1 **Supplementary File**

2 **Table 1A.** Overview of variables

Variable	Description
Dependent variables	
CWB (OLS 1)	Average value of the 9 Satisfaction with travel scale variables
SWL (OLS 2)	Average value of 5 satisfaction with life scale statements
Main predictors	
Telework frequency	Number of days per week the respondent is teleworking
TW x gender*	1: Female teleworker, 2: Male teleworker, 3: Female non-teleworker, 4: Male non-teleworker
TW x children**	1: Teleworker with children; 2: Teleworker without children; 3: Non-teleworker with children; 4: Non-teleworker without children
Control variables	
Telework mismatch	Difference between actual and preferred teleworking frequency
Dual-teleworker	1: Respondent and partner telework at least once per week; 0: Otherwise
Female	1: Respondent is female; 0: Respondent is male
Age	Age of the respondent (in years)
Higher education degree	1: Respondent obtained a bachelor degree or higher; 0: Otherwise
Income > € 5500	1: Monthly household income over € 5500; 0: Otherwise
Income € 3501 - € 5500	1: Monthly household income € 3501 - € 5500; 0: Otherwise
Income under € 3500	1: Monthly household income under € 3500; 0: Otherwise
Living with partner	1: Living with partner; 0: Otherwise
Dual-earners	1: Dual-earner household; 0: Single-earner household
Number of children	Number of children living in the household
Youngest child under 6	1: Youngest child in the household is under the age of 6; 0: Otherwise
Youngest child 6-11	1: Youngest child in the household is between the age of 6 and 11; 0: Otherwise
Youngest child 12-17	1: Youngest child in the household is between the age of 12 and 17; 0: Otherwise

Youngest child +18	<u>1</u>: Youngest child in the household is over the age of 18; 0: Otherwise
Working fulltime	<u>1</u>: Working full-time; 0: Working part-time
Work frequency	Number of days per week working
Drivers licence	1: Respondent has a drivers licence; 0: Otherwise
Number of cars	Number of cars in the household
Main commute mode	1: Bike; 2: Ebike, moped or motorbike; 3: Train; 4: Tram, bus or metro; <u>5</u>: Car
Commute distance	Average one-way commute distance (in kms)
Commute duration	Usual one-way commute travel time (in minutes)
Commute trips	Weekly number of commute round trips
Neighbourhood	Very rural (0) to very urban (100) residential neighbourhood, as perceived by the respondent
SWLS (OLS 1)	Average value of 5 satisfaction with life scale statements
CWB (OLS 2)	Average value of the 9 Satisfaction with travel scale variables

3   * The gender-telework interaction variable is only added in the gender model

4   ** The childcare-telework interaction variable is only added in the childcare model

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7   **Table 2A.** Descriptives

Variable	Mean	Std.	Min.	Max.
CWB	4.61	1.18	1	7
SWL	3.57	0.69	1	5
Telework frequency	1.79	1.21	0	5
Telework mismatch	-0.59	0.97	-5	4
Dual-teleworker	0.35	0.48	0	1
Female	0.65	0.48	0	1
Age (years)	40.44	11.1	22	65
Higher education degree	0.93	0.26	0	1
Income over € 5500	0,34	0,48	0	1
Income € 3501 - € 5500	0.42	0.49	0	1
Income under € 3500	0.23	0.42	0	1
Living with partner	0.74	0.44	0	1
Dual-earners	0.69	0.46	0	1
Number of children	0.95	1.11	0	5
Youngest child under 6	0.12	0.33	0	1
Youngest child 6-11	0.12	0.33	0	1
Youngest child 12-17	0.13	0.33	0	1
Youngest child over 18	0,12	0,33	0	1
Working fulltime	0.79	0.41	0	1
Work frequency	4.75	0.62	1	5
Drivers licence	0.93	0.26	0	1
Number of cars	1.33	0.8	0	5
Main mode bike	0.27	0.44	0	1
Main mode ebike, motorbike	0.19	0.39	0	1
Main mode train	0.18	0.38	0	1
Main mode tram, bus, metro	0.05	0.21	0	1
Main mode car	0,32	0,47	0	1
Commute distance (km)	20.15	19.17	0.5	138
Commute duration (min)	35.09	22.14	3	125
Commute trips	3.65	1.36	0	9
Neighbourhood	60.72	30.48	0	100

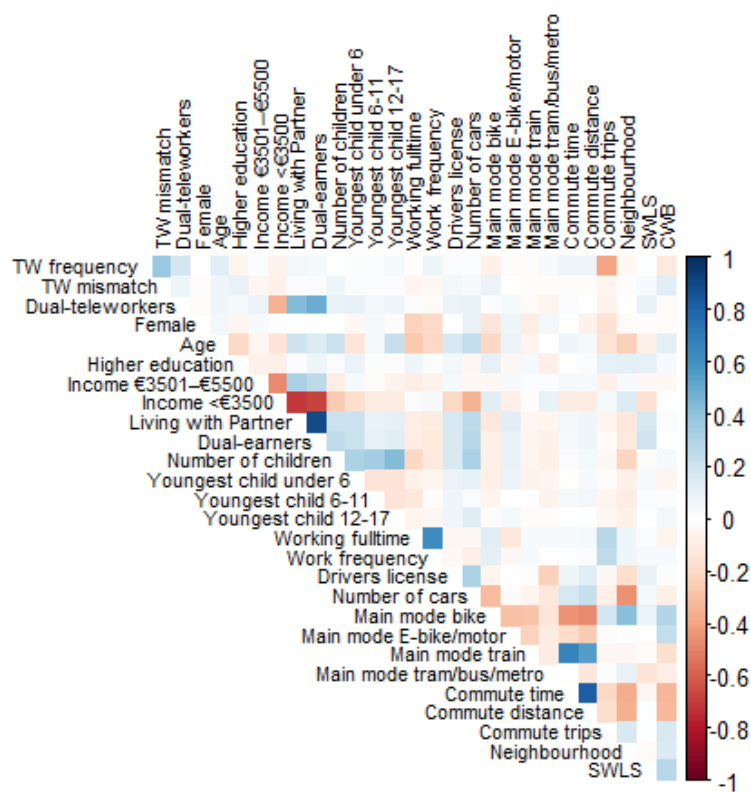8

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12   **Table 3A.** Correlation matrix

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Table 4A. Commute wellbeing – Gender Model outcomes

	Coefficient	t-test	p-value
Intercept	1.494	3.098	0.002
Telework frequency	-0.158	-3.955	< 0.001***
Telework mismatch	0.168	4.356	< 0.001***
Dual-teleworker	-0.024	-0.29	0.772
Male teleworker	0.045	0.565	0.572
Female non-teleworker	-0.066	-0.439	0.661
Male non-teleworker	-0.114	-0.763	0.446
Age	0.022	6.259	< 0.001***
Higher education degree	0.149	1.069	0.285
Income € 3501 - €5500	0.100	1.190	0.234
Income < € 3500	0.149	1.179	0.239
Dual-earners	-0.095	-0.887	0.375
Number of children	-0.012	-0.246	0.805
Youngest child under 6	0.088	0.68	0.497
Youngest child 6-11	0.137	1.035	0.301
Youngest child 12-17	0.018	0.133	0.895
Working fulltime	-0.148	-1.331	0.184
Work frequency	0.162	2.373	0.018
Drivers license	-0.073	-0.497	0.619
Number of cars	0.073	1.333	0.183
Main mode bike	1.003	9.035	< 0.001***
Main mode ebike, motorbike	1.117	10.593	< 0.001***
Main mode train	0.495	3.726	< 0.001***
Main mode tram, bus, metro	0.284	1.598	0.110
Commute duration	-0.01	-4.236	< 0.001***
Commute trips	0.023	0.789	0.431
Neighbourhood	-0.001	-0.972	0.332
Satisfaction with life scale	0.429	8.347	< 0.001***

Significance levels: *** p < 0.01, ** p < 0.05, * p < 0.1

Table 5A. Commute wellbeing – Childcare Model outcomes

	Coefficient	t-test	p-value
Intercept	1.597	3.263	0.001
Telework frequency	-0.16	-3.962	< 0.001***
Telework mismatch	0.168	4.337	< 0.001***
Dual-teleworker	-0.025	-0.296	0.768
Teleworker, without children	-0.055	-0.676	0.499
Non-teleworker, with children	-0.075	-0.448	0.654
Non-teleworker, without children	-0.188	-1.268	0.205
Female	-0.022	-0.306	0.759
Age	0.022	6.189	< 0.001***
Higher education degree	0.158	1.137	0.256
Income € 3501 - €5500	0.102	1.227	0.220

Income < € 3500	0.154	1.224	0.221
Dual-earners	-0.08	-0.757	0.449
Working fulltime	-0.154	-1.373	0.170
Work frequency	0.172	2.518	0.012
Drivers license	-0.076	-0.515	0.607
Number of cars	0.055	1.028	0.304
Main mode bike	0.978	8.962	< 0.001***
Main mode ebike, motorbike	1.097	10.494	< 0.001***
Main mode train	0.48	3.649	< 0.001***
Main mode tram, bus, metro	0.261	1.476	0.140
Commute duration	-0.01	-4.239	< 0.001***
Commute trips	0.021	0.69	0.490
Neighbourhood	-0.001	-0.952	0.341
Satisfaction with life scale	0.427	8.322	< 0.001***

20 Significance levels: *** $p < 0.01$, ** $p < 0.05$, * $p < 0.1$

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23 **Table 6A**. General life satisfaction – Gender Model outcomes

	Coefficient	t-test	p-value
Intercept	3.054	10.151	< 0.001***
Telework frequency	0.034	1.282	0.200
Telework mismatch	-0.029	-1.130	0.259
Dual-teleworker	-0.055	-0.991	0.322
Male teleworker	-0.043	-0.829	0.407
Female non-teleworker	0.076	0.772	0.441
Male non-teleworker	0.109	1.110	0.267
Age	-0.008	-3.370	0.001***
Higher education degree	0.080	0.875	0.382
Income € 3501 - €5500	-0.206	-3.774	< 0.001***
Income < € 3500	-0.257	-3.090	0.002***
Dual-earners	0.254	3.647	< 0.001***
Number of children	-0.091	-2.818	0.005***
Youngest child under 6	0.061	0.709	0.479
Youngest child 6-11	0.062	0.710	0.478
Youngest child 12-17	0.089	0.998	0.319
Working fulltime	-0.001	-0.015	0.988
Work frequency	0.022	0.485	0.628
Drivers license	0.151	1.553	0.121
Number of cars	-0.018	-0.508	0.612
Main mode bike	-0.020	-0.258	0.796
Main mode ebike, motorbike	-0.182	-2.459	0.014**
Main mode train	0.002	0.020	0.984
Main mode tram, bus, metro	-0.304	-2.604	0.009***
Commute duration	4.18e-04	-0.261	0.794
Commute trips	-0.038	-1.966	0.050*
Neighbourhood	-0.002	-2.025	0.043**
CWB	0.186	8.347	< 0.001***

24 Significance levels: *** p < 0.01, ** p < 0.05, * p < 0.1

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