

Supplementary materials:

1 Items used in this research (translated from the German)

Health symptoms

How often in the last weeks have you suffered from:

	<i>never</i>	<i>rarely</i>	<i>sometimes</i>	<i>often</i>	<i>very often</i>
Digestive problems (diarrhoea, constipation, flatulence)	1	2	3	4	5
Headache/ migraine	1	2	3	4	5
Difficulty initiating or maintaining sleep	1	2	3	4	5
Fatigue/ weakness/ easy tiredness/ weariness	1	2	3	4	5
Nervousness and absent-mindedness	1	2	3	4	5
Lack of concentration/ weakness of memory	1	2	3	4	5
Back pain/ back problems	1	2	3	4	5
Leg pain (varicose veins)	1	2	3	4	5
Hypertension	1	2	3	4	5
Palpitations/ tachycardia/ fast heart beats/ pressure on the breast	1	2	3	4	5
Skin rashes/ itching/ skin redness	1	2	3	4	5
Respiratory problems/ shortness of breath/ breathlessness/ asthma	1	2	3	4	5
Chronic coughing	1	2	3	4	5

Mental strain

Please indicate how strongly you agree or disagree with the following statements:

	<i>I do not agree</i>				<i>I strongly agree</i>
Emotional irritation					
I anger quickly.	1	2	3	4	5
I get grumpy when	1	2	3	4	5

others approach me.					
I get irritated easily, although I don't want this to happen.	1	2	3	4	5
Alienation					
I often do not understand what is actually happening.	1	2	3	4	5
Sometimes I do not know at all what to do in a certain situation.	1	2	3	4	5
Today things change so fast that I often don't know what to go by.	1	2	3	4	5
Emotional exhaustion					
I feel exhausted due to work.	1	2	3	4	5
I look forward to the end of work right from the start.	1	2	3	4	5
At work I am often tired and rather strained.	1	2	3	4	5

Body mass index

May I ask you how tall you are – in centimetres?

And how much do you weigh – in kilograms and without clothes? If you don't know exactly, please give an estimate!

Psychosocial job demands

How strongly do you feel burdened in your professional activity by the following?

	<i>not stressed</i>				<i>strongly stressed</i>
Isolation at the workplace	1	2	3	4	5
Time pressure	1	2	3	4	5
Emotionally burdening and annoying work	1	2	3	4	5
High responsibility for goods and people	1	2	3	4	5
Changes in work routines	1	2	3	4	5

Irregular working hours	1	2	3	4	5
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Personal resources

Physical

	<i>very poor</i>				<i>very good</i>
How would you assess your physical fitness?	1	2	3	4	5
	<i>never</i>				<i>very often</i>
How often do you feel fit enough to do everything you want?	1	2	3	4	5

Mental

How strongly do you agree or disagree with the following statements:

	<i>I do not agree</i>				<i>I strongly agree</i>
I can always manage to solve difficult problems if I try hard enough.	1	2	3	4	5
I am confident that I could deal efficiently with unexpected events.	1	2	3	4	5
Thanks to my resourcefulness, I know how to handle unforeseen situations.	1	2	3	4	5

Social

How strongly do you agree or disagree with the following statements: I have persons beyond my immediate family circle ...

	<i>I do not agree</i>				<i>I strongly agree</i>
... on whom I can count in case of emergency.	1	2	3	4	5
... with whom to talk about very personal things.	1	2	3	4	5
... with whom I can spend my spare time.	1	2	3	4	5

Job resources

How satisfied are you with ...

	<i>not at all satisfied</i>				<i>very satisfied</i>
Job control					
... the possibilities to decide on work processes?	1	2	3	4	5
... the opportunities for co-determination at work?	1	2	3	4	5
... your rights as employee?	1	2	3	4	5
Job rewards					
... your income?	1	2	3	4	5
... the occupational training opportunities?	1	2	3	4	5
... the career and development opportunities?	1	2	3	4	5

Health behaviour

	<i>no</i>			<i>yes</i>		
Do you perform regular exercise in your leisure time?	1			0		
Do you eat healthy food?	1			0		
	<i>not at all</i>			<i>occasionally or regularly</i>		
Do you smoke?	0			1		
	<i>Not at all</i>					<i>Nearly every day</i>
How often do you consume beer, wine or other alcoholic beverages?	1	2	3	4	5	6

2 Descriptive statistics and correlations

Variable	<i>M (SD) / frequency</i>	Missing values (%)	1	2	3	4	5	6	7	8	9	10	11
1 Health symptoms	1.44 (0.49)	0.08	-										
2 Mental strain	1.81 (0.79)	3.26	0.48	-									
3 Body mass index	24.82 (3.5)	1.95	0.14	0.07	-								
4 Job demands	1.86 (0.74)	0.79	0.41	0.55	0.08	-							
5 Personal resources: physical	4.10 (0.66)	0.19	-0.52	-0.42	-0.18	-0.35	-						
6 Personal resources: mental	3.85 (0.79)	2.68	-0.23	-0.41	0.02	-0.19	0.33	-					
7 Personal resources: social	4.34 (0.84)	1.31	-0.19	-0.29	-0.09	-0.17	0.24	0.31	-				
8 Job resources: control	3.77 (0.77)	3.17	-0.31	-0.36	-0.01	-0.34	0.37	0.40	0.26	-			
9 Job resources: rewards	3.60 (0.86)	7.23	-0.31	-0.32	-0.02	-0.29	0.36	0.38	0.24	0.69	-		
10 Drinking	3.49 (1.51)	0.42	-0.02	0.02	0.06	0.07	-0.02	0.03	0.02	0.01	-0.01	-	
11 Age	39.74 (11.28)	-	0.22	0.05	0.27	0.06	-0.28	0.02	-0.09	0.01	0	0.05	-
12 Exercise		0.15											

yes	3255		1.41 (0.46)	1.74 (0.75)	24.10 (3.33)								
no	6165		1.45 (0.50)	1.85 (0.80)	25.20 (3.65)								
13 Diet		0.15											
healthy	4436		1.45 (0.47)	1.80 (0.76)	24.05 (3.36)								
unhealthy	4984		1.44 (0.50)	1.81 (0.81)	25.50 (3.64)								
14 Smoking		0.43											
no	5385		1.43 (0.49)	1.72 (0.74)	24.72 (3.65)								
yes	4008		1.45 (0.49)	1.93 (0.84)	24.94 (3.50)								
15 Gender		-											
male	4772		1.39 (0.47)	1.80 (0.79)	25.77 (3.19)								
female	4662		1.49 (0.50)	1.82 (0.79)	23.81 (3.69)								
16 Education		-											
compulsory	864		1.53 (0.56)	2.12 (0.83)	25.50 (3.99)								
skilled/vocational	6116		1.42 (0.48)	1.75 (0.75)	24.99 (3.48)								
high school	1251		1.43 (0.48)	1.68 (0.70)	24.39 (3.78)								

academic	1203		1.50 (0.48)	2.04 (0.91)	23.89 (3.36)								
17 Marital status		-											
single	2468		1.37 (0.46)	1.84 (0.84)	24.26 (3.64)								
partnership	5584		1.46 (0.49)	1.81 (0.76)	24.98 (3.51)								
divorced/widowed	1382		1.50 (0.53)	1.75 (0.79)	25.16 (3.65)								

Table notes. For the variables 1-11, we report the mean values (*M*), the standard deviations (*SD*), the proportions of missing values, and the correlation matrix. For the categorical variables, we report the frequencies, the proportions of missing values, and the mean values of the outcome variables for each group level (standard deviations in parentheses).