

Assessed for eligibility 1513 conscripts  
(1st cohort 359, 2nd cohort 619, 3rd cohort 272  
and 4th cohort 263 conscripts)

Refused to participate (24 conscripts)

Excluded 36 conscripts:  
36 women

4 companies; 1453 conscripts

Lost to follow-up during two-week run-in period (n=42):  
34 medical discharges  
5 applied for non-military service  
2 missing patient records  
1 postponement of service

Follow-up of 180 days or until drop-out:  
1411 conscripts analysed

Drop-outs after two-week run-in period (included in the  
analyses for the time they participated):

- 19 applied for non-military service
- 7 conscripts were previously discharged and continued the service for 70-165 days
- 12 were moved to companies where the amount of physical training was higher after the basic military training period (initial 8 weeks)
- 1 died (not during active military training)

**133 Dropped out due to medical discharge  
after two-week run-in period  
(59 musculoskeletal disorders/injuries,  
39 mental and behavioral disorders,  
17 diseases of the respiratory system,  
18 due to other diagnoses)**

Completed follow-up of 180 days (n=1239/1411)  
Exposures were reported for  
July 10, 2006 through January 5, 2007 (1st cohort)  
January 8, 2007 through July 6, 2007 (2nd cohort)  
July 9, 2007 through January 4, 2008 (3rd cohort)  
January 7, 2008 through July 4, 2008 (4th cohort)