

Supplemental Materials

**Acute Stress, Worry, and Impairment in Health Care and Non-health Care
Essential Workers During the COVID-19 Pandemic**

Table S1. *Predictors of Functional Impairment in Essential Workers During COVID-19, Including Interaction between Type of Essential Worker and Needed Childcare (N=1,797)*

Adjusted Multivariate Model				
Variable	beta	b	95% CI	p
Health care worker ^a	-0.04	-0.12	-0.25, 0.02	.094
Needed childcare	0.05	0.15	0.02, 0.28	.027
Unable to obtain health care	0.16	0.45	0.33, 0.58	<.001
Lost wages	0.07	0.13	0.04, 0.22	.004
Prior mental health dx ^b	0.16	0.35	0.25, 0.45	<.001
Prior physical health dx ^c	0.12	0.10	0.06, 0.14	<.001
Age	-0.08	-0.005	-0.01, -0.002	.002
Race/Ethnicity ^d				
Black, Non-Hispanic	0.03	0.09	-0.03, 0.22	.157
Other/2+ races, Non-Hispanic	0.05	0.15	0.02, 0.29	.025
Hispanic	0.10	0.28	0.15, 0.40	<.001
Education ^e				
High school graduate	-0.05	-0.11	-0.38, 0.15	.403
Some college	-0.08	-0.12	-0.38, 0.14	.349
BA or above	-0.05	-0.09	-0.35, 0.18	.510
Female gender	0.07	0.12	0.04, 0.19	.002
Income	-0.02	-0.001	-0.03, 0.02	.526
Region ^f				
Midwest	-0.02	-0.03	-0.14, 0.08	.634
South	-0.03	-0.05	-0.16, 0.07	.416
West	0.01	-0.02	-0.10, 0.14	.777
Cohort ^g				
3/29/20-4/7/20	0.03	0.06	-0.03, 0.14	.199
4/8/20-4/18/20	0.05	0.09	0.005, 0.18	.039
Health care worker x needed childcare	-0.06	-0.50	-0.90, -0.11	.012
Constant		1.59	1.27, 1.90	<.001
Model statistics	F(21, 1775)=12.38, p<.001, R ² =.13			

^aNon-health care essential worker=0; ^bemotional/nervous/psychiatric problem, anxiety disorder, depression (0=none; 1=one or more); ^chigh cholesterol, hypertension, diabetes/high blood sugar, heart disease, stroke, cancer, lung disease, other diagnoses (0-8); ^dWhite=0; ^e<high school=0; ^fNortheast=0; ^gCohort 1: 3/18/20-3/28/20=0

Table S2. *Predictors of Health-Related Worries in Essential Workers During COVID-19, Including Interaction between Type of Essential Worker and Lost Wages (N=1,800)*

Adjusted Multivariate Model				
Variable	beta	b	95% CI	p
Health care worker ^a	0.02	0.08	-0.12, 0.27	.443
Needed childcare	0.04	0.13	-0.03, 0.30	.100
Unable to obtain health care	0.11	0.41	0.26, 0.58	<.001
Lost wages	0.12	0.27	0.15, 0.39	<.001
Prior mental health dx ^b	0.09	0.24	0.11, 0.36	<.001
Prior physical health dx ^c	0.09	0.09	0.05, 0.14	<.001
Age	-0.08	-0.01	-0.01, -0.002	.002
Race/Ethnicity ^d				
Black, Non-Hispanic	0.01	0.03	-0.13, 0.19	.751
Other/2+ races, Non-Hispanic	0.04	0.15	-0.03, 0.32	.096
Hispanic	0.08	0.29	0.13, 0.46	<.001
Education ^e				
High school graduate	-0.08	-0.24	-0.59, 0.10	.169
Some college	-0.15	-0.32	-0.66, 0.01	.061
BA or above	-0.11	-0.23	-0.58, 0.11	.177
Female gender	0.14	0.29	0.20, 0.39	<.001
Income	0.005	0.003	-0.03, 0.03	.858
Region ^f				
Midwest	-0.05	-0.13	-0.28, 0.02	.099
South	-0.09	-0.20	-0.35, -0.05	.007
West	-0.06	-0.14	-0.30, 0.01	.070
Cohort ^g				
3/29/20-4/7/20	0.09	0.21	0.10, 0.32	<.001
4/8/20-4/18/20	0.09	0.19	0.08, 0.30	.001
Healthcare worker x lost wages	-0.07	-0.42	-0.77, -0.07	.018
Constant		2.64	2.24, 3.04	<.001
Model statistics			$F(21, 1778)=10.05, p<.001,$ $R^2=.11$	

^aNon-health care essential worker=0; ^bemotional/nervous/psychiatric problem, anxiety disorder, depression (0=none; 1=one or more); ^chigh cholesterol, hypertension, diabetes/high blood sugar, heart disease, stroke, cancer, lung disease, other diagnoses (0-8); ^dWhite=0; ^e<high school=0; ^fNortheast=0; ^gCohort 1: 3/18/20-3/28/20=0

Table S3. Predictors of Acute Stress Symptoms in Essential Workers During COVID-19, Including Interaction between Type of Essential Worker and Lost Wages (N=1,803)

Adjusted Multivariate Model				
Variable	beta	b	95% CI	P
Health care worker ^a	-0.02	-0.04	-0.17, 0.09	.514
Needed childcare	0.09	0.24	0.12, 0.34	<.001
Unable to obtain health care	0.13	0.34	0.23, 0.44	<.001
Lost wages	0.13	0.24	0.16, 0.32	<.001
Prior mental health dx ^b	0.12	0.23	0.15, 0.32	<.001
Prior physical health dx ^c	0.08	0.06	0.02, 0.09	.001
Age	-0.13	-0.01	-0.01, 0.005	<.001
Race/Ethnicity ^d				
Black, Non-Hispanic	0.01	0.04	-0.07, 0.14	.510
Other/2+ races, Non-Hispanic	0.02	0.06	-0.05, 0.18	.304
Hispanic	0.08	0.19	0.07, 0.30	.001
Education ^e				
High school graduate	-0.09	-0.19	-0.42, 0.05	.115
Some college	-0.13	-0.19	-0.41, 0.03	.095
BA or above	-0.06	-0.09	-0.32, 0.14	.438
Female gender	0.15	0.22	0.16, 0.29	<.001
Income	0.02	0.01	-0.01, 0.03	.345
Region ^f				
Midwest	-0.05	-0.08	-0.18, 0.02	.114
South	-0.08	-0.12	-0.22, -0.02	.018
West	-0.04	-0.06	-0.17, 0.04	.243
Cohort ^g				
3/29/20-4/7/20	0.07	0.10	0.03, 0.18	.008
4/8/20-4/18/20	0.08	0.13	0.05, 0.21	.001
Healthcare worker x lost wages	-0.07	-0.32	-0.56, -0.08	.008
Constant		1.96	1.70, 2.23	<.001
Model statistics			$F(21, 1781)=15.54, p<.001, R^2=.15$	

^aNon-health care essential worker=0; ^bemotional/nervous/psychiatric problem, anxiety disorder, depression (0=none; 1=one or more); ^chigh cholesterol, hypertension, diabetes/high blood sugar, heart disease, stroke, cancer, lung disease, other diagnoses (0-8); ^dWhite=0; ^e<high school=0; ^fNortheast=0; ^gCohort 3/18/20-3/28/20=0

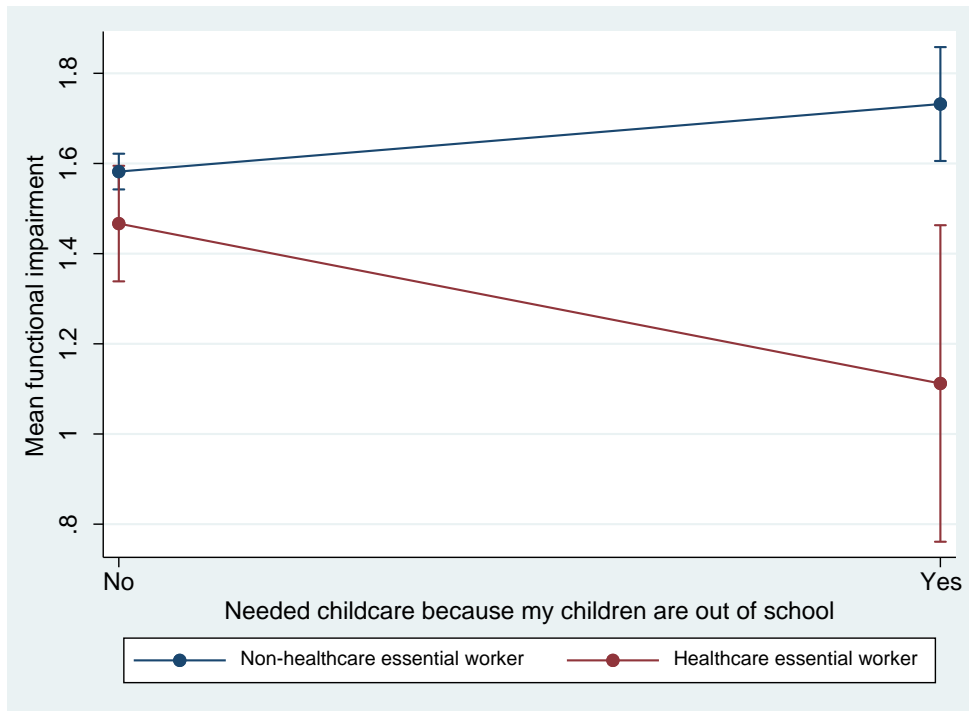


Figure S1. *Interaction between type of essential worker and needed childcare on functional impairment, adjusted for covariates*

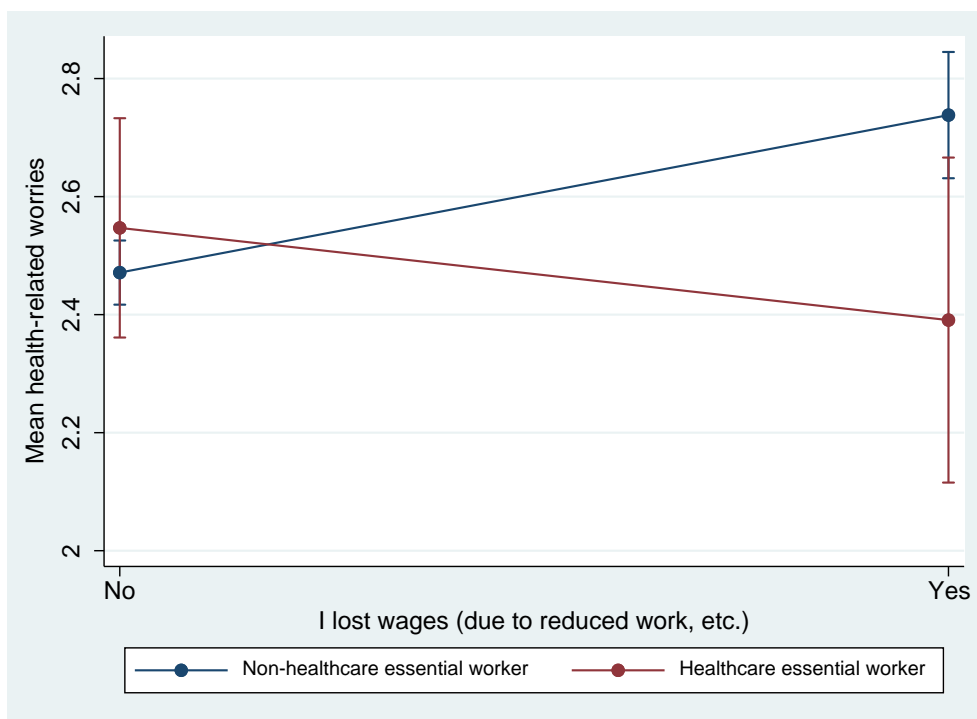


Figure S2. *Interaction between type of essential worker and lost wages on health-related worries, adjusted for covariates*

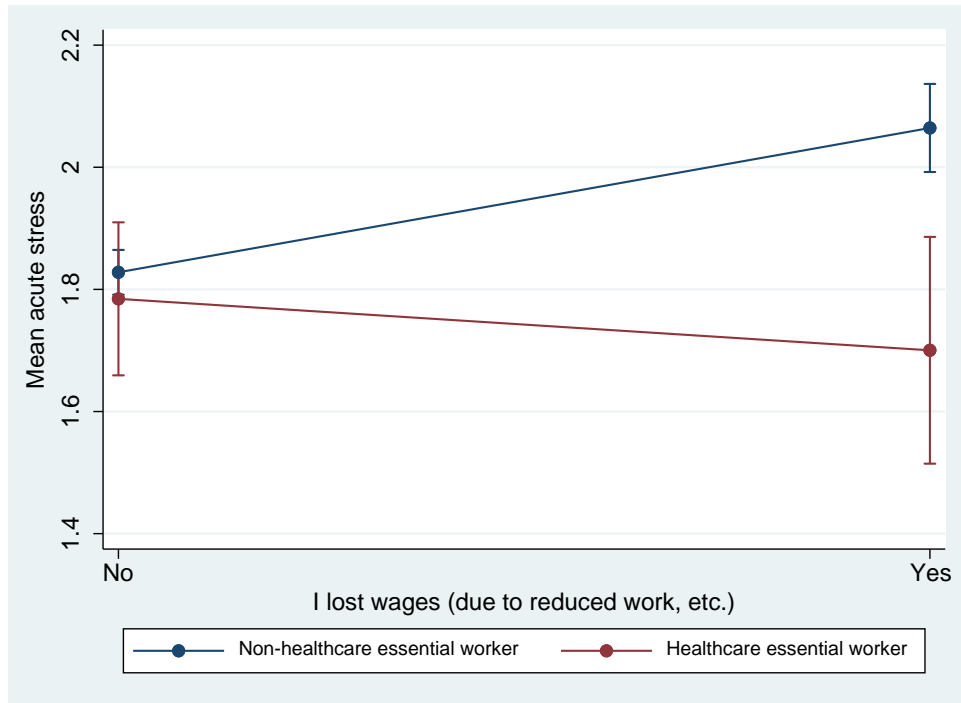


Figure S3. *Interaction between type of essential worker and lost wages on acute stress symptoms, adjusted for covariates*

Survey Instrument

ESSENTIAL WORKER STATUS

Which of the following describe(s) your personal experiences related to the Coronavirus outbreak? *Please select all that apply.*

1. My job requires in-person interaction and I am still working
2. I work in an essential service (e.g., grocery store, healthcare) and am working extra hours

SECONDARY STRESSORS

Which of the following have you experienced as a result of the coronavirus outbreak? *Please select all that apply.*

1. I lost wages (due to reduced work, etc.)
2. I have been unable to obtain necessary health care
3. I have needed to find childcare for my child/children because they are out of school

HEALTH-RELATED WORRIES

Using the scale provided, please answer the following questions. How often in the past week...

1. ...have you had fears that you will get very sick or die from the Coronavirus outbreak?
2. ...have you worried that someone you care about (e.g., family, close friends) will get very sick or die from the Coronavirus outbreak?

Response Options:

1. Never
2. Rarely
3. Sometimes
4. Often
5. All the time

FUNCTIONAL IMPAIRMENT

Now we would like to ask you a few questions about your health.

During the past 7 days, how much of the time has your **PHYSICAL HEALTH...**

1. Interfered with your social activities (like connecting with friends, relatives, etc.)?
2. Made it difficult for you to perform your work or other regular daily activities (e.g., it took extra effort)?

During the past 7 days, how much of the time has your **EMOTIONAL HEALTH...**

1. Interfered with your social activities (like connecting with friends, relatives, etc.)?
2. Made it difficult for you to perform your work or other regular daily activities (e.g., it took extra effort)?

Response Options:

1. None of the time
2. A little of the time
3. Some of the time
4. Most of the time
5. All of the time