**Supplementary Material 2**

**Remote working is a pain… in the back!**

1) Are you currently working remotely or have you worked remotely in the last 18 months?

- Yes

- No

**Personal information and work sector**

2) What is your age?

3) Sex

- Male

- Female

4) What is your civil status?

- Unmarried

- Married/cohabitee

- Divorced

- Widowed

5) What is your highest qualification?

- No educational qualifications

- Primary education

- Middle School diploma

- Secondary education

- Bachelor’s degree

- Master’s degree

- Post-graduate degree

6) What is your field of work?

- Agriculture, forestry, and fishing

- Extraction of minerals from quarries and mines

- Manufacturing activity

- Energy industry

- Supply of water; sewerage, and waste management

- Buildings

- Wholesale and retail trade; repair of vehicles and motorcycles

- Transportation and storage

- Accommodation and catering

- Telecommunications

- Finance and insurance companies

- Real estate activities

- Technical and scientific support

- Rental, travel agencies, business support

- Public administration

- Education

- Health and social assistance

- Artistic, sporting, entertainment and fun activities

- Activities of families and cohabitation as employers for domestic staff; production of undifferentiated goods and services for their own use by families and cohabitants

- Extraterritorial organization and bodies

- Other

7) What is your specific job activity?

8) How long have you worked in the company where you are currently employed?

- < 1 year

- For 1 to 5 years

- For 6 to 10 years

- For 11 to 15 years

- For more than 15 years

9) What is / was your professional category at the company where you worked in the last 6 months?

- Manager

- Employee

- Laborer

- Apprentice / intern

- Other

10) How many people live permanently in your house?

11) How many minor children do you have?

**Characteristics of remote working**

12) Compared to in-person working, has anything changed with the transition to remote working related to your business?

*Select all applicable items*

- Same tasks as in-person working

- Different tasks compared to in-person working

- Different hours compared to in-person working

- Different salary compared to in-person working

- None of the above

13) Considering a normal week of your in-person working, how many hours did you work on an average?

14) Considering from the beginning of remote working, in a normal week, how many hours do you work on average?

15) How many weekdays do you work remotely?

- I work exclusively from home

- I mainly work from home (<50% of total hours in person)

- I mainly work in person (<50% of the total hours in remote working)

16) Thinking about your working hours during remote working, please indicate to what extent do you agree with the following statements?

My working hours frequently exceed the standard working time

- Absolutely agree

- Agree

- Neither agree nor disagree

- Disagree

- Absolutely disagree

My working time is fragmented and unpredictable

- Absolutely agree

- Agree

- Neither agree nor disagree

- Disagree

- Absolutely disagree

I am occasionally asked to work at night

- Absolutely agree

- Agree

- Neither agree nor disagree

- Disagree

- Absolutely disagree

My working time did not substantially change

- Absolutely agree

- Agree

- Neither agree nor disagree

- Disagree

- Absolutely disagree

I am occasionally asked to answer work notifications during non-working days

- Absolutely agree

- Agree

- Neither agree nor disagree

- Disagree

- Absolutely disagree

I can autonomously organize my working time

- Absolutely agree

- Agree

- Neither agree nor disagree

- Disagree

- Absolutely disagree

I have to be reachable outside working hours

- Absolutely agree

- Agree

- Neither agree nor disagree

- Disagree

- Absolutely disagree

17) Where do you perform your activities when working remotely?

- Dedicated workstation

- Shared workstation

- I don't have a fixed workstation

18) In your workstation dedicated to remote working, what kind of chair do you have?

- Chair with fixed feet, not adjustable in height and inclination

- Chair with wheels, not adjustable in height and inclination

- Chair with wheels, adjustable in height but not in inclination

- Chair with wheels, adjustable in height and inclination

- Ergonomic chair

- I don't have a dedicated chair, I work wherever I am

19) In your workstation dedicated to remote working, what kind of desk do you have?

- Height-adjustable desk

- Fixed desk not adjustable in height

- I don't have a dedicated desk, I work wherever I am

20) In your workstation dedicated to remote working, what type of terminal do you use to work?

- Desktop

- Laptop

- Tablet

- Smartphone

21) Did your employer provide you with ergonomic supports and digital devices suitable for remote working?

- Yes, I have been provided with ergonomic supports and digital devices

- I was equipped with digital devices but I had to personally organize my workstation

- I was equipped with ergonomic supports but had to personally buy the digital devices needed to work

- No, I had to do it in complete autonomy

- Other

22) Do you think that the digital devices you are equipped with are adequate to carry out your work tasks?

- Yes

- No

23) If no, why?

*Select all applicable items*

- Limited connectivity

- Insufficient technological support

- Inadequate software and sharing tools for my business

- Insufficient ergonomic supports

24) During a typical remote working day, how many hours are you sitting?

25) During a typical remote working day, how many hours are you standing?

26) Do you think that, compared to in-person working, your productivity is ...?

- Increased

- Unchanged

- Decreased

27) Do you think that, compared to in-person work, your stress level is ...?

- Increased

- Unchanged

- Decreased

28) During remote working, how often do you feel…?

Without company

- Never

- Sometimes

- Always

Excluded

- Never

- Sometimes

- Always

Isolated from others

- Never

- Sometimes

- Always

29) Do you think that, compared to in presence working, your job satisfaction is ...?

- Increased

- Unchanged

- Decreased

30) Please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks:

Topp, C.W.; Ostergaard, S.D.; Sondergaard, S.; Bech, P. The WHO-5 Well-Being Index: a systematic review of the literature. Psychother Psychosom 2015, 84, 167-176, doi:10.1159/000376585.

I have felt cheerful and in good spirit

- All The time

- Most of the time

- More than half of the time

- Less than half of the time

- Some of the time

- At no time

I have felt calm and relaxed

- All The time

- Most of the time

- More than half of the time

- Less than half of the time

- Some of the time

- At no time

I felt active and vigorous

- All The time

- Most of the time

- More than half of the time

- Less than half of the time

- Some of the time

- At no time

I woke up feeling fresh and rested

- All The time

- Most of the time

- More than half of the time

- Less than half of the time

- Some of the time

- At no time

My daily life has been filled with things that interest me

- All The time

- Most of the time

- More than half of the time

- Less than half of the time

- Some of the time

- At no time

31) Do you think that, compared to in-person work, remote working has one or more of the following advantages?

*Select all applicable items*

- Reduced commuting time

- Higher organizational flexibility

- Higher autonomy

- Increased family time

- Higher focus while working

- Others: …

32) Do you think that, compared to in-person work, remote working has one or more of the following disadvantages?

*Select all applicable items*

- Higher distractions within the domestic environment

- Activity planning issues

- Technical issues with digital devices

- Lack of social interactions with colleagues

- Difficulty in separating work and family environments

- Lower support and interaction with superiors

- Communication problems

- Lower involvement in organizational and administrative changes at work

- Others: …

33) At the end of the pandemic, if it was possible, would you like to continue to work from home?

- Yes, as much as possible

- Occasionally

- No, due to organizational difficulties

- No, due to increased costs

- No, due to lack of social interactions

- No, due to increased distractions

- No, due to the increased workload

34) During remote working or because of it, has your low back pain worsened?

- Yes

- No

- It has remained the same

35) Considering the transition from in-person working to remote working, how much has your low back pain changed?

- Average intensity of your low back pain during in-person working (from 1 to 10)

- Average intensity of your low back pain during remote working (from 1 to 10)

36) Over the last 2 weeks, how often have you been bothered by the following problems?

Li C, Friedman B, Conwell Y, Fiscella K. Validity of the Patient Health Questionnaire 2 (PHQ-2) in identifying major depression inolder people. J Am Geriatr Soc. 2007;55(4):596-602)

Little interest or pleasure in doing things

- Not at all

- Several days

- More than half the days

- Nearly every day

Feeling down, depressed or hopeless

- Not at all

- Several days

- More than half the days

- Nearly every day

37) How many full days of work have you lost due to your low back pain (illness, treatment, visits, diagnostic exams) in the last year (last 12 months)?

- None

- Less than 10 days

- From 10 to 24 days

- From 25 to 99 days

- From 100 to 365 days

38) Do you believe that due to your low back pain…

The occupational role questionnaire - Kopec, J. A., & Esdaile, J. M. (1998). Occupational role performance in persons with back pain. Disability and Rehabilitation, 20(10), 373–379. doi:10.3109/09638289809166096

Cut down on extra work/overtime

- Significantly

- Sometimes

- A little bit

- Not at all

Work more slowly

- Significantly

- Sometimes

- A little bit

- Not at all

Take more frequent/longer breaks

- Significantly

- Sometimes

- A little bit

- Not at all

Less able to concentrate on work

- Significantly

- Sometimes

- A little bit

- Not at all

Less opportunity to upgrade skills

- Significantly

- Sometimes

- A little bit

- Not at all

More likely to lose job

- Significantly

- Sometimes

- A little bit

- Not at all

Less satisfaction with job

- Significantly

- Sometimes

- A little bit

- Not at all

Need more help from co-workers

- Significantly

- Sometimes

- A little bit

- Not at all

39) Oswestry Disability Index 2.1a – Monticone M, Baiardi P, Ferrari S, Foti C, Mugnai R, Pillastrini P, Vanti C, Zanoli G. Spine 2009; 34(19): 2090–2095

Pain

- I have no pain at the moment

- The pain is very mild at the moment

- The pain is moderate at the moment

- The pain is fairly severe at the moment

- The pain is very severe at the moment

- The pain is the worst imaginable at the moment

Personal care (washing, dressing, etc.)

- I can look after myself normally without causing extra pain

- I can look after myself normally but it causes extra pain

- It is painful to look after myself and I am slow and careful

- I need some help but manage most of my personal care

- I need help every day in most aspects of self-care

- I do not get dressed, wash with difficulty and stay in bed

Lifting

- I can lift heavy weights without extra pain

- I can lift heavy weights but it gives extra pain

- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, e.g. on a table

- Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are

conveniently positioned

- I can lift only very light weights

- I cannot lift or carry anything at all

Walking

- Pain does not prevent my walking any distance

- Pain prevents me walking more than 1 mile

- Pain prevents me walking more than 1/2 mile

- Pain prevents me walking more than 1/4 mile

- I can only walk using a stick or crutches

- I am in bed most of the time and have to crawl to the toilet

Sitting

- I can sit in any chair as long as I like

- I can sit in my favourite chair as long as I like

- Pain prevents me sitting more than 1 hour

- Pain prevents me from sitting more than 1/2 an hour

- Pain prevents me from sitting more than 10 minutes

- Pain prevents me from sitting at all

Standing

- I can stand as long as I want without extra pain

- I can stand as long as I want but it gives me extra pain

- Pain prevents me from standing for more than 1 hour

- Pain prevents me from standing for more than 30 minutes

- Pain prevents me from standing for more than 10 minutes

- Pain prevents me from standing at all

Sleeping

- Pain does not prevent me from sleeping well

- I can sleep well only by using tablets

- Even when I take tablets I have less than 6 hours sleep

- Even when I take tablets I have less than 4 hours sleep

- Even when I take tablets I have less than 2 hours sleep

- Pain prevents me from sleeping at all

Sex life

- My sex life is normal and causes no extra pain

- My sex life is normal but causes some extra pain

- My sex life is nearly normal but is very painful

- My sex life is severely restricted by pain

- My sex life is nearly absent because of pain

- Pain prevents any sex life at all