

Table S1 Assignment table of independent variables

Variable	Assignment
Perimenopausal syndrome	0=No, 1=Yes
Age	1=40–50 years old, 2=51–55 years old
Education	1=Secondary school, 2=College, 3=Undergraduate, 4=Master and above (including master and doctoral students)
Time of participation in work	1=11–20 years, 2=21–30 years, 3=>30 years
Chronic disease	0=No, 1=Yes
Spouse's health	1=healthy, 2=chronic disease, 3=not involved
Major negative event	0=No, 1=Yes
Participates in sports weekly	1=never, 2=1–5 times, 3>=6
Menopause	0=No, 1=Yes
Different levels of social support	1=low level, 2=medium level, 3=high level
Family care	1=Family function is good, 2=Family function is moderately disabled, 3=Family function is severely disabled
Medical care relationship	Continuous variable
Leadership and management	Continuous variable
Basic guarantee	Continuous variable
Career development	Continuous variable
Professional autonomy	Continuous variable
Recognition atmosphere	Continuous variable
Sufficient manpower	Continuous variable