e-Figure 3. Indirect effect model between night-shift work and HRQoL (SF-12 PCS or SF-12 MCS) mediated by individual components of the PSQI

- Path a to a: night-shift work to each of the seven potential mediators
- Path b to b: each of the 7 potential mediators to SF-12 PCS or SF-12 MCS, while adjusting for the effect of night-shift work
- Path c: night-shift work to SF-12 PCS or SF-12 MCS
- Path c': night-shift work to SF-12 PCS or SF-12 MCS, while adjusting for the effect of the potential mediators.

Abbreviation: PSQI, Pittsburgh Sleep Quality Index; QoL, Quality of Life; PCS, Physical Component Summary; MCS, Mental Component Summary