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Supplement to:

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Supplemental Exhibits

The Double Bind of Precarious Work: Creating Need and Undermining Support

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1 Appendix exhibits

Table S1: Well-Being Regressed on Social Support Measures

	Psychological Distress			Happiness			Sleep Quality		
	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
Instrumental Support	-0.141**			0.158**			0.142**		
	(0.006)			(0.006)			(0.006)		
Emotional Support		-0.031**			0.031**			0.023**	
		(0.001)			(0.001)			(0.001)	
Coworker Support			-0.111**			0.134**			0.142**
			(0.007)			(0.007)			(0.008)
N	37615	37615	26564	37615	37615	26564	37615	37615	26564

All models include controls for race-ethnicity, age, gender, marital status, parenthood status, enrollment in school, educational attainment, English as a second language, hourly wage, job tenure, usual hours worked, and whether the worker is a manager, as well as year-by-month fixed effects. All models are weighted by race, age, and gender per the American Community Survey. * $p < 0.05$, ** $p < 0.01$.

Table S2: Mediating Role of Social Support, Economic Insecurity, and Work-Family Conflict for Association Between Schedule Instability and Well-Being

	Psychological Distress	Happiness	Sleep Quality
Total Association	0.050**	-0.033**	-0.032**
Direct Association	0.015**	-0.001	-0.002
Indirect Association	0.035**	-0.032**	-0.030**
Total Mediated	69%	97%	93%
Social Support	7%	18%	18%
Economic Insecurity	30%	36%	35%
Work-Family Conflict	32%	43%	39%

Associations derived from structural equation modeling (SEM). All models include controls for race-ethnicity, age, gender, marital status, parenthood status, enrollment in school, educational attainment, English as a second language, hourly wage, job tenure, usual hours worked, and whether the worker is a manager, as well as year-by-month fixed effects. All models are weighted by race, age, and gender per the American Community Survey. $N = 25{,}182$. * $p < 0.05$, ** $p < 0.01$.

Table S3: Well-Being Regressed on Schedule Instability Measures

	Psychological Distress	Happiness	Sleep Quality
	(1)	(2)	(3)
Canceled Shift	0.120**	-0.071**	-0.038**
	(0.010)	(0.010)	(0.009)
On-Call Shift	0.087**	-0.044**	-0.017*
	(0.008)	(0.008)	(0.008)
Changed Timing	0.092**	-0.068**	-0.091**
	(0.006)	(0.006)	(0.007)
Clopening Shift	0.086**	-0.061**	-0.062**
	(0.007)	(0.007)	(0.007)
Less Than Two Weeks' Notice	0.028**	-0.021**	-0.015*
	(0.007)	(0.006)	(0.007)
Instability Scale	0.051**	-0.033**	-0.030**
	(0.003)	(0.003)	(0.003)
N	37615	37615	37615

All models include controls for race-ethnicity, age, gender, marital status, parenthood status, enrollment in school, educational attainment, English as a second language, hourly wage, job tenure, usual hours worked, and whether the worker is a manager, as well as year-by-month fixed effects. All models are weighted by race, age, and gender per the American Community Survey. N = 37,615. * $p < 0.05$, ** $p < 0.01$.

Figure S1: Timeline of Shift Project Data Collection

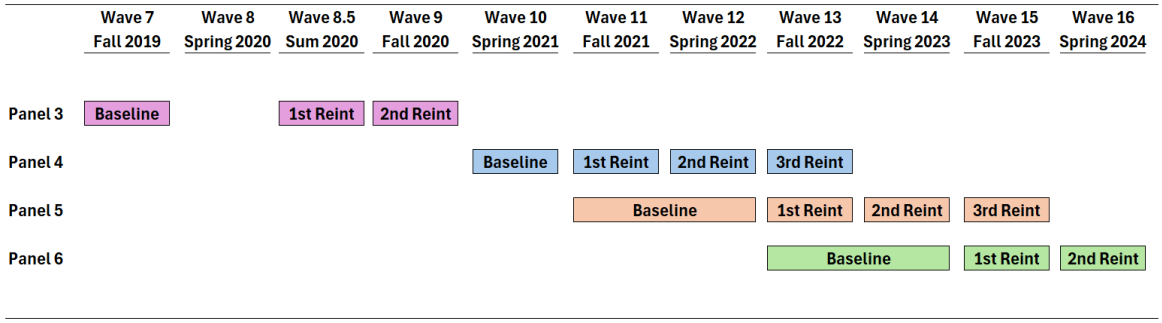
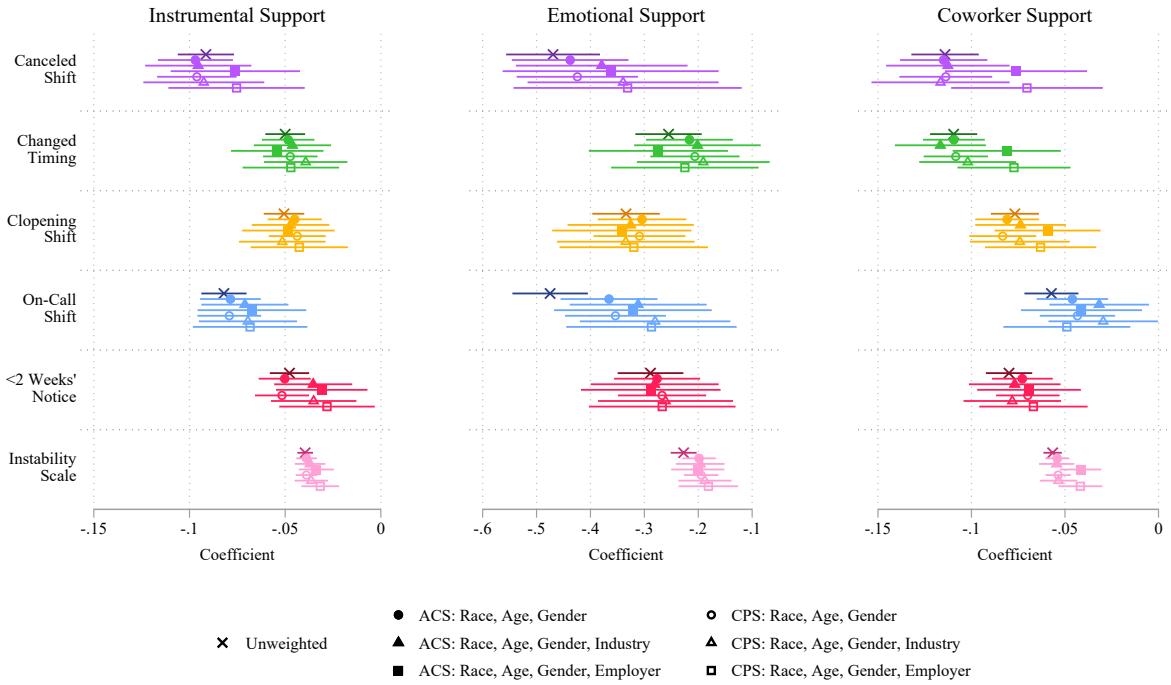
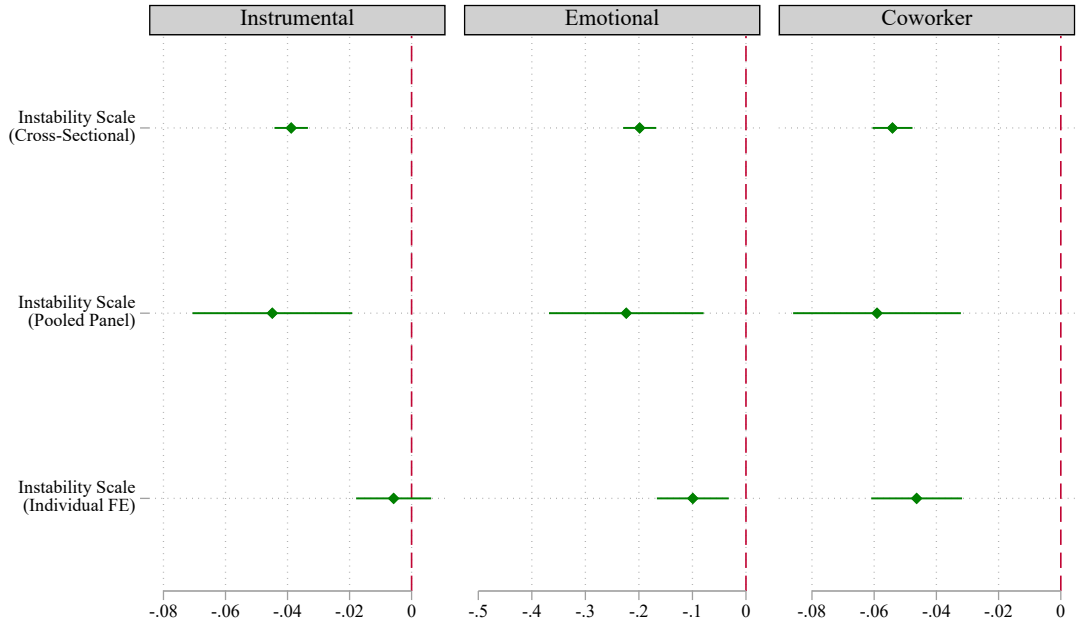


Figure S2: Social Support Regressed on Schedule Instability Measures, Robustness to ACS & CPS Weighting



Coefficients are derived from linear probability models that regress support on each measure of schedule instability individually. All models include controls for race-ethnicity, age, gender, marital status, parenthood status, enrollment in school, educational attainment, English as a second language, hourly wage, job tenure, usual hours worked, and whether the worker is a manager, as well as year-by-month fixed effects.

Figure S3: Coefficient Plot of Social Support Regressed on Schedule Instability



Coefficients are derived from linear probability models that regress support on the continuous 0-5 schedule instability scale. All models include controls for age, marital status, enrollment in school, & job tenure. Cross-sectional & pooled panel models additionally include controls for parenthood status, educational attainment, English as a second language, hourly wage, & whether the worker is a manager, as well as year-by-month fixed effects. Cross-sectional models are weighted by race, age, & gender per the American Community Survey.