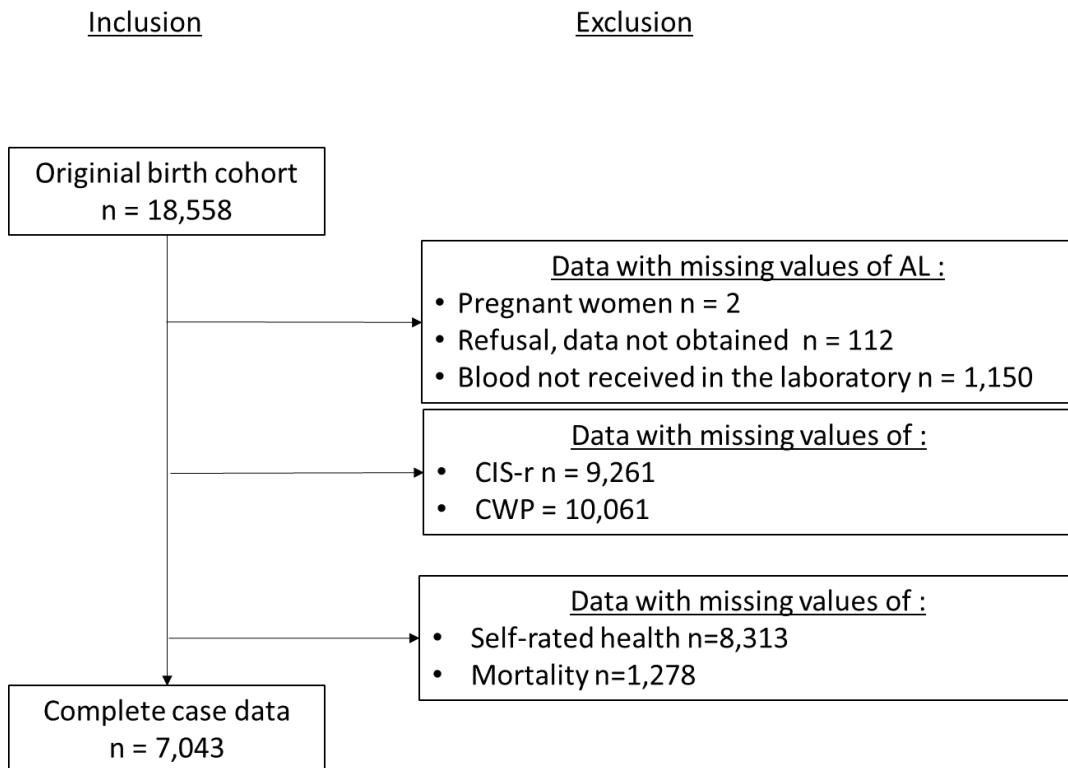


## 1 Additional Figures

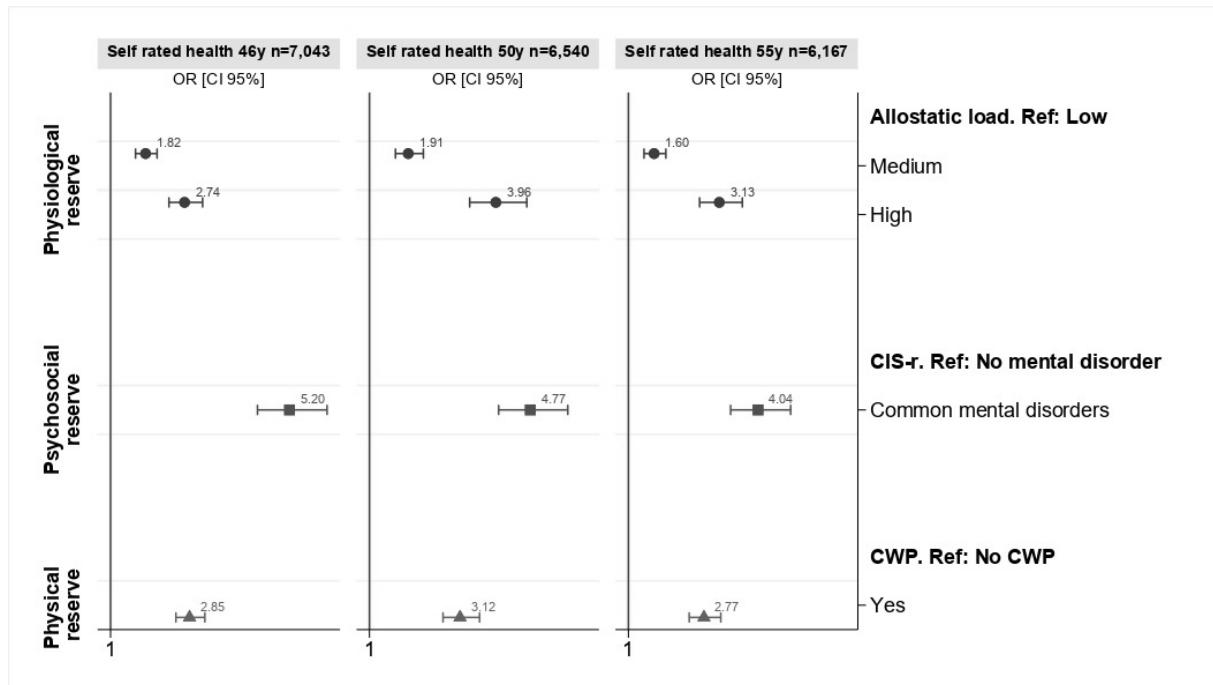
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### 3 Additional Figure 1: Diagram of inclusion and exclusion criteria in the NCDS 58



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5 Additional Figure 2: Sex adjusted results of Logistic regressions of the indicators of  
6 deteriorating health reserves on self-rated health at ages 46, 50 and 55



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## 8 Additional File 1. Details on the construction of the Global Health Score variables n°2, 3 and 4

Global health score	NCDS sweep	Variable	Level	n(%)	Details
n° 2	Biomedical survey (44/45y)	CIS-r other categories	No mental health problem Mental health problem requiring assessment Mental health problem requiring treatment Missing	8,658 (46.65) 438 (2.36) 201 (1.08) 9,261 (49.90)	We have categorised the CIS-r score variable in the same method as in a previous article(1)
n° 3	Biomedical survey (44/45y)	CIS-r tertiles	[0] [1-4] [5-33] Missing	3,381 (18.22) 3,380 (18.21) 2,536 (13.67) 9,261 (49.90)	We have categorised the CIS-r score variable using the tertiles of its distribution
n° 4	Sweep n°6 (42y)	Pain at 42y	None Persistent back pain/lumbago/sciatic Missing	8,834 (47.60) 2,542 (13.70) 7,182 (38.70)	Individuals were asked "Have you ever had or been told you had (i) persistent back pain lumbago or sciatica; (ii) chronic fatigue syndrome better known as ME" ; (iii) Neither of these". Those who responded "Persistent back pain/lumbago/sciatic" were assigned to one group while the others were assigned to the reference category.
		Malaise inventory at 42y	Normal 0-7 Depressed 8-24 Missing	9,767 (52.63) 1,494 (8.05) 7,297 (39.32)	Malaise is "a generalized feeling of discomfort, illness, uneasiness, fatigue or lack of well-being, often associated with a disease state" (2). We summed

the binary malaise inventory variables to derive the malaise inventory score ranging from 0-24. Individuals responding 'yes' to eight or more of the 24 items are considered to be at risk of depression (3).

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	Total	18,558 (100)
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10 References

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18