

Table 1. Demographic characteristics of the studied subjects in day worker and shift worker groups

Factors	Day worker (N=50)	Shift worker (N=50)
Weight, kg	78.6±8.7	82.6±8.1
Height, cm	174.9±5.8	176.3±5.0
Body mass index (BMI)	24.2±2.8	27.7±2.8
Work experience, year	10.6±6.0	16.7±9.1
Level of education (absolute frequency)		
Diploma	7	8
Associate Degree	12	21
Bachelor	26	19
Master's degree	5	2
Marital status (absolute frequency)		
Married	44	25
Single	6	25

Table 2. The mean scores for circadian rhythm, DASS-21 scale and burnout in shift workers and day workers

Factor	Day worker (N=50)	Shift worker (N=50)
Circadian rhythm		
Languid/vigorous	4.28±1.45	1.26±0.98
Flexible/rigid	1.28±1.32	3.84±1.86
DASS-21	49.30±16.28	11.70±10.65
Depression	8.56±2.08	15.07±1.87
Anxiety	7.35±1.15	14.74±2.74
Stress	9.41±2.01	15.41±1.96
Burnout	104.70±28.41	43.30±31.60