

Variable name	Description
ID_usuario	ID user
CONDIC	Condition
PAIS_RECOD	Country
genero_recod	Gender
EDAD	Age
labora_recod	Working status
escol_recod	Educational level
Opina1	Opinion intervention ítems 1to 6
Opina2	
Opina3	
Opina4	
Opina5	
Opina6	
Satis1_num	Satisfaction with life items 1 to 5
satis2_num	
satis3_num	
satis4_num	
satis5_num	
Whoq1	Quality of life items 1 to 26
Whoq2	
Whoq3	
Whoq4	
Whoq5	
Whoq6	
Whoq7	
Whoq8	
Whoq9	
Whoq10	
Whoq11	
Whoq12	
Whoq13	
Whoq14	
Whoq15	
Whoq16	
Whoq17	
Whoq18	
Whoq19	
Whoq20	
Whoq21	
Whoq22	
Whoq23	
Whoq24	
Whoq25	
Whoq26	
dass1_num	DASS 21 items 1 to 21

dass2num	
dass3num	
dass4num	
dass5num	
dass6num	
dass7num	
dass8num	
dass9num	
dass10num	
dass11num	
dass12num	
dass13num	
dass14num	
dass15num	
dass16num	
dass17num	
dass18num	
dass19num	
dass20num	
dass21num	
PSQI1	PSQI items 1 to 9
PSQI2	
PSQI3	
PSQI4	
PSQI5A	
PSQI5b	
PSQI5c	
PSQI5d	
PSQI5e	
PSQI5f	
PSQI5g	
PSQI5h	
PSQI5i	
PSQI5j	
PSQI5jfrec	
PSQI5total	
PSQI6	
PSQI7	
PSQI8	
PSQI9	
PSQI_COMP1	PSQI Components 1 to 7
PSQI_COMP2	
PSQI_COMP3	
PSQI_COMP4	
PSQI_COMP5	
PSQI_COMP6	
PSQI_COMP7	
satis1_GC1	Satisfaction with life Control group 1 to 5

satis2_GC1	Quality of life 1 to 26 Control group
satis3_GC1	
satis4_GC1	
satis5_GC1	
who1_GC1	
who2_GC1	
who3_GC1	
who4_GC1	
who5_GC1	
who6_GC1	
who7_GC1	
who8_GC1	
who9_GC1	
who10_GC1	
who11_GC1	
who12_GC1	
who13_GC1	
who14_GC1	
who15_GC1	
who16_GC1	
who17_GC1	
who18_GC1	
who19_GC1	
who20_GC1	
who21_GC1	
who22_GC1	
who23_GC1	
who24_GC1	
who25_GC1	
who26_GC1	
das1_GC1	DASS21 1 to 21 Control group
das2_GC1	
das3_GC1	
das4_GC1	
das5_GC1	
das6_GC1	
das7_GC1	
das8_GC1	
das9_GC1	
das10_GC1	
das11_GC1	
das12_GC1	
das13_GC1	
das14_GC1	
das15_GC1	
das16_GC1	
das17_GC1	
das18_GC1	

das19_GC1	
das20_GC1	
das21_GC1	
psqi1_GC1	PSQI Control group items and components
psqi2_GC1	
psqi3_GC1	
psqi4_GC1	
psqi5a_GC1	
psqi5b_GC1	
psqi5c_GC1	
psqi5d_GC1	
psqi5e_GC1	
psqi5f_GC1	
psqi5g_GC1	
psqi5h_GC1	
psqi5i_GC1	
psqi5j_razones_GC1	
psqi5j_frec_GC1	
PSQI5total_GC1	
psqi6_GC1	
psqi7_GC1	
psqi8_GC1	
psqi9_GC1	
fecha_psqi_GC1	
psqi_COMP1_GC1	
psqi_COMP2_GC1	
psqi_COMP3_GC1	
psqi_COMP4_GC1	
psqi_COMP5_GC1	
psqi_COMP6_GC1	
psqi_COMP7_GC1	
satis1_POST	Satisfaction with life POST 1 to 5
satis2_POST	
satis3_POST	
satis4_POST	
satis5_POST	
who1_POST	Quality of life 1 to 26 POST
who2_POST	
who3_POST	
who4_POST	
who5_POST	
who6_POST	
who7_POST	
who8_POST	
who9_POST	
who10_POST	
who11_POST	
who12_POST	

who13_POST	
who14_POST	
who15_POST	
who16_POST	
who17_POST	
who18_POST	
who19_POST	
who20_POST	
who21_POST	
who22_POST	
who23_POST	
who24_POST	
who25_POST	
who26_POST	
das1_POST	DASS21 1 to 21 POST
das2_POST	
das3_POST	
das4_POST	
das5_POST	
das6_POST	
das7_POST	
das8_POST	
das9_POST	
das10_POST	
das11_POST	
das12_POST	
das13_POST	
das14_POST	
das15_POST	
das16_POST	
das17_POST	
das18_POST	
das19_POST	
das20_POST	
das21_POST	
psqi1_POST	PSQI POST items and components
psqi2_POST	
psqi3_POST	
psqi4_POST	
psqi5a_POST	
psqi5b_POST	
psqi5c_POST	
psqi5d_POST	
psqi5e_POST	
psqi5f_POST	
psqi5g_POST	
psqi5h_POST	
psqi5i_POST	

psqi5j_razones_POST	
psqi5j_frec_POST	
PSQI5total_POST	
psqi6_POST	
psqi7_POST	
psqi8_POST	
psqi9_POST	
psqi_COMP1_POST	
psqi_COMP2_POST	
psqi_COMP3_POST	
psqi_COMP4_POST	
psqi_COMP5_POST	
psqi_COMP6_POST	
psqi_COMP7_POST	
satis1_3meses	Satisfaction with life 1 to 5 Follow up 3 months
satis2_3meses	
satis3_3meses	
satis4_3meses	
satis5_3meses	
who1_3meses	Quality of life 1 to 26 Follow up 3 months
who2_3meses	
who3_3meses	
who4_3meses	
who5_3meses	
who6_3meses	
who7_3meses	
who8_3meses	
who9_3meses	
who10_3meses	
who11_3meses	
who12_3meses	
who13_3meses	
who14_3meses	
who15_3meses	
who16_3meses	
who17_3meses	
who18_3meses	
who19_3meses	
who20_3meses	
who21_3meses	
who22_3meses	
who23_3meses	
who24_3meses	
who25_3meses	
who26_3meses	
das1_3meses	DASS21 1 to 21 Follow up 3 months
das2_3meses	
das3_3meses	

das4_3meses	PSQI Follow up 3 months items and components
das5_3meses	
das6_3meses	
das7_3meses	
das8_3meses	
das9_3meses	
das10_3meses	
das11_3meses	
das12_3meses	
das13_3meses	
das14_3meses	
das15_3meses	
das16_3meses	
das17_3meses	
das18_3meses	
das19_3meses	
das20_3meses	
das21_3meses	
psqi1_3meses	
psqi2_3meses	
psqi3_3meses	
psqi4_3meses	
psqi5a_3meses	
psqi5b_3meses	
psqi5c_3meses	
psqi5d_3meses	
psqi5e_3meses	
psqi5f_3meses	
psqi5g_3meses	
psqi5h_3meses	
psqi5i_3meses	
psqi5j_razones_3meses	
psqi5j_frec_3meses	
PSQI5total_3meses	
psqi6_3meses	
psqi7_3meses	
psqi8_3meses	
psqi9_3meses	
psqi_COMP1_3meses	
psqi_COMP2_3meses	
psqi_COMP3_3meses	
psqi_COMP4_3meses	
psqi_COMP5_3meses	
psqi_COMP6_3meses	
psqi_COMP7_3meses	