Supplementary material

Table S1. Sociodemographic characteristics of 350 responders who met the criteria for inclusion in the clinical phase of the study.

	n=350 (%)
Sex	
Female	261 (74.6)
Male	89 (25.4)
Age (median, p25-p75)	52 (45-56)
Height in cm (median, p25-p75)	166 (160-173)
Weight in Kg (median, p25-p75)	74 (62-85)
BMI (median, p25-p75)	25.9 (23.1-30.4)
Geographical area of birth	
North Italy	294 (84.0)
Center	4 (1.1)
South/Isles	37 (10.6)
Abroad	15 (4.3)
Education	
Middle school	36 (10.3)
High school	138 (39.4)
Bachelor's Degree	176 (50.3)
Job title	
Nurse	137 (39.1)
Physician	46 (13.1)
Technician	51 (14.6)
Administrative	54 (15.4)
Other HW	62 (17.7)
Working seniority (median, p25-p75)	19.5 (10-28)
Hypertension	
Yes	123 (35.1)
No	227 (65.9)
Smoking habits	
Smoker	49 (14.0)
No smoker	232 (66.3)
Former smoker	69 (19.7)