

Table S1. Changes of perceived job stress in Group 1 over time (n=13)

	Number of items	T1			T2			T3			<i>p</i> -value	<i>p</i> -value (pairwise) ^b
		Median	Interquartile range	α	Median	Interquartile range	α	Median	Interquartile range	α		
Receiving social support	3	23.0	(20.3 - 28.5)	0.85	23.0	(21.0 - 27.8)	0.81	24.0	(19.0 - 27.0)	0.87	0.488	
Psychosocial job stress												
Quantitative workload ^a	3	10.0	(8.0 - 10.5)	0.66	9.0	(8.5 - 11.0)	0.23	9.0	(8.0 - 10.5)	0.65	0.836	
Qualitative workload ^a	3	10.0	(9.0 - 12.0)	0.59	10.0	(9.0 - 11.0)	0.70	9.0	(9.0 - 11.0)	0.80	0.590	
Job control	3	8.0	(6.5 - 9.0)	0.77	8.0	(5.0 - 9.0)	0.77	7.0	(6.0 - 9.0)	0.78	0.902	
Interpersonal conflict ^a	3	6.0	(5.5 - 7.0)	0.27	6.0	(5.0 - 7.5)	0.67	7.0	(5.0 - 7.0)	0.68	0.905	
Psychological and physical stress reactions												
Vigor	3	6.0	(3.5 - 6.5)	0.93	6.0	(4.0 - 8.0)	0.80	5.0	(3.5 - 6.0)	0.82	0.065	
Irritation ^a	3	6.0	(5.0 - 8.0)	0.74	5.0	(3.0 - 7.0)	0.79	5.0	(4.0 - 5.5)	-0.07	0.048	T1 vs. T2: 0.350, T1 vs. T3: 0.150, T2 vs. T3: 1.000
Fatigue ^a	3	7.0	(5.5 - 8.5)	0.84	6.0	(4.5 - 8.0)	0.87	6.0	(4.0 - 8.0)	0.86	0.020	T1 vs. T2: 0.093, T1 vs. T3: 0.150, T2 vs. T3: 1.000
Anxiety ^a	3	5.0	(4.0 - 6.5)	0.59	5.0	(3.0 - 7.0)	0.81	4.0	(3.5 - 5.5)	0.23	0.735	
Physical stress response ^a	11	18.0	(14.5 - 21.5)	0.79	17.0	(14.5 - 22.5)	0.84	17.0	(14.5 - 20.0)	0.81	0.643	
Job satisfaction	4	9.0	(7.5 - 10.5)	0.76	9.0	(7.5 - 10.5)	0.63	9.0	(8.5 - 9.5)	0.79	0.674	
CES-D ^a	20	16.0	(11.0 - 18.5)	0.74	12.0	(7.5 - 18.0)	0.88	11.0	(7.0 - 22.5)	0.91	0.302	

^aNegatively oriented^bBonferroni test

T1: baseline (before the program); T2: immediately after the end of intervention; T3: 3 months after the intervention.

CES-D: Center for Epidemiologic Studies Depression Scale.