- 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