Supplement 1 – Spearman correlations between IPS and CBI scores and variables related to work environment and well-being

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Variables** | **IPS**  Spearman's ρ  p | | **PB**  Spearman's ρ  p | **WB**  Spearman's ρ  p | **CB**  Spearman's ρ  p |
| I feel like I have privacy in my work environment | -0.137 | | -0.386 | -0.442 | -0.350 |
|  | 0.004 | | <0.001 | <0.001 | <0.001 |
| I feel like I have an adequate workspace | -0.168 | | -0.317 | -0.375 | -0.242 |
|  | <0.001 | | <0.001 | <0.001 | <0.001 |
| I feel like I have access to adequate tools and materials for my job | -0.198 | | -0.347 | -0.422 | -0.312 |
| <0.001 | | <0.001 | <0.001 | <0.001 |
| I feel like I spend too much time using the internet for personal purposes | 0.318 | | 0.087 | 0.099 | 0.065 |
| <0.001 | | 0.069 | 0.040 | 0.190 |
| I feel like I have autonomy in my job | -0.117 | | -0.355 | -0.427 | -0.298 |
|  | 0.015 | | <0.001 | <0.001 | <0.001 |
| I feel like I have a good relationship with my coworkers | -0.154 | | -0.301 | -0.347 | -0.349 |
|  | 0.001 | | <0.001 | <0.001 | <0.001 |
| I feel like I satisfied with my job | -0.290 | | -0.563 | -0.652 | -0.471 |
|  | <0.001 | | <0.001 | <0.001 | <0.001 |
| I feel like I am productive in my job | -0.512 | | -0.408 | -0.433 | -0.254 |
|  | <0.001 | | <0.001 | <0.001 | <0.001 |
| I feel very pressured by others in my work | 0.135 | | 0.417 | 0.477 | 0.342 |
|  | 0.005 | | <0.001 | <0.001 | <0.001 |
| I feel like I pressure myself too much in work | 0.081 | | 0.273 | 0.242 | 0.122 |
|  | 0.90 | | <0.001 | <0.001 | 0.013 |
| I feel like I my family demands affect negatively my work | 0.368 | | 0.318 | 0.286 | 0.214 |
| <0.001 | | <0.001 | <0.001 | <0.001 |
| I feel like I my work demands affect negatively my Family | 0.234 | | 0.544 | 0.587 | 0.407 |
| <0.001 | | <0.001 | <0.001 | <0.001 |
| I feel like I can balance my work and family | -0.440 | | -0.558 | -0.550 | -0.374 |
|  | <0.001 | | <0.001 | <0.001 | <0.001 |
| I feel like I have a good quality of sleep | | -0.254 | -0.496 | -0.419 | -0.258 |
|  | | <0.001 | <0.001 | <0.001 | <0.001 |
| I feel like I have a good quality of diet | | -0.277 | -0.422 | -0.377 | -0.241 |
|  | | <0.001 | <0.001 | <0.001 | <0.001 |
| I feel like I have a good quality of sex life | | -0.317 | -0.386 | -0.349 | -0.252 |
|  | | <0.001 | <0.001 | <0.001 | <0.001 |
| I feel like I have good family relantionships | | -0.254 | -0.421 | -0.395 | -0.351 |
|  | | <0.001 | <0.001 | <0.001 | <0.001 |
| I feel like I have good relantionship with my partner | | -0.173 | -0.206 | -0.169 | -0.136 |
| <0.001 | <0.001 | <0.001 | 0.006 |
| I feel like I have good friendships | | -0.215 | -0.356 | -0.343 | 0.333 |
|  | | <0.001 | <0.001 | <0.001 | <0.001 |
|  | |  |  |  |  |

IPS: Irrational Procrastination Scale; CBI: Copenhagen Burnout Inventory; PB: Personal Burnout; WB: Work-related Burnout; CB: Client-related Burnout.