

## SUPPLEMENTARY MATERIALS

**Table S1***Characteristics of the studied sample of the Polish teachers (N = 352)*

	<i>M ± SD</i>	<i>Min &amp; Max [interval]</i>
Age (in years)	43.26 ± 9.50	[22.00; 68.00]
Work experience (in years)	18.97 ± 10.45	[1.00; 44.00]
	<i>n</i>	<i>%</i>
Gender		
Women	316	89.77
Men	36	10.23
Marital status		
Married	241	68.47
Single	52	14.77
An informal relationship	29	8.24
Divorced	23	6.53
Widowed	7	1.99
Place of residence		
City	246	69.89
Village	106	30.11
Place of employment		
Primary school	257	73.01
High school	95	26.99
Promotion level (according to Polish law)		
Certified teacher	214	60.80
Contract teacher	74	21.02
Appointed teacher	54	15.34
Trainee	10	2.84
Form of work		
Remote	252	71.59
Hybrid	59	16.76
In-person	41	11.65
Preference for the remote work		
Yes	192	54.55
No	160	45.45
Subject taught		
Science	102	28.98
Humanities	90	25.57
Other (psychology, library courses or vocational training)	80	22.73
Physical education	34	9.66
Initial/integrated training	28	7.95
Art	11	3.13
Religion and/or ethics	7	1.99