Supplementary Table S1. The survey form consists of descriptive information and literature-based questions about anemia

Variables	Anemia		Total, n (%)	P value
	No, n (%)	Yes, n (%)		
Shift status				
Working shifts	53 (66.3)	27 (33.8)	80 (100.0)	0.320
Not working shifts	30 (57.7)	22 (42.3)	52 (100.0)	
Gender				
Male	41 (97.6)	1 (2.4)	42 (100.0)	< 0.001
Female	42 (46.7)	48 (53.3)	90 (100.0)	
Marital status				
Single	25 (56.8)	19 (43.2)	44 (100.0)	0.308
Married	58 (659)	30 (34.1)	88 (100.0)	
Smoking				
Yes	24 (60.0)	16 (40.0)	40 (100.0)	0.652
No	59 (64.1)	33 (35.9)	92 (100.0)	
Do you have thyroid disease?				
Yes	8 (42.1)	11 (57.9)	19 (100.0)	0.043
No	75 (66.4)	38 (33.6)	113 (100.0)	
Timing of tea consumption				0.027
With meals	6 (35.3)	11 (64.7)	17 (100.0)	0.006§
1-2 hours after meals	27 (73.0)	10 (27.0)	37 (100.0)	0.066§
Immediately after meals	50 (64.1)	28 (35.9)	78 (100.0)	0.38§
Vegetarian?				
Yes	0 (0.0)	2 (100.0)	2 (100.0)	0.136
No	83 (63.8)	47 (36.2)	130 (100.0)	
Do you have sleep disorder?				
Yes	33 (55.9)	26 (44.1)	59 (100.0)	0.138
No	50 (68.5)	23 (31.5)	73 (100.0)	
Do you have a family history of iron deficiency?				
Yes	23 (39.7)	35 (60.3)	58 (100.0)	< 0.001
No	60 (81.1)	14 (18.9)	74 (100.0)	
Have you been diagnosed with vitamin (B12, folic acid, other) deficiency?				
Yes	22 (43.1)	29 (56.9)	51 (100.0)	< 0.001
No	61 (75.3)	20 (24.7)	81 (100.0)	
Have you received any dietary program against anemia?				
Yes	3 (20.0)	12 (80.0)	15 (100.0)	< 0.001
No	80 (68.4)	37 (31.6)	117 (100.0)	
Occupation?				< 0.001
Doctor	26 (83.9)	5 (16.1)	31 (100.0)	0.002
Nurse	30 (47.6)	33 (52.4)	63 (100.0)	0.0002
Laborant, Technician	9 (75.0)	3 (25.0)	12 (100.0)	0.18
Secretary	4 (40.0)	6 (60.0)	10 (100.0)	0.01
Support staff (cleaning, security, driver)	14 (87.5)	2 (12.5)	16 (100.0)	0.05

Statistically significant p-values are written in bold. In the *other group, there were 4 participants who selected 'living alone'. The new p-value calculated to determine from which subgroup the significance arises in the related groups is 0.008. The new p-value calculated to determine from which subgroup the significance arises in the related group is 0.0054.

Supplementary Table S2. Comparison of mean and median values of continuous variables related to shift work by gender

Continuous variable	Whole group			Sensitivity (%)	Specificity (%)	Women		Men	
	AUC (CI)*	Cut-off	p-value			AUC (CI)	p- value	AUC (CI)	p-value
Number of day shift work per month	0.511 (0.408-0.613)	-	0.84	-	-	0.512 (0.391-0.633)	0.85	0.366 (0.216-0.516)	0.65
Number of night shift work per month	0.435 (0.330-0.540)	-	0.21	-	-	0.455 (0.335-0.576)	0.47	0.829 (0.711-0.948)	0.26
Total working time per month in shifts (in hours)	0.380 (0.277-0.482)	16.5	0.022	64.6	83.1	0.399 (0.281-0.517)	0.10	0.829 (0.711-0.948)	0.26

Abbreviations: AUC = area under the curve; CI = confidence interval