

**SUPPLEMENTARY MATERIAL: ROBUSTNESS CHECKS****Supplementary Table 1. Weighted Ordinary Least Squared regression models controlling for mental health and employment relationships of UKHLS wave 10**

	GHQ-12 mental distress	Life satisfaction
Employment relationships (Ref. = Gig workers)		
Full-time employed	-1.00*** (0.24)	0.29** (0.10)
Part-time employed	-0.87*** (0.25)	0.31** (0.10)
Unemployed	0.66* (0.32)	-0.47*** (0.14)
Gender (Ref. = Male)	0.41*** (0.07)	0.03 (0.03)
Age (centered)	-0.01*** (0.00)	0.00 (0.00)
Age squared	-0.00* (0.00)	0.00*** (0.00)
Partnership (Ref. = No)	-0.40*** (0.11)	0.38*** (0.05)
Education levels (Ref. = Tertiary)		
Secondary	-0.11 (0.08)	-0.18*** (0.03)
Below secondary	-0.24 (0.12)	-0.18** (0.06)
Race (Ref. = White)	-0.03 (0.13)	-0.15** (0.05)
GHQ-12 mental health at wave 10 (Ref. = Yes)	0.50*** (0.14)	-0.17** (0.06)
Paid employment at wave 10 (Ref. = Yes)	2.19*** (0.08)	-0.70*** (0.03)
Constant	1.67*** (0.30)	4.97*** (0.12)
Observations	15,579	15,579
R-squared	0.15	0.11

Note. Robust standard errors in parentheses. \*\*\* p<0.001, \*\* p<0.01, \* p<0.05.

**Supplementary Table 2. Weighted binary logistic and ordered logistic models predicting life satisfaction levels for different employment relationships**

	Binary logit model	Ordered logit model
Employment relationships (Ref. = Gig workers)		
Full-time employed	0.44** (0.16)	0.36** (0.13)
Part-time employed	0.52** (0.17)	0.47*** (0.14)
Unemployed	-0.51** (0.19)	-0.51** (0.17)
Gender (Ref. = Male)	-0.05 (0.05)	-0.04 (0.04)
Age (centered)	0.00 (0.00)	0.01*** (0.00)
Age squared	0.00*** (0.00)	0.00*** (0.00)
Partnership (Ref. = No)	0.62*** (0.07)	0.54*** (0.06)
Education levels (Ref. = Tertiary)		
Secondary	-0.38*** (0.06)	-0.22*** (0.05)
Below secondary	-0.27** (0.10)	-0.16+ (0.09)
Race (Ref. = White)	-0.21* (0.08)	-0.21** (0.07)
Observations	17,722	17,722
Pseudo R-squared	0.03	0.02

Note. Robust standard errors in parentheses. \*\*\* p<0.001, \*\* p<0.01, \* p<0.05.

**Supplementary Table 3. Weighted Ordinary Least Squared regression models distinguishing between manual and non-manual gig workers**

	GHQ-12 mental distress	Life satisfaction
Employment relationships (Ref. = Manual gig workers)		
Non-manual gig workers	0.58 (0.49)	0.18 (0.20)
Full-time employed	-0.60+ (0.32)	0.34** (0.13)
Part-time employed	-0.53+ (0.32)	0.39** (0.13)
Unemployed	0.91* (0.37)	-0.37* (0.16)
Gender (Ref. = Male)	0.64*** (0.07)	-0.04 (0.03)
Age (centered)	-0.02*** (0.00)	0.00* (0.00)
Age squared	-0.00*** (0.00)	0.00*** (0.00)
Partnership (Ref. = No)	-0.43*** (0.11)	0.39*** (0.05)
Education levels (Ref. = Tertiary)		
Secondary	-0.17* (0.08)	-0.14*** (0.03)
Below secondary	-0.36** (0.13)	-0.11+ (0.06)
Race (Ref. = White)	0.04 (0.13)	-0.15** (0.06)
Constant	2.62*** (0.35)	4.47*** (0.14)
Observations	17,722	17,722
R-squared	0.04	0.04

Note. Robust standard errors in parentheses. \*\*\* p<0.001, \*\* p<0.01, \* p<0.05, + p<0.1

**Supplementary Table 4. Weighted Ordinary Least Squared regression models distinguishing between solely gig workers and gig workers with standard jobs**

	GHQ-12 mental distress	Life satisfaction
Employment relationships (Ref. = Solely gig workers)		
Gig workers with standard jobs	-0.79 (0.49)	-0.11 (0.22)
Full-time employed	-1.06*** (0.29)	0.25* (0.12)
Part-time employed	-0.99*** (0.30)	0.30* (0.12)
Unemployed	0.45 (0.36)	-0.46** (0.15)
Gender (Ref. = Male)	0.64*** (0.07)	-0.03 (0.03)
Age (centered)	-0.02*** (0.00)	0.00* (0.00)
Age squared	-0.00*** (0.00)	0.00*** (0.00)
Partnership (Ref. = No)	-0.44*** (0.11)	0.39*** (0.05)
Education levels (Ref. = Tertiary)		
Secondary	-0.18* (0.08)	-0.14*** (0.03)
Below secondary	-0.38** (0.13)	-0.12+ (0.06)
Race (Ref. = White)	0.03 (0.13)	-0.15** (0.06)
Constant	2.62*** (0.35)	4.47*** (0.14)
Observations	17,722	17,722
R-squared	0.04	0.04

Note. Robust standard errors in parentheses. \*\*\* p<0.001, \*\* p<0.01, \* p<0.05, + p<0.1

**Supplementary Table 5. Weighted Ordinary Least Squared regression models distinguishing between gig workers with shorter and longer working hours**

	GHQ-12 mental distress	Life satisfaction
Employment relationships (Ref. = Gig workers with shorter working hours)		
Gig workers with longer working hours	-0.76 (0.57)	-0.08 (0.24)
Full-time employed	-1.16*** (0.33)	0.24+ (0.13)
Part-time employed	-1.09** (0.33)	0.28* (0.13)
Unemployed	0.35 (0.39)	-0.47** (0.16)
Gender (Ref. = Male)	0.63*** (0.07)	-0.03 (0.03)
Age (centered)	-0.02*** (0.00)	0.00* (0.00)
Age squared	-0.00*** (0.00)	0.00*** (0.00)
Partnership (Ref. = No)	-0.43*** (0.11)	0.40*** (0.05)
Education levels (Ref. = Tertiary)		
Secondary	-0.18* (0.08)	-0.14*** (0.03)
Below secondary	-0.36** (0.13)	-0.12+ (0.06)
Race (Ref. = White)	0.02 (0.13)	-0.15** (0.06)
Constant	3.18*** (0.37)	4.58*** (0.14)
Observations	17,560	17,560
R-squared	0.04	0.04

Note. Robust standard errors in parentheses. \*\*\* p<0.001, \*\* p<0.01, \* p<0.05, + p<0.1

**Supplementary Table 6. Sobel-Goodman mediation analyses using objective income**

	<b>Mediation of logged monthly income</b>
<b>Panel A: GHQ-12</b>	
Employment relationships (Ref. = Gig workers)	
Full-time employed	
Indirect effect	-0.29 (0.12) *
Percent mediated	29.46%
Part-time employed	
Indirect effect	-0.22 (0.10) *
Percent mediated	24.07%
<b>Panel B: Life satisfaction</b>	
Employment relationships (Ref. = Gig workers)	
Full-time employed	
Indirect effect	0.26 (0.06) ***
Percent mediated	83.87%
Part-time employed	
Indirect effect	0.21 (0.05) ***
Percent mediated	55.42%