Table 3S. Standardized regression coefficients, critical ratio (CR), p value and direct and indirect effects of factors related to the model

Path	Estimate (total effect)	CR	p	Direct effect	Indirect effect
CSM on PSQI	-0.39	-3.9	**<0.001**	-0.39	-
PSQI on MADRS	0.31	3.08	**0.002**	0.31	-
PSQI on Emotion	0.04	0.38	0.71	0.04	-
PSQI on Motivation	-0.36	-3.57	**<0.001**	-0.36	-
PSQI on Perception	-0.28	-2.72	**0.007**	-0.28	-
PSQI on Interaction	-0.21	-2.03	**0.04**	-0.21	-
PSQI on Cognition	-0.30	-2.96	**0.003**	-0.30	-
CTI-LV vs CSM	-0.69	-5.35	**<0.001**	-	-
MADRS vs Emotion	0.30	2.7	**0.007**	-	-
MADRS vs Motivation	-0.30	-2.7	**0.007**	-	-
MADRS vs Perception	-0.11	-1.04	0.3	-	-
MADRS vs Interaction	-0.55	-4.5	**<0.001**	-	-
MADRS vs Cognition	0.29	2.62	**0.009**	-	-
Emotion vs Motivation	0.22	2.03	**0.04**	-	-
Emotion vs Perception	0.5	4.25	**<0.001**	-	-
Emotion vs Interaction	-0.12	-1.14	0.26	-	-
Emotion vs Cognition	0.42	3.6	**<0.001**	-	-
Motivation vs Perception	0.15	1.42	0.157	-	-
Motivation vs Interaction	0.59	4.7	**<0.001**	-	-
Motivation vs Cognition	0.14	1.25	0.21	-	-
Perception vs Interaction	0.19	1.78	0.07	-	-
Perception vs Cognition	0.11	0.99	0.318	-	-
Interaction vs Cognition	-0.17	-1.55	0.12	-	-
CSM on MADRS	-	-	-	-	-0.12
CSM on Emotion	-	-	-	-	-0.016
CSM on Motivation	-	-	-	-	0.14
CSM on Perception	-	-	-	-	0.108
CSM on Interaction	-	-	-	-	0.08
CSM on Cognition	-	-	-	-	0.116

CR=Critical Ratio; MADRS= Montgomery and Asberg Depression Rating Scale; PSQI= Pittsburgh Sleep Quality Index; CSM= Composite Scale of Morningness; CTI-LV=Circadian Type Inventory-languid/vigorous. The term 'on' is indicative of an association between two variables and the term vs (for versus) is indicative of a correlation between two variables.