

Table 2: Baseline characteristics (complete results)	Intervention group n (%)	Control group n (%)	P/ RR (95% CI)
N	119	122	
General details			
Age, years (mean, sd)	32 (5)	33 (4)	NS
Ethnic origin			
• Caucasian	102 (86)	110 (90)	NS
• Other	17 (14)	12 (10)	NS
Educational level			
• University education or higher academic	69 (58)	68 (56)	ref
• Higher professional education	35 (29)	33 (27)	NS
• Senior secondary vocational education	15 (13)	21 (17)	NS
Language Questionnaires English	0	4 (3)	NS
General Health, lifestyle			
Weight kg (mean, sd)	(* 1 unknown) 66.97 (SD 10.49)*	65,64 (SD 11.03)	NS
Length/ weight cm (mean, sd)	170,6 (SD 6.49)	168.93 (SD 7.28)	NS
Body Mass Index (kg/m ² ; mean, sd)	(* 1 unknown) 23 (3.7) *	22.9 (SD 3.1)	NS
Body Mass Index (kg/m ²) > 25	22 (19%)	14 (12%)	NS
Health complaints/ chronic illness before pregnancy: Yes	10 (8)	10 (8)	NS
Medication			
• No	92 (77)	100 (82)	ref
• Yes, medication prescribed by physician	18 (15)	17 (14)	NS
• Yes, not prescribed by physician	9 (8)	5 (4)	NS
Smoking			
• non-smoker	75 (63)	85 (69)	NS
• quitted before pregnancy	33 (28)	25 (21)	ref
• quitted because of pregnancy	11 (9)	10 (8)	NS
• current	0	2 (2)	NS
Alcohol			
• no	33 (28)	38 (31)	ref
• sometimes	82 (69)	82 (67)	NS
• ≤1/day	4 (3)	1 (1)	NS
• yes, 1-5	0	1 (1)	NS
Drugs			
• no	98 (82)	108 (88)	NS
• quitted before pregnancy or earlier	21 (18)	14 (12)	NS
Current and former pregnancies			
Current pregnancy			
• Naturally (spontaneously, without medical	110 (92)	113 (93)	NS
• With a fertility treatment	9 (8)	9 (7)	NS
• Singleton	116 (98)	118 (97)	NS
• Twin of triplet	3 (3)	4 (3)	NS

Parity			
• 0	67 (56)	60 (49)	NS
• ≥1	52 (44)	62 (51)	NS
Medical problems in former pregnancies?	9/52 (17)	12/62 (19)	NS
• High blood pressure, preeclampsia or Hellp	2 (2)	2 (2)	NS
• Preterm birth (before 37 weeks of pregnancy)	7 (6)	10 (8)	NS
• Low birth weight	1 (1)	0	NS
• Stillbirth	2 (2)	2 (2)	NS
• Miscarriage	18 (15)	15 (12)	NS
Medical problems before current pregnancy?	8 (7)	8 (7)	NS
Increase in complaints because of current pregnancy?	37 (31)	39 (32)	NS
• Complaints of fatigue	34 (29)	33 (27)	NS
• Headaches	15 (13)	11 (9)	NS
• Pain in the back, pelvis and/or legs	19 (16)	18 (15)	NS
• Nausea/vomiting	16 (13)	18 (15)	NS
• Stomach aches	9 (8)	1 (1)	**
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Work: General aspects			
Paid work			
• Yes from start of the pregnancy	119 (100)	122 (100)	NS
• Yes from ... weeks pregnancy	1 (1) (13 weeks)		NS
Working in sector			
• Health care	34 (29)	32 (26)	NS
• Business services & research	31 (26)	37 (30)	NS
• Education, Welfare and child care	20 (17)	18 (15)	NS
• Retail & Hotel and catering industry	14 (12)	16 (13)	NS
• Government & Culture, recreation	13 (11)	11 (9)	NS
• Other (Industry/NGO's/ transport)	6 (5)	8 (7)	NS
Number of employees in the company			
• 1-10	16 (13)	17 (14)	NS
• 11-50	22 (19)	19 (16)	NS
• 51-100	11 (9)	14 (12)	NS
• More than 100	70 (59)	71 (58)	NS
Commuting			
Travel distance commuting (m/km)			
	<i>1 unknown</i>	<i>1 unknown</i>	
• <5 km	19 (16)	22 (18)	ref
• 5-10 km	28 (24)	26 (21)	NS
• 10-25 km	34 (29)	31 (25)	NS
• >25 km	37 (31)	42 (34)	NS
Travel time commuting (min/hours)			
• <1 hour/day	68 (57)	72 (59)	ref
• 1-2 hours/day	40 (34)	38 (31)	NS

• >2 hours/day	10 (8)	11 (9)	NS
Means of travelling/ transport	1 unknown	1 unknown	
• Walking	2 (2)	2 (2)	NS
• By bicycle/scooter	40 (34)	39 (32)	ref
• Public transport	28 (24)	25 (21)	NS
• Car	48 (40)	55 (45)	NS

Private circumstances/conditions
Spare time

Physical activity: sports		1 unknown	
• normally not participating in sports	27 (23)	40 (33)	NS
• stopped sports when pregnant	26 (22)	24 (20)	ref
• sport (hours/week)	66 (56)	57 (47)	NS
○ <2 hours/week	35 (29)	33 (27)	NS
○ >2 hours/week	31 (26)	24 (20)	NS
Hobby spending > 5 hours/week	9 (8)	7 (6)	NS

Domestic situation

Children (living at home): Yes	41 (35)	48 (39)	NS
• 1 child	36 (30)	38 (31)	NS
• ≥ 2 children	5 (4)	10 (8)	NS
Housekeeping			
• Largely doing by participant herself	23 (19)	22 (18)	ref
• together with partner/someone else	84 (71)	88 (72)	NS
• partner/someone else does most of it	12 (10)	11 (9)	NS
Household help: Yes	39 (33)	43 (35)	NS

** P or FE <0.01

NS= Non significant

ref=Reference

Table 3: Univariate analysis Work status, work advice and adjustments (complete results)

	16 weeks pregnancy					24 weeks pregnancy					32 weeks pregnancy				
	Intervention group N=119	Control group N= 122	RR	95% CI	P	Intervention group N= 105	Control group N=117	RR	95% CI	P	Intervention Group N=87	Control group N=101	RR	95% CI	P
Current work status															
Normal working hours	118 (99)	122 (98)			NS	89 (85)	100 (86)	ref			59 (68)	56 (55)	ref		
Part time due to illness	1 (1)	0				8 (8)	8 (7)			NS	8 (9)	9 (9)			NS
No work due to illness	0	0				7 (7)	5 (4)			NS	11 (13)	10 (10)			NS
Pregnancy leave	0	0				1 (1)	4 (3)			NS	9 (10)	26 (26)	0.42	0.21-0.83	**
Increase complaints	37 (31)	39 (32)			NS	44 (42)	45 (39)			NS	52 (52)	42 (48)			NS
Advice to adjust work from:															
Midwife & Gynecologist	11 (9)	2 (2)	5.64	1.28-24.9	**	41 (39)	21 (18)	2.18	1.38-3.43	***	36 (41)	29 (29)			NS
Occupational physician	2 (2)	0			NS	6 (6)	11 (9)			NS	11 (13)	12 (12)			NS
General practitioner	0	0				3 (3)	1 (1)			NS	6 (7)	1 (1)			NS
Manager	2 (2)	4 (3)			NS	5 (5)	12 (10)			NS	8 (9)	15 (15)			NS
Staff advisor	0	2 (2)			NS	1 (1)	2 (2)			NS	2 (2)	4 (4)			NS
Own initiative	11 (9)	16 (13)			NS	21 (20)	30 (26)			NS	31 (36)	29 (29)			NS
Other	0	5 (4)			NS	6 (6)	4 (4)			NS	9 (9)	2 (2)			NS
Work adjustments?	17 (14)	22 (18)			NS	22 (21)	37 (32)			NS	32 (37)	45 (45)			NS
Less physically demanding work	4 (3)	7 (6)			NS	2 (2)	9 (8)			NS	10 (12)	13 (13)			NS
Less standing or walking	4 (3)	9 (7)			NS	6 (6)	6 (5)			NS	11 (13)	11 (11)			NS
Lifting or carrying less	5 (4)	7 (5)			NS	6 (6)	8 (7)			NS	9 (10)	9 (9)			NS
Slower work pace	2 (2)	1 (1)			NS	4 (4)	2 (2)			NS	6 (7)	7 (7)			NS
Less work	3 (3)	1 (1)			NS	4 (4)	5 (4)			NS	9 (10)	8 (8)			NS
Other working hours	3 (2)	5 (4)			NS	2(2)	5(4)			NS	8 (9)	5 (5)			NS
Less hours a day	5 (4)	6 (5)			NS	8 (8)	12 (10)			NS	19 (22)	15 (15)			NS
No more night shifts	2 (2)	4 (3)			NS	2 (2)	7 (6)			NS	4 (5)	8 (8)			NS
Plan work yourself	3 (3)	2 (2)			NS	1 (1)	2 (2)			NS	4 (5)	4 (4)			NS
More working from home	5 (4)	7 (6)			NS	3 (3)	10 (9)			NS	8 (9)	10 (10)			NS

* P or FE < 0.05, ** P or FE < 0.01, *** P < 0.001.

NS= Non significant

NA= not applicable, not in Questionnaire 1 (16 weeks pregnancy)

Table 4: Univariate analysis Working conditions (complete results)

	16 weeks pregnancy		RR	95% CI	P	24 weeks pregnancy		RR	95% CI	P
	Intervention group n=119	Control group n=122				Intervention Group n=97	Control group n=108			
Working times										
hrs/wk ^a	34.4 (7.4) (6-50)	33.4 (9.1) (8-50)			NS	33.6 (8.6) (4-48)	32.1 (9.5) (6-60)			NS
days/wk ^a	4.3 (0.8) (2-6)	4.1 (1) (1-7)			NS	4.4 (0.1) (0-6)	4.2 (0.8) (0-6)			NS
Irregular working times										
Evening shifts ^b	17 (14)	18 (15)			NS	12 (12)	17 (16)			NS
Nightshifts ^b	17 (12.4) (10.6)	17 (6.7) (12.3)			NS	11 (22.3 (3.2))	14 (19.9 (2.2))			NS
	18 (9) (7.5)	18 (3) (6.3)			NS	2 (2.2 (1.9))	4 (2.7 (1.5))			NS
Physical work:										
Standing/ walking ≥ 4 hrs/day	37 (32)	41 (35)			NS	32 (32)	33 (34)			NS
Lifting/ carrying loads or people	33 (28)	31 (25)			NS	18 (19)	20 (19)			NS
Physical work: regularly/ often										
Bending	28 (24)	25 (21)			NS	19 (20)	26 (24)			NS
Squatting	22 (19)	23 (19)			NS	17 (18)	16 (15)			NS
Repetitive motion	40 (34)	43 (35)			NS	27 (28)	25 (23)			NS
Very physically demanding	24 (19)	17 (14)			NS	15 (16)	17 (16)			NS
Requiring physical strength	19 (16)	14 (12)			NS	14 (14)	10 (9)			NS
Uncomfortable postures	17 (14)	9 (7)			NS	8 (10)	8 (9)			NS
Job Strain: often/always										
Problems with the pressure	17 (14)	32 (26)	0.55	0.32-0.91	*	11 (11)	17 (16)			NS
Like to take things a little easier	23 (19)	38 (31)	0.62	0.4-0.98	*	23 (24)	28 (26)			NS
Freedom in performance of tasks	83 (70)	93 (76)			NS	61 (63)	85 (79)	0.57	0.37-0.9	*
Influence on the pace	57 (48)	67 (55)			NS	50 (52)	60 (58)			NS
Planning own work	75 (63)	77 (63)			NS	59 (61)	70 (65)			NS
Support from manager	66 (56)	80 (66)			NS	55 (57)	67 (62)			NS
Support colleagues	87 (73)	98 (80)			NS	81 (84)	90 (84)			NS
Enjoy working	93 (78)	111 (91)	0.86	0.77-0.96	**	76 (79)	100 (93)	0.34	0.16-0.74	**
Work satisfying	93 (78)	113 (93)	0.84	0.76-0.94	***	73 (75)	98 (91)	0.37	0.19-0.74	**
Biological agents										
- Small and/ or sick children	36 (30)	33 (27)			NS	24 (35)	29 (27)			NS
	22 (16)	18 (15)			NS	20 (21)	13 (12)			NS

- Sick adults	21 (18)	18 (15)	NS	19 (8)	17 (16)	NS
- Blood or other bodily fluids	13 (11)	14 (12)	NS	11 (11)	10 (9)	NS
Chemical agents	9 (8)	7 (6)	NS	9 (9)	7 (7)	NS
Physical workload						
- Heat	22 (19)	22 (18)	NS	19 (20)	17 (16)	NS
- Cold	26 (22)	17 (14)	NS	15 (16)	11 (10)	NS
- Noise	40 (34)	32 (26)	NS	32 (33)	31 (29)	NS

* P or $FE < 0.05$, ** P or $FE < 0.01$, *** $P < 0.001$.

^a Mean (SD) (Min-max), ^b N, mean hrs/wk (SD) all other variables mentioned as N (%)

Abbreviations: NS not significant, ref=Reference