

## Additional file 1: Questions of the interview guideline

---

### Occupational strain and health

---

1. *“Do you feel that your job demands have an impact on your health? If so, what kind of impact?”*

---

2. *“Are there particular aspects of your work that you would judge as harmful to your health?”*

---

3. *“Do you view the impacts on your health as rather short-term or long-term?”*

---

4. *“How do you manage to mentally detach from work after your shifts?”*

---

5. *“Do you feel that there is a clear boundary between your work times and your free time in the evenings when you’re offshore?”*

---

6. *“Are there particular phases or days during your offshore assignments when you feel especially fatigued? [psychologically / physically]”*

---

7. *“How do you rate your sleep quality during your offshore assignments (compared to your normal sleep quality onshore)?”*

---

8. *“Are there particular aspects of the offshore environment that have a negative or positive influence on your sleep quality?”*

---

---

### Coping strategies

---

1. *“How do you deal with the demands of your work?”*

---

2. *“Do you have specific strategies in order to better deal with your job demands?”*

---

3. *“What do you do to recover from your work when you are offshore?”*

---