

Table 3 Association between stress on the Kessler 10-item psychological distress scale (K10) and the mean number of days unable to work and days of work reduced

| Stress <sup>a</sup>  | No. | No. of days unable to work | No. of days of work reduced |
|----------------------|-----|----------------------------|-----------------------------|
|                      |     | Mean (SD)                  | Mean (SD)                   |
| No                   | 86  | 1.9 (2.5)                  | 2.0 (4.2)                   |
| Yes                  | 136 | 6.2 (7.3)                  | 4.9 (6.3)                   |
| P-value <sup>b</sup> |     | < 0.001                    | < 0.001                     |

<sup>a</sup>Above ( $\geq 20$ ) or below ( $< 20$ ) cut-off score on the K10; <sup>b</sup>t-test.  
SD = standard deviation.