

Supplementary table 1. Survey on the perceived state of health

Question	Answers
Age (years)	
Gender	Male Female
Job position	Blue collar White collar
Employment length in years	
Education level	Without studies Basic studies Medium studies Universitary studies
How do you think your state of health is?	Very good Good Normal Bad Very bad
Do you do any sport or physical activity?	Usually Sometimes Never
Do you sleep well?	Yes Normal
Have you had any learning difficulties recently?	Always Usually Sometimes Rarely Never
Do you consider that your job situation is good, in general?	Always Usually Sometimes Rarely Never
