

Electronic Supplement 1.

Table E1. Values of comparable studies conducted before the pandemic (pre-covid-19 studies).

Life Satisfaction			Positive Affect			Negative Affect			Perceived Stress		
Source	<i>N</i>	<i>M</i> (<i>SD</i>)	Source	<i>N</i>	<i>M</i> (<i>SD</i>)	Source	<i>N</i>	<i>M</i> (<i>SD</i>)	Source	<i>N</i>	<i>M</i> (<i>SD</i>)
Volmer et al. (2019)	395	5.16 (1.02)	Kushlev et al. (2019)	544	3.55 (0.92)	Kushlev et al. (2019)	544	2.36 (0.93)	Kiesswetter et al. (2019)	228 <i>m</i> 228 <i>w</i>	34.42 (14.98) ^b <i>m</i> 36.93 (14.43) ^b <i>w</i>
Jovanović (2016)	481	4.82 (1.19) ^a	Rahm et al. (2017)	498	3.71 (0.65) ^a	Rahm et al. (2017)	498	2.39 (0.71) ^a	Orellana-Rios et al. (2018)	28	35.00 (18.00) ^c
Matud et al. (2014)	1233 <i>m</i> 1233 <i>w</i>	4.92 (1.18) ^a <i>m</i> 4.80 (1.28) ^a <i>w</i>	Silva et al. (2013) Study 1	717	3.95 (0.71) ^a	Silva et al. (2013) Study 1	717	2.49 (0.82) ^a	Kocalevent et al. (2011)	2552	30.00 (15.00) ^c
Glaesmer et al. (2011)	2519	4.98 (1.25) ^a	Silva et al. (2013) Study 2	194	3.92 (0.67) ^a	Silva et al. (2013) Study 2	194	2.22 (0.78) ^a			

^a Values were transformed because the study added up all item values without dividing the result by the number of items. ^b Sample consists of infertile test persons. ^c Values were transformed because the study did not multiply the result with 100. *m* = Value for males (study only reported the values separately for the sexes). *w* = Value for females (study only reported the values separately for the sexes).

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Table E2. Comparisons of the combined pre-covid-19 studies with our subgroups.

	<i>N</i>	<i>M (SD)</i>	<i>t</i> -Test (comparing the combined Pre-Covid Studies with each subgroup)	Cohen's <i>d</i>
Life Satisfaction				
Combined Pre-Covid Studies	5861	4.94 (1.18)		
Our subgroup: Telework	296	5.29 (1.01)	$t(336) = 5.77, p < .001,$ 95%-CI[-0.50, -0.23]	0.299
Our subgroup: No Telework	138	4.77 (1.06)	$t(145) = 1.86, p = .065,$ 95%-CI[-0.02, 0.35]	-0.144
Positive Affect				
Combined Pre-Covid Studies	1953	3.78 (0.74)		
Our subgroup: Telework	296	3.67 (0.67)	$t(412) = 2.59, p < .01,$ 95%-CI[0.03, 0.19]	-0.150
Our subgroup: No Telework	138	3.04 (0.80)	$t(154) = 10.55, p < .001,$ 95%-CI[0.60, 0.88]	-0.995
Negative Affect				
Combined Pre-Covid Studies	1953	2.37 (0.81)		
Our subgroup: Telework	296	2.62 (0.77)	$t(400) = 5.17, p < .001,$ 95%-CI[-0.35, -0.15]	0.311
Our subgroup: No Telework	138	2.81 (0.84)	$t(155) = 5.96, p < .001,$ 95%-CI[-0.59, -0.29]	0.311
Perceived Stress				
Combined Pre-Covid Studies	3036	34.09 (15.06)		
Our subgroup: Telework	296	38.42 (18.95)	$t(332) = 3.82, p < .001,$ 95%-CI[-6.56, -2.10]	0.280
Our subgroup: No Telework	138	43.78 (21.45)	$t(143) = 5.25, p < .001,$ 95%-CI[-13.34, -6.04]	0.630

Note. The mean values and standard deviations of the combined pre-covid studies represent the average values of the original studies. The sample sizes of the combined pre-covid studies represent the summed-up values of the original studies.