

**Additional file 1.** Self-constructed questionnaire items

Constructs	Questions
Ageing & Human Resources	<ul style="list-style-type: none"> <li>• At what age do you plan to retire?</li> <li>• Would you work longer if you would have one of the following options: (Flexible work hours, job sharing, part-time work, other)</li> <li>• With increasing age, it is important to me to: (Have more privacy, eat differently, have a good night's rest, stay in close contact with family and friends, other)</li> <li>• Have you been discriminated against due to your age in the last 12month?</li> </ul>
Work Functioning	<ul style="list-style-type: none"> <li>• If you could give yourself a score, which score would you give yourself for your functioning at work?</li> <li>• How satisfied are you with your functioning at work?</li> </ul>
Physical Environment	<ul style="list-style-type: none"> <li>• In general, how would you rate the following environments? (Sleeping accommodations, ALQs/TLQs, canteen, recreation rooms, exercise facilities, your workplace, heliport)</li> </ul>
Environmental stressors	<ul style="list-style-type: none"> <li>• Please indicate how satisfied you are with the following environmental factors. (ventilation, illumination, temperature, noise, air pollution, motion of the platform, smell, interior of accommodation)</li> </ul>
Social Environment	<ul style="list-style-type: none"> <li>• How would you rate the social atmosphere on-board?</li> <li>• How would you characterize your working relationship with your colleagues?</li> <li>• Do you feel accepted by permanent staff? (for contractors)</li> </ul>
Privacy	<ul style="list-style-type: none"> <li>• How satisfied are you with the (sleeping) accommodations?</li> <li>• How satisfied are you with your privacy situation offshore?</li> </ul>
Food Offshore	<ul style="list-style-type: none"> <li>• In general, how would you rate the food, which is provided offshore?</li> <li>• How do you rate the food choice/variability, which is provided offshore?</li> <li>• How do you rate the food quality, which is provided offshore?</li> </ul>

	<ul style="list-style-type: none"><li>• How do you rate the preparation of food?</li><li>• How often do you eat a warm meal during a regular working day?</li></ul>
Dips Offshore	<ul style="list-style-type: none"><li>• If you are offshore for 2 weeks, do you, at some point, experience a 'dip' (mentally and or physically)?</li><li>• During this 'dip' are you: mentally worn out; physically worn out or both mentally and physically worn out?</li></ul>