Supplementary Table 1. Demographic and clinical characteristics between FHWs working in Hubei during the COVID-19 outbreak and in Liaoning after the COVID-19.

| Variables                               | Baseline (N=494) | Follow-up (N=462) | Statistics |
|-----------------------------------------|------------------|-------------------|------------|
|                                         | n    | %    | n    | %    | $X^2$ | df | P     |
| Female                                  | 410  | 83   | 374  | 81   | 0.676 | 1  | 0.411 |
| High education (university and above)   | 481  | 97.4 | 454  | 98.3 | 0.9   | 1  | 0.343 |
| Married                                 | 323  | 66.3 | 324  | 71.2 | 2.609 | 1  | 0.106 |
| Having children                         | 282  | 57.1 | 292  | 63.2 | 13.725| 1  | 0.054 |
| Nurse                                   | 415  | 84   | 344  | 74.5 | 13.306| 1  | <0.001|
| Working more than 5 years               | 402  | 81.4 | 390  | 84.4 | 1.551 | 1  | 0.213 |
| Working in Hubei ≥ 8 weeks              | ---  | ---  | 223  | 48.3 | 0.745 | 1  | 0.388 |
| Caring for critical COVID-19 patients   | 221  | 44.7 | 171  | 37   | 5.887 | 1  | 0.015 |
| Familiar with crisis response knowledge |       |      |       |       | 35.631| 2  | <0.001|
| Very familiar                           | 389  | 78.7 | 288  | 62.3 |       |     |       |
| Familiar                                | 93   | 18.8 | 136  | 29.4 |       |     |       |
| Not familiar                            | 12   | 2.4  | 38   | 8.2  |       |     |       |
| Good family support                     | 417  | 84.4 | 412  | 89.2 | 4.704 | 1  | 0.03  |
| History of psychiatric disorders        | 24   | 5.7  | 32   | 6.9  | 0.544 | 1  | 0.461 |
| Mean SD                                 | Mean SD | T/Z df P |
| Age (years)                             | 33.76 | 6.69 | 35.35 | 7.1 | -3.578 | 954 | <0.001 |
| Fatigue total score                     | ---   | ---  | 3.31 | 2.3 | -8.188 | --- | --- |
| PSQI total score                        | 4.77  | 3.05 | 5.93 | 3.6 | -5.078 | --- | <0.001 |

PSQI Pittsburgh Sleep Quality Index. Bolded values <0.05.
Supplementary Table 2. Factors independently associated with poor mental health at baseline.

| Variables                                      | Multivariate regression analysis |
|------------------------------------------------|----------------------------------|
|                                                | P value | OR     | 95% CI       |
| PSQI total score                              | <0.001  | 1.350  | 1.211-1.506  |
| Crisis response knowledge                      |         |        |              |
| Not familiar                                   | -       | -      | 1            |
| Familiar                                       | 0.08    | 0.209  | 0.036-1.207  |
| Very familiar                                  | 0.052   | 0.203  | 0.041-1.011  |
| History of pre-existing psychiatric disorders  | **0.019** | **3.384** | **1.218-9.401** |

CI confidential interval; OR: odds ratio; PSQI Pittsburgh Sleep Quality Index.

Bolded values <0.05.