

Additional file 1: **List of Diseases and Life Events**

Diseases were reported by the participants on the following survey question in the Health and Social Support study (originally in Finnish or Swedish):

Has a doctor ever said, that you have or had had any of the following conditions (yes/no):

Long term bronchitis or bronchiectasis

Lung asthma

Allergic rhinitis e.g. hay fever

High blood pressure

Hypertension

High cholesterol

Diabetes

Myocardial infarction or coronary thrombosis

Angina pectoris, i.e. chest pain caused by coronary artery disease

Atrial fibrillation or atrial flutter

Stroke

Other cerebrovascular accident

Peptic ulcer

Celiac disease

Liver disease

Kidney disease

Rheumatoid arthritis

Arthrosis

Sciatica

Fibromyalgia

Cataract or glaucoma

Migraine

Epilepsy

Brain injury

Meningitis or encephalitis

Other cerebral disease of neurological disease

Depression

Panic disorder

Eating disorder

Other mental disorder

Malignant tumor

Other chronic or severe disease, which?

Negative life events (21 items).

Participants were asked if any of the following life events had happened (yes/no) during the previous 6 months/5 years/ earlier/ not at all. Participants also rated the happening as not so not so burdensome, burdensome, or extremely burdensome. [21,31]

Death of spouse

Death of own child

Death of mother

Death of father

Death of a close relative

Death of a close friend

Severe illness of a family member

Abortion (own or spouse's)

Misscarriage (own or spouse's)

Major difficulties with employer (Huomattavat vaikeudet esimiehen kanssa?)

Major difficulties with co-workers

Financial hardships (Oman taloudellisen tilanteen huomattava vaikeutuminen)

Divorce or separation

Increase in relational problems with spouse

Breakdown of a longterm friendship

Loss of one's job

Retirement

Unemployment of spouse

Illness causing work disability of over 21 days

Severe injury

Being victim of physical, psychological, or sexual violence.