Questionnaire	Construct	Shorthand	Number of Items	Subscales	Paper_DOI	Notes
Irritation Scale	Perceived Stress	is	8	ci = cognitive irritation ei = emotional irritation	10.1026/0932-4089.49.1.44	
Recovery Experience Questionnaire	Recovery	req	16	reql.pd = psychological detachment, reql.re = relaxation, reql.ma = mastery, reql.co = control	10.1037/1076-8998.12.3.204	
Perceived Stress Scale	Perceived Stress	pss	10			
Generalized Anxiety Disorder	Anxiety	gad	7			
Effort Reward Imbalance		eri	10	eri.e = Effort, eri.r = Reward, eri.oc= Overcommitment	10.17265/2159-5542/2016.04.001	
Insomnia Severity Index	insomnia	isi	7		10.1037/t07115-000	
Penn Sate Worry Questionnaire	Worry	pswq	3			short form
Recreation Experience and Activity Questionanire	Recovery	reaq	21	2 subscales: - recreation activities, - recreation experiences (in 3 dimensions: mental distancing, finding repose and regaining strength, pleasant challenges)		
Segmentation Supplies	Segmentation	segsup	4		10.1002/job.386	
Schlaffragebogen SF-B	Insomnia	sf-b	8	7 factor scales: - 1 quality of sleep, - 2 experience of recovery after sleep, - 3 Psychische Ausgeglichenheit vor dem Schlafenlegen, - 4 Psychisches Erschöpftsein vor dem Schlafenlegen, - 5 Psychosomatische Symptome in der Schlafphase, - 6 Traumerinnerung, - 7 Schlaf-Wach-Regulation		
Survey Work-Home Interaction Nijmegen	Work-Home Interfere	swing	27	4 factors: negative WHI, negative HWI, positive WHI, positive HWI	10.1080/02678370500410208	
Utrecht Work-Engagement Scale	Work Engagement	uwes	9	uwes.hi = Hingabe uwes.va = Absorption uwes.vi = Vigor		short form
Cleint Satisfaction Questionnaire	Zufriedenheit	csq	8			