

- ▶ Age
- ▶ Sex
- ▶ Education

- ▶ Job status
- ▶ Work hours
- ▶ Overtime
- ▶ Commuting time
- ▶ Autonomy at work
- ▶ Job security

- ▶ Under-age children
- ▶ Relationship status
- ▶ Housework (hours)

- ▶ Time-based work-life conflict
- ▶ Strain-based work-life conflict

- ▶ Self-rated health
- ▶ Back pain
- ▶ Headaches
- ▶ Sick leave
- ▶ Energy and optimism
- ▶ Neg. emotions and depression
- ▶ Fatigue
- ▶ Sleep disorders