

Appendix 1. STROBE Statement- Checklist of items that should be included in reports of *cross-sectional studies*

	Item No	Recommendation	Page No
Title and abstract	1	(a) Indicate the study’s design with a commonly used term in the title or the abstract	1
		(b) Provide in the abstract an informative and balanced summary of what was done and what was found	1,2
Introduction			
Background/rationale	2	Explain the scientific background and rationale for the investigation being reported	3,4
Objectives	3	State specific objectives, including any prespecified hypotheses	3,4
Methods			
Study design	4	Present key elements of study design early in the paper	5
Setting	5	Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection	5
Participants	6	(a) Give the eligibility criteria, and the sources and methods of selection of participants	5
Variables	7	Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable	5,6
Data sources/measurement	8*	For each variable of interest, give sources of data and details of methods of assessment (measurement). Describe comparability of assessment methods if there is more than one group	5,6
Bias	9	Describe any efforts to address potential sources of bias	NA
Study size	10	Explain how the study size was arrived at	6,7
Quantitative variables	11	Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen and why	5,6
Statistical methods	12	(a) Describe all statistical methods, including those used to control for confounding	7
		(b) Describe any methods used to examine subgroups and interactions	7
		(c) Explain how missing data were addressed	7
		(d) If applicable, describe analytical methods taking account of sampling strategy	NA
		(e) Describe any sensitivity analyses	NA
Results			
Participants	13*	(a) Report numbers of individuals at each stage of study—eg numbers potentially eligible, examined for eligibility, confirmed eligible, included in the study, completing follow-up, and analysed	8
		(b) Give reasons for non-participation at each stage	8
		(c) Consider use of a flow diagram	8
Descriptive data	14*	(a) Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders	8
		(b) Indicate number of participants with missing data for each variable of interest	NA
Outcome data	15*	Report numbers of outcome events or summary measures	8,9
Main results	16	(a) Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (eg, 95% confidence interval). Make clear which confounders were adjusted for and why they were included	8,9,16-20
		(b) Report category boundaries when continuous variables were categorized	8,9,16-20
		(c) If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period	8,9,16-20
Other analyses	17	Report other analyses done—eg analyses of subgroups and interactions, and sensitivity analyses	NA
Discussion			
Key results	18	Summarise key results with reference to study objectives	10
Limitations	19	Discuss limitations of the study, taking into account sources of potential bias or imprecision. Discuss both direction and magnitude of any potential bias	11,12
Interpretation	20	Give a cautious overall interpretation of results considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence	10-12
Generalisability	21	Discuss the generalisability (external validity) of the study results	11,12
Other information			
Funding	22	Give the source of funding and the role of the funders for the present study and, if applicable, for the original study on which the present article is based	Acknowledgments

*Give information separately for exposed and unexposed groups.

Note: An Explanation and Elaboration article discusses each checklist item and gives methodological background and published examples of transparent reporting. The STROBE checklist is best used in conjunction with this article (freely available on the Web sites of PLoS Medicine at <http://www.plosmedicine.org/>, Annals of Internal Medicine at <http://www.annals.org/>, and Epidemiology at <http://www.epidem.com/>). Information on the STROBE Initiative is available at www.strobe-statement.org.

Appendix 2. Comparison of characteristics and survey scores according to the utilization of mental health services among participants who reported that they needed mental health services

Variable	Total (N=522)	Not utilized (N=389)	Utilized (N=133)	<i>p</i> -value
Age, yr				0.202†
Median	32.0	31.0	32.0	
IQR	27.0-40.0	27.0-40.0	27.0-39.0	
Sex, n (%)				0.800‡
Male	110 (21.1)	83 (21.3)	27 (20.3)	
Female	412 (78.9)	306 (78.7)	106 (79.7)	
Civil status, n (%)				0.725‡
Single / Divorced / Separated	199 (38.1)	150 (38.6)	49 (36.8)	
Married / Partnered	323 (61.9)	239 (61.4)	84 (63.2)	
Household size, n (%)				0.900‡
1	104 (19.9)	78 (20.1)	26 (19.5)	
≥2	418 (80.1)	311 (79.9)	107 (80.5)	
Having any dependent family member, n (%)	236 (45.2)	176 (45.2)	60 (45.1)	0.979‡
Smoking status, n (%)				0.341‡
Never smoker	313 (60.0)	240 (61.7)	73 (54.9)	
Ex-smoker	57 (10.9)	42 (10.8)	15 (11.3)	
Current smoker	152 (29.1)	107 (27.5)	45 (33.8)	
Any chronic disease, n (%)	89 (17.0)	65 (18.0)	24 (18.0)	0.724‡
Any mental disorder, n (%)	53 (10.2)	15 (3.9)	38 (28.6)	<0.001‡
COVID-19 contact within last three months at home, n (%)	51 (9.8)	33 (8.5)	18 (13.5)	0.090‡
COVID-19 contact within last three months non-home non-workplace, n (%)	32 (6.1)	23 (5.9)	9 (6.8)	0.723‡
Any history of PCR test, n (%)	486 (93.1)	359 (92.3)	127 (95.5)	0.209‡
Any history of COVID-19, n (%)	190 (36.4)	132 (33.9)	58 (43.6)	0.045‡
Any vaccination history against COVID-19, n (%)	505 (96.7)	377 (96.9)	128 (96.2)	0.777§
Total work duration as a HCW, yr				0.464†
Median	8.0	7.0	8.0	
IQR	3.0-15.0	3.0-15.0	3.50-13.0	
Occupation, n (%)				0.083‡
Physician	167 (32.0)	118 (30.3)	49 (36.8)	
Non-physician healthcare professional	267 (51.1)	210 (54.0)	57 (42.9)	
Office worker	88 (16.9)	61 (15.7)	27 (20.3)	

Appendix 2. continued: Comparison of characteristics and survey scores according to the utilization of mental health services among participants who reported that they needed mental health services

Variable	Total (N=522)	Not utilized (N=389)	Utilized (N=133)	<i>p</i> -value
History of working in the related department during last three months, n (%)				
Emergency room	102 (19.5)	76 (19.5)	26 (19.5)	0.998‡
Outpatient clinic	192 (36.8)	140 (36.0)	52 (39.1)	0.521‡
Inpatient clinic	322 (61.7)	243 (62.5)	79 (59.4)	0.530‡
Intensive care unit	96 (18.4)	73 (18.8)	23 (17.3)	0.705‡
Surgery room	32 (6.1)	25 (6.4)	7 (5.3)	0.629‡
COVID-19 contact within last three months at work, n (%)	360 (69.0)	272 (69.9)	88 (66.2)	0.419‡
GHQ-12				0.046†
Median	15.0	16.0	14.0	
IQR	11.0-20.0	12.0-20.0	10.5-19.0	
DOM1				0.306†
Median	13.1	13.1	13.1	
IQR	11.4-14.9	11.4-14.9	11.4-14.9	
DOM2				0.991†
Median	12.7	12.7	12.7	
IQR	11.3-14.7	11.3-14.7	11.3-14.7	
DOM3				0.539†
Median	13.3	13.3	13.3	
IQR	12.0-14.7	12.0-14.7	12.0-16.0	
DOM4				0.003†
Median	12.5	12.5	13.0	
IQR	11.0-14.0	11.0-14.0	11.5-14.5	
FCV-19S				0.856†
Median	17.5	18.0	17.0	
IQR	13.0-22.0	13.0-21.5	13.0-22.0	

Bold *p*-values indicate statistical significance.

†Mann–Whitney U test

‡Chi-square

§Fisher's exact test

COVID-19, Coronavirus Disease 2019; FCV-19S, Fear of COVID-19 scale; GHQ-12, General health questionnaire-12; HCW, healthcare worker; IQR, interquartile range; PCR, polymerase chain reaction. Domain scores of the World Health Organization Quality of Life (WHOQoL)-BREF instrument were abbreviated as DOM1 for physical health, DOM2 for psychological health, DOM3, social relationships, and DOM4 for environmental health.