

## 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 20.0	5735	74.0 14.2	7753

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 15.0	2332	30.4 16.1	553	7.2 22.8	7683

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

\*) 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%	
<input type="checkbox"/> Approx. 2-3 hours per week	34.0%	16.4%	15%
<input type="checkbox"/> <b>Approx. 3-4 hours per week</b>	<b>32.9%</b>	<b>15.0%</b>	
<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%	-	