

Table 2. Survey Question Content and Coding/Analysis Notes

Survey Question #	Question Content	Additional Coding / Analysis Notes
Respondent Qualifying Information (2 Questions)		
1	Are you a mother? a) Yes b) No	Respondents qualified for the study if they were a mother of a child between 6 months and 3 years
2	Is at least one of your children between 6 months and 3 years of age? a) Yes b) No	
Respondent Sociodemographic Information (Independent Variables; 14 Questions)		
3	To participate in this survey, you must be a U.S. resident. What part of the U.S. do you live in? a) Northeast b) Southeast c) Midwest d) Southwest e) Northwest f) I do not live in the U.S.	(GEOGR)
17	On most nights (or during the time that you sleep), how many hours do you sleep? a) <6 b) 6-7 c) 8 d) >8	(SLEEP)
18	How many children (of all ages) currently live with you? This can include your children, foster children, or other children who live with you on a long-term basis. Please enter a number.	(CHILDREN)
19	Do you currently use regular childcare for your child who is >6 months and <4 years of age? a) Yes b) No	(CHILDCARE)
20	How happy are you overall with this childcare arrangement?	

	<ul style="list-style-type: none"> b) Somewhat happy c) Somewhat unhappy d) Very unhappy e) Don't know 	
21	<p>Do any of the children who are living with you have a diagnosed physical, developmental, emotional disability, or any other very serious illness?</p> <ul style="list-style-type: none"> a) Yes b) No 	(DISABIL)
26	<p>Has a therapist or other mental health professional ever told you that you had depression or an anxiety disorder?</p> <ul style="list-style-type: none"> a) Yes b) No 	(THERAPIST)
27	How old are you? Please enter your age in numbers.	(AGE)
28	<p>What is your primary racial/ethnic background?</p> <ul style="list-style-type: none"> a) White/Caucasian b) Black/African American c) Latino/Hispanic d) Asian/Pacific Islander e) Other (please describe) 	(RACE)
29	<p>What is your current marital status?</p> <ul style="list-style-type: none"> a) Married b) Not married, but living with a partner c) Separated or divorced d) Widowed e) Single f) Other 	<p>(MARRIED)</p> <p>For analysis, the following items were consolidated: a-b; c-e.</p>
30	<p>Would you say that you are raising your children on your own, or with a co-parent? A co-parent can either be your child's father, a relative, or another adult who is your partner.</p> <ul style="list-style-type: none"> a) I am raising my child(ren) on my own b) I am raising my child(ren) with a co-parent 	(COPARENT)

31	<p>What is your highest level of education?</p> <p>a) High school b) Some college c) Finished college d) Graduate or professional school</p>	(EDUC)
32	<p>Before taxes, what is your yearly household income? If you are a single parent, please report your income only (including child support payments). If you are married or have a partner who lives with you, please estimate your income plus your partner's income.</p> <p>a) <\$40,000 b) \$40,001 - \$60,000 c) \$60,001 - \$100,000 d) \$100,001 - \$175,000 e) >\$175,000</p>	(INCOME)
33	<p>If you have anything else to share, please use the space below to provide as much feedback as you would like.</p>	(OTHER)
Respondent Work Patterns (Independent Variables; 13 Questions)		
4	<p>Are you currently employed? For this question, "employed" means a regular activity that provides you with an income.</p> <p>a) Yes b) No</p>	(EMPLOYED)
5	<p>Some people work at more than one job. How many jobs would you say you currently have?</p> <p>a) 1 b) 2 c) 3 d) >3</p>	<p>(NUMBERJOBS)</p> <p>Questions 5-11 were only asked of respondents who indicated in question 4 that they are currently employed.</p>
6	<p>About how many total hours do you work each week?</p> <p>a) <15</p>	(HOURSWK)

	<ul style="list-style-type: none"> b) 16-30 c) 31-40 d) ≥ 41) 	
7	<p>On a regular day, about how much time do you spend commuting back and forth to your job?</p> <ul style="list-style-type: none"> a) None b) <30 mins c) 31-60 mins d) >60 mins 	(COMMUTE)
8	<p>Which of the following statements are good descriptions of the reasons for why you work? Please check "yes" or "no" for each.</p> <ul style="list-style-type: none"> a) Financially, I need to work to support my family b) I do not have to work to support my family financially, but the extra money makes for a better quality of life for my family c) I work because I enjoy my work and/or the independence that my work provides d) If I stopped working, I would lose too much momentum in my career 	(WORKREASONS)
9	<p>Which of the following best describes your current workload, or how much work you have, at your job(s)?</p> <ul style="list-style-type: none"> a) I have too little work to do b) My workload is just right; neither too much nor too little c) I have too much work to do 	(WORKLOAD)
10	<p>Overall, how much flexibility does your job have? By this I mean, how easy is it for you to change your work schedule to take care of personal matters or urgent problems?</p> <ul style="list-style-type: none"> a) Very flexible b) Somewhat flexible c) Only a little flexible d) Not at all flexible e) I don't know 	<p>(FLEXIBILITY)</p> <p>For analysis, responses a-b and c-d were consolidated.</p>
11	<p>On most days, how happy would you say you are with your current job?</p> <ul style="list-style-type: none"> a) Very happy b) Somewhat happy c) Neither unhappy nor happy 	<p>(WORKHAPPY)</p> <p>For analysis, responses a-b and d-e were</p>

	d) Somewhat unhappy e) Very unhappy	consolidated.
12	Which of the following statements are good descriptions of the reasons for why you are not employed at this time? Please check "yes" or "no" for each. a) Financially, my family does not need me to work b) I am taking time off from work to care for my children c) Any job I could get would not pay well enough to justify the added childcare expenses d) I would like to work, but have not found a good job e) I am in school or a training program f) I was working, but lost my job g) I was working, but voluntarily left my job	(NOTWORK) Question 12 was only asked of respondents who indicated in question 4 that they are not currently employed.
13	Are you currently in school (Y/N)? a) Yes, I am in school full-time b) Yes, I am in school part-time c) No, I am not in school	(SCHOOL)
14	Do you have any ongoing, unpaid commitments that require part of your time each week? This could include regular volunteer work, caring for a family member who is not your child, working without pay, or searching for a job. Please do not include housework, school, or caring for your children. a) No b) Yes, <5 hours/week c) Yes, 5-10 hours/week d) Yes, >10 hours/week	(COMMITMENTS) For analysis, "yes" responses were consolidated (ie, items b-d).
15	Could you describe briefly what this ongoing, unpaid commitment is?	
16	Does your spouse/partner currently work? a) Yes, full-time b) Yes, part-time c) No, spouse/partner does not work d) Do not have spouse/partner e) Other (please describe)	(SPOUSEWORK) For analysis, "yes" responses (a-b) were consolidated.
Respondent Social Support (Independent Variable; 1 Question—4 sub-questions)		

22	<p>How often is each of the following kinds of support available if you need it?</p> <ul style="list-style-type: none"> • Someone to help with daily chores if you were sick • Someone to turn to for suggestions about how to deal with a personal problem • Someone to do something enjoyable with • Someone to love and make you feel wanted <p>a) All of the time b) Most of the time c) Some of the time d) A little of the time e) None of the time</p>	<p>(SUPPORTCHORES) (SUPPORTPERSONAL) (SUPPORTENJOY) (SUPPORTWANTED)</p> <p>Although this was formatted as a single survey question, it was analyzed as 4 separate questions.</p>
DASS/Respondent Stress, Anxiety and Depression (Dependent Variable; 3 Questions—21 sub-questions)		
23	<p>Over the past week (part 1 of 3):</p> <ul style="list-style-type: none"> • I found it hard to wind down • I was aware of dryness in my mouth • I couldn't seem to experience any positive feeling at all • I experienced difficulty breathing (eg, excessively rapid breathing, breathlessness in the absence of physical exertion) • I found it difficult to work up the initiative to do things • I tended to over-react to situations • I experienced trembling (eg, in the hands) <p>a) Did not apply to me at all b) Applied to me to some degree, or some of the time c) Applied to me a considerable degree, or a good part of the time d) Applied to me very much, or most of the time</p>	<p>(DASSSTRESS) (DASSANXIETY) (DASSDEPRESSION)</p> <p>Although this was formatted as a single survey question, it was analyzed as 7 separate questions.</p>
24	<p>Over the past week (part 2 of 3):</p> <ul style="list-style-type: none"> • I felt that I was using a lot of nervous energy 	<p>Although this was formatted as a</p>

	<ul style="list-style-type: none"> • I was worried about situations in which I might panic and make a fool of myself • I felt that I had nothing to look forward to • I found myself getting agitated • I found it difficult to relax • I felt down-hearted and blue • I was intolerant of anything that kept me from getting on with what I was doing <p>a) Did not apply to me at all b) Applied to me to some degree, or some of the time c) Applied to me a considerable degree, or a good part of the time d) Applied to me very much, or most of the time</p>	<p>single survey question, it was analyzed as 7 separate questions.</p>
25	<p>Over the past week (part 3 of 3):</p> <ul style="list-style-type: none"> • I felt I was close to panic • I was unable to become enthusiastic about anything • I felt I wasn't worth much as a person • I felt that I was rather touchy • I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat) • I felt scared without any good reason • I felt that life was meaningless <p>a) Did not apply to me at all b) Applied to me to some degree, or some of the time c) Applied to me a considerable degree, or a good part of the time d) Applied to me very much, or most of the time</p>	<p>Although this was formatted as a single survey question, it was analyzed as 7 separate questions.</p>