

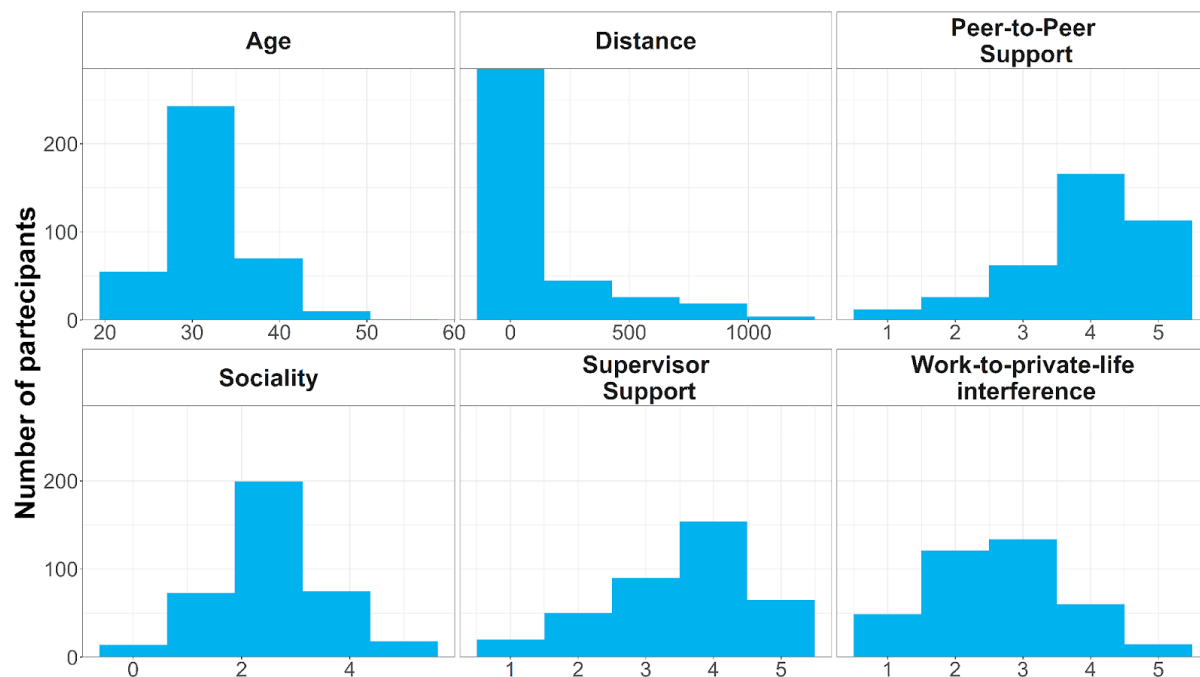
Supplementary Table S1. Cronbach's α values for each adopted questionnaire derived from literature and estimated in the current study.

Questionnaire	Acronym	Cronbach's α from original validation study	Cronbach's α from current study
Patient Health Questionnaire -9	PHQ-9	0.89	0.88
Alcohol Use Disorders Identification Test	AUDIT-C	0.80	0.63
International Physical Activity Questionnaire	IPAQ	0.67	0.66
WHO-5 wellbeing index	WHO-5	0.86	0.85
Work Related Stress Questionnaire	WRSQ	0.88	0.80

Supplementary Table S2. Descriptive statistics (mean, SD, skewness, kurtosis) of continuous variables.

Variable	Mean	Standard Deviation	Skewness	Kurtosis	Standard Error
Age	31.61	4.49	1.54	3.58	0.23
Distance	120.83	245.07	2.19	3.99	12.59
Sociality	2.58	1.24	-0.09	-0.75	0.06
Peer-to-Peer Support	3.90	1.01	-0.95	0.58	0.05
Supervisor Support	3.51	1.08	-0.56	-0.35	0.06
Work-to-private-life interference	2.66	1.02	0.21	-0.46	0.05

Supplementary Figure S1. Distribution of continuous variables.



Supplementary Table S3. Correlation matrix of the predictor variables. Kendall's tau correlation coefficient test was used

	Sex	Age	Distance	Social participation	Family Members	Having a partner	Cohabitation	Peer-to-Peer Support	Supervisor Support	Work-to-private-life interference (WLI)
Sex	1.00	-0.02	0.06	0.05	-0.07	0.02	-0.09	0.03	0.07	-0.06
Age	-0.02	1.00	-0.12	-0.07	0.20	0.06	0.01	-0.10	-0.02	0.11
Distance	0.06	-0.12	1.00	0.09	-0.14	-0.06	-0.13	0.03	0.03	-0.03
Social participation	0.05	-0.07	0.09	1.00	0.10	0.11	0.09	0.14	0.22	-0.07
Family Members	-0.07	0.20	-0.14	0.10	1.00	0.67	0.48	-0.02	0.00	0.08
Having a partner	0.02	0.06	-0.06	0.11	0.67	1.00	0.36	0.03	0.03	0.05
Cohabitation	-0.09	0.01	-0.13	0.09	0.48	0.36	1.00	-0.02	-0.08	-0.02
Peer-to-Peer Support	0.03	-0.10	0.03	0.14	-0.02	0.03	-0.02	1.00	0.42	-0.11
Supervisor Support	0.07	-0.02	0.03	0.22	0.00	0.03	-0.08	0.42	1.00	-0.15
Work-to-private-life interference (WLI)	-0.06	0.11	-0.03	-0.07	0.08	0.05	-0.02	-0.11	-0.15	1.00

Supplementary Table S4. Logistic regressions assessing the association between social network characteristics and mild to severe depressive symptoms.

	PHQ score ≥ 5		
Characteristic	OR	95% CI	p
<i>Functional characteristics of social network</i>			
Peer-to-Peer Support	0.64	0.50; 0.81	<0.001
Supervisor Support	0.62	0.50; 0.76	<0.001
Work-to-private-life interference (WLI)	1.64	1.31; 2.04	<0.001
<i>Structural characteristics of social network</i>			
Distance	1.00	1.00; 1.00	0.059
Family Members	1.02	0.76; 1.37	0.880
Having a partner (ref. = No)	0.70	0.43; 1.12	0.139
Cohabitation (ref. = Alone)	0.91	0.57; 1.47	0.706
Social participation	0.44	0.35; 0.54	<0.001