

Shift work and prescriptions of anxiolytic and antidepressant drugs among healthcare workers in Region Stockholm: a prospective cohort study¹

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1. Supplementary Table
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Exposure	Person Years	No. of cases	Crude HR ¹	P-value	Adjusted HR ² (95% CI)	P-value
Type of shift work (the full sample)						
Day work only	569528	53994	1		1	
Shift work, without night shift	1035062	90060	0.92(0.91-0.93)		0.94(0.93-0.95)	
Shift work, with night shift	519802	45609	0.88(0.87-0.89)		0.92(0.91-0.93)	
Night work only	136022	13370	1.03(1.01-1.05)		1.02(1.00-1.04)	
Frequency of night shifts (the full sample)						
Never night shifts ²	1604590	144054	1		1	
1-21	169190	14656	0.93(0.91-0.94)		0.98(0.96-0.99)	
22-73	165615	14276	0.90(0.88-0.91)		0.93(0.92-0.95)	
74-124	167437	14386	0.96(0.95-0.98)		0.96(0.94-0.97)	
>124	1153582	15661	1.06(1.04-1.08)		1.03(1.02-1.05)	
Trend test				0.100		0.110
Frequency of ≥ 3 consecutive night shifts (includes only those with night shifts)⁴						
0 times	143887	12769	1		1	
1-5	146686	12199	0.92(0.90-0.95)		0.97(0.94-0.99)	
6-15	122416	10530	0.94(0.91-0.96)		0.96(0.93-0.98)	
16-22	125215	11515	1.04(1.01-1.07)		1.01(0.99-1.04)	
>22	117620	11966	1.06(1.03-1.09)		1.03(1.00-1.05)	
Trend test				0.000		0.058
Quick returns (<28 hours) from night shifts (includes only those with night shifts)⁴						
No quick returns from night shifts	19596	1866	1		1	
1-11	155398	13531	0.87(0.83-0.92)		0.88(0.84-0.93)	

12-39	159066	13444	0.84(0.80-0.88)		0.78(0.74-0.82)	
40-71	168491	14426	0.89(0.85-0.93)		0.68(0.64-0.73)	
>71	153273	15712	1.00(0.95-1.05)		0.69(0.64-0.75)	
Trend test				0.100		0.432
Quick returns (<11 hours) from afternoon shifts (includes only non-night workers)³						
No quick returns from afternoon shifts	161898	13908	1		1	
1-15	183595	17554	0.98(0.96-1.00)		0.99(0.97-1.02)	
16-31	201111	17409	0.93(0.91-0.95)		0.94(0.92-0.96)	
32-49	223915	18897	0.92(0.90-0.94)		0.93(0.91-0.95)	
>49	264762	22307	0.96(0.94-0.98)		0.95(0.93-0.97)	
Trend test				0.973		0.814

¹Adjusted crude model is adjusted for the calendar year.

²Adjusted for the time-dependent variables age and the fixed variables profession, sex, and country of birth. Adjustment for years of follow-up is inherent in the analytical model.

³Those who worked day-only and shifts, but no night shifts (non-night workers).

⁴Delimited to those who work nights (shift work with nights or permanent night work)