

Supplementary information

Information about long-term illness was collected during the home interview by a trained nurse. For this, the participants got a list with 43 common chronic diseases and were asked whether a doctor had diagnosed them with the disease on the list. If there was a positive response the participants were asked about the year when it was diagnosed and whether they had received any treatment and what symptoms they had had. The list of common diseases included asthma, chronic bronchitis, coronary thrombosis, heart failure, hypertension, rheumatoid arthritis, degenerative arthritis, back illness, bone fracture, osteoporosis, permanent injury caused by an accident (with aetiology) mental health problem, grey cataract, macular degeneration, hearing defect, diabetes, allergy, skin disease, intestinal disease, cancer, Parkinson's disease, severe headache, incontinence and hypertrophy of the prostate. Furthermore, a vast majority of the study population (4147 out of 4344, 95.5%) participated in health examination, where these diagnoses were verified by a trained physician.

Job strain was operationalized using the quadrant approach proposed by Karasek and Theorell¹. It defines workers who are above the median on job demands and below the median on job control as having a high strain job. Other categories are: low strain (low demands and high control), passive (low demands and low control) and active (high demands and high control). Low strain job was used as the reference category in the analyses.

Reference

- 1 Karasek RA, Theorell T. *Healthy Work: Stress, Productivity, and the Reconstruction of Working Life*. New York: Basic Books, 1990.