

Somatic symptom load in men and women from middle to high age in the Gutenberg Health Study - association with psychosocial and somatic factors

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Supplementary Table 1a: Multiple linear regression models (men)

	Model 1 sociodemographic (N = 3811)		Model 2 additional cardiovascular risk factors (N = 3808)		Model 3 mental distress (N = 3741)		Model 4 somatic diseases (N = 3713)	
	b	p	b	p	b	p	b	p
R ² , F-value (df1, df2)	.0373, 36.9 (4, 3806)	<.0001	.0532, 23.7 (9, 3798)		.231, 69.9 (16, 3724)	<.0001	.258, 64.3 (20, 3692)	<.0001
Age (10y)	0.231	<.0001	0.221	<.0001	0.417	<.0001	0.259	<.0001
SES	-0.0967	<.0001	-0.0827	<.0001	-0.0754	<.0001	-0.0707	<.0001
Partnership	-0.0368	.82	-0.0852	.59	0.550	.00031	0.532	.00040
Unemployment	2.01	<.0001	1.84	<.0001	1.30	.0011	1.34	.00068
Hypertension			0.258	.017	0.234	.018	0.193	.049
Obesity			0.618	<.0001	0.550	<.0001	0.451	<.0001
Smoking			0.389	.0052	0.251	.047	0.189	.13
FH of MI/Stroke			0.438	.00022	0.321	.0029	0.259	.015
Alcohol abuse			-0.320	.26	-0.245	.35	-0.165	.52
Social support					-0.103	<.0001	-0.101	<.0001
Life events last 12 months					0.666	<.0001	0.662	<.0001
PHQ9 ≥ 10					3.16	<.0001	3.13	<.0001
GAD2 ≥ 3					1.00	<.0001	0.950	<.0001
Panic					1.59	<.0001	1.50	<.0001
Social Phobia					0.832	.0011	0.751	.0029
Loneliness					0.287	.13	0.274	.14
Diabetes							0.141	.31
CVD							1.01	<.0001
COPD							1.33	<.0001
Cancer							0.202	.15

Note: b: unstandardized regression coefficient. p: p-value. Alcohol abuse: >60/40. Life events last 12 months: per 5 events. Social Phobia: Mini-Spin≥6.

Supplementary Table 1b: Multiple linear regression models (women)

	Model 1 sociodemographic (N = 3433)		Model 2 additional cardiovascular risk factors (N = 3430)		Model 3 mental distress (N = 3335)		Model 4 somatic diseases (N = 3309)	
	b	p	b	p	b	p	b	p
R ² , F-value (df1, df2)	.0225, 19.8 (4, 3428)	<.0001	.0369, 14.5 (9, 3420)		.222, 59.1 (16, 3318)	<.0001	.254, 56 (20, 3288)	<.0001
Age (10y)	0.0897	.14	0.0753	.26	0.346	<.0001	0.222	.00060
SES	-0.109	<.0001	-0.0916	<.0001	-0.0860	<.0001	-0.0767	<.0001
Partnership	-0.0900	.58	-0.0780	.63	0.532	.00043	0.505	.00068
Unemployment	1.26	.032	1.18	.045	-0.252	.64	-0.395	.47
Hypertension			0.0243	.86	0.101	.41	0.0520	.67
Obesity			0.797	<.0001	0.564	<.0001	0.402	.0024
Smoking			0.229	.19	0.0311	.84	0.0418	.79
FH of MI/Stroke			0.511	.00022	0.409	.0011	0.296	.017
Alcohol abuse			0.434	.38	-0.290	.52	-0.169	.70
Social support					-0.0854	.0011	-0.0848	<.0001
Life events last 12 months					0.741	.0011	0.670	<.0001
PHQ9 ≥ 10					2.18	.0011	2.11	<.0001
GAD2 ≥ 3					1.58	.0011	1.52	<.0001
Panic					1.76	.0011	1.67	<.0001
Social Phobia					0.655	.0061	0.668	.0045
Loneliness					0.757	.0011	0.759	<.0001
Diabetes							0.205	.33
CVD							1.32	<.0001
COPD							1.54	<.0001
Cancer							0.554	.00067

Note: b: unstandardized regression coefficient. p: p-value. Alcohol abuse: > 60/40. Life events last 12 months: per 5 events. Social Phobia: Mini-Spin≥6.