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 |