**Title: Appendix B**

***Description: Remote working characteristics of the sample***

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| **Question**  | **N** | **Percentage (%)** |
| Before COVID-19 did you only work remotely? |  |  |
| *Yes* | 15 | 3.1 |
| *No* | 476 | 96.9 |
| Before COVID-19 did your job allow you flexibility to work remotely? |  |  |
| *Yes* | 91 | 18.7 |
| *No* | 399 | 81.3 |
| Since COVID-19 have you had to work remotely at some point? |  |  |
| *Yes*  | 476 | 96.9 |
| *No* | 15 | 3.1 |
| Was the type of work… |  |  |
| *The same as usual*  | 396 | 82.2 |
| *Different tasks* | 53 | 11.0 |
| *Different schedule**Different salary*  | 171 | 3.50.2 |
| *Other* | 15 | 3.1 |
| How many hours a week did you work remotely? |  |  |
| *0 – 5* | 34 | 7.0 |
| *6 – 16* | 83 | 17.1 |
| *15 – 30*  | 159 | 32.8 |
| *31 or more*  | 209 | 43.1 |
| Was your productivity higher, equal to or lower than office work? |  |  |
| *Higher* | 226 | 47.0 |
| *Equal* | 166 | 34.5 |
| *Lower* | 89 | 18.5 |
| Was your stress higher, equal to or lower than office work? |  |  |
| *Higher* | 168 | 34.8 |
| *Equal*  | 119 | 24.6 |
| *Lower* | 196 | 40.6 |
| Was your satisfaction higher, equal to or lower than office work? |  |  |
| *Higher*  | 143 | 29.7 |
| *Equal*  | 169 | 35.1 |
| *Lower* | 170 | 35.3 |