.06	< .001	0.29	Tension (16 PF-R, Q4) [65]	4-1	3.21	.008	0.05
	4-3	8.98	< .001	0.36		2-1	3.18	.009	0.05
Sleep quality (PSQI [62])	2-3	-8.90	< .001	0.35	Social Integration (F-SozU) [66]	1-4	-4.22	< .001	0.08
	2-1	8.47	< .001	0.32		2-3	-3.11	.011	0.04
	4-3	7.50	< .001	0.25	ERI: effort [55]	3-2	3.84	.001	0.07
	4-1	7.23	< .001	0.23		3-4	-3.81	.001	0.06
Sleep onset latency (SOL [62], min)	4-1	3.53	.003	0.06	ERI: reward [55]	1-2	-2.74	.036	0.03
	4-3	4.79	< .001	0.10		1-4	-2.81	.029	0.04
	2-1	3.67	.001	0.06	ERI: overcommitment [55]	4-3	3.13	.011	0.04
	2-3	-5.06	< .001	0.11		4-1	3.38	.004	0.05
Total sleep time (TST [62], h)	3-4	-5.53	< .001	0.14	ERI: imbalance [55]	2-1	2.98	.017	0.04
	3-2	8.53	< .001	0.32		2-3	-4.34	< .001	0.08
	1-4	-3.65	.002	0.06	Dysfunctional beliefs about sleep (MZS) [67]	4-3	3.38	.004	0.05
	1-2	-6.26	< .001	0.17		4-1	4.29	< .001	0.08
Daytime sleepiness (ESS [63])	4-3	3.25	.007	0.05	Pre-Sleep-Arousal total (PSAS) [68]	4-3	5.75	< .001	0.15
	2-3	-3.07	.013	0.04		2-1	3.56	.002	0.06
Anxiety state (HADS-D anxiety) [64]	4-3	3.50	.003	0.05	Pre-Sleep-Arousal somatic (PSAS) [68]	2-3	-5.11	< .001	0.12
	4-1	5.39	< .001	0.13		4-3	5.51	< .001	0.14
	2-3	-3.14	.010	0.04	Pre-Sleep-Arousal cognitive (PSAS) [68]	4-1	6.28	< .001	0.18
	2-1	5.17	< .001	0.12		2-3	-4.84	< .001	0.10
Depression state (HADS-D depression) [64]	2-1	4.36	< .001	0.08	Pre-Sleep-Arousal cognitive (PSAS) [68]	2-1	5.69	< .001	0.14
	2-3	-5.08	< .001	0.11		4-3	5.11	< .001	0.12
	4-1	4.05	< .001	0.07	Pre-Sleep-Arousal cognitive (PSAS) [68]	4-1	5.93	< .001	0.16
	4-3	4.67	< .001	0.10		2-3	-4.36	< .001	0.08
Psychological stress (HADS-D total) [64]	4-3	4.58	< .001	0.09	Pre-Sleep-Arousal cognitive (PSAS) [68]	2-1	5.26	< .001	0.12
	4-1	5.41	< .001	0.13		4-3	4.75	< .001	0.10
	2-3	-4.55	< .001	0.09	Pre-Sleep-Arousal cognitive (PSAS) [68]	4-1	5.81	< .001	0.15
	2-1	5.42	< .001	0.13		2-3	-4.22	< .001	0.08
Anxiety (trait, 16 PF-R global scale) [65]	4-3	3.71	.001	0.06	Pre-Sleep-Arousal cognitive (PSAS) [68]	2-1	5.36	< .001	0.13
	4-1	4.93	< .001	0.11					
	2-1	3.23	.007	0.05					
	4-2	2.71	.041	0.03					
Concern (16 PF-R, O) [65]	4-3	2.87	.024	0.04					
	4-1	4.52	< .001	0.09					

α-corrected