

Supplementary material

Predictors of working days lost due to sickness absence and disability pension

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Table S1: Complete case analysis of average number of days lost due to sickness absence and disability pension and gender-adjusted incidence rate ratio (IRR) of total number of days lost due to sickness absence or disability pension according to background characteristics at baseline

| Characteristic | N | % | Average number of days lost | | IRR | 95% CI |
|--|------|------|-----------------------------|--------------------|------|-----------|
| | | | Sickness absence | Disability pension | | |
| Overall | 1630 | 100 | 139 | 179 | | |
| Gender | | | | | | |
| Women | 1327 | 81.4 | 147 | 180 | 1 | |
| Men | 303 | 18.6 | 105 | 171 | 0.92 | 0.77-1.10 |
| Education | | | | | | |
| Elementary or middle school | 381 | 23.5 | 188 | 286 | 1 | |
| Vocational school or equivalent | 367 | 22.7 | 174 | 242 | 0.84 | 0.68-1.03 |
| College or university degree | 871 | 53.8 | 103 | 107 | 0.47 | 0.39-0.55 |
| Occupational class | | | | | | |
| Managers or professionals | 528 | 32.5 | 86 | 102 | 1 | |
| Semi-professionals | 290 | 17.9 | 130 | 170 | 1.66 | 1.35-2.03 |
| Routine non-manual workers | 589 | 36.3 | 165 | 186 | 1.88 | 1.58-2.24 |
| Manual workers | 217 | 13.3 | 209 | 360 | 2.96 | 2.36-3.71 |
| Smoking | | | | | | |
| Never | 921 | 56.9 | 125 | 151 | 1 | |
| Past | 388 | 24.0 | 145 | 183 | 1.22 | 1.02-1.45 |
| Current | 309 | 19.1 | 173 | 250 | 1.44 | 1.19-1.73 |
| Body mass index | | | | | | |
| Normal | 716 | 44.3 | 117 | 143 | 1 | |
| Overweight | 602 | 37.2 | 143 | 184 | 1.33 | 1.13-1.55 |
| Obesity | 299 | 18.5 | 182 | 250 | 1.63 | 1.34-1.98 |
| Leisure-time physical activity | | | | | | |
| Low | 498 | 32.4 | 150 | 215 | 1 | |
| Moderate | 701 | 45.6 | 142 | 154 | 0.79 | 0.67-0.93 |
| Vigorous | 339 | 22.0 | 123 | 189 | 0.83 | 0.68-1.01 |
| Binge drinking (once a month or more) | | | | | | |
| No | 1273 | 79.9 | 135 | 168 | 1 | |
| Yes | 321 | 20.1 | 154 | 227 | 1.34 | 1.12-1.61 |
| Heavy lifting, or pulling or pushing heavy loads | | | | | | |
| No | 1079 | 67.3 | 111 | 112 | 1 | |
| Yes | 523 | 32.7 | 193 | 305 | 2.22 | 1.91-2.58 |
| Back rotations | | | | | | |
| No | 915 | 57.0 | 109 | 114 | 1 | |
| Yes | 689 | 43.0 | 177 | 260 | 1.99 | 1.72-2.30 |
| Awkward working positions | | | | | | |

| Characteristic | N | % | Average number of days lost | | IRR | 95% CI |
|--|------|------|-----------------------------|--------------------|------|-----------|
| | | | Sickness absence | Disability pension | | |
| No | 804 | 50.2 | 106 | 112 | 1 | |
| Yes | 798 | 49.8 | 170 | 239 | 2.03 | 1.75-2.34 |
| Job strain | | | | | | |
| No | 1201 | 74.5 | 133 | 161 | 1 | |
| Yes | 412 | 25.5 | 157 | 225 | 1.35 | 1.15-1.59 |
| Long-standing illness | | | | | | |
| No | 954 | 60.8 | 104 | 97 | 1 | |
| Yes, not limiting work or daily activities | 226 | 14.4 | 130 | 97 | 1.15 | 0.94-1.41 |
| Yes, limiting work or daily activities | 389 | 24.8 | 220 | 423 | 3.33 | 2.83-3.93 |
| Common mental disorder | | | | | | |
| No | 1204 | 74.2 | 126 | 123 | 1 | |
| Yes | 418 | 25.8 | 175 | 331 | 1.98 | 1.68-2.32 |
| Number of pain sites | | | | | | |
| None | 799 | 53.1 | 100 | 89 | 1 | |
| One | 341 | 22.7 | 142 | 165 | 1.70 | 1.42-2.03 |
| Two or more | 364 | 24.2 | 209 | 350 | 2.98 | 2.50-3.55 |

Table S2: Full model incidence rate ratio (IRR) of days lost due to sickness absence or disability pension according to background characteristics at baseline in men

| Characteristic | IRR | 95% CI |
|--|------|-----------|
| Smoking (ref: never) | | |
| Past | 1.13 | 0.75-1.70 |
| Current | 2.16 | 1.32-3.54 |
| Body mass index (ref: normal) | | |
| Overweight | 1.66 | 1.12-2.46 |
| Obesity | 0.81 | 0.47-1.39 |
| Binge drinking (once a month or more vs. no) | 1.32 | 0.91-1.91 |
| Back rotations | 2.06 | 1.08-3.92 |
| Awkward working positions | 0.55 | 0.30-1.01 |
| Long-standing illness (ref: no) | | |
| Yes, not limiting work or daily activities | 1.38 | 0.80-2.38 |
| Yes, limiting work or daily activities | 2.67 | 1.61-4.41 |
| Common mental disorder | 1.48 | 0.95-2.30 |
| Number of pain sites (ref: none) | | |
| One | 0.80 | 0.38-1.65 |
| Two or more | 2.60 | 1.45-4.65 |