

Table 3. Respondent Characteristics (N=244)

	Mean (SD)
Age*	35.0 (4.6)
Number of children in household**	1.68 (0.67)
	Percentage
Disabled child(ren) in household	
Yes	12
No	230
Don't know	2
Employed	
Yes	63.1
No	36.9
Spouse/Partner Employed	
Works full-time	90.6
Works part-time	3.7
Does not work	4.1
Not applicable	1.6
U.S. Region	
Midwest	20.5
Northeast	21.7
Northwest	19.7
Southeast	18.9
Southwest	19.2
Marital status	
Married	95.1
Not married, living with partner	2.5
Single	0.8
Separated, or divorced	1.6
Educational level	
High school	0.8
Some college	6.6
Finished college	32.0
Graduate or professional school	60.6
Race/ethnicity	
Asian/Pacific Islander	2.1
Black/African American	0.4
Latino/Hispanic	4.1
White/Caucasian	93.0
Other/Mixed	0.4
Household income	

<\$40,000	7.8
\$40,001-\$60,000	11.9
\$60,001-\$100,000	32.0
\$100,001-175,000	32.8
>\$175,001	15.6
Nighttime Sleep	
<6 hours	11.4
6-7 hours	64.5
8 hours	22.5
>8 hours	1.6

* Distribution: ≤ 30 years=16.4%; 31-40=73.4%; ≥ 41 =10.2%

** Distribution: 1=42.6%; 2=47.1%; 3=9.8%; 4=0.4%

Table 4. Employed Respondents: Employment and Workload Characteristics (n=154)

	Percentage
Number of jobs held	
1	88.3
2	9.7
≥3	1.9
Total hours worked (hours/week)	
<15	20.8
16-30	26.6
31-40	35.7
>41	16.9
Total time spent commuting (minutes/day)	
None	22.7
<30	36.4
30-60	29.9
>60	11.0
Currently in School	
Yes, full-time	1.2
Yes, part-time	7.0
No	91.8
Workload burden	
Too little work	6.5
Workload is just right	60.4
Too much work	33.1
Workplace flexibility	
Very flexible	57.8
Somewhat flexible	27.9
Only a little flexible	11.7
Not at all flexible	2.6
Happiness with current job	
Very happy	39.0
Somewhat happy	48.1
Neither happy nor unhappy	3.9
Somewhat unhappy	7.1
Very unhappy	1.9

Table 5. Reasons For Employment (n=154)

Question	Yes	No
	n (%)	
Financially, I need to work to support my family	87 (56.5)	67 (43.5)
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	64 (41.6)	90 (58.4)
I work because I enjoy my work and/or the independence that my work provides	131 (85.1)	23 (14.9)
If I stopped working, I would lose too much momentum in my career	87 (56.5)	67 (43.5)

Table 6. Reasons for Not Being Employed (n=90)

Question	Yes	No
	n (%)	
Financially, my family does not need me to work	61 (67.8)	29 (32.2)
I am taking time off from work to care for my children	78 (86.7)	12 (13.3)
Any job I could get would not pay well enough to justify the added childcare expenses	45 (50.0)	45 (50.0)
I would like to work, but have not found a good job	10 (11.1)	80 (88.9)
I am in school or a training program	5 (5.6)	85 (94.4)
I was working, but lost my job	3 (3.3)	87 (96.7)
I was working, but voluntarily left my job	68 (75.6)	22 (24.4)

Table 7. Respondents Currently Using Childcare (n=136)

	Percentage
Currently using childcare?	
Yes	56.0
No	44.0
Satisfaction with childcare (n=136)	
Very happy	60.3
Somewhat happy	33.8
Somewhat unhappy	5.1
Very unhappy	0.0
Don't know	0.8

Table 8. MOS-SSS Respondent Results (n=244)

Question	None of the time	A little of the time	Some of the time	Most of the time	All of the time
	n (%)				
Someone to help with daily chores if you were sick	36 (14.8)	35 (14.3)	38 (15.6)	75 (30.7)	60 (24.6)
Someone to turn to for suggestions about how to deal with a personal problem	1 (0.4)	22 (9.0)	31 (12.7)	77 (31.6)	113 (46.3)
Someone to do something enjoyable with	3 (1.2)	24 (9.8)	48 (19.7)	91 (37.3)	78 (32.0)
Someone to love and make you feel wanted	3 (1.2)	15 (6.1)	17 (7.0)	58 (23.8)	151 (61.9)

Note: 2 respondents did not answer 1 question each in this survey section; no imputation was conducted and these missing data are excluded from the table above.

Table 9. DASS Scale Scores (N=244)

	Normal	Moderate	Severe
	n (%)		
Stress	160 (65.6)	56 (23.0)	28 (11.4)
Anxiety	212 (86.9)	23 (9.4)	9 (3.7)
Depression	188 (77.0)	43 (17.6)	13 (5.3)

Table 10. Prior History of Depression or Anxiety Disorder (N=244)

Response to: "Has a therapist or other medical professional ever told you that you had a depression or anxiety disorder?"	
<i>Count (%)</i>	
Yes	88 (36.1%)
No	153 (62.7%)
Don't know	3 (1.2%)

Table 11. Chi-square Analysis: Respondent Age* (N=244)

Age (years)	Normal	Moderate	Severe	Total
	% Sample (n)			
≤30	62.5 (25)	10.0 (4)	27.5 (11)	16.4 (40)
31-40	65.4 (117)	27.9 (50)	6.7 (12)	73.4 (179)
≥41	72.0 (18)	8.0 (2)	20.0 (5)	10.2 (25)
Total	65.6 (160)	23.0 (56)	11.5 (28)	100.0 (244)

* $P < 0.0001$

Table 12. DASS-21 Items⁴⁹

Depression scale

- I felt downhearted and blue.
- I felt that I had nothing to look forward to.
- I felt that life was meaningless.
- I felt I wasn't worth much as a person.
- I was unable to become enthusiastic about anything.
- I couldn't seem to experience any positive feeling at all.
- I found it difficult to work up the initiative to do things.

Anxiety Scale

- I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat).
- I was aware of dryness of my mouth.
- I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion).
- I experienced trembling (e.g., in the hands).
- I was worried about situations in which I might panic and make a fool of myself.
- I felt I was close to panic.
- I felt scared without any good reason.

Stress Scale

- I found it hard to wind down.
- I found it difficult to relax.
- I felt that I was using a lot of nervous energy.
- I found myself getting agitated.
- I tended to over-react to situations.
- I felt that I was rather touchy.
- I was intolerant of anything that kept me from getting on with what I was doing.

Table 13. DASS Severity Ratings⁴⁹

	Z score	Percentile	Depression	Anxiety	Stress
Normal	<0.5	0-78	0-9	0-7	0-14
Mild	0.5-1.0	78-87	10-13	8-9	15-18
Moderate	1.0-2.0	87-95	14-20	10-14	19-25
Severe	2.0-3.0	95-98	21-27	15-19	26-33
Extremely severe	>3.0	98-100	28+	20+	34+