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The impact of stress and life style factors on short-term sickness absence in a large Danish industrial company

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Supplemental Material. Questions and response distribution in percent from the questionnaire

1. The following questions are about how you have felt in the last 4 weeks.
(One cross in each line)

	All the time	Most of the time	A part of the time	A bit of the time	Not at all
How often have you been irritable?	0.1%	4.4%	16.3%	62.2%	16.1% unansw 1%
How often have you been impatient?	0.4%	5.2%	18.3%	57.2%	17.7% unansw1.2%
How often have you been anxious?	0.3%	2.8%	7.1%	27.4%	61.2% unansw 1.2%
How often have you been tense?	0.5%	6.2%	15.7%	45.9%	30.4% unansw 1.4%
How often have you felt being under pressure?	1.5%	10.5%	20.8%	44.0%	22.2% unansw 1.0%
How often have you been unable to relax?	0.7%	9.4%	20.2%	47.6%	20.9% unansw 1.2%
How often have you had difficulty remembering?	0.5%	3.7%	10.5%	41.0%	43.5% unansw 0.9%
How often have you had difficulty thinking clearly?	0.2%	1.9%	6.8%	37.2%	53.0% unansw 0.9%
How often have you had difficulty making decisions?	0.1%	1.5%	5.5%	33.8%	58.2% unansw 0.9%
How often have you had difficulty concentrating?	0.2%	2.5%	9.2%	42.7%	44.4% unansw 1.0%

Most of the time/all the time at least one stress symptom in the last 4 weeks					
	Yes, stress symptom most of/all the time in last 4 weeks		No		All
	Quantity (Quant.)	%	Quant.	%	
Proportion in groups which have been short-term sickness absent within 14 days	2018	26.0	5735	74.0	7753
		20.0		14.2	

2. Do you feel stressed in your daily life?

- Yes, often
 - Yes, some of the time
 - No, almost never
 - Don't know
- Unanswered:

Proportion in percent	Proportion of short-term sickness absents within 14 days (%)
12.6%	21.5%
65.4%	15.6%
21.3%	13.4%
0.3%	-
0.4%	-

3. Do you find yourself getting enough sleep to feel rested?

- Yes, usually
 - Yes, but not often enough
 - No, never or almost never
- Unanswered:

Proportion in percent	Proportion of short-term sickness absents within 14 days (%)
56.7%	14.1%
34.9%	17.2%
7.8%	23.3%
0.6%	-

4A. How tall are you (without footwear)?

Height in cm

mean: 174.2 cm

4B. How much do you weigh? (in kilos without clothes)

Write weight in kg

mean: 74.6 kg

BMI in categories (WHO)							
	Under/normal weight < 25		Overweight 25-29.9		Fat 30+		All
	Quant.	%	Quant.	%	Quant.	%	
Proportion in groups which have been short-term sickness absent within 14 days	4798	62.5	2332	30.4	553	7.2	7683
		15.0		16.1		22.8	

5A How often do you usually eat the following? (One cross in each line)

	Never/ very rarely	Less than once a week	Once a week	Several times a week	Every day	Several times a day
Prepared vegetables (eg. cooked or as an accompaniment in a wok)	2.0%	7.1%	11.0%	52.0%	23.9%	3.4% unansw: 0.6%
Salad/raw food/"snack veggies" (e.g. carrot, tomato, cucumber)	1.3%	4.4%	7.3%	42.1%	37.3%	7.2% unansw: 0.5%
Fruit (eg. apple, banana, orange)	1.5%	3.9%	6.8%	32.0%	34.9%	20.4% unansw: 0.5%
Fish	8.1%	32.5%	37.2%	20.4%	1.0%	0.2% unansw: 0.6%

5B What type of fat do you use on bread? (You may tick off more than one)

<input type="checkbox"/>	None	57.5%
<input type="checkbox"/>	Margarine, diet	5.2%
<input type="checkbox"/>	Plant-based margarine	5.3%
<input type="checkbox"/>	Butter or mixed butter products	55.2%
<input type="checkbox"/>	Fat	1.9%
<input type="checkbox"/>	Other fat products, write which _____	1.3%

5C What type of fat do you use in your cooking? (You may tick off more than one)

<input type="checkbox"/>	None	9.2%
<input type="checkbox"/>	Margarine, diet	32.6%
<input type="checkbox"/>	Plant-based margarine	10.6%
<input type="checkbox"/>	Butter or mixed butter products	24.5%
<input type="checkbox"/>	Fat/palm oil	0.3%
<input type="checkbox"/>	Food/Salad/Rapeseed oil	24.8%
<input type="checkbox"/>	Olive oil	63.8%
<input type="checkbox"/>	Corn/Sunflower/or Grapeseed oil	40.6%
<input type="checkbox"/>	Other fat products, write which _____	3.4%

Overall Food Habit Score in categories*)							
	0-2 points – unhealthy food		3-5 points – medium healthy food		6-8 points healthy food		All
	Quant.	%	Quant.	%	Quant.	%	
Proportion in groups which have been short-term sickness absent within 14 days	735	9.6	6090	79.2	863	11.2	7688
		18.8		15.7		14.6	

*) Food score is based on the following questions:

Vegetables: (5A1 + 5A2)

Fruit (5A3)

Fish (5A4)

Fat (5B+5C)

Reference:

Toft U, Kristoffersen LH, Lau C, Borch-Johnsen K, Jørgensen T. The Dietary Quality Score: validation and association with cardiovascular risk factors: the inter99 study. *European Journal of Clinical Nutrition*; 61 (2): 270-8, 2007

Unhealthy food score is: 0-2 points

Medium healthy food score is: 3-5 points

Healthy food score is: 6-8 points

Score Vegetables: 0 point: <= 1/week (or several times/week for one of them)
1 point: several times/week for both questions
2 points: every day for at least one of the questions+

Score fruit: 0 point: <= 1/week (or several times for one of them)
1 point: several times/week
2 points: 1/day+

Score fish: 0 point: very rarely or never
1 point: 1/week
2 points: several times/week+

Overall score for fat products in diet:
0 point: score "0" in both fat questions
1 point: score "1-3" when adding scores in both fat questions
2 points: score "4" when adding scores in both fat questions

(Score criteria for the two fat questions:)

Score fat on bread 0 point: answers other than for 1 and 2
1 point: margarine (calorie) or plant-based margarine
2 points: nothing

Score fat in cooking 0 point: butter, fat, margarine or other fat products
1 point: vegetable-based and other oil products
2 points: nothing or olive oil

6. Do you smoke?

	Proportion in percent	Proportion of short-term sickness absents within 14 days (%)
<input type="checkbox"/> Yes, daily	17.5%	21.1%
<input type="checkbox"/> Yes, but there are days when I do not smoke	2.8%	15.1%
<input type="checkbox"/> Yes, occasionally (less than 1 cigarette, cigarillo, cigar or pipe stop daily)	4.7%	-
<input type="checkbox"/> No, I have quit smoking	21.2%	15.4%
<input type="checkbox"/> No, I've never smoked	52.6%	14.6%
unanswered:	1.1%	

7. How much of the following have you drunk on average per week in the last 12 months?

<input type="text"/>	Regular beers per week	mean: 2.2	>=1: 55.2%
<input type="text"/>	Strong beers per week	mean: 0.3	>=1: 8.0%
<input type="text"/>	Glasses of wine per week (1/1 bot. Wine = 6 glasses)	mean: 4.1	>=1: 76.6%
<input type="text"/>	Glasses of liqueur per week (eg. sherry, port wine)	mean: 0.1	>=1: 4.7%
<input type="text"/>	Glasses of schnapps or other spirits per week	mean: 0.6	>=1: 20.1%
<input type="text"/>	I do not drink alcohol at all (unanswered)	7.8%	(6.5%)

Regularly exceeds recommended weekly alcohol limit					
	Yes, regularly exceeds item limit (14/21)		No		All
	Quant.	%	Quant.	%	
	459	5.9	7294	94.1	7753

Alcohol habits among employees in categories

	Proportion in percent	Proportion of short-term sickness absents within 14 days (%)
Employees who don't drink alcohol	14.3%	20.0%
Employees who drinks below limits	67.1%	14.1%
Employees who exceeds 7/14 up to 14/21 st.dr./week	12.8%	11.0%
Employees who exceeds 14/21 up to 21/28 st.dr./week	3.9%	9.9%
Employees who exceeds 21/28 st.dr./week	1.9%	20.3%

8. How many hours per week are you physical active? (please mark the option that is closest to your activity level – include walks, bike rides, gardening and transportation to work)

	Proportion in percent	Proportion of short-term sickness absents within 14 days (%)	
<input type="checkbox"/> None	0.9%	29.8%	} 24.2%
<input type="checkbox"/> Approx. half an hour per week	1.9%	21.9%	
<input type="checkbox"/> Approx. 1 hour per week	8.5%	17.1%	} 15%
<input type="checkbox"/> Approx. 2-3 hours per week	34.0%	16.4%	
<input checked="" type="checkbox"/> Approx. 3-4 hours per week	32.9%	15.0%	
<input type="checkbox"/> Approx. 4-6 hours per week	16.2%	15.0%	
<input type="checkbox"/> 7 hours or more	5.7%	15.1%	
unanswered:	0.5%	-	

SUBMITTED MANUSCRIPT