

Table S1 Demographic characteristics of women scientists and technicians

Factors	Total	Men	Women	χ^2	<i>P</i>
Total	14 530	7144	7386		
Average Age (years)	38.79±10.14	39.83±10.53	37.78±9.83	12.148	<0.001
Age groups				16.636	<0.001
≥50 years	2446 (17.0%)	1455 (20.6%)	991 (13.5%)		
36–49 years	5684 (39.5%)	2867 (40.6%)	2817 (38.4%)		
≤35 years	6271 (43.5%)	2742 (38.8%)	3529 (48.1%)		
Educational background				205.128	<0.001
Technical secondary school or below	1401 (9.8%)	895 (12.7%)	506 (6.9%)		
Junior college	3456 (24.1%)	1688 (23.9%)	1768 (24.2%)		
Undergraduate	7361 (51.3%)	3296 (46.7%)	4065(55.6%)		
Postgraduate	2142 (14.9%)	1173 (16.6%)	969 (13.3%)		
Marital status				23.656	<0.001
Unmarried	2068 (14.6%)	926 (13.3%)	1142 (15.9%)		
Married	11 647 (82.3%)	5838 (83.9%)	5809 (80.8%)		
Divorced	436 (3.1%)	195 (2.8%)	241 (3.4%)		
Sleep hours				69.179	<0.001
≥7 h	3689 (25.6%)	1752 (24.7%)	1937 (26.5%)		
5–7 h	9672 (67.1%)	4698 (66.2%)	4974 (68.0%)		
<5 h	1049 (7.3%)	645 (9.1%)	404 (5.5%)		
Sleep problems				16.636	<0.001
No	5640 (38.8%)	2724 (38.1%)	2916 (39.5%)		
Potential sleep problems	1826 (12.6%)	837 (11.7%)	989 (13.4%)		
Insomnia	7064 (48.6%)	3583 (50.2%)	3481 (47.1%)		
Work stress				214.349	<0.001
No	9653 (67.5%)	4580 (64.9%)	5073 (70.1%)		
Manageable work stress	2467 (17.3%)	1538 (21.8%)	929 (12.8%)		
Overwhelming work stress	2173 (15.2%)	937 (13.3%)	1236 (17.1%)		
Work burnout				124.657	<0.001
No	9353 (65.5%)	4418 (62.7%)	4935 (68.3%)		
Manageable	2378 (16.7%)	1423 (20.2%)	955 (13.2%)		
Unmanageable	2540 (17.8%)	1208 (17.1%)	1332 (18.4%)		
Monthly income				207.618	<0.001
≥10 000 CNY	2720 (19.0%)	1676 (23.8%)	1044 (14.4%)		
5000–10 000 CNY	6567 (45.9%)	3030 (43.1%)	3537 (48.7%)		
≤5000 CNY	5008 (35.0%)	2326 (33.1%)	2682 (36.9%)		
Smoking				2185.573	<0.001
None	11433 (78.7%)	4470 (62.6%)	6963 (94.3%)		
Current smokers	2432 (16.7%)	2065 (28.9%)	367 (5.0%)		
Former smokers	665 (4.6%)	609 (8.5%)	56 (0.8%)		

Drinking				2459.006	<0.001
None	8195 (56.4%)	2567 (35.9%)	5628 (76.2%)		
Drinking at times	5158 (35.5%)	3604 (50.4%)	1554 (21.0%)		
Regular drinker	905 (6.2%)	747 (10.5%)	158 (2.1%)		
Former drinker	271 (1.9%)	226 (3.2%)	45 (0.6%)		
Cardiovascular diseases					
Total	3715 (25.6%)	2492 (34.9%)	1223 (16.6%)	640.729	<0.001
CAD	1680 (11.6%)	1207 (16.9%)	473 (6.4%)	390.896	<0.001
AMI	1053 (7.2%)	766 (10.7%)	287 (3.9%)	252.505	<0.001
Hypertension	2618 (18.0%)	1750 (24.5%)	868 (11.8%)	399.284	<0.001
AF	714 (4.9%)	500 (7.0%)	214 (2.9%)	130.744	<0.001
HF	464 (3.2%)	339 (4.7%)	125 (1.7%)	109.481	<0.001
SVT/VT	456 (3.1%)	288 (4.0%)	168 (2.3%)	36.870	<0.001
Other kinds of CVD	650 (4.5%)	456 (6.4%)	194 (2.6%)	119.910	<0.001
Other diseases					
Diabetes mellitus	549 (3.8%)	371 (5.2%)	178 (2.4%)	77.374	<0.001
Hyperlipidemia	1138 (7.8%)	651 (9.1%)	487 (6.6%)	31.921	<0.001
Hyperuricemia	580 (4.0%)	429 (6.0%)	151 (2.0%)	148.642	<0.001
Cerebrovascular disease	291 (2.0%)	205 (2.9%)	86 (1.2%)	53.800	<0.001
Family history					
Family history of CVD	3259 (22.4%)	1885 (26.4%)	1374 (18.6%)	126.434	<0.001
Family history of depression or anxiety	1662 (11.4%)	1127 (15.8%)	535 (7.2%)	260.964	<0.001
Psychological distress					
Depressive symptoms	4083 (28.1%)	2504 (35.1%)	1579 (21.4%)	335.982	<0.001
Anxiety symptoms	3074 (21.2%)	2053 (28.7%)	1021 (13.8%)	484.245	<0.001
CVD combined with depressive or anxiety symptoms	2282 (15.7%)	1575 (22.0%)	701 (9.5%)	433.348	<0.001

The data are expressed as mean±standard deviation (SD) or number (percentage). CVD: cardiovascular disease; CAD: coronary artery disease; AMI: acute myocardial infarction; AF: atrial fibrillation; HF: heart failure; SVT/VT: supraventricular tachycardia/ventricular tachycardia.

Table S2 Prevalence of CVD, depression, anxiety, and CVD combined with depressive or anxiety symptoms

Variables	CVD			Depressive symptoms			Anxiety symptoms			CVD combined with depressive or anxiety symptoms		
	Number*	χ^2	P	Number	χ^2	P	Number	χ^2	P	Number	χ^2	P
Age groups												
≥50 years	343 (34.6%)	285.590	<0.001	155 (15.6%)	60.675	<0.001	111 (11.2%)	42.052	<0.001	106 (10.7%)	50.640	<0.001
36–49 years	362 (12.9%)			516 (18.3%)			309 (11.0%)			173 (6.1%)		
≤35 years	486 (13.8%)			877 (24.9%)			572 (16.2%)			394 (11.2%)		
Educational background												
Technical secondary school or below	204 (40.3%)	405.176	<0.001	179 (35.4%)	149.884	<0.001	145 (28.7%)	217.442	<0.001	129 (25.5%)	350.936	<0.001
Junior college	435 (24.6%)			491 (27.8%)			361 (20.4%)			293 (16.6%)		
Undergraduate	499 (12.3%)			771 (19.0%)			434 (10.7%)			247 (6.1%)		
Postgraduate	70 (7.2%)			132 (13.6%)			78 (8.0%)			31 (3.2%)		
Marital status												
Unmarried	113 (9.9%)	58.728	<0.001	269 (23.6%)	11.471	0.003	168 (14.7%)	12.451	0.002	92 (8.1%)	37.038	<0.001
Married	1027 (17.7%)			1222 (21.0%)			793 (13.7%)			558 (9.6%)		
Divorced	64 (26.6%)			70 (29.0%)			52 (21.6%)			50 (20.7%)		
Sleep hours												
≥7 h	232 (12.0%)	64.397	<0.001	231 (11.9%)	253.294	<0.001	154 (8.0%)	139.052	<0.001	114 (5.9%)	69.115	<0.001
5–7 h	853 (17.1%)			1162 (23.4%)			749 (15.1%)			512 (10.3%)		
<5 h	110 (27.2%)			184 (45.5%)			117 (29.0%)			74 (18.3%)		
Sleep problems												

No	269 (9.2%)	237.724	<0.001	144 (4.9%)	1110.590	<0.001	101 (3.5%)	625.601	<0.001	43 (1.5%)	473.758	<0.001
Potential sleep problems	138 (14.0%)			109 (11.0%)			71 (7.2%)			59 (6.0%)		
Insomnia	816 (23.4%)			1326 (38.1%)			849 (24.4%)			599 (17.2%)		
Work stress												
No	138 (11.2%)	693.121	<0.001	106 (8.6%)	1110.932	<0.001	71 (5.7%)	1143.739	<0.001	50 (4.0%)	1114.358	<0.001
Manageable work stress	596 (11.7%)			882 (17.4%)			482 (9.5%)			279 (5.5%)		
Overwhelming work stress	423 (45.5%)			585 (63.0%)			463 (49.8%)			370 (39.8%)		
Work burnout												
No	132 (9.9%)	656.262	<0.001	82 (6.2%)	1219.049	<0.001	61 (4.6%)	1085.875	<0.001	38 (2.9%)	986.463	<0.001
Manageable	600 (12.2%)			882 (17.9%)			494 (10.0%)			303 (6.1%)		
Unmanageable	422 (44.2%)			608 (63.7%)			460 (48.2%)			358 (37.5%)		
Monthly income												
≥10 000 CNY	125 (12.0%)	22.308	<0.001	127 (12.2%)	71.398	<0.001	81 (7.8%)	42.936	<0.001	53 (5.1%)	30.826	<0.001
5000–10 000 CNY	638 (18.0%)			782 (22.1%)			505 (14.3%)			383 (10.8%)		
≤5000 CNY	427 (15.9%)			665 (24.8%)			429 (16.0%)			264 (9.8%)		
Smoking												
None	875 (12.6%)	1481.559	<0.001	1237 (17.8%)	972.800	<0.001	724 (10.4%)	1249.506	<0.001	380 (5.5%)	2446.444	<0.001
Current smokers	325 (88.6%)			312 (85.0%)			275 (74.9%)			303 (82.6%)		
Former smokers	23 (41.1%)			30 (53.6%)			22 (39.3%)			18 (32.1%)		
Drinking												
None	662 (11.8%)	662.112	<0.001	905 (16.1%)	536.502	<0.001	535 (9.5%)	596.830	<0.001	275 (4.9%)	1025.868	<0.001

Drinking at times	430 (27.7%)			539 (34.7%)			366 (23.6%)			308 (19.8%)		
Regular drinker	123 (77.8%)			119 (75.3%)			106 (67.1%)			112 (70.9%)		
Former drinker	8 (17.8%)			16 (35.6%)			13 (28.9%)			6 (13.3%)		
CVD												
No	NA	NA	NA	886 (14.4%)	1085.737	<0.001	449 (7.3%)	1335.562	<0.001	NA	NA	NA
Yes	NA			693 (56.7%)			572 (46.8%)			NA		
Other diseases												
Diabetes mellitus												
No	1102 (15.3%)	349.032	<0.001	1509 (20.9%)	34.955	<0.001	960 (13.3%)	64.008	<0.001	639 (8.9%)	136.347	<0.001
Yes	121 (68.0%)			70 (39.3%)			61 (34.3%)			62 (34.8%)		
Hyperlipidemia												
No	1023 (14.8%)	226.682	<0.001	1415 (20.5%)	46.909	<0.001	911 (13.2%)	33.615	<0.001	603 (8.7%)	68.613	<0.001
Yes	200 (41.1%)			164 (33.7%)			110 (22.6%)			98 (20.1%)		
Hyperuricemia												
No	1123 (15.5%)	275.220	<0.001	1490 (20.6%)	129.399	<0.001	951 (13.1%)	136.969	<0.001	627 (8.7%)	280.212	<0.001
Yes	100 (66.2%)			89 (58.9%)			70 (46.4%)			74 (49.0%)		
Cerebrovascular disease												
No	1152 (15.8%)	274.328	<0.001	1522 (20.8%)	104.370	<0.001	981 (13.4%)	78.048	<0.001	648 (8.9%)	275.344	<0.001
Yes	71 (82.6%)			57 (66.3%)			40 (46.5%)			53 (61.6%)		
Family history												
Family history of CVD												
No	746 (12.4%)	402.813	<0.001	1198 (19.9%)	40.508	<0.001	774 (12.9%)	24.443	<0.001	225 (7.9%)	93.140	<0.001
Yes	477 (34.7%)			381 (27.7%)			247 (18.0%)			225 (16.4%)		

Family history of depression or anxiety												
No	778 (11.4%)	1852.713	<0.001	1148 (16.8%)	1201.932	<0.001	647 (9.4%)	1522.886	<0.001	300 (4.4%)	2877.341	<0.001
Yes	445 (83.2%)			431 (80.6%)			374 (69.9%)			401 (75.0%)		
Psychological distress												
Depressive symptoms												
No	530 (9.1%)	1085.737	<0.001	NA	NA	NA	NA	NA	NA	NA	NA	NA
Yes	693 (43.9%)			NA			NA			NA		
Anxiety symptoms												
No	651 (10.2%)	1335.562	<0.001	NA	NA	NA	NA	NA	NA	NA	NA	NA
Yes	572 (56.0%)			NA			NA			NA		

*The data are expressed as number (percentage). CVD: cardiovascular disease; NA: not available.