

Table S1. Adjusted associations between perceived social support (continuous scales) and PROMs, estimated by linear regression models.

Symptoms	N	MSPSS “significant other” (range 1-7)		MSPSS “family” (range 1-7)		MSPSS “friends” (range 1-7)		MSPSS total (range 1-7)	
		Beta (95%CI)	p-value	Beta (95%CI)	p-value	Beta (95%CI)	p-value	Beta (95%CI)	p-value
CAT score	163	-0.03 (-0.06, -0.01)	0.01-0.03 (-0.06, -0.01)	0.01-0.03 (-0.07, 0)	0.08-0.03 (-0.06, -0.01)	0.01			
CAT score \geq 10	163	-0.37 (-0.68, -0.06)	0.02-0.37 (-0.68, -0.06)	0.02-0.3 (-0.75, 0.14)	0.18-0.35 (-0.67, -0.03)	0.03			
Daytime symptoms									
Fatigue									
FSS (range 9-63)	161	-0.01 (-0.02, 0)	0.01-0.02 (-0.03, 0)	0.01-0.02 (-0.03, 0)	0.02-0.02 (-0.03, 0)	0.01			
FSS \geq 36	161	-0.15 (-0.46, 0.16)	0.34-0.25 (-0.56, 0.06)	0.11-0.17 (-0.6, 0.27)	0.45-0.19 (-0.51, 0.13)	0.24			
Daytime sleepiness									
ESS (range 0-24)	160	-0.03 (-0.06, 0.01)	0.10-0.03 (-0.06, 0)	0.07-0.04 (-0.09, 0)	0.06-0.03 (-0.07, 0)	0.05			
ESS \geq 11	160	-0.18 (-0.6, 0.23)	0.39-0.23 (-0.64, 0.18)	0.27-0.32 (-0.91, 0.26)	0.28-0.24 (-0.67, 0.18)	0.26			
Depressive symptoms									
PHQ-9 (range 0-27)	163	-0.05 (-0.09, -0.02)	<0.01-0.07 (-0.1, -0.03)	<0.01-0.08 (-0.13, -0.03)	<0.01-0.07 (-0.1, -0.03)	<0.01			
PHQ-9 \geq 10	163	-0.57 (-0.95, -0.19)	<0.01-0.83 (-1.19, -0.47)	<0.01-0.75 (-1.28, -0.22)	0.01-0.72 (-1.1, -0.34)	<0.01			
Anxiety symptoms									
GAD-7 (range 0-21)	163	-0.06 (-0.1, -0.02)	<0.01-0.06 (-0.1, -0.02)	<0.01-0.08 (-0.13, -0.02)	<0.01-0.07 (-0.1, -0.03)	<0.01			
GAD-7 \geq 10	163	-0.51 (-0.91, -0.1)	0.01-0.43 (-0.83, -0.03)	0.03-0.73 (-1.3, -0.17)	0.01-0.56 (-0.97, -0.15)	0.01			
Nighttime symptoms									
PSQI (range 0-21)	112	-0.01 (-0.08, 0.05)	0.67-0.04 (-0.11, 0.03)	0.27-0.05 (-0.14, 0.04)	0.29-0.03 (-0.1, 0.03)	0.32			
PSQI > 5	112	-0.13 (-0.55, 0.3)	0.56-0.22 (-0.66, 0.21)	0.31-0.01 (-0.59, 0.57)	0.98-0.12 (-0.55, 0.31)	0.58			
Insomnia symptoms									
Athens Insomnia Scale Score \geq 158 (range 0-24)		-0.05 (-0.08, -0.01)	0.01-0.05 (-0.08, -0.01)	0.01-0.07 (-0.12, -0.02)	0.01-0.06 (-0.09, -0.02)	<0.01			
Athens Insomnia Scale Score \geq 6	158	-0.53 (-0.87, -0.19)	<0.01-0.48 (-0.82, -0.15)	0.01-0.77 (-1.24, -0.3)	<0.01-0.59 (-0.94, -0.25)	<0.01			

Effect estimates are expressed for a 1-unit increase in each of the continuous scales

All models are adjusted for participants’ age, sex, education and marital status, obesity (BMI \geq 30kg/m²), hypertension, CVD, diabetes, hyperlipidemia, Obstructive Sleep Apnea, osteoporosis, cancer, depression and anxiety disorder.

Table S2. Adjusted associations between perceived low social support (binary variable, high support was set as the referent category) and PROMs, estimated by logistic regression models.

Symptoms	N	MSPSS “significant other” ≤5 N=92 (54.8%)		MSPSS “family” ≤5 N=73 (43.5%)		MSPSS “friends” ≤5 N=109 (64.9%)		MSPSS total ≤5 N=114 (67.9%)	
		OR (95%CI)	p-value	OR (95%CI)	p-value	OR (95%CI)	p-value	OR (95%CI)	p-value
CAT score	163	1.16 (1.08, 1.25)	<0.01	1.08 (1.01, 1.15)	0.02	1.12 (1.03, 1.2)	0.01	1.2 (1.09, 1.31)	<0.01
CAT score≥10	163	4.52 (1.99, 10.24)	<0.01	3.43 (1.47, 7.97)	<0.01	3.76 (1.6, 8.8)	<0.01	6.15 (2.47, 15.3)	<0.01
Daytime symptoms									
Fatigue									
FSS (range 9-63)	161	1.04 (1.01, 1.06)	0.01	1.04 (1.01, 1.07)	0.01	1.06 (1.03, 1.1)	<0.01	1.07 (1.03, 1.11)	<0.01
FSS ≥ 36	161	1.59 (0.76, 3.32)	0.22	2.04 (0.94, 4.46)	0.07	2.49 (1.11, 5.6)	0.03	3.21 (1.37, 7.5)	0.01
Daytime sleepiness									
ESS (range 0-24)	160	1.1 (1.01, 1.19)	0.03	1.11 (1.03, 1.22)	0.01	1.12 (1.02, 1.24)	0.02	1.1 (1, 1.22)	0.05
ESS≥11	160	1.84 (0.66, 5.16)	0.24	2.94 (1.05, 8.19)	0.04	2.45 (0.73, 8.19)	0.15	2.04 (0.61, 6.85)	0.25
Depressive symptoms									
PHQ-9 (range 0-27)	163	1.12 (1.02, 1.23)	0.01	1.15 (1.05, 1.26)	<0.01	1.17 (1.04, 1.31)	0.01	1.19 (1.07, 1.34)	<0.01
PHQ-9≥10	163	1.89 (0.71, 5.03)	0.2	3.35 (1.25, 9.03)	0.02	1.89 (0.61, 5.82)	0.27	3.97 (1.02, 15.39)	0.05
Anxiety symptoms									
GAD-7 (range 0-21)	163	1.12 (1.02, 1.23)	0.02	1.14 (1.03, 1.26)	0.01	1.13 (1.01, 1.25)	0.03	1.11 (1, 1.23)	0.05
GAD-7≥10	163	2.11 (0.77, 5.77)	0.14	3.05 (1.1, 8.41)	0.03	3.21 (0.92, 11.22)	0.07	3.28 (0.93, 11.61)	0.07
Nighttime symptoms									
PSQI (range 0-21)	112	1.09 (0.92, 1.28)	0.31	1.11 (0.95, 1.29)	0.2	1.24 (1, 1.53)	0.05	1.27 (1.02, 1.58)	0.03
PSQI > 5	112	1.19 (0.43, 3.29)	0.74	1.14 (0.43, 3.04)	0.79	1.82 (0.58, 5.71)	0.3	2.3 (0.74, 7.22)	0.15
Insomnia symptoms									
Athens Insomnia Scale Score (range 0-24)	158	1.19 (1.08, 1.31)	<0.01	1.15 (1.04, 1.26)	0.01	1.22 (1.09, 1.36)	<0.01	1.27 (1.12, 1.43)	<0.01
Athens Insomnia Scale Score≥6	158	5.31 (2.11, 13.36)	<0.01	5.28 (1.87, 14.89)	<0.01	5.95 (2.3, 15.4)	<0.01	6.52 (2.48, 17.11)	<0.01

Adjusted associations between perceived low social support (binary variable, high support was set as the referent category) and daytime and nighttime symptom, estimated by logistic regression models.

Effect estimates are expressed for a 1-unit increase in each of the continuous scales

All models are adjusted for participants' age, sex, education and marital status, obesity ($\text{BMI} \geq 30 \text{ kg/m}^2$), hypertension, CVD, diabetes, hyperlipidemia, Obstructive Sleep Apnea, osteoporosis, cancer, depression and anxiety disorder.