General	Exposure	Outcome	Results				
# First Author, Year, Country	*Describe how exposure was measured* **Form of stigmatization:**	*Describe how outcome was measured*	**Prevalence:** **Association with stigmatization:**				
7288 Chatterjee 2020, India	One question: Have you been ostracized? **Form of stigmatization:** <u>Self-stigma (perceived): social exclusion</u> "ostracized by friends, neighbor, and the society for working in the hospital for being exposed and spreading others"	Depression, Anxiety, and Stress Scale (DASS-21): depression, anxiety, stress (4-point Likert scale, 0 = "didn't apply to me at all", 3 = "much or mostly applied to me") in the past 1 week	**Prevalence:** **Tab.: Prevalence of depression, anxiety and stress**				

Prevalence of depression, anxiety and stress

	Yes n (%)	No n (%)
Depression	53 (34.9)	99 (65.1)
Anxiety	60 (39.5)	92 (60.5)
Stress	50 (32.9)	102 (67.1)

Association with stigmatization:
Tab1-3: Association between mental state and stigma experience

		Have you been ostracized?		$X^{2/t}$	p
		Yes n (%)	No n (%)		
Depression	Yes	20 (37.7)	33 (62.3)	16.6	0.002
	No	12 (12.1)	87 (87.9)		
Anxiety	Yes	23 (38.3)	37 (61.7)	25.6	0.001
	No	9 (9.8)	83 (90.2)		
Stress	Yes	21 (42.0)	29 (58.0)	23.2	0.001
	No	11 (10.8)	91 (89.2)		

General	Exposure	Outcome	Results
2030 Chew , 2020, Singapore	Healthcare Workers Stigma Scale (HWSS), 12 items, 4-point Likert scale (1 =strongly disagree, 4= strongly agree) 4 subscales: 1.Self-stigma (*Personalized stigma*) 2.Disclosure concerns 3.Concerns about public attitudes 4. Negative self-image **Form of stigmatization:**	Perceived Stress: Perceived Stress Scale (PSS), 10 items, 5-point Likert scale (0=never, 4=very often) Traumatic Stress: Impact of Event Scale-Revised (IES-R); 22 items, 5-point Likert scale (0=never, 4=very often)	**Prevalence:** **Tab. Prevalence of PSS and IES-R at baseline and follow-up**

	Baseline (mean SD)	Follow-up (mean SD)	t-test (t)
PSS	28.1 (6.63)	27.0 (5.87)	2.084
IES-R total score	15.0 (14.6)	14.5 (14.4)	0.404
IES-R Intrusion subscale	0.72 (0.74)	0.67 (0.66)	0.765
IES-R Avoidance subscale	0.70 (0.70)	0.70 (0.70)	-0.133
IES-R Hyperarousal subscale	0.61 (0.70)	0.57 (0.73)	0.539

Association with stigmatization:

Tab. Risk factors for mental health outcomes amongst residents in training from national healthcare group residencies at the 2nd time point (linear regression)

General	Exposure	Outcome	Results			

General	Exposure	Outcome	Results
	Self-stigma (internalized): negative self-image (feeling inferior to others due to occupation) Self-stigma (anticipated): own perceived consequences, fear of rejection, disclosure concerns (control the information or keeping occupation a secret), concerns about public attitudes (what most people think of HCWs)		<table><tr><td>Variable</td><td>B</td><td>ß</td><td>95% CI</td></tr><tr><td>PSS</td><td>0.134</td><td>0.157</td><td>0.024–0.244</td></tr><tr><td>IES-R, PTS symptoms</td><td>0.477</td><td>0.228</td><td>0.241–0.714</td></tr></table>
883 Do Duy, 2020, Vietnam	Stigma scale: self-developed instrument: 12 questions (4-point Likert scale), sum up score 0-36 Items from group discussion with HCW and investigators, adaption of Berger's HIV Stigma Scale for terms and phrases (validity checked with COSMIN) **Form of stigmatization:** Self-stigma (anticipated): Feel unsafe to be a health worker, Feel blamed by relatives or friends, Try to hide being quarantined, Try to avoid going out Self-stigma (internalized): Feel guilty because of being isolated, Feel ashamed of being isolated Self-stigma (perceived): discrimination People talk	DASS-21: depression, anxiety, stress (4-point Likert scale, 0 = never, 3 = almost always) Depression (≥ 4): mild: 5-6; moderate: 7-10; severe: 11-13; extremely severe: ≥ 14 Anxiety (≥ 3): mild: 4-5; moderate: 6-7; severe: 8-9; extremely severe: ≥ 10 Stress (≥ 4): mild: 8-9; moderate: 10-12; severe: 13-16; extremely severe: ≥ 17	**Prevalence:** Table: S1: Descriptive statistics <table><tr><td>DASS-21</td><td>Male (n= 11) Median (IQR)</td><td>Female (n= 60) Median (IQR)</td></tr><tr><td>Depression</td><td>2 (0-3)</td><td>1 (0-3)</td></tr><tr><td>Anxiety</td><td>1 (0-2)</td><td>1 (0-2)</td></tr><tr><td>Stress</td><td>3 (1-5)</td><td>2 (1-5)</td></tr></table> No significant difference between males and females Figure S1: Prevalence of depression, anxiety and stress (in %) <table><tr><td>DASS-21</td><td>no</td><td>mild</td><td>moderate</td><td>severe</td><td>Extremely severe</td></tr><tr><td>Depression</td><td>86.9</td><td>8.2</td><td>3.2</td><td>1.6</td><td>0</td></tr><tr><td>Anxiety</td><td>85.3</td><td>8.2</td><td>3.7</td><td>1.6</td><td>1.2</td></tr><tr><td>Stress</td><td>95.1</td><td>1.6</td><td>1.6</td><td>1.6</td><td>0</td></tr></table> **Association with stigmatization:** Correlation between stigmatization and DASS-21 depression, anxiety and stress Table 1: Spearman rank correlation r-value (95% CI) <table><tr><td>DAS-21</td><td>Self-stigma Negative self-image</td><td>Public stigma Disclosure & personalized stigma</td><td>Public stigma Concerns about public attitudes</td></tr><tr><td>Depression</td><td>0.35 (0.10-0.55)</td><td>0.32 (0.08-0.53)</td><td>0.33 (0.09-0.54)</td></tr></table>

General	Exposure	Outcome	Results			
	behind back, People avoid touching and direct contact, People feel uncomfortable when around, Experienced discrimination actions		Anxiety	0.45 (0.23-0.63)	0.36 (0.12-0.56)	0.39 (0.15-0.58)
			Stress	0.32 (0.07-0.53)	0.16 (-0.01-0.40)	0.24 (-0.01-46)

General	Exposure	Outcome	Results
859 Elhadi 2020, Libya	Stigmatization: single item "feeling stigmatized" (yes/no) **Form of stigmatization:** Self-stigma (perceived)	Depressive symptoms: Hospital Anxiety and Depression Scale (HADS, borderline abnormal: score 8-10, abnormal: score 11-21) Anxiety symptoms: Hospital Anxiety and Depression Scale (HADS, borderline abnormal: score 8-10, abnormal: score 11-21)	**Prevalence:** **Table 2: Anxiety and depressive symptom levels grades among participants (in %)** **Association with stigmatization:** **Table 3: Prevalence of depressive symptoms and association with feeling stigmatized** **Table 4: Prevalence of anxiety symptoms and association with feeling stigmatized**
7273 Elhadi, 2020, Libya	Stigmatization: single item "feeling stigmatized" (yes/no) **Form of stigmatization:** Self-stigma (perceived)	Burnout: abbreviated Maslach Burnout Inventory (aMBI) (comprising three subscales: emotional exhaustion (EE), depersonalization (DP), and personal accomplishment (PA))	**Prevalence:** **Text and Supplementary Material**

Table 2: Anxiety and depressive symptom levels grades among participants (in %)

Outcome		n	%
Depressive symptoms	Borderline abnormal	236	31.7
	Abnormal	420	56.4
Anxiety symptoms	Borderline abnormal	237	31.8
	Abnormal	348	46.7

Table 3: Prevalence of depressive symptoms and association with feeling stigmatized

Variable	No depressive symptoms n (%)	Depressive symptoms n (%)	χ2 (Pearson's chi-square)	p-value
Feeling stigmatized				
Yes	77 (23.7)	154 (36.7)	14.41	< 0.001
No	248 (76.3)	266 (63.3)		

Table 4: Prevalence of anxiety symptoms and association with feeling stigmatized

Variable	No depressive symptoms n (%)	Depressive symptoms n (%)	χ2 (Pearson's chi-square)	p-value
Feeling stigmatized				
Yes	95 (23.9)	136 (39.1)	19.89	< 0.001
No	302 (76.1)	212 (60.9)		

Variable	Total sample n (%)	Men n (%)	Women n (%)
High emotional exhaustion	357 (67.1)	209 (71.1)	148 (62.2)

General	Exposure	Outcome	Results			
			High depersonalization	252 (47.4)	152 (51.7)	100 (42.0)
			Decreased personal accomplishment	121 (22.7)	58 (19.7)	63 (26.5)

Association with stigmatization:
Correlation analysis (Spearman's rank-order correlation test)
- significant positive correlation was identified between emotional exhaustion (rs (530)=0.174; p≤0.001) and feeling stigmatised
- no statistically significant correlation between depersonalization and feeling stigmatized
- no statistically significant correlation between personal accomplishment and feeling stigmatized

General	Exposure	Outcome	Results
7279 Greene 2020, UK	Being worried about rejection or stigmatization for being an NHS worker: single Likert scale ranging from 0 ("not at all") to 4 ("extremely") **Form of stigmatization:** Self-stigma (perceived)	Distress: Having clinically significant PTDS, depression, and/or anxiety PTDS: PTSD subscale of the International Trauma Questionnaire (ITQ) Depression: Patient Health Questionnaire-9 (PHQ-9) Anxiety: Generalized Anxiety Disorder Scale (GAD-7)	**Prevalence:** **Tab: Prevalence of distress, PTSD, depression and anxiety** Association and more tables below

Prevalence:
Tab: Prevalence of distress, PTSD, depression and anxiety

	n	%
Distress	572	57.9
PTDS	246	22.5
Depression	477	46.9
Anxiety	470	47.3

Association with stigmatization:

Table 3: Distress

	Total sample OR (95% CI)	p-value
Perceived stigma		
no	1.0 (Reference)	
yes	1.25 (1.01-1.43)	< 0.0005

Table 3: PTDS

	Total sample OR (95% CI)	p-value
Perceived stigma		
no	1.0 (Reference)	
yes	1.37 (1.20-1.58)	< 0.0005

Table 3: Depression

	Total sample OR (95% CI)	p-value

General	Exposure	Outcome	Results		

			Perceived stigma		
			no	1.0 (Reference)	
			yes	1.30 (1.15-1.48)	< 0.0005

Table 3: Anxiety

	Total sample OR (95% CI)	p-value
Perceived stigma		
no	1.0 (Reference)	
yes	1.23 (1.09-1.40)	< 0.005

*all adjusted for predictors: age, gender, ethnicity, annual household income, relationship, caring for children at home, work-related and COVID-19-related predictors

General	Exposure	Outcome	Results
759 Juan 2020, China	Stigmatization and rejection in neighbourhood because of hospital work: 1 item question (yes, no) **Form of stigmatization:** <u>Self-stigma (perceived):</u> <u>discrimination</u>	Psychological reactions: Impact of Event Scale-Revised (IES-R, normal: score 0−23, mild: score 24–32, moderate: score 33–36, severe: score >37) Anxiety disorder: Generalized Anxiety Disorder 7 (GAD-7, normal: score 0–4, mild: score 5–9, moderate: score 10–14, severe: score 15–21) Depression: Patient Health Questionnaire 9 (PHQ-9,normal: score 0–4, mild: score 5–9, moderate: score 10–14, severe: score 15–21) Obsessive-compulsive symptoms: Yale-Brown Obsessive-Compulsive Scale (Y-BOCS, normal: score 0–5, mild: score 6–15, moderate: score 16–25, severe: score 26–40) Somatization symptoms: Patient Health Questionnaire 15 (PHQ-15, normal: score 0–4, mild: score 5–9, moderate: score 10–14, severe: score 15–30)	**Prevalence:** **Figure 1 and text: Prevalence of psychological distress, obsessive-compulsive symptoms, somatization symptoms, anxiety disorder, or depression among all participants (in %)** See table below n not reported **Association with stigmatization:** **Table 4: Multiple logistic regression analysis for the factor "stigmatization and rejection in neighbourhood because of hospital work?" associated with psychological distress related to the COVID-19 crisis (in AOR (95% CI))** See table below *use of AOR, but not details on adjustment

Outcome	%
Psychological distress (obsessive-compulsive symptoms, somatization symptoms, anxiety disorder, or depression)	43.2
Obsessive-compulsive symptoms	37.5
Somatization symptoms	33.3
Anxiety disorder	31.6
Depression	29.6

Outcome	AOR (95% CI)
Psychological reaction	1.705 (0.827–3.516)
Anxiety symptoms	1.329 (0.652–2.709)
Depression symptoms	2.297 (1.138–4.637)
Obsessive-compulsive symptoms	1.842 (0.912–3.72)
Somatization symptoms	1.418 (0.697–2.881)

General	Exposure	Outcome	Results
749 Khanal 2020, Nepal	1 item: Stigma faced due to COVID-19 (yes, no, don't want to answer) **Form of stigmatization**: Self-stigma (perceived): discrimination, aggressive behaviour/mobbing	Anxiety and Depression: Hospital Anxiety and Depression Scale (HADS), 14-items, total scores: normal: 0–7, borderline abnormal: 8–10 and abnormal: 11–21 Insomia: Insomia Severity Index (ISI), 7 items; no clinically significant insomnia (0–7), subthreshold insomnia (8–14), moderate clinical insomnia (15–21) and severe clinical insomnia (22–28)	**Prevalence:** **Tab. Prevalence of anxiety, depression and insomnia** (see table below) -> Nurses have significantly higher scores (borderline, abnormal) in anxiety, depression and insomnia as compared to doctors and other health workers **Association with Stigmatization:** **Tab.: Factors associated with anxiety, depression and insomnia (multivariate logistic regression)** (see table below) *adjusted for gender, ethnicity, profession, education, living with elderly, family member with chronic disease, precautionary measures in the workplace, faced stigma, worked overtime, awareness about government incentive and history of medication for mental health problem
948 Monterrosa-Castro, 2020, Colombia	Social discrimination for working as a general practitioner (questions not described) **Forms of stigmatization:** Self-Stigma (perceived): discrimination	Generalized Anxiety Disorder (GAD): Generalized Anxiety Disorder Scale (GAD-7), 7 Items, total score of 0–21, ≥ 10 indicates GAD symptoms	**Prevalence:** **Tab. Prevalence of GAD** (see table below)

Tab. Prevalence of anxiety, depression and insomnia

Mental Health Condition	Categories	Total n (%)
Anxiety	Normal	276 (58.1%)
	Borderline	112 (23.6)
	Abnormal	87 (18.3)
Depression	Normal	297 (62.5)
	Borderline	114 (24.0)
	Abnormal	64 (13.5)
Insomnia	No clinical significant	314 (66.1)
	Sub threshold	127 (26.7)
	Moderate	27 (5.7)
	Severe	7 (1.5)

Tab.: Factors associated with anxiety, depression and insomnia (multivariate logistic regression)

	Faced Stigma		Unadjusted OR (95%CI)	Adjusted OR (95%)
	No n (%)	Yes n (%)		
Anxiety	68 (34.2)	131 (65.8)	2.36 (1.62-3.44)	2.47(1.62-3.76)
Depression	57 (34.8)	116 (65.2)	2.13 (1.45–3.12)	2.05 (1.34–3.11)
Insomnia	37 (31.6)	80 (68.4)	2.26 (1.45–3.52)	2.37 (1.46–3.84)

Tab. Prevalence of GAD

Variable	Total (n/%)	With symptoms of generalized anxiety disorder, n=209 (39.3%)	Without symptoms of generalized anxiety disorder, n=322 (60.6%)
Social discrimination for working as a general practitioner	207 (38.9)	106 (50.7)	101 (31.3))

General	Exposure	Outcome	Results			
					(chi²) p	<0.001
			Association with stigmatization: **Tab.: Psychosocial and demographic factors associated with symptoms of generalized anxiety disorder, not adjusted logistic regression (N=531)**			
			Variables			crude OR (95% CI)
			Social discrimination for working as a general practitioner			2.25 (1.57 to 3.22)

General	Exposure	Outcome	Results
7261 Ramaci, Italy, 2020	"Stigma discrimination" "Stigma fear": no description of definition included; adapted from See et al. 2011 (answer options: 0 = strongly disagree, 1 = disagree, 2 = agree, 3 = strongly agree) **Form of stigmatization:** <u>Self-stigma (perceived): discrimination</u> <u>Self-stigma (anticipated)</u>	Professional Quality of Life Scale (ProQOL)**:** 3 dimensions: compassion fatigue (7 items), compassion satisfaction (8 items), risk of burnout (7 items); 5-point Likert scale	**Prevalence:** **Tab: Prevalence of compassion fatigue, satisfaction and risk of burnout with regard to sex**

Tab: Prevalence of compassion fatigue, satisfaction and risk of burnout with regard to sex

Sex	Compassion fatigue Mean (SD)	Compassion satisfaction Mean (SD)	Risk of burnout Mean (SD)
Males	2.12 (1.3)	3.81 (1.0)	1.62 (1.0)
Females	2.52 (SD 1.2)	3.56 (0.97)	2.02 (0.99)

Tab.: Association with stigmatization (zero-order correlation):

Stigma	Compassion fatigue Mean (SD)	Compassion satisfaction Mean (SD)	Risk of burnout Mean (SD)
Perceived stigma	0.307	-0.263	0.348
Anticipated stigma	0.341	-0.173	0.226

Multiple regression

Stigma	Perceived stigma (*discrimination*)		Anticipated stigma (*Stigma fear*)	
	Beta	t	Beta	T
Compassion fatigue	0.348	4.50	0.291	5.41
Compassion satisfaction	-0.231	-3.73	-0.141	-2.54
Risk of burnout	0.317	5.54	0.171	3.08

General	Exposure	Outcome	Results
832 Sharma 2020, USA	Stigma from community: instrument not reported **Form of stigmatization:** <u>Self-stigma (perceived)</u>	Emotional distress/burnout (dichotomous variable): instrument not reported	**Prevalence:** **Figure 2 and Table 2: Emotional distress/Burnout**

Figure 2 and Table 2: Emotional distress/Burnout

Health care professional	**%**
Total sample	58
Doctor	49

General	Exposure	Outcome	Results		

			Doctor in training	48	
			Advanced practice provider	56	
			Respiratory therapist	55	
			Nurse	64	

n not reported

Association with stigmatization:

Table 3

Outcome	RR (95% CI)
Emotional distress/burnout	1.32 (1.24–1.41)

Adjusted for: n.r.

General	Exposure	Outcome	Results
851 Taylor, 2020 Canada	Attitudes from the general population towards HCW HCW Stigmatization Survey: self-developed, 8 items, 5-point scale (0=strongly disagree, 4=strongly agree), excellent reliability **Forms of stigmatization:** Public Stigma: stereotypes, discrimination, social exclusion	Covid Stress Syndrome (CSS): 5 items 1. Fears about COVID-19 dangerousness and contamination, 2. Fears about socio-economic effects of COVID-19, 3. Fears that foreigners are spreading COVID-19, 4. COVID-related traumatic stress symptoms, 5. COVID-related compulsive checking and reassurance-seeking	**Prevalence:** not reported

Association with stigmatization:
Tab.: Correlation between CSS and HCW stigmatization survey

Covid Stress Scale (CSS	R
Fears about COVID-19 dangerousness and contamination	0.45
Fears about socio-economic effects of COVID-19	0.41
Fears that foreigners are spreading COVID-19	0.32
COVID-related traumatic stress symptoms	0.30
COVID-related compulsive checking and reassurance-seeking	0.24

Tab: Factor loadings for measures of stigma, avoidance, and COVID Stress Syndrome.

	Factor 1	Factor 2
CSS: Fears about COVID-19 dangerousness and contamination	.81	.07
CSS: Fears about socio-economic effects of COVID-19	.80	-.04
CSS: Fears that foreigners are spreading COVID-19	.69	-.06
CSS: COVID-related traumatic stress symptoms	.68	.03
CSS: COVID-related compulsive checking and reassurance-seeking	.69	-.13
Avoidance of supermarkets and drug stores	.43	.13
Healthcare Worker Stigmatization Survey	.42	.19
Preference for staying home	-.03	.90
Preference for avoiding people	.08	.76

*maximum likelihood factor analysis of the COVID Stress Scales, avoidance measures, and HCW Stigmatization Survey

General	Exposure	Outcome	Results
865 Uvais, India, 2020	Perceived stigma: stigma scale with 13 items (each scored on a 5-point Likert scale, total score 0 - 52 total score ≥26: high levels of perceived stigma) **Form of stigmatization:** Self-stigma (perceived): discrimination, social exclusion Self-stigma (anticipated)	Perceived Stress Scale (PSS-10): 10 items, 5-point Likert scale, total score 0– 40	**Prevalence:** Mean: 20.6 (SD 6.76) **Association with stigmatization:** Correlation stigma and Stress: Pearson correlation coefficient r = 0.604
7220 Zandifar 2020, Iran	Stigma: 22-item modified stigma-related questionnaire adopted from the HIV Stigma Scale (5-point Likert scale: strongly disagree to strongly agree) **Form of stigmatization:** Self-stigma (perceived): discrimination	PTDS: Posttraumatic Stress Disorder 8-Item Questionnaire (PTSD-8)	**Prevalence:** **Table 1 and Table 2: Prevalence of intrusion, avoidance, and hypervigilance (in %)** <table><tr><td></td><td>Male</td><td>Female</td><td>Total sample</td></tr><tr><td>Intrusion</td><td>37.4</td><td>46.9</td><td>42.2</td></tr><tr><td>Avoidance</td><td>23.5</td><td>35.3</td><td>31.4</td></tr><tr><td>Hypervigilance</td><td>33.1</td><td>39.7</td><td>37.2</td></tr></table> - Significant difference between males and females for intrusion and avoidance, but not for hypervigilance **Association with stigmatization:** **Table 4: Correlation between PTSD and stigma (with Spearman correlation)** <table><tr><td></td><td>PTDS total score</td><td>Intrusion score</td><td>Avoidance score</td><td>Hypervigilance score</td></tr><tr><td>Stigma score</td><td>0.836*</td><td>0.724*</td><td>0.693*</td><td>0.767*</td></tr></table> * Statistically significant
905 Zhu 2020, China	Feeling that family and friends avoid contact because of work: 1 item question (answer options: agree, disagree, unsure) **Form of stigmatization:** Self-stigma (perceived): social exclusion	Depression: Patient Health Questionnaire 9 (PHQ-9, major depression: score ≥10) Anxiety: Generalized Anxiety Disorder 7 (GAD-7, anxiety disorder: score ≥8) Psychological stress: Impact of Event Scale-Revised (IES-R, stress: score: >33)	**Prevalence:** **Table 1 and Figure 2** <table><tr><td>**Outcome**</td><td>**n**</td><td>**%**</td></tr><tr><td>No symptoms</td><td>n.r.</td><td>63.4</td></tr><tr><td>Acute stress</td><td>1509</td><td>29.8</td></tr><tr><td>Depression</td><td>381</td><td>13.5</td></tr><tr><td>Anxiety</td><td>1218</td><td>24.1</td></tr></table>

General	Exposure	Outcome	Results		
			Acute stress and depression	n.r.	1.5
			Acute stress and anxiety	n.r.	7.5
			Depression and anxiety	n.r.	0.9
			Acute stress and depression and anxiety	n.r.	10.4

n not reported

Association with stigmatization:
Table 2: Depression

	Depression (n = 681)	No depression (n = 4,381)	p
Do you feel that family members and friends have avoided contact with you because of your work?			
Disagree	215 (31.6%)	2298 (52.5%)	<0.001
Agree	240 (35.2%)	747 (17.1%)	
Unsure	226 (33.2%)	1336 (30.5%)	

Table 2: Anxiety

	Anxiety (n = 1,218)	No anxiety (n = 3,844)	p
Do you feel that family members and friends have avoided contact with you because of your work?			
Disagree	414 (34.0%)	2099 (54.6%)	<0.001
Agree	389 (31.9%)	598 (15.6%)	
Unsure	415 (34.1%)	1147 (29.8%)	

Table 2: Psychological stress

	Psychological stress (n = 1,509)	No psychological stress (n = 3,553)	p
Do you feel that family members and friends have avoided contact with you because of your work?			
Disagree	510 (33.8%)	2003 (56.4%)	<0.001
Agree	463 (30.7%)	524 (14.8%)	
Unsure	536 (35.5%)	1026 (28.9%)	

Table 3 and Supplementary Material (ST1 and ST2): Depression

	Total sample OR (95% CI)	Men OR (95% CI)	Women OR (95% CI)

General	Exposure	Outcome	Results		
			Feeling that family and friends avoid contact because of work		
			Don´t avoid	1.0 (Reference)	1.0 (Reference)	1.0 (Reference)
			Avoid	1.94 (1.55-2.42)	n.r.	1.99 (1.57-2.52)
			Unsure	1.21 (0.97-1.50)	n.r.	1.20 (0.95-1.51)

Table 3 and Supplementary Material (ST1 and ST2): Anxiety

	Total sample OR (95% CI)	Men OR (95% CI)	Women OR (95% CI)
Feeling that family and friends avoid contact because of work			
Don´t avoid	1.0 (Reference)	1.0 (Reference)	1.0 (Reference)
Avoid	1.83 (1.52-2.21)	n.r.	2.03 (1.42-2.90)
Unsure	1.22 (1.03-1.45)	n.r.	1.19 (0.85-1.67)

Table 3 and Supplementary Material (ST1 and ST2): Psychological stress

	Total sample OR (95% CI)	Men OR (95% CI)	Women OR (95% CI)
Feeling that family and friends avoid contact because of work			
Don´t avoid	1.0 (Reference)	1.0 (Reference)	1.0 (Reference)
Avoid	2.01 (1.69-2.40)	n.r.	1.45 (1.23-1.71)
Unsure	1.44 (1.23-1.69)	n.r.	0.70 (0.54-0.91)

*all adjusted for: age, occupation, years of working, past medical history, parent status, work-related and COVID-19-related predictors

General	Exposure	Outcome	Results
5386 Zolnikov 2020, worldwide	Stigma **Form of stigmatization:** Self-stigma (perceived); discrimination, social exclusion, aggressive behaviour/mobbing Self-Stigma (internalized)	Negative feelings, stress, alcohol usage	**Prevalence:** n.a. **Association with stigmatization:** - common words to describe emotions and feelings as a result of being stigmatized, included *"sadness"*, feeling "blue" and *"extremely stress[ed]"* while living in a situation that *"is so demoralizing"* - reactions to these feelings included alcohol use → quote: *"I feel very isolated, lonely, depressed even. I found my alcohol intake increased"*

n = sample size, n.a. = not applicable, n.r. = not reported, OR = odds ratio, RR = relative risk