

## Original article

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Joint association of sleep problems and psychosocial working conditions with registered long-term sickness absence. A Danish cohort study <sup>1</sup>

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1 Appendix: Wording of items and scales

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|                                                                                | DWECS                                               | COPSOQ II                                                                                             |
|--------------------------------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| <b>Quantitative demands</b>                                                    |                                                     |                                                                                                       |
| Is your workload unevenly distributed so it piles up?                          | Always; Often; Sometimes; Seldom; Never/hardly ever | Always; Often; Sometimes; Seldom; Never/hardly ever                                                   |
| How often do you not have time to complete all your work tasks?                | Always; Often; Sometimes; Seldom; Never/hardly ever | Always; Often; Sometimes; Seldom; Never/hardly ever                                                   |
| Do you have to work very fast?                                                 | Always; Often; Sometimes; Seldom; Never/hardly ever | Always; Often; Sometimes; Seldom; Never/hardly ever                                                   |
| <b>Emotional demands</b>                                                       |                                                     |                                                                                                       |
| Does your work put you in emotionally disturbing situations?                   | Always; Often; Sometimes; Seldom; Never/hardly ever | Always; Often; Sometimes; Seldom; Never/hardly ever                                                   |
| Is your work emotionally demanding?                                            | Always; Often; Sometimes; Seldom; Never/hardly ever | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent |
| Do you get emotionally involved in your work?                                  | Always; Often; Sometimes; Seldom; Never/hardly ever | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent |
| <b>Role conflict</b>                                                           |                                                     |                                                                                                       |
| Do you do things at work, which are accepted by some people but not by others? | -                                                   | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent |

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|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| Are contradictory demands placed on you at work?                                     | Completely true; Sometimes true;<br>Completely false                                                  | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent |
| Do you sometimes have to do things which ought to have been done in a different way? | -                                                                                                     | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent |
| Do you sometimes have to do things which seem to be unnecessary?                     | -                                                                                                     | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent |
| <b>Influence at work</b>                                                             |                                                                                                       |                                                                                                       |
| Do you have a large degree of influence concerning your work?                        | Always; Often; Sometimes; Seldom;<br>Never/hardly ever                                                | Always; Often; Sometimes; Seldom;<br>Never/hardly ever                                                |
| Do you have a say in choosing who you work with?                                     | Always; Often; Sometimes; Seldom;<br>Never/hardly ever                                                | Always; Often; Sometimes; Seldom;<br>Never/hardly ever                                                |
| Can you influence the amount of work assigned to you?                                | Always; Often; Sometimes; Seldom;<br>Never/hardly ever                                                | Always; Often; Sometimes; Seldom;<br>Never/hardly ever                                                |
| <b>Quality of leadership</b>                                                         |                                                                                                       |                                                                                                       |
| To what extent would you say that your immediate superior:                           |                                                                                                       |                                                                                                       |
| -makes sure that the individual member of staff has good development opportunities?  | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent |
| -gives high priority to job satisfaction?                                            | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent |
| -is good at work planning?                                                           | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent |
| -is good at solving conflicts?                                                       | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent |
| <b>Recognition from supervisor</b>                                                   |                                                                                                       |                                                                                                       |
| Is your work recognised and appreciated by the management?                           | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent | To a very large extent; To a large extent; Somewhat;<br><br>To a small extent; To a very small extent |
| <b>Social support from supervisor</b>                                                |                                                                                                       |                                                                                                       |

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|--------------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------|
| How often is your nearest superior willing to listen to your problems at work? | Always; Often; Sometimes; Seldom;<br>Never/hardly ever; Have no superior   | Always; Often; Sometimes; Seldom;<br>Never/hardly ever; Not relevant |
| How often do you get help and support from your nearest superior?              | Always; Often; Sometimes; Seldom;<br>Never/hardly ever; Have no superior   | Always; Often; Sometimes; Seldom;<br>Never/hardly ever; Not relevant |
| <b>Social support from colleagues</b>                                          |                                                                            |                                                                      |
| How often do you get help and support from your colleagues?                    | Always; Often; Sometimes; Seldom;<br>Never/hardly ever; Have no colleagues | Always; Often; Sometimes; Seldom;<br>Never/hardly ever; Not relevant |
| How often are your colleagues willing to listen to your problems at work?      | Always; Often; Sometimes; Seldom;<br>Never/hardly ever; Have no colleagues | Always; Often; Sometimes; Seldom;<br>Never/hardly ever; Not relevant |