

Supplementary Table 1. Risk factors for moderate to significant mental workload in workers of the secondary sector by univariate and multivariate logistic regression analyses.

	Univariate analysis OR (95% CI); <i>p</i>	Multivariate analysis OR (95% CI); <i>p</i>
Age \geq 30 years	0.71 (0.18-2.76); <i>p</i> =0.621	-
Female sex	1.00 (1.00-1.00); <i>p</i> =0.997	-
Seniority in the company (>36 moths)	0.49 (0.13-1.92); <i>p</i> =0.306	-
Size of the company (>12 workers)	12.75 (0.98-38.95); <i>p</i> =0.998	-
Hypertension	1.07 (0.13-9.21); <i>p</i> =0.950	-
Diabetes mellitus	0.01 (0.01-1.00); <i>p</i> =0.999	-
Hyperlipidemia	0.87 (0.21-3.62); <i>p</i> =0.845	-
Hyperuricemia	5.18 (0.90-29.71); <i>p</i> =0.065	4.81 (0.79-29.24); <i>p</i> =0.088
Smoking habit	0.15 (0.02-1.23); <i>p</i> =0.077	0.15 (0.02-1.29); <i>p</i> =0.085
Alcohol consumption	0.01 (0.01-1.00); <i>p</i> =0.998	-
Overweight/Obesity	1.78 (0.43-7.39); <i>p</i> =0.431	-
Regular physical activity	1.39 (0.33-5.81); <i>p</i> =0.650	-

CI = confidence interval; OR = odds ratio.

Supplementary Table 2. Risk factors for moderate to significant mental workload in workers of the tertiary sector by univariate and multivariate logistic regression analyses.

	Univariate analysis	Multivariate analysis
	OR (95% CI); <i>p</i>	OR (95% CI); <i>p</i>
Age \geq 30 years	4.63 (1.79-11.95); <i>p</i> =0.002	5.96 (2.14-16.63); <i>p</i> =0.001
Female sex	1.77 (0.88-3.57); <i>p</i> =0.110	2.33 (1.03-5.27); <i>p</i> =0.042
Seniority in the company (>36 moths)	2.06 (0.89-4.79); <i>p</i> =0.094	1.36 (0.53-3.50); <i>p</i> =0.531
Size of the company (>12 workers)	1.10 (0.49-2.44); <i>p</i> =0.823	-
Hypertension	1.14 (0.52-2.53); <i>p</i> =0.742	-
Diabetes mellitus	0.01 (0.01-1.00); <i>p</i> =0.999	-
Hyperlipidemia	1.24 (0.63-2.46); <i>p</i> =0.537	-
Hyperuricemia	0.51 (0.13-1.94); <i>p</i> =0.321	-
Smoking habit	0.52 (0.25-1.06); <i>p</i> =0.071	0.64 (0.29-1.41); <i>p</i> =0.263
Alcohol consumption	1.36 (0.51-3.62); <i>p</i> =0.554	-
Overweight/Obesity	0.76 (0.38-1.53); <i>p</i> =0.447	-
Regular physical activity	0.43 (0.22-0.87); <i>p</i> =0.018	0.29 (0.13-0.64); <i>p</i> =0.002

CI = confidence interval; OR = odds ratio.

Supplementary Table 3. Risk factors for moderate to significant mental workload in workers of with administrative tasks by univariate and multivariate logistic regression analyses.

	Univariate analysis OR (95% CI); <i>p</i>	Multivariate analysis OR (95% CI); <i>p</i>
Age \geq 30 years	0.89 (0.23-3.39); <i>p</i> =0.864	-
Female sex	1.02 (0.37-2.85); <i>p</i> =0.969	-
Seniority in the company (>36 moths)	0.60 (0.12-2.80); <i>p</i> =0.506	-
Size of the company (>12 workers)	0.34 (0.10-1.11); <i>p</i> =0.074	0.34 (0.10-1.11); <i>p</i> =0.074
Hypertension	0.99 (0.29-3.31); <i>p</i> =0.984	-
Diabetes mellitus	1.00 (1.00-1.00); <i>p</i> =0.999	-
Hyperlipidemia	0.72 (0.26-2.01); <i>p</i> =0.527	-
Hyperuricemia	1.18 (0.24-5.72); <i>p</i> =0.837	-
Smoking habit	0.83 (0.28-2.43); <i>p</i> =0.730	-
Alcohol consumption	0.63 (0.12-3.26); <i>p</i> =0.583	-
Overweight/Obesity	0.70 (0.25-1.93); <i>p</i> =0.479	-
Regular physical activity	0.48 (0.16-1.38); <i>p</i> =0.173	-

CI = confidence interval; OR = odds ratio.