

Supplemental Table 2. SMS messages were sent to the participants every fourth week over the follow-up period with start one month after the baseline questionnaire was completed.

| Question | | Response format |
|----------|--|---|
| 1 | Are you currently on sick leave? | no sick leave, 25%, 50%, 75% or 100% sick leave |
| 2 | Over the last eight weeks, have you worked your ordinary working hours for a consecutive period of four weeks? | yes or no. This item was developed for this study. |
| 3 | Over the last four weeks, how much did your health problems affect your performance while you were working? | 0 to 10; higher numbers indicate higher performance limitations |
| 4 | How many days over the last four weeks have you been on sickness absence (part- or full-time)? | 0 – 28 days |
| 5a | Have you been stressed lately? | 1 to 5; higher values indicate more stress |
| 5b | Over the last four weeks, how much did work environment problems affect your performance while you were working? | 0 to 10, higher numbers indicate higher performance limitations |

Question 5a and 5b were alternated, so each question was asked every other four week-period.