

Supplementary materials

Table S1: Basic participants' characteristics by the type of sampling

Variable		No. cases	Snowball <i>n</i> = 208 (40.5%)	Field <i>n</i> = 305 (59.5%)	<i>P</i> -value (χ^2 /t-test)
Age, mean (SD)		510	32.48 (16.11)	39.19 (14.26)	<0.001
Gender: Male, <i>n</i> (%)		513	51 (24.5)	134 (43.9)	<0.001
Ethnicity: Bulgarian, <i>n</i> (%)		512	176 (85.0)	260 (85.2)	1.000
Education, <i>n</i> (%)		513			<0.001
	Basic		1 (0.5)	6 (2.0)	
	Upper secondary		135 (64.9)	122 (40.0)	
	Bachelor/master		63 (30.3)	173 (56.7)	
	PhD, DSc		9 (4.3)	4 (1.3)	
Marital status, <i>n</i> (%)		512			0.002
	Married/having a spouse		111 (53.6)	207 (67.9)	
	Single		83 (40.1)	74 (24.3)	
	Widowed		4 (1.9)	8 (2.6)	
	Divorced		9 (4.3)	16 (5.2)	
Occupation, <i>n</i> (%)		512			<0.001
	Employed		80 (38.5)	206 (67.8)	
	Studying		115 (55.3)	59 (19.4)	

	Unemployed		1 (0.5)	17 (5.6)	
	Retired		12 (5.8)	22 (7.2)	
Socioeconomic status, <i>n</i> (%)		511			0.437
	Lower		51 (24.6)	87 (28.6)	
	Middle		149 (72.0)	203 (66.8)	
	Upper		7 (3.4)	14 (4.6)	
Type 2 diabetes: Yes, <i>n</i> (%)		508	11 (5.4)	24 (7.9)	0.291
Family history of diabetes: Yes, <i>n</i> (%)		497	67 (33.2)	90 (30.5)	0.556
BMI, mean (SD)		507	22.67 (4.55)	23.74 (4.10)	0.007
Pack years of smoking, mean (SD)		505	4.06 (8.12)	6.74 (14.47)	0.008
Years residential exposure to loud noise, mean (SD)		502	3.02 (8.00)	2.57 (6.76)	0.515
Years occupational exposure to loud noise, mean (SD)		504	2.12 (6.40)	4.23 (8.61)	0.002
Noise sensitivity, mean (SD)		478	3.35 (0.79)	3.35 (0.74)	0.925
Noise annoyance, mean (SD)		509	5.62 (2.36)	5.43 (2.13)	0.345
Perceived air quality, mean (SD)		485	5.43 (2.32)	5.55 (1.93)	0.546
Perceived severity of air pollution, mean (SD)		486	5.70 (2.43)	5.73 (1.96)	0.882
Air pollution annoyance, mean (SD)		485	5.83 (2.52)	5.79 (2.11)	0.870
Duration of residence, mean (SD)		485	13.49 (13.75)	17.88 (14.28)	0.001

Bedroom location: Noisy side, <i>n</i> (%)	481	62 (32.5)	71 (24.5)	0.061
Apartment floor, mean (SD)	483	4.50 (3.28)	3.62 (2.35)	0.001
Sport activity, mean (SD)	482	1.57 (2.08)	1.11 (2.41)	0.026
Wholegrain meals, mean (SD)	481	3.96 (3.22)	3.20 (2.98)	0.009
Alcohol beverages	474	1.31 (1.76)	1.20 (1.59)	0.485
Meat meals, mean (SD)	486	4.29 (3.28)	4.04 (2.83)	0.384
Soda beverages, mean (SD)	472	1.87 (2.40)	1.39 (1.97)	0.024
Sweet treats	480	4.09 (2.90)	2.99 (2.21)	<0.001
Sleep disturbance, mean (SD)	510	4.31 (3.49)	3.99 (2.75)	0.277
Self-reported traffic intensity, <i>n</i> (%)	496			0.598
	Very rare/no traffic		34 (17.3)	64 (21.4)
	Moderately busy street		76 (38.6)	96 (32.1)
	Considerably busy street		32 (16.2)	49 (16.4)
	Heavy traffic		29 (14.7)	45 (15.1)
	Extremely busy street/extreme traffic		26 (13.2)	45 (15.1)
Nights with open bedroom windows, mean (SD)	465	5.88 (2.11)	5.57 (2.34)	0.126
L_{den} [dB], <i>n</i> (%)	303			0.056
	51–55		15 (9.8)	3 (2.0)
	56–60		12 (7.8)	15 (10.0)

	61–65		32 (20.9)	29 (19.3)	
	66–70		41 (26.8)	54 (36.0)	
	71–75		49 (32.0)	45 (30.0)	
	76–80		4 (2.6)	4 (2.7)	
	>80		0 (0.0)	0 (0.0)	
PM _{2.5} [$\mu\text{g}/\text{m}^3$], <i>n</i> (%)		334			0.113
	0.0–17.5		2 (1.1)	0 (0.0)	
	17.5–20.3		20 (11.4)	21 (13.3)	
	20.3–25.0		26 (14.8)	16 (10.1)	
	25.0–40.0		77 (43.8)	58 (36.7)	
	40.0–66.8		51 (29.0)	63 (39.9)	
BaP [ng/m^3], <i>n</i> (%)		334			<0.001
	0.0–1.0		1 (0.6)	0 (0.0)	
	1.0–3.75		36 (20.5)	23 (14.6)	
	3.75–6.0		32 (18.2)	60 (38.0)	
	6.0–9.75		106 (60.2)	75 (47.5)	
	9.75–14.02		1 (0.6)	0 (0.0)	

Note. Percentages are reported within the “type of sampling” variable. Calculations are based on the valid number of cases in the original dataset (i.e., excluding cases with missing values on “type of sampling” and/or respective participants’ characteristics)