

Supplementary material

Items from the Questionnaire included in the study

Work-related factors

Posture

Three questions dealt with work-related posture:

- Does your work involve repetitive movements?
- Does your work demand monotonous or fixed postures?
- Do you have to work in awkward postures for example bent, twisted or with your arms at or above shoulder height?

Psychosocial factors

Sixteen questions dealt with work-related (psychological) demand and control (decision latitude) in accordance with a model by Karasek

Demand

- Five questions were included for demand
 - Do you have to work (very) fast?
 - Do you have to work very intensively?
 - Does your work demand too much effort?
 - Do you have enough time to do everything?
 - Does your work often involve conflicting demands?
- Six questions were included for control
 - Do you have the opportunity to learn new things through your work?
 - Does your work demand a high level of skill or expertise?
 - Does your work demand ingenuity?

- Do you have to do the same thing over and over again?
- Do you have a choice in deciding how you do your work?
- Do you have a choice in deciding what you do at work?
- Five questions dealt with work-related social support
 - Do you normally have the opportunity to speak with your colleagues during breaks?
 - Does your work allow for you to leave it if you would like to speak with a colleague?
 - Do you, as part of your work, have contact with your colleagues?
 - How often do you normally spend time with one or more of your colleagues during leisure time?
 - When did one of your colleagues last visit you?

Physical activity

At 16 years

- Do you participate in leisure time sports activity (yes/no)?
- Are you member in a sports club” (yes/no)?

At 34 and 52 years

- Are you physical activity in your leisure time (yes/no)? Do not include active transportation to work

Subjects were also instructed to define type of activities and to define the frequency per week, the duration per occasion and the intensity (low, medium, high) for each activity. This information formed the basis for calculating a MET-index (MET), expressed in MET-hours per week. A more detailed description of these calculations was presented for the first follow-up in 1994.