

Supplementary material 1. Details on variables and coding.

Variable	Question text	Answer categories	Variable coding
Independent variables			
Anxiety (HADS-A)	<p><i>What describes you feeling the last week?</i></p> <p>I get a sort of frightened feeling like ‘butterflies’ in the stomach</p> <p>Worrying thoughts go through my mind</p> <p>I can sit at ease and feel relaxed</p> <p>I get a sort of frightened feeling as if something awful is about to happen</p> <p>I feel restless as if I have to be on the move</p> <p>I get sudden feelings of panic</p> <p>In the last two weeks have you felt nervous and restless?</p>	<p>Definitely as much (0)</p> <p>Not quite so much (1)</p> <p>Only a little (2)</p> <p>Hardly at all (3)</p>	<p>Sum of anxiety variables if all 7 are answered</p> <p>0-7 = no anxiety</p> <p>8-21 = anxiety</p>
Depression (HADS-D)	<p><i>What describes you feeling the last week?</i></p> <p>I still enjoy the things I used to enjoy</p>	<p>Definitely as much (0)</p> <p>Not quite so much (1)</p>	<p>Sum of depression variables if all 7 are answered</p> <p>0-7 = no depression</p>

	<p>I can laugh and see the funny side of things</p> <p>I feel cheerful</p> <p>I feel as if I'm slowed down</p> <p>I have lost interest in my appearance</p> <p>I look forward with enjoyment to things</p> <p>I can enjoy a good book or radio/TV program</p>	<p>Only a little (2)</p> <p>Hardly at all (3)</p>	<p>8-21 = depression</p>
<p>Self-rated health</p>	<p>How is your health at the moment?</p>	<p>Poor</p> <p>Not so good</p> <p>Good</p> <p>Very good</p>	<p>Poor = poor + not so good</p> <p>Good = good + very good</p>
<p>Life satisfaction</p>	<p>Thinking about your life at the moment, would you say that you by and large are satisfied with life, or are you mostly dissatisfied?</p>	<p>Very satisfied</p> <p>Satisfied</p> <p>Somewhat satisfied</p> <p>Neither satisfied nor dissatisfied</p> <p>Somewhat dissatisfied</p> <p>Dissatisfied</p> <p>Very dissatisfied</p>	<p>Satisfied = very satisfied + satisfied + somewhat satisfied</p> <p>Dissatisfied = neither satisfied nor dissatisfied + somewhat dissatisfied + dissatisfied + very dissatisfied</p>

Daily smoker	Do you smoke?	Never smoked daily Ex smoker daily Current smoker daily	Corrected for answers in HUNT1 and HUNT3 Current smoker daily Not current smoker daily
Alcohol	Have you ever felt that you should reduce your alcohol intake? Have other people ever criticised your use of alcohol? Have you ever felt bad or guilty because of your use of alcohol? Have you ever had a drink first thing in the morning as a pick-me-up or to calm your nerves or to cure a hangover?	No = 0 Yes = 1	Problematic alcohol behaviour = ≥ 2 yes Not problematic alcohol behaviour = ≤ 1 yes
Sleep duration	How many hours do you usually spend lying down during a 24-hour period?	Report number of hours	Short or prolonged sleeping time = ≤ 6 or ≥ 10 hours Normal sleeping hours = 7-9 hours
Sitting time	How many hours do you usually spend sitting down	Report number of hours	Prolonged sitting time = ≥ 8 hours

	during a 24 hour period?		Normal sitting time = ≤ 7 hours
Social participation	How often do you usually participate in social activities such as a sewing club, athletic club, political association, religious or other groups?	Never, or only a few times a year 1-2 times a month About once a week More than once a week	Never or seldom socially active = never, or only a few times a year Socially active = 1-2 times a month + about once a week + more than once a week
Physical activity	Average of hours of low physical activity per week in the last year (not panting for breath or sweating)? Average hours of vigorous physical activity per week in the last year (panting for breath or sweating)?	None Less than 1 hour 1-2 hours 3 hours or more	Physically inactive = ≤ 3 hours light & no hard physical activity per week Physically active = 3 hours or more light physical activity or ≥ 1 hour hard physical activity
Adjustment variables			
Gender	Register	Man Woman	Man Woman
Education	Register		Primary (10 years) Secondary (13 years) Tertiary (higher)

			education)
Age	Registered at participation	Age in whole years	60-69 years in HUNT2
Martial status	National registry, Norway	Unmarried Married Widow/widower Divorced Separated Registered partner	Married Unmarried = all else
Chronic illness	Do you suffer from any long-term illness or injury of a physical or psychological nature that impairs your functioning in your everyday life? (Long-term means at least one year.)	No Yes	No Yes
Outcome variables			
Basic Activities of Daily Living (ADL)	<i>Can you manage, without the help of others, in everyday life</i> Walk around indoors on the same floor Go to the toilet Wash yourself	No Yes	Sum of all no's ADL disability = ≥ 1 no ADL independent = all else

	<p>Take a bath or shower</p> <p>Dress and undress yourself</p> <p>Go to bed and get up</p> <p>Eat</p>		
Instrumental Activities of Daily Living (IADL)	<p><i>Can you manage, without the help of others, in everyday life</i></p> <p>Prepare warm meals</p> <p>Do light housework (ex: wash dishes)</p> <p>Do heavier housework (ex: wash floors)</p> <p>Do heavier housework (ex: wash floors)</p> <p>Do the shopping</p> <p>Pay bills</p> <p>Take the medicines</p> <p>Go out</p> <p>Take the bus</p>	<p>No</p> <p>Yes</p>	<p>Sum of all no's</p> <p>IADL disability = \geq 1 no</p> <p>IADL independent = all else</p>
Mortality	<p>Current status in national records</p>	<p>Died</p> <p>Emigrated</p> <p>Alive</p>	<p>Participated in HUNT2 (1995-97) and died before the start of HUNT3 (October 2006)</p>
Non-participation	<p>Not participated in HUNT3</p>	<p>Participated</p>	<p>Participated in HUNT2 but not in</p>

in HUNT3		Invited, not participated	HUNT3
-----------------	--	------------------------------	-------