Supplemental Data for Table 3

Association between allostatic load index scores and pain severity, unstandardized beta coefficients with 95% confidence intervals.

Covariates		High risk quartile for each biomarker		High risk for each biomarker if in lowest or highest 10%		High risk for each biomarker based on clinical values		Z-score Summary	
Sex	Female	Referent	*Referent*	*Referent*	*Referent*	*Referent*	*Referent*	Referent	Referent
	Male	**0.23** **(0.18, 0.28)**	**0.25** **(0.20, 0.31)**	*0.14* *(0.09, 0.20)*	*0.13* *(0.07, 0.19)*	*0.75* *(0.67, 0.82)*	*0.82* *(0.74, 0.90)*	0.05 (-0.19, 0.29)	0.06 (-0.20, 0.32)
Age		**0.02** **(0.02, 0.03)**	**0.02** **(0.02, 0.02)**	**0.01** **(0.00, 0.01)**	0.00 (-0.00, 0.01)	**-0.02** **(-0.02, -0.01)**	**-0.02** **(-0.03, -0.02)**	**0.06** **(0.05, 0.07)**	**0.05** **(0.04, 0.07)**
Education		-0.05 (-0.06, 0.04)	**-0.03** **(-0.05, -0.02)**	**-0.02** **(-0.03, -0.00)**	-0.01 (-0.02, 0.00)	**-0.04** **(-0.06, -0.03)**	**-0.02** **(-0.04, -0.00)**	**-0.09** **(-0.14, -0.04)**	**-0.07** **(-0.13, -0.01)**
Smoking	None	-	*Referent*		*Referent*		*Referent*		*Referent*
	Previous	-	0.15 (-0.06, 0.24)		**0.10** **(0.00, 0.20)**		**0.16** **(0.03, 0.29)**		0.49 (-0.06, 0.91)
	Current		**0.20** **(0.11, 0.29)**		0.05 (-0.04, 0.15)		**0.26** **(0.14, 0.39)**		**0.41** **(0.01, 0.81)**
Alcohol		-	**0.03** **(0.02, 0.04)**		-0.00 (-0.01, 0.02)		0.01 (-0.01, 0.03)		**-0.08** **(-0.14, -0.02)**
Physical Activity	Mild		-0.02 (-0.06, 0.01)		0.02 (-0.02, 0.05)		-0.04 (-0.09, 0.01)		**-0.19** **(-0.35, -0.02)**
	Moderate	-	**0.05** **(0.02, 0.08)**		0.03 (-0.01, 0.06)		**0.08** **(0.04, 0.13)**		**0.14** **(0.00, 0.28)**
	Vigorous	-	**0.04** **(0.02, 0.07)**		0.02 (-0.01, 0.03)		**0.09** **(0.06, 0.12)**		**0.15** **(0.05, 0.26)**
Depression		-	0.02 (-0.00, 0.04)		0.02 (-0.01, 0.04)		**0.04** **(0.01, 0.07)**		0.06 (-0.05, 0.16)

Cardiovascular		**0.17** **(0.11, 0.24)**		**0.08** **(0.02, 0.15)**		0.16 (-0.18, 0.25)		**0.61** **(0.31, 0.91)**
Respiratory		**0.14** **(0.05, 0.24)**		-0.00 (-0.10, 0.10)		**0.17** **(0.04, 0.31)**		**0.73** **(0.32, 1.16)**
Cancer		-0.05 (-0.21, 0.10)		0.03 (-0.13, 0.19)		0.03 (-0.18, 0.25)		-0.12 (0.92, 0.58)
Arthritis		-0.02 (0.08, 0.04)		0.00 (-0.06, 0.06)		0.02 (-0.07, 0.10)		-0.21 (-0.49, 0.06)
Diabetes		**0.31** **(0.21, 0.42)**		**0.50** **(0.40, 0.62)**		**0.47** **(0.32, 0.62)**		**0.86** **(0.38, 1.34)**
R^2	0.094	0.129	0.014	0.038	0.078	0.117	0.026	0.045

Model 1: Adjusted for age, gender and education

Model 2: Adjusted for age, gender, education, smoking status, frequency of alcohol consumption, mild, moderate, vigorous activity, depression, CVD,

respiratory disease, cancer, diabetes and arthritis