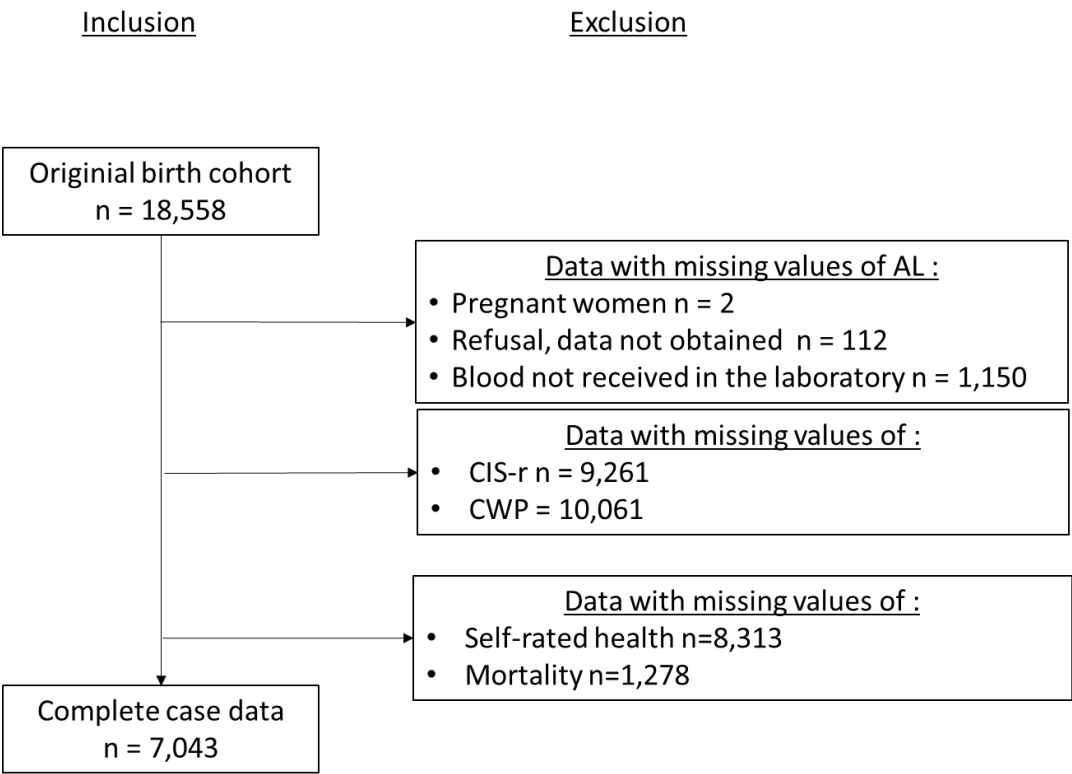
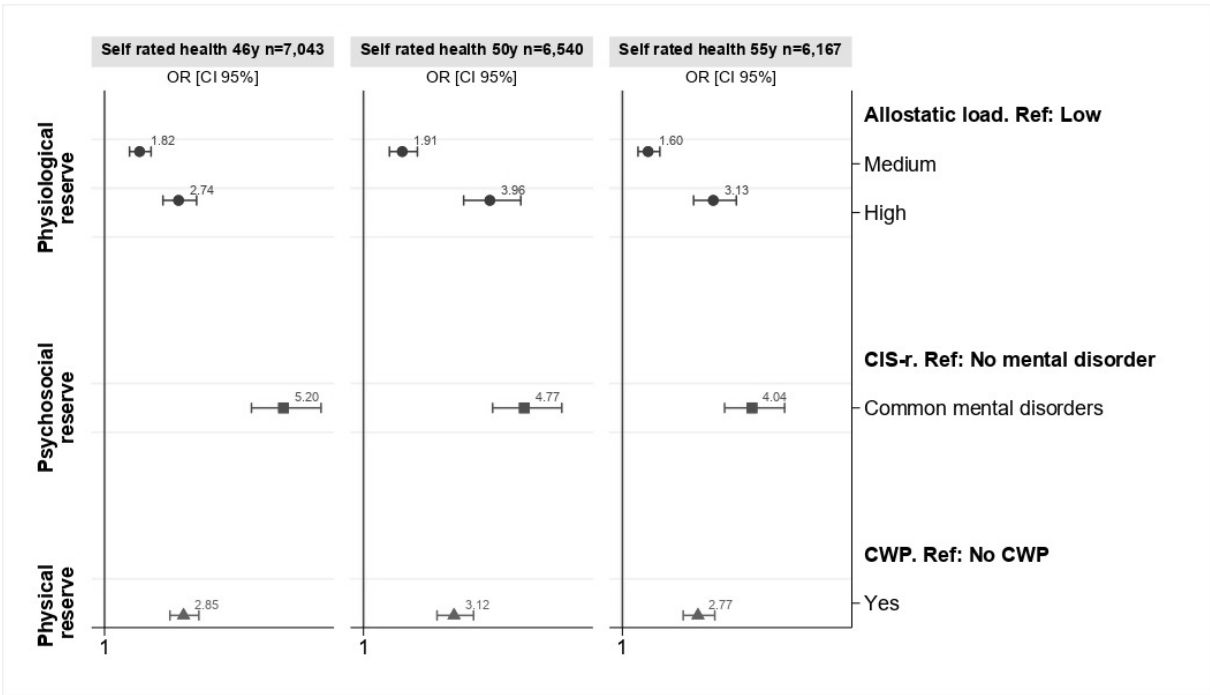


Additional Figures

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



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



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	8,658 (46.65)	We have categorised the CIS-r score variable in the same method as in a previous article(1)
			Mental health problem requiring assessment	438 (2.36)	
			Mental health problem requiring treatment	201 (1.08)	
			Missing	9,261 (49.90)	
n° 3	Biomedical survey (44/45y)	CIS-r tertiles	[0]	3,381 (18.22)	We have categorised the CIS-r score variable using the tertiles of its distribution
			[1-4]	3,380 (18.21)	
			[5-33]	2,536 (13.67)	
			Missing	9,261 (49.90)	
n° 4	Sweep n°6 (42y)	Pain at 42y	None	8,834 (47.60)	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.
			Persistent back pain/lumbago/sciatic	2,542 (13.70)	
			Missing	7,182 (38.70)	
		Malaise inventory at 42y	Normal 0-7	9,767 (52.63)	Malaise is "a generalized feeling of discomfort, illness, uneasiness, fatigue or lack of well-being, often associated with a disease state" (2). We summed
			Depressed 8-24	1,494 (8.05)	
			Missing	7,297 (39.32)	

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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