Supplementary Material for Homebound Happiness? Teleworkability and emotional well-being during labor and non-labor activities

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A Descriptive Statistics

Table A.1: Summary Statistics (weighted) and Data Information - Individual and Occupational Characteristics

	Summary Statistics			Data Source	Variable Construction Notes
	All	Men	Women		
Individual Characteristics					
Female	0.46	0.00	1.00	ATUS	
Age in Years	40.39	40.24	40.57	ATUS	
Education				ATUS	
No Degree	0.10	0.12	0.09		
High School Degree	0.47	0.49	0.45		
Associate Degree	0.10	0.09	0.12		
Bachelors Degree	0.21	0.21	0.22		
Masters Degree or higher	0.11	0.09	0.12		
Born in the U.S	0.84	0.82	0.86	ATUS	
Metropolitan	0.85	0.84	0.86	ATUS	
Partner in HH	0.59	0.62	0.55	ATUS	
Married	0.53	0.56	0.48	ATUS	
Number of HH children < 18	0.81	0.81	0.80	ATUS	
Any child under 6 in HH	0.15	0.16	0.15	ATUS	
Weekly Earnings	841.58	951.90	713.10	ATUS	
Weekly Working Hours	38.20	40.68	35.32	ATUS	
Occupational Characteristics					
Occupational Prestige	42.33	41.77	42.99	2010 General Social Survey	
Hourly Wage (mean)	23.04	23.93	22.02	Occupational Employment and Wage Statistics 2010, 2012, 2013, and 2021 from BLS (2024).	
Weekly working Hours (mean)	40.00	40.00	40.00		Calculated as average annual wage divided by average hourly wage times 52.
Total Employment in 1000	792.46	679.93	923.51		
Wage Dispersion (90–10)	21.54	22.82	20.05		Calculated as difference between hourly wage at the 90th and the 10th percentile.
Required education (mean)	3.63	3.45	3.84	O*NET's Education, Training, and Experience module	Respondents indicate the required level of education on a scale from 1 (less than a high school diploma) to 12 (post-doctoral training). We treat answers as cardinal and calculate the average category.
Required tenure (mean)	4.84	4.88	4.80		Respondents indicate the required level of work experience on a scale from 1 (none) to 10 (over 10 years). We treat answers as cardinal and calculate the average category.
Physical Demand	-0.14	0.07	-0.39	O*Net Work Context and Work Activities Modules	Following Lordan and Pischke (2022) and Glomb et al. (2004), we construct measures of these three task dimensions using exploratory factor analysis. Table A.5 shows which O*Net items enter which variable.
Cognitive Demand	-0.12	-0.14	-0.10		
Emotional Demand	0.08	0.02	0.16		
Observations	15698	7827	7871		

Source: Authors' calculations based on ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010.
Notes: Observations are weighted with respondent weights for the WB Module.

Table A.2: Descriptive Statistics - ATUS Episodes by Activity Type (weighted & unweighted)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
		All Activities				Activities in WB Module		
	Obs.	Share		Average Duration		Obs.	Share	
		wgt.	unwgt.	wgt.	unwgt.		wgt.	unwgt.
Labor/Paid Work	**21,231**	**8.94%**	**7.21%**	**21.95%**	**17.63%**	**4,799**	**12.86%**	**10.44%**
Unpaid Work	**65,188**	**19.69%**	**22.15%**	**8.86%**	**10.79%**	**11,325**	**21.68%**	**24.63%**
Childcare	18,476	5.01%	6.28%	1.97%	2.61%	2,771	4.84%	6.03%
Elder care	861	0.36%	0.29%	0.09%	0.08%	80	0.25%	0.17%
Housework	38,055	11.76%	12.93%	5.98%	7.19%	7,125	13.80%	15.50%
Grocery shopping	5,922	1.88%	2.01%	0.52%	0.62%	1,033	2.03%	2.25%
Using services	1,874	0.68%	0.64%	0.31%	0.29%	316	0.75%	0.69%
Leisure	**49,613**	**16.63%**	**16.85%**	**17.56%**	**19.12%**	**9,268**	**19.86%**	**20.16%**
Socializing	10,309	3.38%	3.50%	2.88%	3.30%	1,932	4.00%	4.20%
Relaxing & Entertainment	33,654	11.51%	11.43%	12.97%	13.78%	6,139	13.54%	13.35%
Sports & Exercise	3,668	1.27%	1.25%	1.26%	1.35%	792	1.70%	1.72%
Religious activity	1,982	0.48%	0.67%	0.45%	0.69%	405	0.62%	0.88%
Other	**158,331**	**54.74%**	**53.79%**	**50.80%**	**51.59%**	**20,589**	**45.60%**	**44.78%**
Sleep & Personal care	56,413	19.58%	19.16%	38.43%	39.22%	151	0.30%	0.33%
Education	1,231	0.65%	0.42%	1.05%	0.71%	270	0.87%	0.59%
Consumer Purchases	5,067	1.53%	1.72%	0.92%	1.08%	892	1.66%	1.94%
Eating/drinking	30,353	10.71%	10.31%	4.55%	4.61%	6,999	15.71%	15.22%
Volunteering	1,380	0.36%	0.47%	0.39%	0.52%	253	0.42%	0.55%
Work-related Traveling	14,302	6.06%	4.86%	1.82%	1.44%	3,338	9.01%	7.26%
Other Traveling	49,585	15.85%	16.84%	3.64%	4.01%	8,686	17.63%	18.89%
Observations	**294,363**					**45,981**		

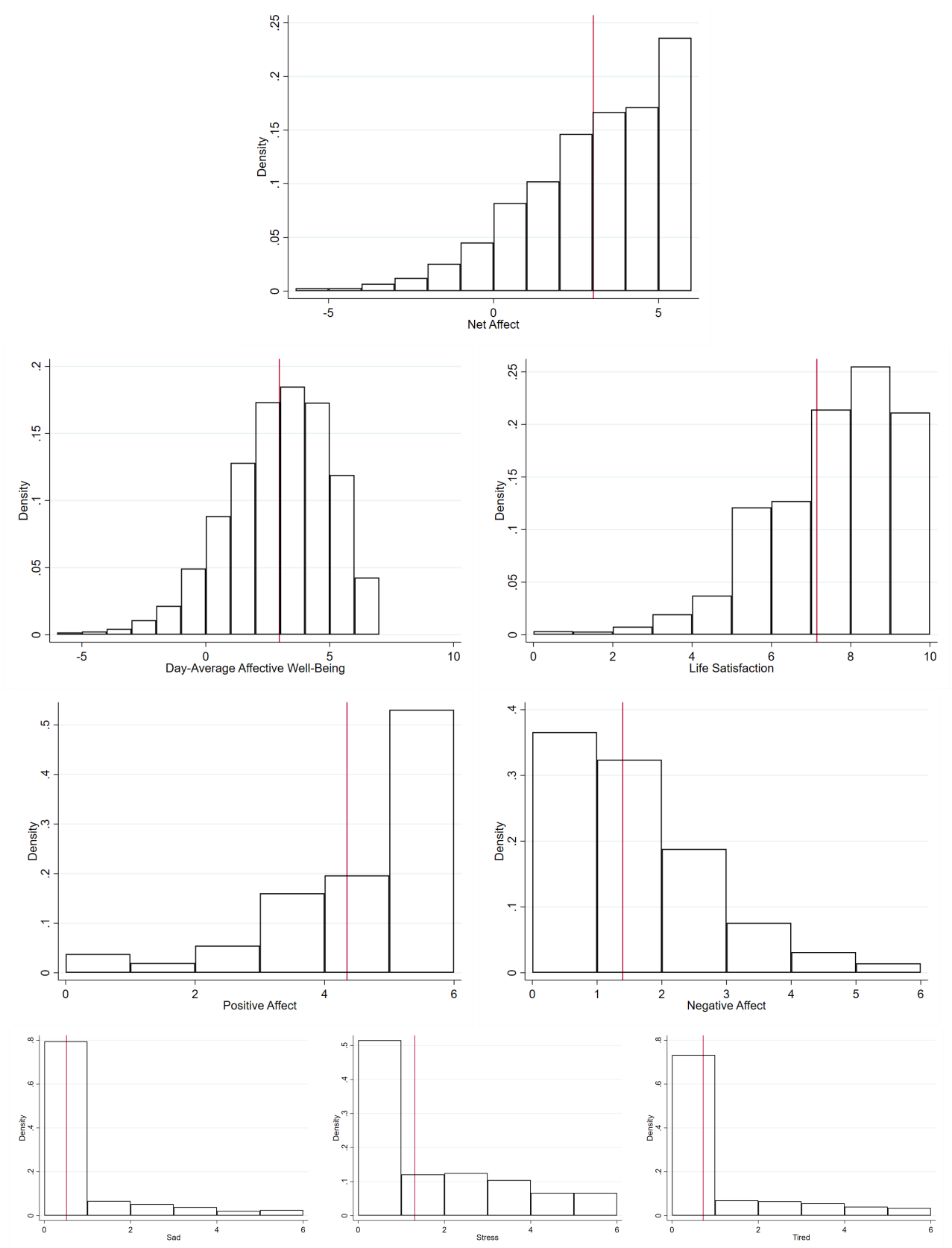
Source: ATUS 2010, 2012, 2013 and 2021, own calculations.
Notes: Columns 2 and 3 contain shares of episodes (not duration-weighted), grouped by activity types and unweighted (column 3) and weighted with ATUS survey weights (column 2) in the full sample of ATUS activities. Columns 4 and 5 contains the weighted as well as unweighted share of all episodes of a specific activity type in the total time spend on all activities during a day. Columns 6-8 contain the observation counts as well as weighted and unweighted shares of all episodes of a specific activity type in the Well-Being Module.

Table A.3: Summary Statistics - Activity Characteristics (weighted)

	All	Labor	Unpaid Work	Leisure	Other
Year					
2010	0.26	0.26	0.26	0.24	0.26
2012	0.29	0.29	0.28	0.27	0.31
2013	0.28	0.26	0.28	0.31	0.29
2021	0.17	0.19	0.18	0.19	0.15
Month if Interview					
January	0.07	0.07	0.07	0.07	0.07
February	0.06	0.07	0.06	0.05	0.06
March	0.09	0.08	0.09	0.09	0.09
April	0.09	0.09	0.09	0.10	0.09
May	0.08	0.08	0.09	0.09	0.08
June	0.08	0.09	0.08	0.08	0.08
July	0.10	0.10	0.09	0.10	0.10
August	0.09	0.09	0.08	0.09	0.09
September	0.08	0.08	0.08	0.08	0.08
October	0.08	0.08	0.08	0.08	0.09
November	0.09	0.08	0.09	0.08	0.09
December	0.09	0.09	0.09	0.09	0.09
Day of the Week					
Sunday	0.14	0.06	0.16	0.18	0.14
Monday	0.14	0.18	0.14	0.13	0.13
Tuesday	0.14	0.17	0.14	0.13	0.14
Wednesday	0.14	0.18	0.14	0.13	0.14
Thursday	0.14	0.17	0.13	0.13	0.15
Friday	0.14	0.17	0.13	0.13	0.14
Saturday	0.15	0.07	0.16	0.17	0.15
Time of the Day					
Early Morning (6-9am)	0.17	0.28	0.17	0.10	0.17
Morning (9am-1pm)	0.21	0.27	0.18	0.19	0.22
Afternoon (1-6pm)	0.31	0.28	0.32	0.31	0.32
Evening (6-10pm)	0.23	0.07	0.27	0.32	0.22
Night (10pm-6am)	0.07	0.10	0.07	0.08	0.07
Number of people present	0.88	1.16	0.87	0.94	0.79
Activity duration (in hours)	1.20	3.65	0.77	1.58	0.54
Observations	45,981	4,799	11,325	9,268	20,589

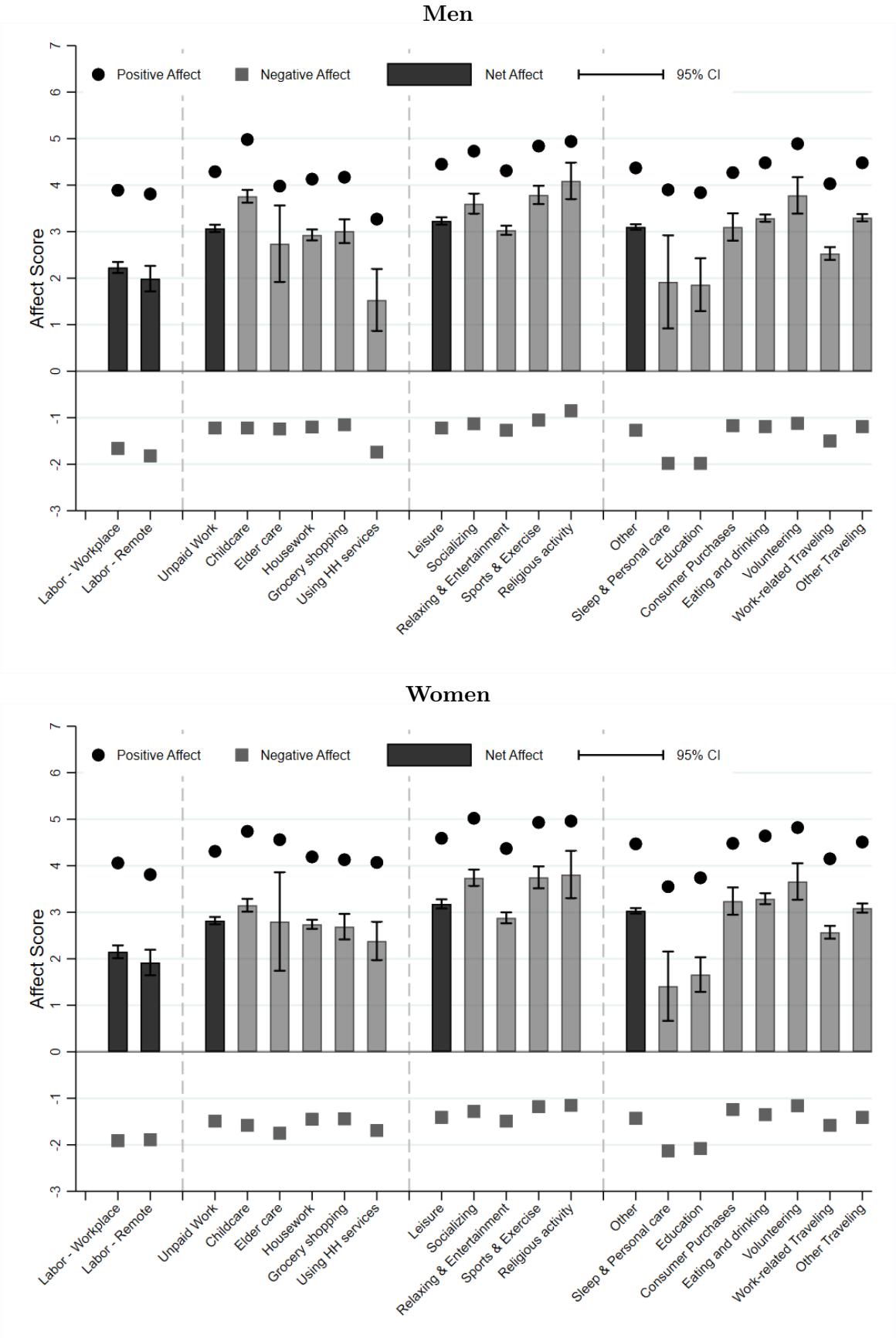
Source: Authors' calculations based on ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010.
Notes: Observations are weighted with respondent weights for the WB Module.

Figure A.1: Descriptive Statistics - Distribution of Affective Well-being



Source: Authors' calculations and illustrations based on ATUS 2010, 2012, 2013 and 2021.
Notes: Histograms are weighted using ATUS respondent weights.

Figure A.2: Descriptive Statistics - Average Affect Scores by Activity Types and Gender



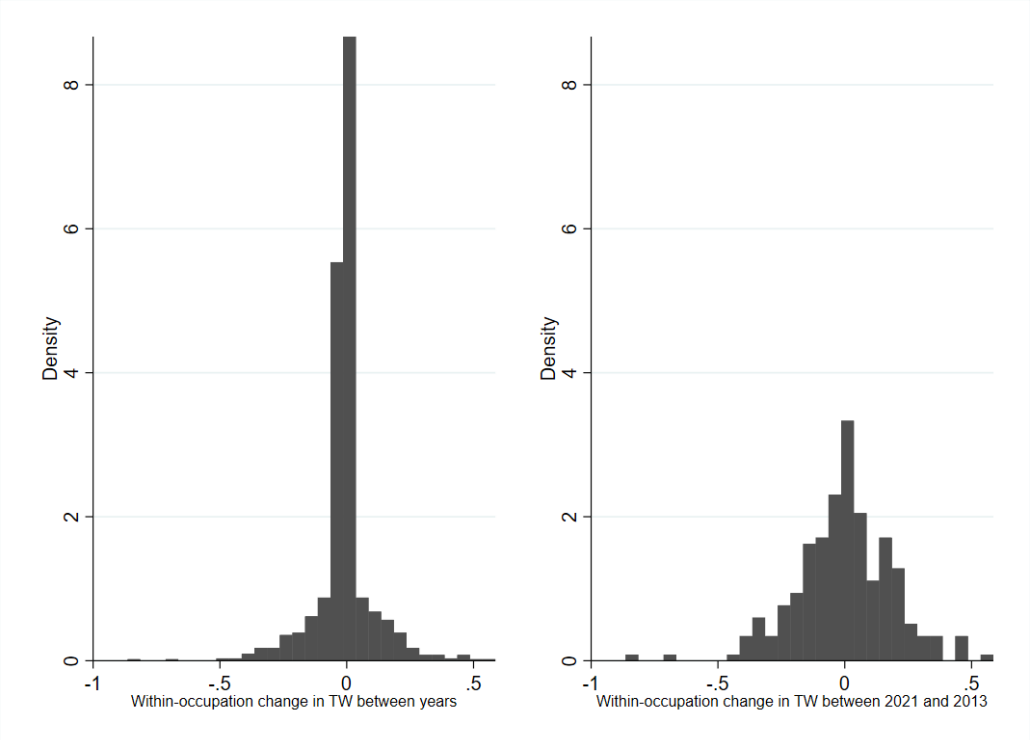
Source: Authors' own calculations and illustrations based on ATUS 2010, 2012, 2013 and 2021. *Notes:* Values are weighted using ATUS respondent weights.

*Table A.4: O*Net List of Items of Teleworkability*

Item	**Activity/Question**	**Occupation with highest value**
v4C1a2h	How frequently does your current job require electronic mail?	Insurance Sales Agents; Human Resources Managers
v4C1d3	How often is dealing with violent or physically aggressive people a part of your current job?	Correctional Officers and Jailers
v4C2a1c	How often does your current job require you to work outdoors, exposed to all weather conditions?	Meter Readers
v4C2a1d	How often does your current job require you to work outdoors, under cover (like in an open shed)?	Wind Turbine Service Technicians
v4C2c1b	How often does your current job require that you be exposed to diseases or infection?	Dental Hygienists
v4C2c1f	How often does your current job require that you be exposed to minor burns, cuts, bites, or stings?	Metal Furnace Operators, Tenders, Pourers, and Casters
v4C2d1d	How much time in your current job do you spend walking or running?	Dining Room and Cafeteria Attendants and Bartender Helpers
v4C2e1d	In your current job, how often do you wear common protective or safety equipment such as safety shoes, glasses, gloves, hearing protection, hard hats, or life jackets?	Structural Iron and Steel Workers
v4C2e1e	In your current job, how often do you wear specialized protective or safety equipment, such as breathing apparatus, safety harness, full protection suits, or radiation protection?	Wind Turbine Service Technicians
v4A1b2	Inspecting Equipment, Structures, or Materials	Nuclear Technicians
v4A3a2	Handling and Moving Objects	Roofers
v4A3a3	Controlling Machines and Processes	Machinists
v4A3a4	Operating Vehicles, Mechanized Devices, or Equipment	Aircraft Pilots and Flight Engineers; Manufactured Building and Mobile Home Installers
v4A3b4	Repairing and Maintaining Mechanical Equipment	Millwrights
v4A3b5	Repairing and Maintaining Electronic Equipment	Wind Turbine Service Technicians
v4A4a8	Performing for or Working Directly with the Public	First-Line Supervisors of Firefighting and Prevention Workers

Source: Authors' calculations based on O*Net version 18.1 - 29.0.

Figure A.3: Descriptive Statistics - Within-occupation variation in Teleworkability



Source: Authors' own calculations and illustrations based on ATUS 2010, 2012, 2013 and 2021. *Notes:* Values are weighted using ATUS respondent weights.

*Table A.5: O*Net List of Items Job Demand & Rotated Factor Loadings (> 0.5) for 2010*

Item	**Activity/Question**	Factor Analysis		
		CD	PD	ED
v4A1a1	Getting Information	0.7866		
v4A1a2	Monitoring Processes, Materials, or Surroundings	0.6346		
v4A1b1	Identifying Objects, Actions, and Events	0.7452		
v4A1b3	Estimating the Quantifiable Characteristics of Products, Events, or Inf,	0.7684		
v4A2a1	Judging the Qualities of Objects, Services, or People	0.7905		
v4A2a2	Processing Information	0.7964		
v4A2a3	Evaluating Information to Determine Compliance with Standards	0.7282		
v4A2a4	Analyzing Data or Information	0.8545		
v4A2b1	Making Decisions and Solving Problems	0.8822		
v4A2b2	Thinking Creatively	0.8105		
v4A2b3	Updating and Using Relevant Knowledge	0.8312		
v4A2b4	Developing Objectives and Strategies	0.8641		
v4A2b5	Scheduling Work and Activities	0.8629		
v4A2b6	Organizing, Planning, and Prioritizing Work	0.8323		
v4A3a1	Performing General Physical Activities		0.8524	
v4A3b1	Working with Computers	0.6607		
v4A3b2	Drafting, Laying Out, and Specifying Technical Devices, Parts, and Equi,		0.5228	
v4A3b6	Documenting/Recording Information	0.7281		
v4A4a1	Interpreting the Meaning of Information for Others	0.848		
v4A4a2	Communicating with Supervisors, Peers, or Subordinates	0.8175		
v4A4a3	Communicating with People Outside the Organization Level	0.6909		
v4A4a4	Establishing and Maintaining Interpersonal Relationships	0.6361		
v4A4a5	Assisting and Caring for Others			0.605
v4A4a6	Selling or Influencing Others	0.5449		
v4A4a7	Resolving Conflicts and Negotiating with Others	0.6872		
v4A4b1	Coordinating the Work and Activities of Others	0.8026		
v4A4b2	Developing and Building Teams	0.8289		
v4A4b3	Training and Teaching Others	0.764		
v4A4b4	Guiding, Directing, and Motivating Subordinates Level	0.7949		
v4A4b5	Coaching and Developing Others	0.799		
v4A4b6	Providing Consultation and Advice to Others Level	0.8838		
v4A4c1	Performing Administrative Activities	0.6947		
v4A4c2	Staffing Organizational Units	0.7554		
v4A4c3	Monitoring and Controlling Resources	0.7527		
v4C1a2c	How frequently does your current job require public speaking (one speaker with an audience)?	0.5251		
v4C1a2f	How frequently does your current job require telephone conversation?	0.512		
v4C1a2j	How frequently does your current job require written letters and memos?	0.5621		
v4C1a2l	*How often does your current job require face-to-face discussions with individuals and within teams?*			
v4C1b1f	In your current job, how important are interactions that require you to deal with external customers (as in retail sales) or the public in general (as in police work)?			0.7526
v4C1b1g	In your current job, how important are interactions that require you to coordinate or lead others in accomplishing work activities (not as a supervisor or team leader)?			0.5216
v4C1c1	How responsible are you for the health and safety of other workers on your current job?		0.7512	
v4C1c2	*How responsible are you for work outcomes and results of other workers on your current job?*			
v4C1d1	How often are conflict situations a part of your current job?			0.7406
v4C1d2	How often is dealing with unpleasant, angry, or discourteous people a part of your current job?			0.7565
v4C2a1a	How often does your current job require you to work indoors in an environmentally controlled environment (like a warehouse with air conditioning)?		-0.682	
v4C2a1b	How often does your current job require you to work in an environment that is not environmentally controlled (like a warehouse without air conditioning)?		0.765	
v4C2a1e	How often does your current job require you to work in an open vehicle or operating equipment (like a tractor)?		0.763	
v4C2a1f	*How often does your current job require you to work in a closed vehicle or operate enclosed equipment (like a car)?*			

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*Table A.5 (cont.): O*Net List of Items Job Demand & Rotated Factor Loadings (> 0.5) for 2010*

Item	**Activity/Question**	Factor Analysis		
		CD	PD	ED
v4C2a3	How physically close to other people are you when you perform your current job?			0.5365
v4C2b1a	In your current job, how often are you exposed to sounds and noise levels that are distracting and uncomfortable?		0.7896	
v4C2b1b	In your current job, how often are you exposed to very hot (above 90° F) or very cold (under 32° F) temperatures?		0.85	
v4C2b1c	In your current job, how often are you exposed to extremely bright or inadequate lighting conditions?		0.845	
v4C2b1d	In your current job, how often are you exposed to contaminants (such as pollutants, gases, dust, or odors)?		0.8433	
v4C2b1e	In your current job, how often are you exposed to cramped work space that requires getting into awkward positions?		0.8491	
v4C2b1f	In your current job, how often are you exposed to whole body vibration (like operating a jackhammer or earth moving equipment)?		0.7356	
v4C2c1a	*How often does your current job require that you be exposed to radiation?*			
v4C2c1c	How often does your current job require that you be exposed to high places?		0.789	
v4C2c1d	How often does your current job require that you be exposed to hazardous conditions? T		0.8004	
v4C2c1e	How often does your current job require that you be exposed to hazardous equipment?		0.8735	
v4C2d1a	How much time in your current job do you spend sitting?		-0.677	
v4C2d1b	How much time in your current job do you spend standing?		0.6429	
v4C2d1c	How much time in your current job do you spend climbing ladders, scaffolds, poles, etc.?		0.7605	
v4C2d1e	How much time in your current job do you spend kneeling, crouching, stooping, or crawling?		0.7748	
v4C2d1f	How much time in your current job do you spend keeping or regaining your balance?		0.7722	
v4C2d1g	How much time in your current job do you spend using your hands to handle, control, or feel objects, tools, or controls?		0.6166	
v4C2d1h	How much time in your current job do you spend bending or twisting your body?		0.7712	
v4C2d1i	How much time in your current job do you spend making repetitive motions?	-0.5832		
v4C3a1	*How serious a mistake can you make on your current job (one you can't easily correct)?*			
v4C3a2a	In your current job, what results do your decisions usually have on other people or the image or reputation or financial resources of your employer?			0.5478
v4C3a2b	In your current job, how often do your decisions affect other people or the image or reputation or financial resources of your employer?			0.6501
v4C3b2	*How automated is your current job?*			
v4C3b4	*How important to your current job is being very exact or highly accurate?*			
v4C3b7	*How important to your current job are continuous, repetitious physical activities (like key entry) or mental activities (like checking entries in a ledger)?*			
v4C3c1	*How competitive is your current job?*			
v4C3d1	*How often does your current job require you to meet strict deadlines?*			
v4C3d3	*How important to your current job is keeping a pace set by machinery or equipment?*			

Source: Authors' calculations based on O*Net version 18.1 - 29.0.
Note: Columns (3) to (5) contain the rotated factor loadings. Absolute factor loadings below 0.5 are left blank. Items in *italics* do not have a loading above 0.5 on either on of the factors and are thus not included. O*NET items are considered for one of the three latent factors if they are not already considered in the teleworkability variables and if they have a clear loading onto this factor (and not on the other two).

B Details on O*Net Data and Merging Process

O*NET information is collected with standardized questionnaires given to random samples of workers within occupations (job incumbents), which are again drawn from a random sample of businesses expected to employ workers in the targeted occupations.[1]

To temporally match O*NET data to the well-being information we have in the ATUS, we use O*NET versions that contain updates for specific occupations that are as close in time as possible to the ATUS waves 2010, 2012, 2013, and 2021, respectively. For example, occupational information for 2021 is obtained from either the most current O*NET database version 29.0 (November 2024) or from version 28.0 (August 2023), 27.0 (August 2022) or 26.0 (August 2021), depending on which version contains updated information on the respective occupation based on a survey conducted closest in time to 2021. [2] To make sure that no occupational information for ATUS observations from 2021 is used that is based on updates from the time before the onset of the Covid-19 pandemic, all occupational information for 2021 are taken from O*NET surveys conducted between 2020 and 2024.

A similar approach is taken for the years 2010, 2012 and 2013 by using all O*NET versions between 15.1 (February 2011) and 25.0 (August 2020).[3]

The majority of surveys are conducted plus/minus two years around the respective ATUS wave. While occupations in the CPS/ATUS are reported based on Census Codes, O*NET classifies occupations based on the Standard Occupational Classification (SOC). Additionally, O*NET classifications and CPS/ATUS occupation classifications vary over time because the Census and SOC coding schemes were updated during our observation period. To merge the information provided by the O*NET program with the observations in the CPS/ATUS, we use crosswalks provided by the U.S. Census Bureau. For ATUS wave 2021, CPS occupations in 2018 Census Codes have to be merged to occupational information in the 2019 SOC classifications while for ATUS waves 2012 and 2013, CPS occupations in 2010 Census Codes have to be merged to occupational information in the 2010 SOC classifications.

Unfortunately, merging occupational information from the O*Net based on SOC classifications to occupational classifications (based on Census Codes) in the CPS is not possible on a clear one-to-one basis, as in a number of cases more than one SOC code refer to the same Census code (both in the 2010 as well as the 2018-2019 version). In cases, in which we observe multiple SOC occupations referring to one Census code, we thus average the occupational information over all corresponding SOC occupations in order to obtain a unique value (for each item) which can be merged to the CPS occupations.

[1] In addition to the responses by job incumbents, for a smaller subset of occupations, information is provided by either occupational experts (22.18%) or analysts (2.39%) instead. In the work-activities dataset of the most current version of O*NET (version 29), occupational information is based on, on average, 25.1 observations (min = 9 and max = 99).

[2] If two observation points are available which have an identical distance to the observed year (e.g. 2020 and 2022 for 2021), the more current observation is prioritized.

[3] Version 15.1 is the first O*NET version that uses the updated O*NET taxonomy - O*NET-SOC 2010, which is based on the 2010 SOC system and which can be merged to the ATUS Census Codes via crosswalks. Version 25.0 is the latest possible version due to an update of the occupational classifications to the SOC 2019 taxonomy from version 25.1 onwards.

For example in the 2018-2019 Census-SOC crosswalk 42.74% of Census occupations can be directly merged to one SOC classifications. Occupational information for the remaining Census occupations are averaged over, on average, 6.69 SOC occupations with a maximum of 38 SOC categories referring to one Census code in the case of postsecondary teachers (as the SOC classifications differentiates the teachers with respect to their subjects).

For ATUS wave 2010, we observe occupations based on the Census 2002 classification. Thus, Census 2002 codes for the year 2010 have to additionally be translated into Census 2010 codes using a separate crosswalk provided by the U.S. Census Bureau. For the main analysis, we choose the most conservative option and only transform those occupation with a unique Census 2002 - Census 2010 crosswalk.[4] All further steps (of merging occupational information based on 2010 SOC classifications from O*Net to the 2010 CPS occupations are conduced in line with the steps taken for all other years, as described above.

[4]For 12 occupations (2.36%), Census 2010 classifications are more detailed than Census 2002, making it unclear which Census 2010 code should be merged to the available occupational classifications. These occupations are set to missing. We will conduct sensitivity checks by using different methods of imputation in a later stage.

C Full estimation tables

Table C.1: Estimation Results by Emotions (Women Sample)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Labor		**Unpaid Work**		**Leisure**		**Other**	
Outcome - Happy								
TW	-0.129**	-0.395**	-0.110***	-0.066	-0.085*	-0.045	-0.032	-0.042
	(0.043)	(0.124)	(0.029)	(0.064)	(0.033)	(0.086)	(0.023)	(0.056)
Outcome - Sad								
TW	-0.012	0.218*	-0.051	-0.112	-0.044	-0.030	-0.074**	-0.071
	(0.049)	(0.107)	(0.026)	(0.062)	(0.024)	(0.089)	(0.023)	(0.057)
Outcome - Stress								
TW	0.184***	0.373**	-0.013	0.032	-0.025	-0.212*	-0.008	-0.005
	(0.048)	(0.129)	(0.028)	(0.084)	(0.041)	(0.107)	(0.026)	(0.075)
Outcome - Tired								
TW	-0.135**	0.266*	-0.021	-0.038	-0.032	-0.417***	-0.109**	-0.195*
	(0.048)	(0.128)	(0.036)	(0.081)	(0.039)	(0.107)	(0.038)	(0.084)
Set of Controls								
Activities		✓		✓		✓		
Individuals		✓		✓		✓		
Occupations		✓		✓		✓		
Observations	2,111	2,111	6,638	6,638	4,330	4,330	9,994	9,994
Cluster	189	189	229	229	224	224	241	241

Source: Authors' own calculations and illustrations based on ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010.
Notes: TW - Teleworkability, Observations are weighted with survey weights for the WB Module.
Clustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Table C.2: Estimation Results by Emotions (Men Sample)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Labor		**Unpaid Work**		**Leisure**		**Other**	
Outcome - Happy								
TW	-0.080	-0.216	-0.097*	0.095	-0.044	-0.050	-0.052	-0.075
	(0.058)	(0.132)	(0.039)	(0.119)	(0.045)	(0.102)	(0.030)	(0.069)
Outcome - Sad								
TW	0.011	0.040	-0.043	-0.107	-0.017	0.055	-0.048	0.151**
	(0.032)	(0.109)	(0.023)	(0.080)	(0.017)	(0.111)	(0.024)	(0.047)
Outcome - Stress								
TW	0.250***	0.047	0.056*	0.002	0.056*	-0.047	0.066*	0.161
	(0.051)	(0.149)	(0.025)	(0.118)	(0.027)	(0.146)	(0.033)	(0.094)
Outcome - Tired								
TW	-0.050	-0.045	0.010	-0.060	-0.064	-0.362**	-0.043	0.059
	(0.050)	(0.132)	(0.048)	(0.134)	(0.034)	(0.115)	(0.028)	(0.112)
Set of Controls								
Activities		✓		✓		✓		
Individuals		✓		✓		✓		
Occupations		✓		✓		✓		
Observations	2,688	2,688	4,687	4,687	4,938	4,938	10,595	10,595
Cluster	236	236	263	263	276	276	292	292

Source: Authors' own calculations and illustrations based on ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010.
Notes: TW - Teleworkability, Observations are weighted with survey weights for the WB Module.
Clustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Table C.3: Full Estimation Results - Women

	(1) **Labor**	(2) **Unpaid**	(3) **Leisure**	(4) **Other**
Teleworkability	-0.681***	-0.026	0.174	0.048
	(0.185)	(0.097)	(0.112)	(0.091)
Activity Characteristics				
Year (Ref: 2010)				
2012	0.296	0.335**	0.176	0.203
	(0.157)	(0.125)	(0.147)	(0.129)
2013	0.259	0.355***	0.157	0.212*
	(0.138)	(0.105)	(0.148)	(0.083)
2021	-0.107	0.208	0.358*	0.288**
	(0.250)	(0.161)	(0.153)	(0.105)
Month of Interview (Ref: January)				
February	-0.240	-0.242	-0.269	-0.183
	(0.355)	(0.203)	(0.237)	(0.222)
March	-0.252	-0.283	-0.336	-0.167
	(0.282)	(0.189)	(0.195)	(0.157)
April	-0.480	-0.348*	-0.166	-0.297
	(0.260)	(0.160)	(0.220)	(0.167)
May	0.070	-0.142	-0.403	-0.249
	(0.257)	(0.166)	(0.233)	(0.177)
June	0.518	-0.083	0.070	-0.065
	(0.280)	(0.199)	(0.232)	(0.182)
July	-0.051	-0.071	0.001	-0.176
	(0.287)	(0.182)	(0.226)	(0.142)
August	0.090	-0.302	-0.169	-0.292
	(0.284)	(0.178)	(0.275)	(0.153)
September	0.543	-0.113	0.064	-0.213
	(0.311)	(0.199)	(0.213)	(0.219)
October	-0.478	-0.190	-0.269	-0.259
	(0.258)	(0.202)	(0.252)	(0.170)
November	-0.097	0.079	-0.316	0.033
	(0.393)	(0.228)	(0.195)	(0.210)
December	0.067	0.011	-0.081	-0.143
	(0.372)	(0.206)	(0.266)	(0.226)
Day of the Week (Ref.: Sunday)				
Monday	0.322	0.182	-0.192	-0.095
	(0.182)	(0.110)	(0.145)	(0.102)
Tuesday	0.438*	-0.029	-0.030	-0.213
	(0.200)	(0.115)	(0.159)	(0.116)
Wednesday	0.226	-0.154	-0.295	-0.118
	(0.193)	(0.152)	(0.186)	(0.131)
Thursday	0.598**	-0.186	-0.021	-0.009
	(0.216)	(0.154)	(0.140)	(0.094)
Friday	0.198	-0.006	0.065	0.040
	(0.216)	(0.143)	(0.131)	(0.121)
Saturday	-0.014	0.132	0.234*	0.120
	(0.190)	(0.088)	(0.104)	(0.094)
Number of people present	-0.089	0.190***	0.280***	0.362***
	(0.058)	(0.033)	(0.038)	(0.023)
Activity duration (in hours)	-0.069**	-0.050	0.020	-0.060
	(0.025)	(0.054)	(0.042)	(0.038)
Time of the Day (Ref: Early Morning (6-9am))				
Morning (9am-1pm)	-0.119	0.074	0.003	0.276*
	(0.189)	(0.133)	(0.174)	(0.117)
Afternoon (1-6pm)	-0.762***	-0.232	0.017	0.035
	(0.155)	(0.126)	(0.125)	(0.088)
Evening (6-10pm)	-1.096***	-0.367***	-0.288*	-0.134
	(0.305)	(0.095)	(0.135)	(0.132)
Night (10pm-6am)	-0.935**	-0.428**	-0.713***	-0.194
	(0.285)	(0.149)	(0.213)	(0.163)

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Table C.3 (cont.): Full Estimation Results - Women

	(1) **Labor**	(2) **Unpaid**	(3) **Leisure**	(4) **Other**
Individual Characteristics				
Age in Years	0.014**	0.005	0.004	0.009***
	(0.005)	(0.003)	(0.003)	(0.002)
Education (Ref: No degree)				
High School Degree	1.011**	-0.152	-0.014	0.251
	(0.337)	(0.171)	(0.249)	(0.190)
Associate Degree	0.924*	-0.105	0.288	0.403
	(0.395)	(0.188)	(0.207)	(0.284)
Bachelors Degree	0.444	-0.349	-0.138	0.315
	(0.383)	(0.198)	(0.206)	(0.176)
Masters Degree or higher	0.687	-0.269	-0.021	0.236
	(0.408)	(0.216)	(0.222)	(0.237)
Born in the U.S.	-0.090	-0.286*	-0.043	-0.155
	(0.212)	(0.118)	(0.175)	(0.105)
Metropolitan	-0.205	-0.036	-0.058	-0.208*
	(0.193)	(0.111)	(0.134)	(0.092)
Partner in HH	-0.533*	-0.175	-0.398*	-0.139
	(0.241)	(0.148)	(0.167)	(0.152)
Married	0.706**	0.340*	0.396*	0.284
	(0.244)	(0.149)	(0.181)	(0.169)
Number of HH children < 18	0.099*	-0.116***	-0.200***	-0.118***
	(0.046)	(0.035)	(0.043)	(0.033)
Any children under 6 in HH	-0.091	0.033	0.088	-0.053
	(0.193)	(0.093)	(0.118)	(0.116)
Weekly Earnings	-0.000	-0.000	0.000	0.000
	(0.000)	(0.000)	(0.000)	(0.000)
Weekly Working Hours	-0.019**	-0.002	-0.001	-0.003
	(0.006)	(0.004)	(0.004)	(0.003)
Occupational Characteristics				
Occupational Prestige	-0.004	0.002	-0.000	-0.005
	(0.006)	(0.004)	(0.006)	(0.004)
Hourly Wage (mean)	0.011	0.008	-0.004	-0.020*
	(0.015)	(0.013)	(0.011)	(0.009)
Working Hours (mean)	1.735	6.352	-7.153	-0.104
	(9.375)	(6.563)	(6.607)	(5.274)
Total Employment in 1000	-0.000	-0.000	-0.000*	-0.000
	(0.000)	(0.000)	(0.000)	(0.000)
Wage Dispersion (90-10)	0.004	0.003	-0.006	0.014
	(0.014)	(0.010)	(0.009)	(0.007)
Required Education (mean)	0.003	-0.025	-0.014	-0.031
	(0.069)	(0.039)	(0.032)	(0.026)
Required Tenure (mean)	-0.074	0.011	-0.029	0.013
	(0.059)	(0.040)	(0.044)	(0.036)
Physical Demand	-1.247**	0.111	0.335	-0.063
	(0.401)	(0.233)	(0.275)	(0.215)
Cognitive Demand	0.275	-0.067	0.037	0.002
	(0.211)	(0.118)	(0.131)	(0.106)
Emotional Demand	-0.098	-0.031	0.177*	0.137*
	(0.123)	(0.092)	(0.087)	(0.057)
Constant	-67.231	-251.020	289.653	7.588
	(375.155)	(262.549)	(263.679)	(210.994)
State FE	✓	✓	✓	✓
Observations	2,111	6,638	4,330	9,994

Source: ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010, own calculations.

Notes: Observations are weighted with survey weights for the WB Module. Clustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Table C.4: Full Estimation Results - Men

	(1) **Labor**	(2) **Unpaid**	(3) **Leisure**	(4) **Other**
Teleworkability	-0.230	0.150	0.068	-0.199*
	(0.187)	(0.182)	(0.184)	(0.100)
Activity Characteristics				
Year (Ref: 2010)				
2012	0.007	0.279*	0.131	-0.058
	(0.120)	(0.122)	(0.101)	(0.070)
2013	0.048	0.294**	0.182	0.134
	(0.169)	(0.102)	(0.100)	(0.077)
2021	-0.233	0.194	0.056	0.234*
	(0.174)	(0.132)	(0.122)	(0.101)
Month of Interview (Ref: January)				
February	0.101	-0.320	0.240	-0.006
	(0.239)	(0.237)	(0.184)	(0.139)
March	0.196	-0.049	0.083	-0.189
	(0.252)	(0.184)	(0.190)	(0.128)
April	0.459*	-0.156	0.062	-0.312
	(0.219)	(0.163)	(0.230)	(0.179)
May	0.032	-0.173	-0.057	-0.221
	(0.229)	(0.146)	(0.204)	(0.137)
June	-0.061	0.019	0.048	-0.023
	(0.221)	(0.168)	(0.200)	(0.127)
July	0.525*	-0.021	0.150	-0.074
	(0.238)	(0.207)	(0.236)	(0.146)
August	-0.031	0.111	0.114	-0.131
	(0.205)	(0.197)	(0.280)	(0.139)
September	0.180	0.035	0.040	-0.192
	(0.240)	(0.180)	(0.216)	(0.141)
October	0.266	0.057	0.148	-0.121
	(0.300)	(0.185)	(0.288)	(0.164)
November	0.292	0.205	0.084	-0.094
	(0.505)	(0.178)	(0.215)	(0.151)
December	0.630*	0.082	0.124	0.045
	(0.285)	(0.178)	(0.227)	(0.150)
Day of the Week (Ref: Sunday)				
Monday	-0.364	0.225*	-0.490***	-0.333**
	(0.197)	(0.112)	(0.143)	(0.126)
Tuesday	-0.003	-0.101	-0.164	-0.354**
	(0.183)	(0.173)	(0.121)	(0.122)
Wednesday	-0.343	-0.355***	-0.197	-0.317**
	(0.183)	(0.103)	(0.122)	(0.106)
Thursday	-0.411*	-0.332	-0.414**	-0.524***
	(0.204)	(0.177)	(0.131)	(0.125)
Friday	0.040	-0.112	-0.190	-0.247*
	(0.221)	(0.131)	(0.156)	(0.115)
Saturday	0.028	-0.010	0.004	-0.052
	(0.203)	(0.082)	(0.090)	(0.075)
Number of people present	-0.008	0.231***	0.243***	0.309***
	(0.049)	(0.039)	(0.043)	(0.026)
Activity duration (in hours)	-0.070***	-0.003	0.086***	-0.058*
	(0.020)	(0.037)	(0.023)	(0.029)
Time of the Day (Ref: Early Morning (6-9am))				
Morning (9am-1pm)	-0.271	-0.070	-0.277**	0.174
	(0.173)	(0.120)	(0.095)	(0.102)
Afternoon (1-6pm)	-0.397**	-0.175	-0.382***	0.086
	(0.148)	(0.114)	(0.097)	(0.080)
Evening (6-10pm)	-1.000***	-0.316**	-0.517***	0.085
	(0.217)	(0.105)	(0.101)	(0.089)
Night (10pm-6am)	-0.600	-0.598***	-0.676***	-0.431***
	(0.308)	(0.148)	(0.137)	(0.121)

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Table C.4 (cont.): Full Estimation Results - Men

	(1) **Labor**	(2) **Unpaid**	(3) **Leisure**	(4) **Other**
Individual Characteristics				
Age in Years	0.016**	0.018***	-0.008*	0.003
	(0.005)	(0.004)	(0.003)	(0.002)
Education (Ref: No degree)				
High School Degree	0.214	0.068	-0.139	0.065
	(0.139)	(0.166)	(0.146)	(0.125)
Associate Degree	0.386	0.127	0.056	0.090
	(0.275)	(0.200)	(0.159)	(0.161)
Bachelors Degree	-0.085	-0.123	-0.300	-0.171
	(0.190)	(0.173)	(0.244)	(0.152)
Masters Degree or higher	0.112	-0.032	-0.402	-0.257
	(0.216)	(0.199)	(0.245)	(0.186)
Born in the U.S.	0.099	-0.624***	-0.362**	-0.017
	(0.126)	(0.104)	(0.117)	(0.073)
Metropolitan	0.056	0.210	-0.152	-0.046
	(0.174)	(0.124)	(0.116)	(0.097)
Partner in HH	-0.498*	0.419	-0.012	-0.044
	(0.245)	(0.252)	(0.187)	(0.125)
Married	0.604*	-0.091	0.316*	0.292**
	(0.245)	(0.203)	(0.159)	(0.110)
Number of HH children < 18	0.105	0.079	-0.120	-0.068
	(0.057)	(0.051)	(0.090)	(0.037)
Any children under 6 in HH	-0.147	0.245*	0.085	-0.020
	(0.162)	(0.100)	(0.125)	(0.077)
Weekly Earnings	-0.000	-0.000	0.000	0.000
	(0.000)	(0.000)	(0.000)	(0.000)
Weekly Working Hours	0.001	-0.006	0.002	-0.009**
	(0.006)	(0.006)	(0.004)	(0.003)
Occupational Characteristics				
Occupational Prestige	0.017*	-0.008	-0.002	-0.002
	(0.007)	(0.004)	(0.004)	(0.004)
Hourly Wage (mean)	0.009	0.003	-0.003	-0.020*
	(0.016)	(0.013)	(0.009)	(0.008)
Working Hours (mean)	-1.589	-8.969	-4.487	-3.988
	(14.167)	(6.787)	(7.186)	(6.258)
Total Employment in 1000	-0.000	0.000	0.000	-0.000
	(0.000)	(0.000)	(0.000)	(0.000)
Wage Dispersion (90-10)	0.002	0.004	0.004	0.022**
	(0.009)	(0.009)	(0.008)	(0.008)
Required Education (mean)	-0.118**	-0.040	-0.068*	0.013
	(0.045)	(0.042)	(0.034)	(0.033)
Required Tenure (mean)	-0.014	0.023	-0.006	0.001
	(0.043)	(0.032)	(0.029)	(0.025)
Physical Demand	-0.256	0.301	-0.051	-0.263
	(0.259)	(0.256)	(0.329)	(0.152)
Cognitive Demand	-0.067	-0.022	0.116	0.014
	(0.111)	(0.102)	(0.106)	(0.079)
Emotional Demand	-0.103	-0.117	0.054	-0.065
	(0.089)	(0.085)	(0.125)	(0.056)
Constant	64.213	361.601	183.557	162.660
	(566.733)	(271.532)	(287.374)	(250.267)
State FE	✓	✓	✓	✓
Observations	2,688	4,687	4,938	10,595

Source: ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010, own calculations.
Notes: Observations are weighted with survey weights for the WB Module. Clustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Table C.5: Main Estimation Results - Detailed Labor and Other Activities (Women)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Office Work		**Remote Work**		**Eating & Drinking**		**Work-rel. Travelling**	
Outcome - Net Affect								
TW	-0.065	-0.785**	-0.530**	-0.826*	0.028	-0.013	0.078	0.034
	(0.076)	(0.253)	(0.166)	(0.363)	(0.068)	(0.151)	(0.087)	(0.199)
Outcome - Positive Affect								
TW	-0.073	-0.457**	-0.383**	-0.385	-0.044	-0.020	0.011	-0.056
	(0.045)	(0.156)	(0.117)	(0.234)	(0.038)	(0.085)	(0.065)	(0.127)
Outcome - Negative Affect								
TW	-0.008	0.329*	0.148*	0.441*	-0.072	-0.007	-0.067	-0.090
	(0.045)	(0.126)	(0.073)	(0.195)	(0.040)	(0.098)	(0.048)	(0.123)
Set of Controls								
Activities		✓		✓		✓		✓
Individuals		✓		✓		✓		✓
Occupations		✓		✓		✓		✓
Observations	1,696	1,696	415	415	3,221	3,221	1,469	1,469
Cluster	180	180	83	83	212	212	162	162

Source: ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010, own calculations.
Notes: TW - Teleworkability, Observations are weighted with survey weights for the WB Module.
Clustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Table C.6: Main Estimation Results - Detailed Labor and Other Activities (Men)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Office Work		**Remote Work**		**Eating & Drinking**		**Work-rel. Travelling**	
Outcome - Net Affect								
TW	-0.149*	-0.067	-0.071	-1.336*	0.036	-0.162	0.023	0.400
	(0.071)	(0.180)	(0.206)	(0.551)	(0.051)	(0.136)	(0.096)	(0.317)
Outcome - Positive Affect								
TW	-0.083	-0.122	-0.048	-0.853**	-0.005	-0.163	-0.039	0.313
	(0.051)	(0.140)	(0.133)	(0.274)	(0.040)	(0.105)	(0.049)	(0.213)
Outcome - Negative Affect								
TW	0.067*	-0.055	0.023	0.483	-0.041	-0.001	-0.062	-0.086
	(0.033)	(0.082)	(0.093)	(0.368)	(0.023)	(0.073)	(0.063)	(0.143)
Set of Controls								
Activities		✓		✓		✓		✓
Individuals		✓		✓		✓		✓
Occupations		✓		✓		✓		✓
Observations	2,155	2,155	533	533	3,778	3,778	1,869	1,869
Cluster	221	221	106	106	253	253	189	189

Source: ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010, own calculations.
Notes: TW - Teleworkability, Observations are weighted with survey weights for the WB Module.
Clustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

D Additional Analysis

Table D.1: Additional Results - Robustness Checks (Full Sample, Outcome: Net Affect)

	(1)	(2)	(3)	(4)	(5	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)
	Women								**Men**							
	Labor		Unpaid Work		Leisure		Other		Labor		Unpaid Work		Leisure		Other	
Panel I - AWB with meaning																
TW	-0.117	-0.687***	-0.100*	-0.029	-0.051	0.174	-0.004	0.058	-0.138*	-0.147	-0.117*	0.162	-0.061	-0.061	-0.093*	-0.148
	(0.076)	(0.187)	(0.040)	(0.100)	(0.047)	(0.114)	(0.038)	(0.083)	(0.066)	(0.183)	(0.049)	(0.161)	(0.046)	(0.186)	(0.046)	(0.087)
Panel II - AWB with pain																
TW	-0.088	-0.595**	-0.068	0.005	-0.048	0.182	0.041	0.083	-0.091	-0.254	-0.069	0.160	-0.018	0.064	-0.012	-0.190*
	(0.070)	(0.184)	(0.037)	(0.095)	(0.046)	(0.104)	(0.037)	(0.087)	(0.075)	(0.164)	(0.052)	(0.161)	(0.060)	(0.157)	(0.043)	(0.096)
Panel III - Average Teleworkability																
TW	-0.313	-1.519***	-0.210*	-0.183	-0.125	0.389	0.083	0.141	-0.274*	-0.302	-0.186*	0.225	-0.073	0.102	-0.082	-0.332
	(0.176)	(0.406)	(0.100)	(0.283)	(0.130)	(0.273)	(0.093)	(0.240)	(0.125)	(0.376)	(0.093)	(0.289)	(0.081)	(0.303)	(0.063)	(0.214)
Obs.	2,111	2,111	6,638	6,638	4,330	4,330	9,994	9,994	2,688	2,688	4,687	4,687	4,938	4,938	10,595	10,595
Clust.	268	263	339	339	321	321	358	358	340	340	387	387	400	400	424	424
Set of Controls																
I_i		✓		✓		✓		✓		✓		✓		✓		✓
O_i		✓		✓		✓		✓		✓		✓		✓		✓

Source: ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010, own calculations.

Notes:TW - Teleworkability, Observations are weighted with survey weights for the WB Module. Clustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Table D.2: Additional Results - Endogenous Controls (Full Sample, Outcome: Net Affect)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
	Women						Men					
	Labor		Unpaid Work		Leisure		Labor		Unpaid Work		Leisure	
TW	-0.599***	-0.681***	-0.053	-0.026	0.127	0.174	-0.203	-0.230	0.112	0.150	0.059	0.068
	(0.176)	(0.185)	(0.099)	(0.097)	(0.109)	(0.112)	(0.191)	(0.187)	(0.185)	(0.182)	(0.196)	(0.184)
Number of people present		-0.089		0.190***		0.280***		-0.008		0.231***		0.243***
		(0.058)		(0.033)		(0.038)		(0.049)		(0.039)		(0.043)
Day of the Week (Ref.: Sunday)												
Monday		0.322*		0.182		-0.192		-0.364*		0.225**		-0.490***
		(0.182)		(0.110)		(0.145)		(0.197)		(0.112)		(0.143)
Tuesday		0.438**		-0.029		-0.030		-0.003		-0.101		-0.164
		(0.200)		(0.115)		(0.159)		(0.183)		(0.173)		(0.121)
Wednesday		0.226		-0.154		-0.295		-0.343*		-0.355***		-0.197
		(0.193)		(0.152)		(0.186)		(0.183)		(0.103)		(0.122)
Thursday		0.598***		-0.186		-0.021		-0.411**		-0.332*		-0.414***
		(0.216)		(0.154)		(0.140)		(0.204)		(0.177)		(0.131)
Friday		0.198		-0.006		0.065		0.040		-0.112		-0.190
		(0.216)		(0.143)		(0.131)		(0.221)		(0.131)		(0.156)
Saturday		-0.014		0.132		0.234**		0.028		-0.010		0.004
		(0.190)		(0.088)		(0.104)		(0.203)		(0.082)		(0.090)
Time of the Day (Ref: Early Morning)												
Morning		-0.119		0.074		0.003		-0.271		-0.070		-0.277***
		(0.189)		(0.133)		(0.174)		(0.173)		(0.120)		(0.095)
Afternoon		-0.762***		-0.232*		0.017		-0.397***		-0.175		-0.382***
		(0.155)		(0.126)		(0.125)		(0.148)		(0.114)		(0.097)
Evening		-1.096***		-0.367***		-0.288**		-1.000***		-0.316***		-0.517***
		(0.305)		(0.095)		(0.135)		(0.217)		(0.105)		(0.101)
Night		-0.935***		-0.428***		-0.713***		-0.600*		-0.598***		-0.676***
		(0.285)		(0.149)		(0.213)		(0.308)		(0.148)		(0.137)
Duration (in hours)		-0.069***		-0.050		0.020		-0.070***		-0.003		0.086***
		(0.025)		(0.054)		(0.042)		(0.020)		(0.037)		(0.023)
Observations	2,111	2,111	6,638	6,638	4,330	4,330	2,688	2,688	4,687	4,687	4,938	4,938
Cluster	189	189	229	229	224	224	236	236	263	263	276	276
Set of Controls												
Individuals	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Occup. Controls	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Source: ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010, own calculations.

Notes: TW - Teleworkability, Observations are weighted with survey weights for the WB Module. Clustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Table D.3: Additional Results - Cumulative Duration of Activities by Teleworkability (Full Sample)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Women				**Men**			
	TW<P50 mean	TW> P50 mean	raw beta (se)	controlled beta (se)	TW<P50 mean	TW> P50 mean	raw beta (se)	controlled beta (se)
Labor								
Labor - Workplace	4.322	4.203	-0.119	-0.142	5.295	4.569	-0.726***	-0.158
			(0.247)	(0.164)			(0.183)	(0.245)
Labor - Remote	0.37	0.695	0.325***	0.112	0.382	1.031	0.650***	-0.064
			(0.067)	(0.083)			(0.085)	(0.105)
Unpaid Work								
Childcare	0.569	0.542	-0.027	-0.020	0.409	0.401	-0.009	-0.034
			(0.061)	(0.038)			(0.028)	(0.034)
Elder care	0.02	0.025	0.005	0.004	0.016	0.023	0.007	-0.002
			(0.009)	(0.006)			(0.005)	(0.010)
Housework	1.884	1.635	-0.249*	-0.096	1.205	1.184	-0.021	0.102
			(0.102)	(0.092)			(0.044)	(0.069)
Grocery shop.	0.148	0.149	0.000	-0.005	0.093	0.114	0.022**	0.014
			(0.013)	(0.014)			(0.007)	(0.011)
Using services	0.094	0.099	0.005	0.031	0.048	0.065	0.017*	-0.012
			(0.016)	(0.022)			(0.008)	(0.017)
Leisure								
Socializing	0.783	0.745	-0.038	-0.020	0.637	0.634	-0.002	0.020
			(0.055)	(0.072)			(0.031)	(0.061)
Relaxing	2.796	2.778	-0.018	0.049	3.477	3.29	-0.187	0.055
			(0.070)	(0.094)			(0.100)	(0.158)
Sports	0.199	0.242	0.044	-0.028	0.335	0.398	0.063**	-0.008
			(0.024)	(0.030)			(0.023)	(0.037)
Relig. act.	0.116	0.111	-0.006	-0.008	0.113	0.097	-0.016	0.021
			(0.018)	(0.018)			(0.014)	(0.031)
Other								
Sleep & P.care	9.518	9.486	-0.033	0.130	9.068	8.894	-0.174*	-0.164
			(0.064)	(0.087)			(0.069)	(0.109)
Education	0.309	0.277	-0.032	0.072	0.159	0.302	0.143**	0.044
			(0.055)	(0.047)			(0.050)	(0.084)
Consum Purch.	0.287	0.281	-0.006	-0.050	0.17	0.167	-0.003	-0.022
			(0.024)	(0.051)			(0.012)	(0.030)
Eating/drinking	1.021	1.077	0.056	0.055	1.065	1.191	0.126***	0.032
			(0.030)	(0.034)			(0.019)	(0.027)
Volunteering	0.072	0.126	0.054***	0.011	0.065	0.096	0.032**	0.009
			(0.013)	(0.014)			(0.012)	(0.020)
Work. Traveling	0.364	0.389	0.026	-0.046	0.493	0.47	-0.022	0.002
			(0.029)	(0.027)			(0.026)	(0.028)
Other Traveling	0.911	0.923	0.013	-0.049	0.779	0.898	0.119***	0.106*
			(0.041)	(0.063)			(0.029)	(0.049)

Source: ATUS 2010, 2012, 2013 and 2021; O*NET version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010, own calculations.
Notes: TW - Teleworkability, Observations are weighted with survey weights for the WB Module. P-values correspond to t-test for mean equality. Clustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$. Columns (3) and (4) contain estimation results of the uncontrolled model, while columns (4) and (8) contain results for fully controlled model in line with estimation equation (1). Cumulative durations refer to the sum of the duration of all episodes an individual reported in a specific activity type. The duration of activities which an individual does not report in the diary are set to zero. The estimation sample includes individuals which have missing activities because of missing information on e.g. the activity type. Thus, this table includes cumulative information on these missing episodes although the episodes are not included in the sample.

E Sensitivity Checks

Table E.1: Additional Results - Before/During Covid (Full Sample, Outcome: Net Affect)

	(1)	(2)	(3)	(4)	(5)	(6)
		Women			**Men**	
	All	**Pre-Covid**	**Covid**	**All**	**Pre-Covid**	**Covid**
	2010 - 2021	2010 - 2013	2021	2010 - 2021	2010 - 2013	2021
Labor						
TW	-0.681***	-0.911***	-0.102	-0.230	-0.051	-1.820**
	(0.185)	(0.219)	(0.564)	(0.187)	(0.166)	(0.692)
Observations	2111	1870	241	2688	2315	373
Cluster	189	185	52	236	228	60
Unpaid Work						
TW	-0.026	-0.145	0.833***	0.150	0.181	0.192
	(0.097)	(0.113)	(0.241)	(0.182)	(0.191)	(0.266)
Observations	6638	5916	722	4687	4066	621
Cluster	229	222	75	263	258	77
Leisure						
TW	0.174	0.097	0.400	0.068	0.213	-0.312
	(0.112)	(0.124)	(0.253)	(0.184)	(0.215)	(0.316)
Observations	4330	3829	501	4938	4258	680
Cluster	224	216	70	276	268	85
Other						
TW	0.048	0.012	0.303	-0.199**	-0.249**	0.155
	(0.091)	(0.102)	(0.338)	(0.100)	(0.117)	(0.322)
Observations	9994	9096	898	10595	9455	1140
Cluster	241	241	73	292	288	85
Set of Controls						
Activities	✓	✓	✓	✓	✓	✓
Individuals	✓	✓	✓	✓	✓	✓
Occupations	✓	✓	✓	✓	✓	✓

Source: ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010, own calculations.
Notes: TW - Teleworkability, Observations are weighted with survey weights for the WB Module.
Clustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Table E.2: Additional Results - Alternative explanatory variable: Non-linear measure of teleworkability (Full Sample, Outcome: Net Affect)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Labor		**Unpaid Work**		**Leisure**		**Other**	
Women								
TW	-0.158*	-0.730***	-0.079*	-0.035	-0.053	0.166	0.024	0.051
	(0.075)	(0.190)	(0.038)	(0.099)	(0.043)	(0.111)	(0.039)	(0.093)
Squared TW	-0.051	-0.088	0.008	-0.018	-0.007	-0.018	-0.022	0.006
	(0.082)	(0.072)	(0.048)	(0.047)	(0.055)	(0.056)	(0.031)	(0.032)
Observations	2111	2111	6638	6638	4330	4330	9994	9994
Men								
TW	-0.150	-0.233	-0.102	0.157	-0.035	0.070	-0.044	-0.199*
	(0.081)	(0.189)	(0.062)	(0.183)	(0.059)	(0.185)	(0.045)	(0.100)
Squared TW	0.030	-0.035	-0.114*	-0.164**	0.034	0.031	0.033	-0.010
	(0.066)	(0.065)	(0.050)	(0.050)	(0.046)	(0.043)	(0.035)	(0.047)
Observations	2688	2688	4687	4687	4938	4938	10595	10595
Controls	✗	✓	✗	✓	✗	✓	✗	✓

Source: ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010, own calculations.
Notes: TW - Teleworkability Observations are weighted with survey weights for the WB Module.
Clustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Table E.3: Additional Results - Alternative explanatory variable: Any actual remote work during the day (Full Sample, Outcome: Net Affect)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Labor		**Unpaid Work**		**Leisure**		**Other**	
Women								
Any remote	-0.252	-0.065	-0.032	0.017	-0.018	-0.130	0.110	0.082
	(0.156)	(0.156)	(0.137)	(0.145)	(0.117)	(0.134)	(0.110)	(0.110)
Observations	2116	2116	3191	3191	1978	1978	5459	5459
Men								
Any remote	-0.266	-0.300	-0.329*	-0.276	-0.261	-0.280	-0.024	-0.073
	(0.165)	(0.156)	(0.150)	(0.163)	(0.162)	(0.154)	(0.096)	(0.097)
Observations	2691	2691	2336	2336	2452	2452	6285	6285
Controls	✗	✓	✗	✓	✗	✓	✗	✓

Source: ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010, own calculations.

Notes: Observations are weighted with survey weights for the WB Module.

Clustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

F Sensitivity Checks II - Work Flexibility

Data and Model As the O*NET lacks direct measures of working time flexibility, we construct a proxy for time flexibility by combining four items that we expect to be associated with work-schedule flexibility. These items ask employees the following questions about their current job:

- How much contact with others (e.g. telephone, face-to-face) is required? (scale reversed)
- How important are interactions that require you to work with or contribute to a work group or team to perform your current job? (scale reversed)
- How much freedom do you have to make decisions without supervision?
- How much freedom do you have to determine tasks, priorities, or goals of your job?

Analogous to the teleworkability index, we calculate the time-flexibility indicator by averaging the answers to these four questions and then standardizing the index. It should be noted that this measure has limitations. Unlike the teleworkability measure, this composite index only captures aspects that reflect a higher degree of flexibility in work scheduling from the employees' perspective and is thus one-sided. It does not account for the fact that flexible working hours can also be used by employers to streamline operational processes, which may not necessarily benefit the employees. We then add the measure of time flexibility in the occupation (TF_i) and an interaction between TW and TF to the model:

$$WB_{ij} = \alpha + \beta_{TW} TW_i + \beta_{TF} TF_i + \beta_{TWTF} TW_i * TF_i + \beta_A A_{ij} + \beta_X X_i + \beta_O O_i + \epsilon_{ij} \quad (1)$$

We also conduct additional robustness checks in which we vary the definition of the time flexibility measure to account for the two components of the measure: (1) temporal flexibility as well as (2) task flexibility. The results of these estimations can be found in Table E.4 below and do not indicate any heterogeneity between the items included into our main measure.

Table F.1: Additional Results - Work Flexibility as moderator (Full Sample)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
	Women				**Men**			
	Labor	**Unpaid Work**	**Leisure**	**Other**	**Labor**	**Unpaid Work**	**Leisure**	**Other**
Outcome - Net Affect								
TF	-0.035	0.041	-0.039	0.026	-0.053	0.058	0.125*	-0.010
	(0.070)	(0.046)	(0.047)	(0.048)	(0.054)	(0.044)	(0.049)	(0.036)
TW	-0.658***	-0.033	0.174	0.034	-0.213	0.160	0.084	-0.197*
	(0.185)	(0.100)	(0.111)	(0.093)	(0.185)	(0.180)	(0.189)	(0.100)
TF × TW	-0.069	0.031	-0.091*	-0.021	-0.076	-0.020	-0.031	-0.051
	(0.064)	(0.037)	(0.042)	(0.040)	(0.059)	(0.044)	(0.060)	(0.037)
Outcome - Positive Affect								
TF	0.064	0.035	-0.005	0.037	-0.022	0.027	0.068*	-0.044*
	(0.043)	(0.032)	(0.033)	(0.030)	(0.036)	(0.035)	(0.033)	(0.019)
TW	-0.388**	-0.071	-0.058	-0.059	-0.216	0.099	-0.065	-0.073
	(0.123)	(0.065)	(0.091)	(0.059)	(0.130)	(0.119)	(0.097)	(0.071)
TF × TW	-0.046	0.015	-0.073*	-0.026	-0.003	-0.034	-0.025	-0.050*
	(0.040)	(0.026)	(0.030)	(0.023)	(0.046)	(0.034)	(0.043)	(0.024)
Outcome - Negative Affect								
TF	0.098*	-0.006	0.034	0.012	0.031	-0.030	-0.055*	-0.033
	(0.040)	(0.033)	(0.025)	(0.023)	(0.033)	(0.020)	(0.026)	(0.026)
TW	0.271**	-0.038	-0.221**	-0.094	-0.008	-0.059	-0.125	0.127*
	(0.095)	(0.054)	(0.078)	(0.058)	(0.089)	(0.098)	(0.115)	(0.057)
TF × TW	0.024	-0.016	0.019	-0.006	0.074*	-0.013	0.005	0.001
	(0.041)	(0.021)	(0.029)	(0.022)	(0.034)	(0.025)	(0.027)	(0.022)
Set of Controls								
Activities	✓	✓	✓	✓	✓	✓	✓	✓
Individuals	✓	✓	✓	✓	✓	✓	✓	✓
Occupations	✓	✓	✓	✓	✓	✓	✓	✓
Observations	2,116	6,650	4,343	10,034	2,691	4,700	4,955	10,628
Cluster	189	229	225	242	236	263	276	292

Source: ATUS 2010, 2012, 2013 and 2021; O*NET version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010, own calculations.
Notes: TW - Teleworkability, TF - Time Flexibility, Observations are weighted with survey weights for the WB Module.
lustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

Table F.2: Additional Results - Alternative measures for time flexibility (Full Sample, Outcome: Net Affect)

	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)
	Women								Men							
	Labor		**Unpaid Work**		**Leisure**		**Other**		**Labor**		**Unpaid Work**		**Leisure**		**Other**	
Baseline – Main measure of time flexibility																
TF	-0.023	-0.032	0.028	0.039	-0.009	-0.036	0.035	0.028	-0.033	-0.048	0.050	0.055	0.126**	0.127**	0.126**	0.127**
	(0.075)	(0.070)	(0.046)	(0.046)	(0.047)	(0.047)	(0.052)	(0.050)	(0.052)	(0.054)	(0.043)	(0.044)	(0.047)	(0.048)	(0.047)	(0.048)
TW		-0.673***		-0.037		0.181		0.043		-0.216		0.167		0.116		0.116
		(0.186)		(0.100)		(0.111)		(0.095)		(0.185)		(0.183)		(0.195)		(0.195)
TF*TW		-0.070		0.032		-0.091*		-0.022		-0.074		-0.020		-0.035		-0.035
		(0.064)		(0.038)		(0.042)		(0.042)		(0.058)		(0.044)		(0.060)		(0.060)
Observations	2111	2111	6638	6638	4330	4330	9994	9994	2688	2688	4687	4687	4938	4938	4938	4938
Temporal Flexibility (Team work, contact with others)																
TF	-0.022	-0.056	0.036	0.040	-0.101	-0.119	-0.091	-0.084	0.029	-0.009	0.112	0.142*	0.126	0.143	0.126	0.143
	(0.121)	(0.112)	(0.078)	(0.078)	(0.068)	(0.069)	(0.050)	(0.050)	(0.098)	(0.088)	(0.061)	(0.064)	(0.066)	(0.078)	(0.066)	(0.078)
TW		-0.664***		-0.039		0.221		0.032		-0.211		0.250		0.184		0.184
		(0.183)		(0.098)		(0.112)		(0.091)		(0.178)		(0.189)		(0.228)		(0.228)
TF * TW		-0.036		0.019		-0.086*		0.031		-0.038		-0.033		-0.044		-0.044
		(0.059)		(0.043)		(0.042)		(0.035)		(0.079)		(0.062)		(0.063)		(0.063)
Observations	2111	2111	6638	6638	4330	4330	9994	9994	2688	2688	4687	4687	4938	4938	4938	4938
Task Flexibility (Structured Work, Freedom of decision making)																
TF	-0.022	-0.010	0.020	0.028	0.044	0.032	0.101	0.082	-0.061	-0.060	0.009	0.004	0.115*	0.114*	0.115*	0.114*
	(0.093)	(0.084)	(0.048)	(0.047)	(0.047)	(0.046)	(0.068)	(0.067)	(0.056)	(0.058)	(0.047)	(0.045)	(0.056)	(0.056)	(0.056)	(0.056)
TW		-0.709***		-0.023		0.155		-0.006		-0.229		0.154		0.047		0.047
		(0.179)		(0.099)		(0.114)		(0.096)		(0.184)		(0.185)		(0.183)		(0.183)
TF*TW		-0.058		0.023		-0.029		-0.069		-0.056		0.015		0.006		0.006
		(0.062)		(0.042)		(0.048)		(0.039)		(0.079)		(0.054)		(0.050)		(0.050)
Observations	2111	2111	6638	6638	4330	4330	9994	9994	2688	2688	4687	4687	4938	4938	4938	4938

Source: ATUS 2010, 2012, 2013 and 2021; O*Net version 18.1 - 29.0; BLS Labor Statistics 2010, 2012 2013; GSS 2010, own calculations.

Notes: TW - Teleworkability, *TF* - Time/Task Flexibility Observations are weighted with survey weights for the WB Module. Clustered standard errors. * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.

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