### Supplementary TABLE S1

Mean scores, standard deviations, and Cronbach’s alpha coefficients (if applicable) of the additional variables

| Measure                                | M    | SD   | Alpha |
|----------------------------------------|------|------|-------|
| PHQ-15: Bodily complaints              | 5.24 | 3.82 | .77   |
| GAD-7: Anxiety                         | 3.51 | 3.37 | .85   |
| SF-8_PCS: QoL Physical comp.          | 48.79| 8.15 |       |
| SF-8_MCS: QoL Mental comp.            | 52.23| 8.57 |       |
| SWLS: Satisfaction with life           | 26.47| 5.59 | .90   |
| ESSI: Social support                   | 22.27| 3.58 | .92   |
| PSQI: Sleep quality                   | 4.78 | 3.26 |       |
| ESS: Daytime sleepiness                | 8.29 | 3.60 | .71   |
| MFI-20: Fatigue sum score             | 40.53| 13.53| .92   |
| LOT-R: Optimism subscale              | 8.97 | 2.40 | .68   |
| LOT-R: Pessimism subscale             | 4.35 | 2.36 | .63   |
| LOT-R: Optimism total score           | 16.62| 3.83 | .68   |