## Supplementary table 1

Difference in health characteristics between seldom consumers (n=8922) and current abstainers (n=3465) in the full sample and within strata of cognitive ability.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | Current abstaining versus consumption less than once a month a |  | Test for effect modification | |
| Response variable |  | Cognitive ability b |  | Unstandardized linear beta coefficient (95% CI) c |  | | Unstandardized beta coefficient (95% CI), p-value d |
|  |  |  |  |  |  | |  |
| Current smoker |  | All |  | -15.3% (-16.9, -13.5) |  | |  |
|  |  | 1-4 |  | -14.9% (-19.1, -10.7) |  | | Reference group |
|  |  | 5-6 |  | -16.6% (-19.5, -13.7) |  | | -1.67% (-6.32, 2.98), p=0.48 |
|  |  | 7-9 |  | -14.0% (-16.3, -11.7) |  | | 0.90% (-3.70, 5.52), p=0.70 |
|  |  |  |  |  |  | |  |
| Body mass index, kg/m2 |  | All |  | -0.12 (-0.26, 0.03) |  | |  |
|  |  | 1-4 |  | 0.03 (-0.32, 0.37) |  | | Reference group |
|  |  | 5-6 |  | -0.03 (-0.26, 0.19) |  | | -0.06 (-0.45, 0.33), p=0.77 |
|  |  | 7-9 |  | -0.27 (-0.48, -0.05) |  | | -0.29 (-0.68, 0.09), p=0.14 |
|  |  |  |  |  |  | |  |
| Physical activity, mean 1-4 |  | All |  | -0.02 (-0.06, 0.02) |  | |  |
|  |  | 1-4 |  | -0.05 (-0.14, 0.04) |  | | Reference group |
|  |  | 5-6 |  | -0.00 (-0.06, 0.06) |  | | 0.05 (-0.06, 0.15), p=0.38 |
|  |  | 7-9 |  | -0.04 (-0.09, 0.02) |  | | 0.01 (-0.09, 0.12), p=0.81 |
|  |  |  |  |  |  | |  |
| Systolic blood pressure, mm Hg |  | All |  | -1.58 (-2.11, -1.05) |  | |  |
|  |  | 1-4 |  | -0.13 (-1.29, 1.04) |  | | Reference group |
|  |  | 5-6 |  | -1.88 (-2.71, -1.05) |  | | -1.76 (-3.19, -0.34), p=0.02 |
|  |  | 7-9 |  | -2.04 (-2.89, -1.20) |  | | -.192 (-3.34, -0.51), p=0.01 |
|  |  |  |  |  |  | |  |
| Heart rate, beats per minute |  | All |  | -0.99 (-1.47, -0.51) |  | |  |
|  |  | 1-4 |  | 0.52 (-0.56, 1.59) |  | | Reference group |
|  |  | 5-6 |  | -1.38 (-2.15, -0.61) |  | | -1.90 (-3.20, -0.59), p<0.01 |
|  |  | 7-9 |  | -1.41 (-2.16, -0.65) |  | | -1.93 (-3.22, -0.63), p<0.01 |
|  |  |  |  |  |  | |  |
| Triglycerides, mmol/l |  | All |  | -0.048 (-0.106, 0.009) |  | |  |
|  |  | 1-4 |  | 0.060 (-0.073, 0.193) |  | | Reference group |
|  |  | 5-6 |  | -0.121 (-0.212, -0.030) |  | | -0.18 (-0.34, -0.03), p=0.02 |
|  |  | 7-9 |  | -0.035 (-0.125, 0.054) |  | | -0.10 (-0.25, 0.05), p=0.22 |
|  |  |  |  |  |  | |  |
| HDL-cholesterol, mmol/l |  | All |  | -0.011 (-0.023, 0.002) |  | |  |
|  |  | 1-4 |  | -0.012 (-0.039, 0.015) |  | | Reference group |
|  |  | 5-6 |  | -0.009 (-0.028, 0.011) |  | | 0.003 (-0.030, 0.036), p=0.85 |
|  |  | 7-9 |  | -0.012 (-0.031, 0.007) |  | | 0.000 (-0.033, 0.033), p=0.99 |
|  |  |  |  |  |  | |  |
| Family history of IHD |  | All |  | -0.47% (-2.40, 1.46) |  | |  |
|  |  | 1-4 |  | -1.28% (-5.51, 2.95)) |  | | Reference group |
|  |  | 5-6 |  | -0.29% (-3.40, 2.82) |  | | 1.00% (-4.22, 6.22), p=0.71 |
|  |  | 7-9 |  | -0.22% (-3.25, 2.81) |  | | 1.07% (-4.11, 6.25), p=0.69 |
|  |  |  |  |  |  | |  |
| Divorced or separated |  | All |  | -2.31% (-3.32, -1.30) |  | |  |
|  |  | 1-4 |  | -2.55% (-5.08, -0.02) |  | | Reference group |
|  |  | 5-6 |  | -1.17% (-2.86, 0.52) |  | | 1.40% (-1.34, 4.14), p=0.32 |
|  |  | 7-9 |  | -3.29% (-4.62 -1.96) |  | | -0.73% (-3.45, 1.98), p=0.60 |
|  |  |  |  |  |  | |  |
| Mental distress |  | All |  | 1.46% (0.50, 2.43) |  | |  |
|  |  | 1-4 |  | 4.58% (2.04, 7.12) |  | | Reference group |
|  |  | 5-6 |  | 1.05% (-0.51, 2.61) |  | | -3.52% (-6.17, -0.86), p=0.01 |
|  |  | 7-9 |  | -0.29% (-1.02, 1.61) |  | | -4.27% (-6.90, -1.65), p<0.01 |
|  |  |  |  |  |  | |  |

a Models adjusted for age and cognitive ability (if not used as a stratifying variable)

b Cognitive ability strata derived form a stanine score (range 1-9).

c Coefficients for dichotomous outcomes are multiplied by 100 and should be interpreted as the percentage point (%) change in the probability of the outcome per one-unit increase in alcohol consumption frequency.

d Test for effect modification on multiplicative scale, reflecting whether the difference between seldom consumers and current abstainers in the medium (5-6) and high (7-9) groups of ability differ from the difference in the low group (1-4), respectively.