

Supplementary material

for the paper

High Perceived Stress and Low Self-Efficacy Are Associated With Functional Somatic Disorders:

The DanFunD Study

TABLE A1: Association between questionnaire-defined functional somatic disorders and functional somatic syndromes, perceived stress and self-efficacy

	Self-perceived stress		Self-efficacy	
	Model 3 PR (95% CI)	Model 4 _a PR (95% CI)	Model 3 PR (95% CI)	Model 4 _b PR (95% CI)
FSD overall (<i>n</i> = 1219)	1.06 (1.05-1.07)	1.06 (1.05-1.07)	1.01 (1.00-1.02)	1.01 (1.00-1.02)
Single-organ FSD (<i>n</i> = 1117)	1.06 (1.05-1.07)	1.06 (1.05-1.07)	1.01 (0.99-1.02)	1.01 (1.00-1.03)
Cardiopulmonary subtype (<i>n</i> = 69)	-	-	-	-
Gastrointestinal subtype (<i>n</i> = 271)	1.07 (1.04-1.10)	1.07 (1.04-1.10)	1.02 (1.00-1.05)	1.02 (1.00-1.05)
Musculoskeletal subtype (<i>n</i> = 716)	1.06 (1.05-1.08)	1.06 (1.05-1.08)	1.00 (0.99-1.02)	1.00 (0.99-1.02)
General symptoms subtype (<i>n</i> = 261)	1.14 (1.12-1.17)	1.14 (1.11-1.17)	1.00 (0.98-1.03)	1.01 (0.99-1.03)
Multi-organ FSD (<i>n</i> = 76)	-	-	-	-
Irritable bowel (<i>n</i> = 256)	1.07 (1.04-1.10)	1.07 (1.04-1.10)	1.01 (0.99-1.04)	1.01 (0.99-1.04)
Chronic widespread pain (<i>n</i> = 325)	1.08 (1.06-1.11)	1.09 (1.06-1.11)	1.01 (0.99-1.04)	1.02 (1.00-1.04)
Chronic fatigue (<i>n</i> = 658)	1.09 (1.08-1.11)	1.10 (1.08-1.11)	1.00 (0.99-1.02)	1.01 (0.99-1.02)

Model 3: Adjusted for sex, age, social status, neuroticism, and adverse life events.

Model 4_a: Adjusted for sex, age, social status, neuroticism, adverse life events, and self-efficacy.

Model 4_b: Adjusted for sex, age, social status, neuroticism, adverse life events, and perceived stress.

"-": Could not be estimated because of low number of cases.

Abbreviations: PR = prevalence ratio; CI = confidence interval; FSD = functional somatic disorders.

TABLE A2: Association between clinical interview-established functional somatic disorders, self-perceived stress, and self-efficacy

	Self-perceived stress		Self-efficacy	
	Model 3	Model 4 _a	Model 3	Model 4 _b
	PR (95% CI)	PR (95% CI)	PR (95% CI)	PR (95% CI)
Overall FSD (<i>n</i> = 392)	1.04 (1.03-1.06)	1.03 (1.02-1.05)	1.01 (0.99-1.02)	1.01 (1.00-1.03)
Single-organ FSD (<i>n</i> = 303)	1.04 (1.02-1.06)	1.04 (1.02-1.06)	1.01 (0.99-1.03)	1.01 (0.99-1.03)
Cardiopulmonary subtype (<i>n</i> = 47)	-	-	-	-
Gastrointestinal subtype (<i>n</i> = 157)	1.03 (1.00-1.06)	1.03 (1.00-1.06)	1.03 (1.00-1.06)	1.03 (1.00-1.06)
Musculoskeletal subtype (<i>n</i> = 104)	1.07 (1.03-1.11)	-	-	-
General symptoms subtype (<i>n</i> = 106)	-	-	-	-
Multi-organ FSD (<i>n</i> = 82)	1.07 (1.02-1.11)	-	1.01 (0.97-1.05)	-

Model 4_a: Adjusted for sex, age, social status, neuroticism, adverse life events, and self-efficacy.

Model 4_b: Adjusted for sex, age, social status, neuroticism, adverse life events, and perceived stress.

"-": Could not be estimated because of low number of cases.

Abbreviations: PR = prevalence ratio; CI = confidence interval; FSD = functional somatic disorders.

TABLE A3: Association between self-perceived stress and pure types of irritable bowel, chronic widespread pain, and chronic fatigue

	Model 1	Model 2	Model 3	Model 4
	PR (95% CI)	PR (95% CI)	PR (95% CI)	PR (95% CI)
Irritable bowel, pure type (<i>n</i> = 143)	1.07 (1.05-1.10)	1.04 (1.00-1.07)	1.04 (1.00-1.08)	1.04 (1.00-1.08)
Chronic widespread pain, pure type (<i>n</i> = 176)	1.06 (1.04-1.09)	1.06 (1.03-1.09)	1.06 (1.03-1.10)	1.06 (1.03-1.10)
Chronic fatigue, pure type (<i>n</i> = 464)	1.11 (1.10-1.12)	1.10 (1.08-1.12)	1.10 (1.08-1.12)	1.10 (1.08-1.12)

Model 1: Adjusted for sex, age, and social status.

Model 2: Adjusted for sex, age, social status, and neuroticism.

Model 3: Adjusted for sex, age, social status, neuroticism, and adverse life events.

Model 4: Adjusted for sex, age, social status, neuroticism, adverse life events, and self-efficacy.

Abbreviations: PR = prevalence ratio; CI = confidence interval.

TABLE A4: Association between self-efficacy and pure types of irritable bowel, chronic widespread pain, and chronic fatigue

	Model 1	Model 2	Model 3	Model 4
	PR (95% CI)	PR (95% CI)	PR (95% CI)	PR (95% CI)
Irritable bowel, pure type (<i>n</i> = 143)	0.96 (0.93-0.98)	1.00 (0.97-1.03)	0.99 (0.96-1.03)	0.99 (0.96-1.03)
Chronic widespread pain, pure type (<i>n</i> = 176)	0.99 (0.97-1.01)	1.01 (0.99-1.04)	1.02 (0.99-1.05)	1.02 (0.99-1.05)
Chronic fatigue, pure type (<i>n</i> = 464)	0.95 (0.93-0.96)	1.00 (0.99-1.01)	1.00 (0.99-1.02)	1.01 (0.99-1.02)

Model 1: Adjusted for sex, age, and social status.

Model 2: Adjusted for sex, age, social status, and neuroticism.

Model 3: Adjusted for sex, age, social status, neuroticism, and adverse life events.

Model 4: Adjusted for sex, age, social status, neuroticism, adverse life events, and perceived stress.

Abbreviations: PR = prevalence ratio; CI = confidence interval.

TABLE A5: Perceived stress and self-efficacy in individuals with FSD only and differences to other disease groups

	Questionnaire-based		Interview-based	
	Perceived stress	Self-efficacy	Perceived stress	Self-efficacy
FSD only; mean, 90% CI (<i>Qn</i> = 1155, <i>In</i> = 319)	Ref. 14.37 (14.08; 14.65)	Ref. 19.75 (19.49; 20.02)	Ref. 16.52 (15.90; 17.14)	Ref. 19.50 (18.96; 20.04)
Healthy; diff. (90% CI) (<i>Qn</i> = 6779, <i>In</i> = 907)	-4.60 (-4.90; -4.29)	1.75 (1.46; 2.04)	-5.33 (-6.05; -4.61)	1.93 (1.30; 2.55)
PhyDis; diff. (90% CI) (<i>Qn</i> = 1145, <i>In</i> = 239)	-4.59 (-5.00; -4.19)	1.08 (0.70; 1.46)	-4.35 (-5.29; -3.40)	0.88 (0.06; 1.70)
FSD+PhyDis; diff. (90% CI) (<i>Qn</i> = 354, <i>In</i> = 83)	0.40 (-0.19; 0.99)	-1.04 (-1.59; -0.49)	-0.53 (-1.89; 0.83)	-0.94 (-2.12; 0.25)

Abbreviations: Diff. = difference; CI = confidence interval; Qn = number of questionnaire-based cases; In = number of interview-based cases; FSD = functional somatic disorder, operationalised as Bodily Distress Syndrome; PhyDis = physical disease only; FSD+PhyDis = functional somatic disorder and physical disease; Ref. = reference.

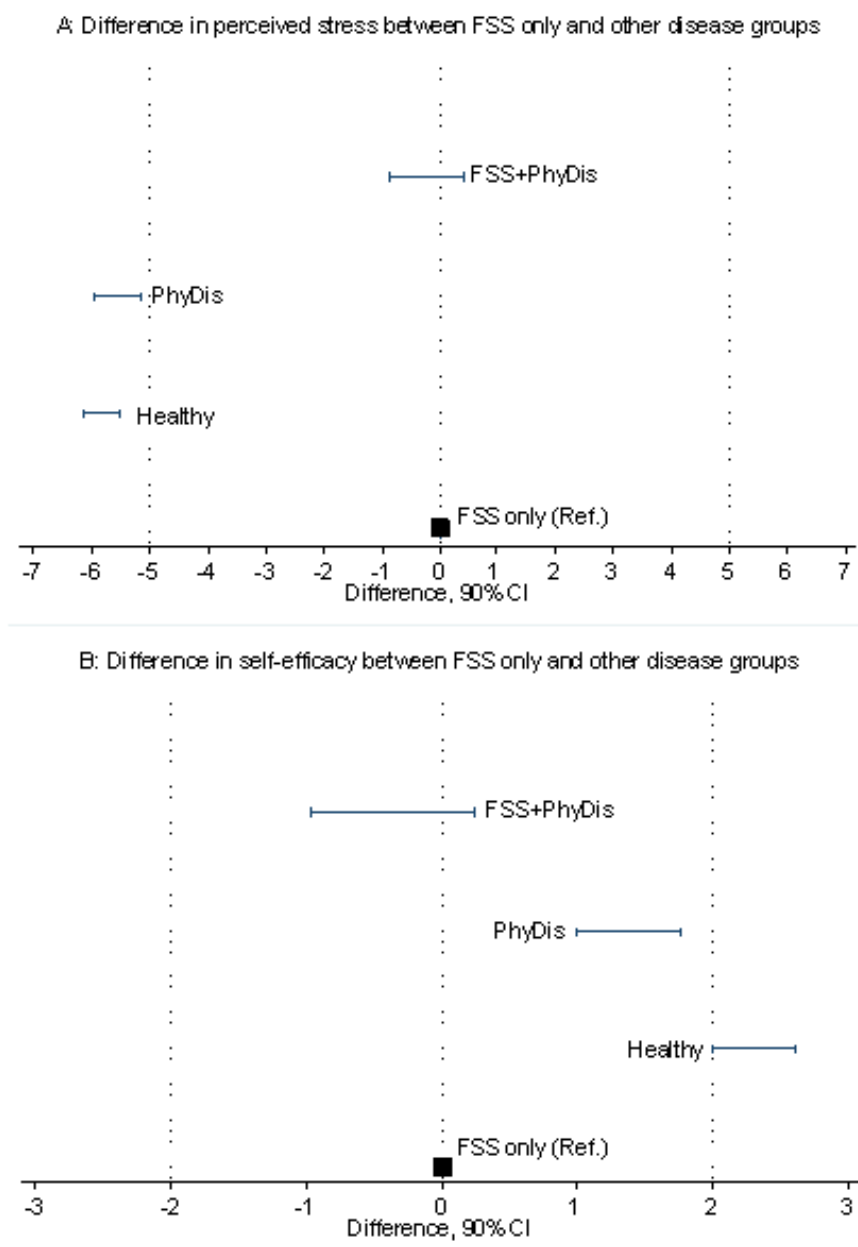


Figure A1: FSS = functional somatic syndrome (irritable bowel, chronic widespread pain, chronic fatigue); PhyDis = physical disease only; FSD+PhyDis = functional somatic syndrome and physical disease; Ref. = reference. All cases are questionnaire-defined.

TABLE A6: Perceived stress and self-efficacy in individuals with FSS only and differences to other disease groups

	Questionnaire-based	
	Perceived stress	Self-efficacy
FSS only; mean, 90% CI (<i>n</i> = 999)	Ref. 15.49 (15.19; 15.79)	Ref. 19.24 (18.96; 19.52)
Healthy; diff. (90% CI) (<i>n</i> = 6780)	-5.83 (-6.15; -5.51)	2.31 (2.00; 2.61)
PhyDis; diff. (90% CI) (<i>n</i> = 1198)	-5.55 (-5.95; -5.14)	1.38 (1.00; 1.77)
FSS+PhyDis; diff. (90% CI) (<i>n</i> = 277)	-0.23 (-0.88; 0.41)	-0.36 (-0.96; 0.25)

Abbreviations: Diff. = difference; CI = confidence interval; FSS = functional somatic syndrome (irritable bowel, chronic widespread pain, chronic fatigue); PhyDis = physical disease only; FSS+PhyDis = functional somatic syndrome and physical disease; Rf. = reference.