

**Supplement Table S1** Demography and characteristics of personal habits and working characters among hospital employees

Variables	Non- doctor/nurse ( <i>n</i> = 945)		Doctor/nurse ( <i>n</i> = 1868)		<i>p</i> value
Age, years	44.68 ± 11.20		35.29 ± 10.96		<0.001
Age ( <i>n</i> , %)					<0.001
<30	128	13.54%	801	42.88%	
≥30	817	86.46%	1067	57.12%	
Women, <i>n</i> (%)	771	81.59%	1745	93.40%	<0.001
Education level, <i>n</i> (%)					<0.001
≤Senior high school	326	34.50%	45	2.41%	
College	499	52.80%	1698	90.90%	
≥Graduate School	120	12.70%	125	6.69%	
Seniority, <i>n</i> (%)					0.001
< 2 years	159	16.84%	370	19.81%	
2-4 years	164	17.37%	307	16.43%	
4-10 years	243	25.74%	566	30.30%	
> 10 years	378	40.04%	625	33.46%	
Working hours/week, <i>n</i> (%)					<0.001
≤ 45 hrs	740	78.39%	1058	56.64%	
46-50 hrs	185	19.60%	609	32.60%	
51-59 hrs	14	1.48%	115	6.16%	
≥60 hrs	5	0.53%	86	4.60%	
Work style, <i>n</i> (%)					<0.001
Regular class	692	73.23%	753	40.31%	
Night shift	17	1.80%	116	6.21%	
Three shifts	236	24.97%	999	53.48%	
Smoking, <i>n</i> (%)	49	5.19%	54	2.89%	0.002
Drink, <i>n</i> (%)	64	6.77%	123	6.58%	0.85
Exercise frequency (hu/week), <i>n</i> (%)					<0.001
never	373	39.47%	959	51.34%	
1 time per week	276	29.21%	483	25.86%	
2-4 times per week	257	27.20%	380	20.34%	
≥5 times per week	39	4.13%	46	2.46%	

\* Smoking status (current or past/never), alcohol consumption (0-1 drinks per week/≥2 drinks per week), exercise (≥30 mins/time)

**Supplement Table S2** Prevalence of musculoskeletal and visual system among hospital employees

<b>Variables</b>	<b>Non-doctor/nurse (n = 945)</b>		<b>Doctor/nurse (n = 1868)</b>		<b>p value</b>
Musculoskeletal pain, <i>n</i> (%)					
Neck	514	54.39%	1244	66.60%	<0.001
Shoulders	629	66.56%	1413	75.64%	<0.001
Back	383	40.53%	784	41.97%	0.46
Elbows	260	27.51%	392	20.99%	<0.001
Lower back or waist	511	54.07%	1189	63.65%	<0.001
Wrists or hands	391	41.38%	702	37.58%	0.05
Hips or legs	210	22.22%	492	26.34%	0.02
Number of pain area	2.90 ± 1.81		3.05 ± 2.06		0.04
Eye discomfort, <i>n</i> (%)					0.02
Nerve	375	39.68%	641	34.31%	
Mild-moderate	432	45.71%	924	49.46%	
Severe	138	14.60%	303	16.22%	
Headache, <i>n</i> (%)					<0.001
Nerve	455	48.15%	707	37.85%	
Mild-moderate	450	47.62%	968	51.82%	
Severe	40	4.23%	193	10.33%	
Computer vision syndrome, <i>n</i> (%)					<0.001
Nerve	375	39.68%	641	34.31%	
Mild-moderate	187	19.79%	325	17.40%	
Severe	383	40.53%	902	48.29%	

**Supplement Table S3** Prevalence of mental stress among hospital employees

Variables	Non-doctor/nurse ( <i>n</i> = 945)		Doctor/nurse ( <i>n</i> = 1 868)		<i>p</i> value
BSRS-5 score (mean ± SD)	4.15 ± 3.33		5.62 ± 3.91		<0.001
BSRS-5, <i>n</i> (%)					<0.001
≤5	706	74.71%	1099	58.83%	
6-9	162	17.14%	456	24.41%	
10-14	68	7.20%	252	13.49%	
≥15	9	0.95%	61	3.27%	
Self-rated Health Status, <i>n</i> (%)					<0.001
Good	326	34.50%	501	26.82%	
Moderate	560	59.26%	1160	62.10%	
Poor	59	6.24%	207	11.08%	
Sleep duration, hours (mean, SD)	6.55	0.99	6.59	1.09	0.31
Self-assessment of sleep time					0.001
Good	416	44.02%	701	37.57%	
Poor	529	55.98%	1165	62.43%	
Burnout, <i>n</i> (%)	61	6.46%	122	6.53%	0.94
Maslach Burnout Inventory (MBI) (Mean, SD)					
Emotional exhaustion	40.29 ± 19.19		49.98 ± 19.80		<0.001
Personal accomplishment	52.14 ± 11.05		57.42 ± 11.08		<0.001
Depersonalization	29.48 ± 18.57		38.14 ± 19.35		<0.001
Job stress					<0.001
Mild ( <i>n</i> = 1602)	682	72.17%	920	49.25%	
Moderate ( <i>n</i> = 485)	140	14.81%	345	18.47%	
Sever ( <i>n</i> = 726)	123	13.02%	603	32.28%	

*n* = numbers, SD = Standard deviation, BSRS = Brief Symptom Rating Scale, MBI = Maslach Burnout Inventory.