

Supplementary Table 1.

Overview of advantage and disadvantage factors and corresponding items. Source: [70]

Factor Description	Items
Advantage factors	
<p>AF 1: Work-life balance Instead of going to work and wasting commuter time, you can enjoy the atmosphere at home., change routines, and have more time for social life.</p>	<p>I like the atmosphere in my home better...</p> <p>It is easier to get in contact with people...</p> <p>I save the normal transportation time...</p> <p>I ...break my old habits and change routines</p> <p>I can be close to my family and friends</p>
<p>AF 2: Work efficiency Instead of spending time on meetings and wasting time on meaningless tasks at work, you can focus on the tasks without interruptions.</p>	<p>I get a possibility to do some other work...</p> <p>I do not have to spend time on long meetings...</p> <p>I get time to focus on my work ...</p>
<p>AF 3: Work control Instead of being controlled, you can take a break when you want and have more control of your day.</p>	<p>I have no-one looking over me</p> <p>I can take a break when I like to</p> <p>I can eat and drink my own food</p>
Disadvantage factors	
<p>DF 1: Home-office constraints Instead of a life with social interaction and exercise, you have limited contact with people, you get less out of the home, are more fixed in front of the computer and get disturbed by others at home</p>	<p>I miss getting out of my home</p> <p>I do not get to see my colleagues ... as much...</p> <p>I do not get enough exercise...</p> <p>The physical conditions in my home do not afford a good working environment.</p> <p>I miss the food or other benefits ... at my workplace</p> <p>It requires more effort from me that I cannot use my normal routines</p> <p>I feel tied to my computer to a greater extent ...</p> <p>I get disturbed by other people in my home</p>
<p>DF 2: Work uncertainties Instead of finding meaning in working, the work situation is unclear, as there is not enough to do. The remaining tasks are not interesting, financial problems might occur, and you cannot focus on your work.</p>	<p>I am afraid that there will not be enough work...</p> <p>I do not know what kind of work I should do</p> <p>The work I do from home is not as interesting ...</p> <p>It is a financial problem for my work...</p> <p>I find it difficult to keep focused on work...</p>
<p>DF 3: Inadequate tools Instead of having easy access to what you need to perform</p>	<p>I need physical equipment to do my work...</p> <p>I need data or documents to do my work ...</p>

in your work, you lose valuable work tools, data and documents required to do the work adequately.

...there are work tasks I ...cannot do from home
