



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_1 to a_7 : night-shift work to each of the seven potential mediators

Path b_1 to b_7 : 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