**Supplemental table 2.** Path coefficients of the univariable mediation model (expressed as Odds Ratios) of unhealthy behaviors in the relation between high physical workload and self-rated poor health among 30,224 male construction workers, adjusted for age.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | c-path  (total effect) | c’-path  (direct effect) | a-path  (physical workload > unhealthy behavior) | b-path  (unhealthy behavior > poor health) | a\*b  (indirect effect)a |
|  | OR (95%CI) | OR (95%CI) | OR (95%CI) | OR (95%CI) | OR |
| Total effect | 1.77\* (1.60-1.95) |  |  |  |  |
| High alcohol consumptionb |  | 1.80\* (1.63-1.99) | 1.12\* (1.09-1.16) | 0.76\* (0.68-0.83) | 0.97 |
| BMIc |  | 1.77\* (1.61-1.96) |  |  |  |
| * Overweight |  |  | 0.93\* (0.89-0.96) | 1.08 (0.96-1.20) | 0.99 |
| * Obesity |  |  | 0.88\* (0.84-0.92) | 1.40\* (1.23-1.61) | 0.96 |
| Smokingd |  | 1.72\* (1.56-1.90) | 1.14\* (1.11-1.19) | 1.05 (0.94-1.17) | 1.01 |
| Lack of physical activitye |  | 1.76\* (1.59-1.93) | 0.93\* (0.90-0.95) | 1.26 (1.15-1.37) | 0,98 |

OR; Odds Ratio, CI; Confidence interval. Analyses were all adjusted for age.

a Indirect effects are calculated by taking the product of the a-paths and the b-paths (natural logarithms) (e.g. (a2\*b2) =e (.111\*-.284) =0.97).

b The Akaike’s information criterion (AIC) and Bayesian information criterion (BIC) were 236968.4 and 237061.2 respectively.

c The AIC and BIC were 290600.4 and 290730.3 respectively.

d The AIC and BIC were 223157.8 and 223241.3 respectively.

e The AIC and BIC were 240056.3 and 240149.1 respectively.

\**p* ≤0.05