



## **Appendix**

**This appendix was part of the submitted manuscript and has been peer reviewed.  
It is posted as supplied by the authors.**

Appendix to: Bowers J, Lo J, Miller P, et al. Psychological distress in remote mining and construction workers in Australia. *Med J Aust* 2018; 208: 391-397. doi: 10.5694/mja17.00950.

**Appendix. Demographic characteristics associated with psychological distress in 1124 survey participants (multinomial univariate regression)**

Demographic	<i>P</i>	Moderate K10 score		High/very high K10 score	
		OR (95% CI)	<i>P</i>	OR (95% CI)	<i>P</i>
Mining sector	0.001				
Construction		0.8 (0.5–1.1)	0.12	0.4 (0.3–0.6)	< 0.001
Underground		1.0 (0.7–1.4)	0.87	0.9 (0.6–1.3)	0.46
Open pit		1		1	
Age (years)	0.001				
16–24		1.9 (1.0–3.5)	0.06	2.6 (1.2–5.6)	0.018
25–34		1.8 (1.0–3.0)	0.035	3.2 (1.6–6.2)	0.001
35–44		1.1 (0.6–1.9)	0.68	2.6 (1.3–5.0)	0.006
45–54		0.9 (0.5–1.6)	0.82	1.8 (0.9–3.7)	0.09
≥ 55		1		1	
Sex	0.26				
Men		1.1 (0.6–1.8)	0.84	1.7 (0.9–3.1)	0.13
Women		1		1	
Relationship status	0.014				
Divorced/widowed		1.0 (0.5–2.0)	0.90	0.7 (0.3–1.6)	0.40
Separated		1.5 (0.7–3.4)	0.32	3.7 (1.8–7.6)	0.001
Married/de facto		1.1 (0.8–1.5)	0.60	1.1 (0.8–1.6)	0.47
Single		1		1	
Number of dependents under 18	0.10				
None		1		1	
1		1 (0.7–1.5)	0.98	1.1 (0.7–1.7)	0.58
2 or more		1 (0.8–1.4)	0.80	1.5 (1.1–2.1)	0.009
Education	0.78				
Year 10		1 (0.7–1.3)	0.77	1.1 (0.8–1.5)	0.66
Year 12		1 (0.7–1.5)	0.92	1.0 (0.7–1.6)	0.86
Diploma/trade certificate		1		1	
University degree		1 (0.6–1.6)	0.89	0.7 (0.4–1.2)	0.20
Occupation	0.07				
Management		0.7 (0.5–1.1)	0.16	0.6 (0.4–0.9)	0.028
Contractors		1		1	
Roster swing	< 0.001				
One week on/one week off		1.4 (0.9–2.1)	0.12	1.6 (1.0–2.5)	0.039
2 weeks on/one week off		1.4 (1.0–1.9)	0.05	2.4 (1.7–3.4)	< 0.001
4 weeks on/one week off		1		1	
Other		0.5 (0.2–1.0)	0.06	1.0 (0.5–2.0)	0.91
Duration of previous job	0.20				
< 6 months		0.8 (0.5–1.5)	0.52	0.8 (0.4–1.5)	0.49
6–12 months		1.2 (0.7–1.8)	0.50	1.2 (0.7–1.9)	0.55
1–2 years		0.7 (0.4–1.0)	0.038	0.8 (0.5–1.2)	0.28
2–5 years		1.0 (0.7–1.5)	0.94	1.1 (0.8–1.8)	0.52
> 5 years		1		1	
Time at current company	0.32				
< 6 months		1.2 (0.7–1.9)	0.47	1.1 (0.7–2.0)	0.63
6–12 months		1.0 (0.6–1.6)	0.87	1.6 (0.9–2.6)	0.10
1–2 years		1.0 (0.6–1.6)	1.0	1.1 (0.7–1.8)	0.70
2–5 years		1.2 (0.8–1.8)	0.48	1.6 (1.0–2.6)	0.05
>5 years		1		1	

Time in current job	0.11				
< 6 months		1.2 (0.6–2.6)	0.64	1.5 (0.7–3.4)	0.30
6–12 months		1.4 (1.0–2.1)	0.07	1.9 (1.2–2.9)	0.004
1–2 years		1.0 (0.7–1.5)	0.95	1.3 (0.8–1.9)	0.29
2–5 years		0.9 (0.6–1.3)	0.45	1.2 (0.8–1.8)	0.40
> 5 years		1		1	
Rest and recreation location	0.016				
Adelaide		1.4 (0.9–2.3)	0.14	1.6 (1.0–2.7)	0.05
Other Australian cities		1.1 (0.7–1.6)	0.69	0.8 (0.5–1.3)	0.38
Regional Western Australia		1.0 (0.6–1.5)	0.93	0.9 (0.5–1.4)	0.53
Regional South Australia		1.6 (0.7–3.6)	0.27	3.2 (1.5–6.7)	0.003
Other regional Australia		0.8 (0.5–1.4)	0.46	1.2 (0.8–2.0)	0.38
Overseas		0.6 (0.3–1.2)	0.14	0.5 (0.2–1.2)	0.10
Perth		1		1	

CI = confidence interval; K10 = Kessler Psychological Distress Scale questionnaire; OR = odds ratio.