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Psychosocial job quality and mental health among young workers: a fixed- effects regression analysis using 13 waves of annual data ¹

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¹ Supplementary tables A–D

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Table A: Association of within-person changes in psychosocial job quality with changes in mental health score while excluding full or part-time students

Employment type	Coefficient	95 % CI	P value
Not in the labour force	0		
Optimal	0.85	0.42 – 1.27	<0.001
1 adversity	0.4	-0.26 – 0.53	0.496
2 adversities	-0.68	-1.11– -0.25	0.002
3 or more adversities	-1.96	-2.55– -1.37	<0.001

Notes: Analysis is adjusted for age, income, long-term health condition, household structure and education. Fixed-effects regression analyses based on 9 723 individuals with 31 892 observations

Table B: Association of within-person changes in psychosocial job quality with changes in mental health score excluding NILF (optimal psychosocial job quality as a reference).

Employment type	Coefficient	95 % CI	P value
Optimal	0		
1 adversity	-0.54	-0.78 – -0.30	<0.001
2 adversities	-1.44	-1.74 – -1.14	<0.001
3 or more adversities	-2.53	-3.01 – -2.06	<0.001

Notes: Mutually adjusted for age, income, long-term health condition or disability, household structure and education. Fixed-effects regression analyses based on 8 824 individuals with 30 470 observations

Table C. Association of within-person changes in psychosocial job quality and of time-varying covariates (including life events) with changes in mental health score

Time-varying covariates	Unadjusted			Mutually adjusted		
	Coef	95 % CI	P value	Coef	95 % CI	P value
Employment type						
Not in the labour force	0			0		
Optimal	0.74	0.40–1.07	<0.001	0.77	0.41–1.13	<0.001
1 adversity	0.19	-0.13– 0.51	0.242	0.26	-0.08–0.61	0.139
2 adversities	-0.62	-0.98– -0.26	0.001	-0.55	-0.93– -0.17	0.005
3 or more adversities	-1.65	-2.15– -1.16	<0.001	-1.63	-2.18– -1.17	<0.001
Separated	-2.75	-3.22– -2.26	<0.001	-2.42	-2.92– -1.91	<0.001
Married/coupled	-0.27	-0.67– 0.12	0.171	-0.26	-0.66– 0.15	0.215
Jail	-0.83	-1.67– 0.01	0.052	-0.65	-1.54– 0.25	0.155
Birth/pregnancy	0.79	0.45, 1.14	<0.001	0.74	0.38–1.10	<0.001
Death	-0.81	-1.07– -0.55	<0.001	-0.73	-1.00– -0.46	<0.001

Notes: Mutually adjusted for age, income, long-term health condition or disability, household structure and education. Fixed-effects regression analyses based on 10 534 individuals with 39 761 observations

Table D. Arellano-Bond model describing within-person changes in psychosocial job quality and of time-varying covariates with changes in mental health score

		Coef	95 % CI	P value
Outcome	Mental Health Scale (t-1)	0.10	0.04 – 0.16	0.001
Job stressors	NILF	0		
	Optimal	1.48	0.64 - 2.32	0.001
	Optimal (t-1)	-0.10	-0.89 - 0.69	0.802
	1 adversity	0.68	-0.15 - 1.50	0.108
	1 adversity (t-1)	-0.37	-1.11 - 0.38	0.336
	2 adversities	-0.80	-1.00 - 0.84	0.860
	2 adversities (t-1)	0.13	-0.71- 0.97	0.769
	3 or more adversities	-0.88	-2.09 - 0.33	0.152
	3 or more adversities (t-1)	0.18	-0.99 - 1.34	0.765

Notes: Mutually adjusted for age, income, long-term health condition or disability, household structure and education. t-1 represents the lagged (by one year) variable (e.g., one year lagged Mental Health Scale). Arellano-Bond model based on 5 240 people with 17 861 observations.