**Supplemental table 3.** Path coefficients of the multiple 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 agea.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | c-path  (total effect) | c’-path  (direct effect) | a-path  (physical workload > unhealthy behavior) | b-path  (unhealthy behavior > poor health) | a\*b  (indirect effect)b |
|  | OR (95%CI) | OR (95%CI) | OR (95%CI) | OR (95%CI) | OR |
| Total effect | 1.77\* (1.60-1.95) | 1.80\* (1.61-1.99) |  |  |  |
| High alcohol consumption |  |  | 1.12\* (1.09-1.16) | 0.75\* (0.68-0.83) | 0.97 |
| BMI |  |  |  |  |  |
| * Overweight |  |  | 0.93\* (0.90-0.96) | 1.07 (0.96-1.20) | 0.99 |
| * Obesity |  |  | 0.88\* (0.84-0.92) | 1.41\* (1.23-1.62) | 0.96 |
| Smoking |  |  | 1.15\* (1.11-1.18) | 1.22\* (1.10-1.37) | 1.03 |
| Lack of physical activity |  |  | 0.93\* (0.90-0.95) | 1.23\* (1.13-1.35) | 0.98 |

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

a The AIC and BIC of the multivariate model were 592834.3 and 593075.5 respectively.

b 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).

\**p* ≤0.05