

Table 1 Comparison between day and night shift nurses

Points of comparison	Night shift (n=86) n (%)	Day shift (n=64) n (%)	P value*
Age groups (yr)			
<30	46 (53.5)	33 (51.6)	0.968
30-39	25 (29.1)	19 (29.7)	
≥40	15 (17.4)	12 (18.7)	
Marital status			
Married	47 (54.6)	31 (48.4)	0.154
Divorced	6 (7.0)	12 (18.8)	
Widowed	14 (16.3)	7 (10.9)	
Single	19 (22.1)	14 (21.9)	
Dietary behaviour			
Semi-healthy	79 (91.9)	58 (90.6)	0.790
Unhealthy	7 (8.1)	6 (9.4)	
Working years			
<5	28 (32.6)	27 (42.2)	0.214
5-10	39 (45.3)	20 (31.2)	
>10	19 (22.1)	17 (26.6)	
Smoking			
No	76 (88.4)	56 (87.5)	0.871
Yes	10 (11.6)	8 (12.5)	
Physical exercise intensity			
Do not practice/rare	49 (57.0)	36 (56.2)	0.58
Light	10 (11.6)	11 (17.2)	
Moderate	27 (31.4)	17 (26.6)	
Job satisfaction			
Indecisive	46 (53.5)	34 (53.1)	0.965
Unsatisfied	40 (46.5)	30 (46.9)	
Weight (BMI)			
Normal	36 (41.9)	38 (59.4)	0.031
Overweight	36 (41.9)	23 (35.9)	
Obese	14 (16.3)	3 (4.7)	
TG (mg/dl)			
≤200	35 (40.7)	44 (68.8)	0.001
>200	51 (59.3)	20 (31.2)	
LDL (mg/dl)			
≤130	49 (57.0)	47 (73.4)	0.038
>130	37 (43.0)	17 (26.6)	
HDL (mg/dl)			
≥40	60 (69.8)	60 (93.8)	<0.001
<40	26 (30.2)	4 (6.2)	

*Using χ^2 test.

BMI = body mass index; HDL = high-density lipoprotein; LDL = low-density lipoprotein; TG = triglyceride.