Supplementary material

Table S1. Characteristics of the total sample at baseline (n=978) and of the sample included in the analysis (n=502).

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| **Variables** | **Total sample**  **(n=978)** | **Sample analyzed (n=502)** |
| **Age** (years), median (IQR) | 41.5 (33.0;49.0) | 42.7 (34.2;49.4) |
| **Living alone**, % | 40.6 | 39.3 |
| **Smoking**, % | 8.0 | 8.8 |
| **Alcohol intake**, % | 49.4 | 50.6 |
| **PSQI score**, median (IQR) | 6.0 (4;8) | 6 (4;8) |
| **Free-time physical activity**, % | 53.1 | 49.8 |
| **BMI**, median (IQR) | 25.9 (22.7;28.2) | 25.2 (22.8;28.1) |
| **Hypertension**, % | 15.1 | 15.1 |
| **Diabetes**, % | 4.4 | 4.8 |
| **Dyslipidemia**, % | 15.4 | 17.1 |
| **Anxiety**, % | 25.2 | 24.1 |
| **Depression**,% | 15.5 | 14.7 |
| **Monthly family income** (USD) |  |  |
| <1.500, % | 24.6 | 21.8 |
| 1.500-2.499, % | 34.3 | 34.9 |
| ≥ 2.500, % | 40.1 | 43.3 |
| **DCSQ** |  |  |
| Low-strain job, % | 20.2 | 19.7 |
| Passive job, % | 30.3 | 28.9 |
| Active job, % | 11.2 | 12.2 |
| Job strain, % | 38.3 | 39.2 |
| **Social support score**, median (IQR) | 18 (17;21) | 18 (16;20) |