

## Supplementary file

### **Does ‘existential unease’ predict adult multimorbidity? Analytical cohort study on embodiment based on the Norwegian HUNT population**

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## **APPENDIX 1**

Questions used for evaluation of 'existential' unease as they appear in the HUNT2 questionnaire:

**Thinking about your life at the moment, would you say that you by and large are satisfied with life, or are you mostly dissatisfied?**

*Very satisfied, Satisfied, Somewhat satisfied, Neither satisfied nor dissatisfied, Somewhat dissatisfied, Dissatisfied, Very dissatisfied*

**I have a positive opinion of myself**

*Strongly agree, Agree, Disagree, Strongly Disagree*

**Do you feel that you have a meaningful life?**

*Yes, No*

**All things considered, how much do you enjoy your work?**

*A great deal, A fair amount, Not much, Not at all*

**During the last year, has it at any time been difficult to meet the costs of food, transportation, housing and such?**

*Yes, often; Yes, now and again; Yes, though seldom; No, never*

**Do you feel that you have enough good friends?**

*Yes, No*

**Answer with regard to your environment, i.e. neighbourhood/group of farms:**

**One cannot trust each other here**

*Strongly agree, Somewhat agree, Not sure, Somewhat disagree, Strongly disagree*

**I boil with anger, but I don't show it to others**

*Almost never, Sometimes, Quite often, Almost always*

**During the last week: Do you by and large feel calm and good?**

*Almost all the time, Often, Sometimes, Never*

**During the last year, have you been troubled by insomnia to such a degree that it affected your work?**

*Yes, No*

**How is your health at the moment?**

*Poor, Not so good, Good, Very good*

## **APPENDIX 2**

List of the 17 conditions used for estimation of multimorbidity:

- Cardiovascular disease
- Hypertension (excluding those with cardiovascular disease)
- Hyperlipidaemia
- Obesity
- Diabetes
- Chronic back or neck pain
- Thyroid disease
- Asthma
- Cancer
- Mental health problems
- Epilepsy
- Gastro-oesophageal reflux
- Ankylosing spondylitis
- Osteoarthritis
- Rheumatic arthritis
- Fibromyalgia
- Osteoporosis

## APPENDIX 3

### Assessment of the relationship between childhood difficulties and existential unease

In response to one reviewer's suggestion, we also evaluated adult existential unease with regard to difficult childhood, in line with our earlier published work on difficult childhood and adult multimorbidity.

In HUNT 3, the overall quality of the respondents' childhood was addressed by one single question: *'When you think about your childhood, would you describe it as': 'Very good-good-average-difficult-very difficult'*. This question has been described in further detail in our earlier publication.[9]

Figure S2 below is presented to link our present study with this previous work, but it is important to note that the inclusion criteria at baseline in the present study (having only 0-1 established diseases at the age 20-59 years) lead to exclusion of more than half of all respondents who reported a difficult or very difficult childhood, as they were already multimorbid.

Those reporting a very good childhood in HUNT3 reported less unease factors in adult life while the prevalence for higher numbers of unease factors in adulthood increased with the presence of reported childhood difficulties.

A total of 57.9% of those reporting a very good childhood reported no unease factor in adult life compared to 28.1% of those with a very difficult childhood and 1.3% with a very good childhood having 5 or more unease factors compared to 17.2% of those with a very difficult one.

Figure S1. Flow chart of included participants

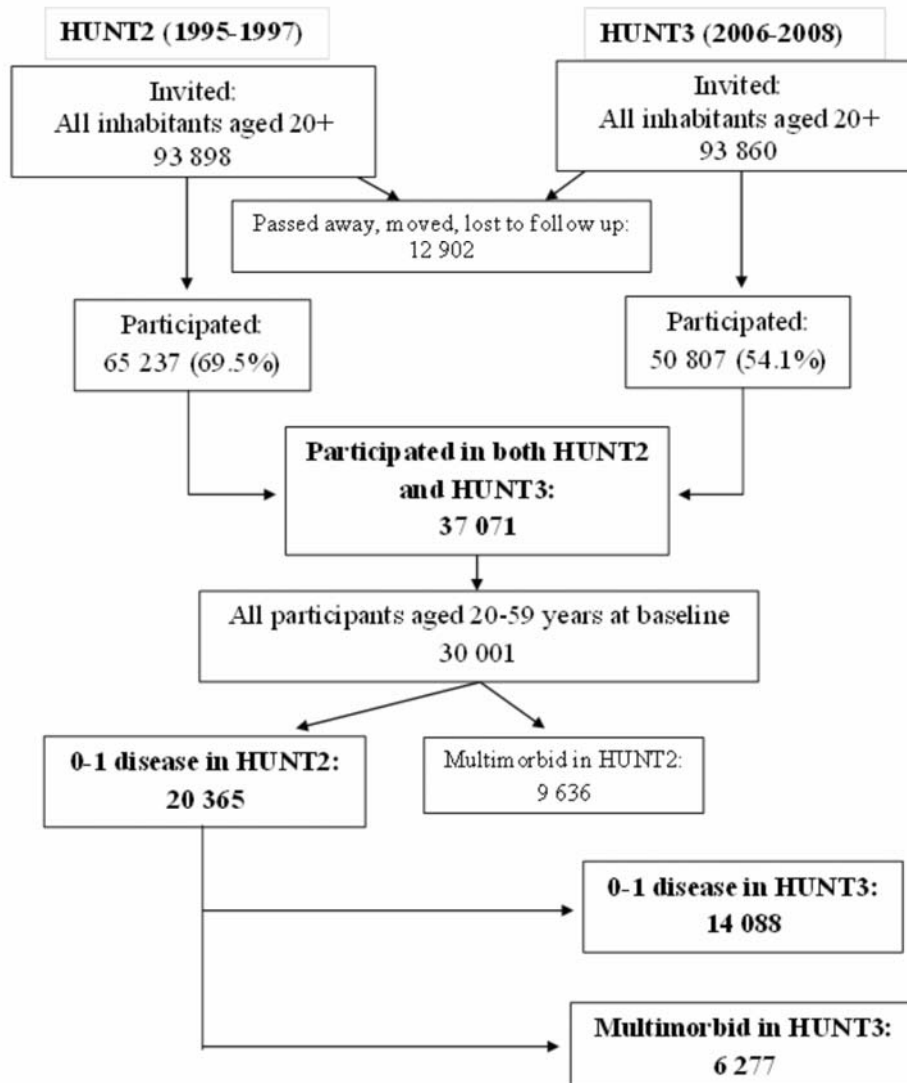


Figure S2. Prevalence of each group of unease factors in HUNT2 with regard to self-reported experience of childhood in HUNT3

