

Data supplement

Appendix DS1

Description of the cognitive and behavioural subscales assessed by the Cognitive and Behavioural Responses Questionnaire (CBRQ)

- Fear avoidance: avoidance of activities due to fear of worsening symptoms (e.g. I am afraid that I will make my symptoms worse if I exercise)
- Catastrophising: catastrophic cognitions regarding chronicity of symptoms (e.g. I will never feel right again)
- Damage beliefs: beliefs that symptoms and symptom severity reflects true damage to the body (e.g. the severity of my symptoms must mean there is something serious going on in my body)
- Embarrassment avoidance: avoidance of social situations due to feelings of shame and embarrassment over symptoms (e.g. the embarrassing nature of my symptoms prevents me from doing things)
- Symptom focusing: cognitive preoccupations on symptoms (e.g. when I am experiencing symptoms it is difficult for me to think of anything else)
- All-or-nothing behaviour: behaviour characterized by periods of high activity resulting in overextension and subsequent prolonged periods of resting (e.g. I tend to do a lot on a good day and rest on a bad day)
- Avoidance resting behaviour: excessive resting and avoidance of activity (e.g. I stay in bed to control my symptoms)

Table DS1 Mean score (standard deviation) for symptom severity and cognitive and behavioural responses to symptoms among workers ($n = 97$) v. individuals on long-term sick leave ($n = 71$)

Variable	Total with valid responses on scale, ^a n	Workers, mean (s.d.)	Long-term sick leave, mean (s.d.)	Statistical significance ^b
<i>Symptom severity</i>				
Number of symptoms	166	5.93 (1.96)	6.37 (2.27)	$\beta = 0.037, P = 0.318$
CISR symptom score ^c	119	12.99 (7.62)	13.04 (9.94)	$\beta = 0.007, P = 0.865$
Chalder Fatigue Scale Total	161	8.37 (2.86)	9.03 (2.56)	$\beta = 0.077, P = 0.052$
Chalder Fatigue Scale Physical	161	5.80 (1.87)	6.32 (1.64)	$\beta = 0.098, P = 0.014$
Chalder Fatigue Scale Mental	161	2.57 (1.33)	2.71 (1.20)	$\beta = 0.030, P = 0.442$
Jenkins Sleep Scale	163	10.65 (4.93)	12.58 (4.81)	$\beta = 0.075, P = 0.048$
<i>Cognitive and behavioural responses</i>				
Fear avoidance	159	13.46 (4.02)	14.68 (3.42)	$\beta = 0.078, P = 0.051$
Catastrophising	164	7.48 (3.66)	8.03 (3.48)	$\beta = 0.023, P = 0.547$
Damage beliefs	162	10.42 (3.75)	11.38 (3.68)	$\beta = 0.048, P = 0.207$
Embarrassment avoidance	162	11.12 (5.38)	12.94 (5.07)	$\beta = 0.086, P = 0.023$
Symptom focusing	163	13.05 (5.30)	13.06 (5.06)	$\beta = 0.007, P = 0.858$
All-or-nothing behaviour	164	8.67 (4.74)	10.28 (5.05)	$\beta = 0.048, P = 0.209$
Avoidance resting behaviour	161	12.23 (4.63)	14.32 (5.90)	$\beta = 0.078, P = 0.045$

CISR, Revised Clinical Interview Schedule.

a. Individuals with missing responses on scale items excluded from the analysis.

b. Standardised coefficients from linear regression adjusted for age, gender and education.

c. Total score CISR symptoms without fatigue.