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

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| **Variables** | **IPS**Spearman's ρp | **PB**Spearman's ρp | **WB**Spearman's ρp | **CB**Spearman's ρp |
| 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 |
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IPS: Irrational Procrastination Scale; CBI: Copenhagen Burnout Inventory; PB: Personal Burnout; WB: Work-related Burnout; CB: Client-related Burnout.