**Table 1** Sociodemographic characteristics of the sample

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | *N* | (%) |
| Gender | |  |  |
|  | Male | 1,160 | 55 |
|  | Female | 958 | 45 |
| Country | |  |  |
|  | Germany | 1,629 | 77 |
|  | Switzerland | 489 | 23 |
| Age | |  |  |
|  | 18–30 | 208 | 10 |
|  | 31–40 | 481 | 23 |
|  | 41–50 | 533 | 25 |
|  | 51–60 | 675 | 32 |
|  | 61–65 | 221 | 10 |
| Living situation | |  |  |
|  | Alone | 587 | 28 |
|  | Family/partner/shared | 1,531 | 72 |

Note: *N* = 2,118

**Table 2** Associations between sociodemographic factors, changes in routines, and positive/negative impact on work/private life

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Work life worsened | | Work life improved | | Private life worsened | | Private life improved | |
|  |  | OR | 95% CI | OR | 95% CI | OR | 95% CI | OR | 95% CI |
| Gender | |  |  |  |  |  |  |  |  |
|  | Female (Ref.) |  |  |  |  |  |  |  |  |
|  | Male | 0.91 | 0.78–1.07 | 0.93 | 0.78–1.09 | 1.05 | 0.90–1.22 | 0.86 | 0.73–1.02 |
| Nationality | |  |  |  |  |  |  |  |  |
|  | Germany (Ref.) |  |  |  |  |  |  |  |  |
|  | Switzerland | 0.87 | 0.72–1.05 | 1.15 | 0.95–1.40 | 0.86 | 0.71–1.03 | 1.13 | 0.93–1.37 |
| Age | |  |  |  |  |  |  |  |  |
|  | 18–30 (Ref.) |  |  |  |  |  |  |  |  |
|  | 31–40 | 0.93 | 0.69–1.26 | 1.04 | 0.76–1.41 | 0.76 | 0.56–1.02 | 0.93 | 0.69–1.27 |
|  | 41–50 | 1.08 | 0.80–1.45 | 0.96 | 0.71–1.30 | 0.77 | 0.57–1.03 | 0.88 | 0.65–1.20 |
|  | 51–60 | 1.23 | 0.92–1.64 | 0.71\* | 0.52–0.95 | 0.76 | 0.57–1.00 | 0.80 | 0.59–1.07 |
|  | 61–65 | 1.55\* | 1.09–2.2 | 0.51\*\* | 0.35–0.74 | 0.58\*\* | 0.41–0.82 | 0.77 | 0.53–1.10 |
| Living situation | |  |  |  |  |  |  |  |  |
|  | Alone (Ref.) |  |  |  |  |  |  |  |  |
|  | Fam./part./shared | 0.89 | 0.74–1.07 | 1.08 | 0.9–1.31 | 0.41\*\*\* | 0.34–0.49 | 1.74\*\*\* | 1.44–2.11 |
| Change to contract | |  |  |  |  |  |  |  |  |
|  | No change (Ref.) |  |  |  |  |  |  |  |  |
|  | Short-timea | 3.45\*\*\* | 2.66–4.47 | 0.68\*\* | 0.52–0.89 | 1.22 | 0.95–1.58 | 1.32\* | 1.01–1.72 |
|  | Short-time (0)b | 9.72\*\*\* | 6.85–13.86 | 0.53\*\*\* | 0.37–0.77 | 1.06 | 0.78–1.45 | 1.57\*\* | 1.13–2.18 |
|  | Job loss | 35.07\*\*\* | 14.89–90.03 | 0.40\* | 0.16–0.92 | 1.21 | 0.60–2.44 | 1.67 | 0.77–3.56 |
| Home office | |  |  |  |  |  |  |  |  |
|  | None (Ref.) |  |  |  |  |  |  |  |  |
|  | Experienced | 1.18 | 0.98–1.41 | 2.59\*\*\* | 2.14–3.14 | 1.02 | 0.85–1.22 | 1.72\*\*\* | 1.43–2.08 |
|  | New | 1.21 | 0.98–1.50 | 2.77\*\*\* | 2.22–3.45 | 1.07 | 0.87–1.32 | 1.41\*\* | 1.14–1.76 |
| Working time | |  |  |  |  |  |  |  |  |
|  | Unchanged (Ref.) |  |  |  |  |  |  |  |  |
|  | Decreased | 2.95\*\*\* | 2.33–3.74 | 0.61\*\*\* | 0.48–0.78 | 0.90 | 0.72–1.14 | 0.89 | 0.70–1.13 |
|  | Increased | 2.06\*\*\* | 1.55–2.73 | 1.32 | 0.99–1.75 | 1.13 | 0.86–1.49 | 1.08 | 0.81–1.44 |
| Leisure time | |  |  |  |  |  |  |  |  |
|  | Unchanged (Ref.) |  |  |  |  |  |  |  |  |
|  | Decreased | 1.62\*\*\* | 1.29–2.03 | 0.96 | 0.75–1.21 | 2.62\*\*\* | 2.09–3.28 | 0.85 | 0.67–1.08 |
|  | Increased | 1.27\* | 1.04–1.56 | 1.91\*\*\* | 1.54–2.38 | 1.30\* | 1.06–1.59 | 2.25\*\*\* | 1.82–2.79 |
| Caring duties | |  |  |  |  |  |  |  |  |
|  | Unchanged (Ref.) |  |  |  |  |  |  |  |  |
|  | Decreased | 1.13 | 0.80–1.57 | 1.11 | 0.78–1.57 | 1.62\*\* | 1.19–2.22 | 1.35 | 0.96–1.89 |
|  | Increased | 1.58\*\*\* | 1.27–1.97 | 0.96 | 0.77–1.21 | 1.39\*\* | 1.12–1.72 | 1.33\* | 1.07–1.67 |

Note: *N* = 2,118

\* *p* < 0.05, \*\* *p* < 0.01, \*\*\* *p* < 0.001

a Work hours partly reduced

b Work hours reduced to 0

**Table 3** Associations between perceived impact on work/private life, self-reported changes, MWB, and SRH

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | Mental well-being | | Self-rated health | |
|  |  | OR | 95% CI | OR | 95% CI |
| Work life worsened | |  |  |  |  |
|  | Disagree (Ref.) |  |  |  |  |
|  | Neither/nor | 0.71\*\* | 0.58–0.88 | 0.91 | 0.73–1.14 |
|  | Agree | 0.61\*\*\* | 0.49–0.76 | 0.76\* | 0.60–0.97 |
| Work life improved | |  |  |  |  |
|  | Disagree (Ref.) |  |  |  |  |
|  | Neither/nor | 0.89 | 0.71–1.12 | 0.84 | 0.66–1.08 |
|  | Agree | 1.07 | 0.82–1.41 | 0.94 | 0.70–1.26 |
| Private life worsened | |  |  |  |  |
|  | Disagree (Ref.) |  |  |  |  |
|  | Neither/nor | 0.80\* | 0.65–0.99 | 0.66\*\*\* | 0.53–0.83 |
|  | Agree | 0.62\*\*\* | 0.51–0.75 | 0.67\*\*\* | 0.54–0.83 |
| Private life improved | |  |  |  |  |
|  | Disagree (Ref.) |  |  |  |  |
|  | Neither/nor | 1.03 | 0.83–1.28 | 1.04 | 0.83–1.32 |
|  | Agree | 1.39\*\* | 1.08–1.80 | 1.10 | 0.83–1.46 |
| Change to contract | |  |  |  |  |
|  | No change (Ref.) |  |  |  |  |
|  | Short-time (red.) | 0.95 | 0.73–1.24 | 0.90 | 0.68–1.19 |
|  | Short-time (0) | 0.57\*\*\* | 0.41–0.79 | 0.49\*\*\* | 0.35–0.70 |
|  | Job loss | 0.71 | 0.34–1.47 | 0.79 | 0.35–1.81 |
| Home-office | |  |  |  |  |
|  | None (Ref.) |  |  |  |  |
|  | Experienced | 1.05 | 0.88–1.26 | 0.99 | 0.81–1.20 |
|  | New | 1.14 | 0.92–1.40 | 1.07 | 0.85–1.33 |
| Working time | |  |  |  |  |
|  | Unchanged (Ref.) |  |  |  |  |
|  | Decreased | 1.14 | 0.90–1.44 | 1.02 | 0.79–1.32 |
|  | Increased | 1.20 | 0.91–1.59 | 1.17 | 0.87–1.58 |
| Leisure time | |  |  |  |  |
|  | Unchanged (Ref.) |  |  |  |  |
|  | Decreased | 0.81 | 0.64–1.02 | 0.92 | 0.72–1.18 |
|  | Increased | 1.23\* | 1.01–1.51 | 1.45\*\* | 1.16–1.82 |
| Caring duties | |  |  |  |  |
|  | Unchanged (Ref.) |  |  |  |  |
|  | Decreased | 1.06 | 0.77–1.47 | 0.82 | 0.58–1.17 |
|  | Increased | 1.00 | 0.80–1.24 | 1.06 | 0.84–1.33 |

Note: *N* = 2,118

\* *p* < 0.05, \*\* *p* < 0.01, \*\*\* *p* < 0.001

Controlled for gender, age, country, and living situation