

Table 4: Stigmatization and sleep quality in relation to demographics, feelings of sadness/anxiety, and COVID-19 in the workplace.

	Feeling stigma (n =55)	Not feeling stigma (n =10)		Good sleepers (n =17)	Bad sleepers (n =42)	
	Mean ± SD	Mean ± SD	p *	Mean ± SD	Mean ± SD	p *
Age	47 ± 5	48 ± 6	0.44	46 ± 5	47 ± 6	0.52
Years at work	15 ± 8	14 ± 6	0.78	16 ± 4	14 ± 8	0.33
WHO-5 total score	14.4 ± 5.3	16.9 ± 5.4	0.22	16.9 ± 5.8	13.8 ± 4.9	0.04
PSS total score	24.2 ± 8.2	20.9 ± 6.1	0.26	14.4 ± 5.3	16.9 ± 5.4	0.22
	n (%)	n (%)		n (%)	n (%)	
Sex						
Males	38 (69.1)	10 (100)	0.04 [^]	14 (82.4)	28 (66.7)	0.23
Females	17 (30.9)	0		3 (17.7)	14 (33.3)	
Feeling of anxiety and / or sadness for most of the pandemic?						
More than usual	43 (78.2)	4 (40.0)	0.04	11 (64.7)	32 (76.2)	0.55
Same as usual	9 (16.4)	4 (40.0)		5 (29.4)	7 (16.7)	
Not at all	3 (5.5)	2 (20.0)		1 (5.9)	3 (7.1)	
Feeling of anxiety and / or sadness now						
Yes	35 (64.8)	2 (20.0)	0.008	6 (35.3)	29 (69.1)	0.02
No	19 (35.2)	8 (80.0)		11 (64.7)	13 (30.9)	
Colleague with COVID						
Yes	46 (85.2)	6 (60.0)	0.06	12 (70.6)	37 (88.1)	0.11
No	8 (14.8)	4 (40.0)		5 (29.4)	5 (11.9)	

Participants were divided in Good and Bad sleepers according to the total Pittsburgh Sleep Quality Index scores (cut off ≤ 5), WHO-5: WHO-5 Well-Being Index, PSS: Perceived Stress Scale, *: p value as a result of t-test or χ^2 test for continuous and categorical variables, respectively, [^]: Fisher exact test was also performed and the p-value was 0.05.