

Table 1 Participants' personal details, job title and work pattern in the studied hospitals (n = 432 participants)

Variable	Value	
	Mean (SD)	Min.–max.
<i>Age (years)</i>	34.78 (7.84)	19–59
<i>Job experience (years)</i>	13.74 (8.37)	
1–40		
<i>Shiftwork experience (years)</i>	13.27 (7.88)	
1–32		
	No.	%
<i>Sex</i>		
Female	309	71.5
Male	123	28.5
<i>Marital status</i>		
Single	130	30.0
Married	302	70.0
<i>No. of children</i>		
3 □	355	82.1
> 3	77	17.9
<i>Education</i>		
Below diploma	43	10.0
Diploma	127	29.3
Higher diploma	97	22.5
Degree or higher	165	38.2
<i>Job title</i>		
Nurse	147	34.0
Nurse's aid	99	22.9
Co-nurse's aid	37	8.6
Lab/radiology technician	67	15.5
Midwife	12	2.8
Other	70	16.2
<i>Second job</i>		
Yes	74	17.1
No	358	82.9
<i>Work system</i>		
Shiftworker	356	82.4
Day worker	76	17.6
<i>Shift schedule</i>		
Regular rotation	187	43.3
Irregular rotation	158	36.5
Evening (permanent)	6	1.4
Night (permanent)	5	1.2
<i>Shift rotation</i>		
Clockwise	122	35.5
Counterclockwise	223	64.5