

**Supplementary Table 1.** Demographic characteristics of participants in Study I

| Variable  | Participants (N=400) |
|---|----------------------|
| Male  | 205 (51.3)           |
| Age (yr)  | 41.1±10.2            |
| Marital status  |                      |
| Single  | 173 (43.3)           |
| Married, with kids  | 185 (46.3)           |
| Married, without kids   | 37 (9.3)             |
| Others  | 5 (1.3)              |
| Psychiatric history   |                      |
| Have you experienced or have you been treated for depression, anxiety, or insomnia?, yes                        | 53 (13.3)            |
| Currently, do you think that you are depressed or anxious, or do you need help regulating your mood state?, yes | 49 (12.3)            |

Values are presented as mean±standard deviation or number (%).