### 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 |
| Gender:          | Est. | SE  | t    | p    |
|-----------------|------|-----|------|------|
| Male            | 0.80 | 0.90| 0.89 | 0.37 |
| Female          |      |     |      |      |

| Marital status: | Est. | SE  | t    | p    |
|-----------------|------|-----|------|------|
| Single          |      |     |      |      |
| 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:      | Est. | SE  | t    | p    |
|-----------------|------|-----|------|------|
| Primary         |      |     |      |      |
| 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:     | Est. | SE  | t    | p    |
|-----------------|------|-----|------|------|
| Student         |      |     |      |      |
| 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                    |          |     |      |      |
| 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                     |          |     |      |      |
| Female                   | 2.04     | 0.69| 2.97 | 0.00 |
| Marital status:          |          |     |      |      |
| Single                   |          |     |      |      |
| Married                  | -4.47    | 1.15| -3.89| <.001|
| Divorced                 | 1.87     | 3.85| 0.49 | 0.63 |
|        | Intercept | SE  | t    | p     |
|--------|-----------|-----|------|-------|
| Gender |           |     |      | <.001 |
| Male   | -0.53     | 0.16| -3.45| <.001 |
| Female |           |     |      |       |
| Monthly income: |       |     |      |       |
| Less than 500 |   |     |      |       |
| 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  |