APPENDICES

Variable Role Definition and comments Consumption of antidepressant drugs; individuals who have consumed or have been prescribed antidepressant or stimulant drugs in the last two weeks. This takes the value one if the individual declares that he/she has consumed or has been prescribed the drug during the last two weeks. Dependent Variables Consumption of sedative drugs: individuals who have consumed or have been prescribed tranquilizers, sedative/hypnotic or sleeping pills in the last two weeks. It takes the value one if the individual declares that he/she has consumed or has been prescribed the drug during the last two weeks. Year of the survey*: represented by a dummy variable that indicates 0='2006 survey' (reference period) and 1='2011-2012 survey'. Depression, anxiety or other mental health disorders: a dummy variable in which 1 indicates individuals who declared that they were suffering from these illnesses during the last twelve months. Mental health index using the Goldberg Health Questionnaire (GHQ-12) [32]. The GHQ-12 questionnaire includes 12 questions aimed to detect symptoms of anxiety or depression and it moves on a 12-point scale (0 to 12) i.e. from better to worse mental health. In order to observe the worst cases, we recoded the mental health index as zero if the index is below or equal to 8 points and one if the index is between 9 and 12 points. Question on self-rated health (SRH) status in the last 12 months. Asked in SNHS as 'how would you rate your health during the last twelve months?', and categorized as very good (reference category), good, fair, bad, very bad. Chronic illness: a dummy variable equal to one if the individual declares that he/she has ever had at least three of the following chronic diseases: upper back pain, lower back pain, frequent headaches, malignant tumours, diabetes, hypertension, high cholesterol, stomach ulcers, chronic constipation, chronic bronchial disease, asthma, cardiac disorder, heart attack, chronic skin problems, chronic allergies, anaemia, varicose leg veins, haemorrhoids, stroke, depression, anxiety or other mental problems, cataracts, arthritis or rheumatism, osteoporosis, urinary incontinence, prostate disorder (men), thyroid diseases, menopausal period problems (women), other chronic diseases. Independent Variables Smoking: we include a categorized variable recoded as zero if the individual does not smoke, one if he/she currently smokes and two if the person used to smoke in the past. Hours of sleep: a dummy variable recoded as one if the individual sleeps more than 7 hours and zero otherwise. Body Mass Index (BMI) categorized as [33]: low weight (BMI<18kg/m2) (reference category); normal weight (18kg/m2≤BMI≤25kg/m2); overweight (25kg/m2<BMI≤30 kg/m2); obese (BMI>30 kg/m2). Both height and weight were reported by the individual. Physical activity in the workplace: sitting (reference category), standing, walking and carrying things, and doing heavy tasks. Medical visits: categorized as a dummy that equals one if the individual visited the doctor during the last year, and zero otherwise. Gender* (male groups of reference) and age (age groups: 15-35 years (group of reference); 36-45; 46-55; 56-65; 66-75; +75). Demographic and economic characteristics: the region of residence, marital status (single (group of reference), married, widowed, separated and divorced), social class [34], educational level (no education (reference category), primary education, secondary education and tertiary education), and employment status* (currently working (group of reference), short-term unemployed (unemployed less than a year), long-term unemployed (unemployed more than a year), retired, studying and homemaker.

Appendix A. Variable Names and Definitions

* These variables are the only ones considered as the explanatory variables in the analysis, and all the others are considered as the covariates.

Appendix B		Period 2006			Period 2011-2012	
		Use of			Use of	
		antidepressants	Use of sedatives		antidepressants	Use of sedatives
	Total (%) ^b	(%) [°]	(%) ^c	Total (%) ^b	(%) [°]	(%) [°]
VARIABLES	(n=28,954)	(n=2,089)	(n=3,904)	(n=20,509)	(n=1,099)	(n=2,787)
Total	100	5.8 ^d	10.7 ^e	100	4.3 ^d	11.1 ^e
Sociodemographic	variables					
Sex						
Male	49.1	3.3	6.7	48.8	1.6	6.7
Female	50.9	8.2	14.5	51.2	6.7	15.3
Current activity						
Working	48.2	3.1	6	44.2	1.9	5.2
Unemployed						
short-term	3.7	6.1	6.5	6.1	2.6	6.3
Unemployed						
long-term	2	11.2	15.6	6.7	5	11.4
Retired	24	11.7	23.9	23.1	8	23.1
Studying	4.6	0.9	2.3	6.3	0.3	1.5
Homemaker	17.4	10.2	18.9	13.5	9.3	21.1
Age (years old)						
16-35	34.5	2	3.5	31	1	3.1
36-45	19.2	4.6	8	19.8	2.7	7.6
46-55	15.6	7.5	11.6	17	4.8	11
56-65	12.3	10.2	16.1	12.9	7.8	16.1
66-75	10.2	10.3	21.5	10	8.2	20.5
>75	8.1	9.1	24.1	9.3	8.3	28.2
Region						
Andalusia	17.5	6.1	10.5	17.8	4	11.9
Aragon	2.9	5.1	8.4	2.9	4.5	14.8
Asturias	2.5	10.7	16.4	2.4	8.9	19.4
Balearic	2.5	10.7	10.4	2.7	0.5	13.4
Islands	2.3	6.6	12.3	2.4	3.1	8.4
Canary Islands	4.4	9.6	15.4	4.6	5.3	12.6
Cantabria	1.3	3.9	9.6	1.3	2.2	4.9
Castile-Leon	5.8	4.4	7.9	5.5	4.1	12.1
Castile-La		_				
Mancha	4.3	5	9.6	4.5	2.8	5.6
Catalonia Region of	16	5.2	9.7	15.7	4.2	8.3
Valencia	10.7	4.6	11.7	10.9	5.1	13.5
Extremadura	2.4	6.3	8.8	2.4	5	13.2
Galicia	6.4	7.9	13.9	6.2	6.4	13.5
Madrid	13.6	5.1	9.7	13.7	2.6	9.4
Murcia	3	5	8.8	3.1	4.9	8.5
Navarre	1.3	6.4	13.2	1.3	5.9	11.4
Basque	1.5	0.4	13.2	1.5	5.5	11.4
Country	4.9	5.9	11.3	4.7	3.6	13.3
La Rioja	0.7	2.4	4.8	0.7	3	9.7
Education (ed)						
No ed	12.9	12	24.5	13	9.3	24.6
Primary ed	43.3	8.1	14.7	43.1	5.6	14.1
Secondary ed	19.7	4.5	8.3	20.9	3.1	8.2
Tertiary ed	24.1	3.8	7.2	20.5	2.2	6
-	27.1	5.0	1.2	23	2.2	0
Marital Status				<u> </u>		
Single	27.9	3.9	7.6	31.7	1.9	5.5

Appendix B. Descriptive statistics^a

Married

54.9

6.5

11.8

56.1

4.2

11.1

Separated 3.1 9.9 16.5 1.8 6 16.8 Divorced 2.4 12.3 17.2 2.9 9.4 18.3 Social class							
Divorced 2.4 12.3 17.2 2.9 9.4 18.2 Social class	Widowed	11.8	13.3	28.2	7.4	12	30.3
Social class Class I 10.5 4.1 8.4 11.4 3.26 9.69 Class II 10.1 5.2 11.1 7.8 4.5 10.7 Class IV 27.8 6.9 13.2 15.2 4.8 12.9 Class V 13.2 8.3 14.1 32 5.69 14.2 Class V 13.2 8.3 14.1 32 5.69 14.2 Class V 13.9 8.9 15.2 14.4 7 17.3 Heath variables 7 17.3 16.5 16 10.8° 32.7 52 Mental health 4.7 4.2° 13.7 59 SAH 7.5 50.8 1.7 59 50.8 1.7 59 SAH 12 51.3 50.8 1.7 59 53 8.7 2.2 47.2 47.2 47.9 53 53 53	Separated	3.1	9.9	16.5	1.8	6	16.8
Class I 10.5 4.1 8.4 11.4 3.26 9.69 Class II 10.1 5.2 11.1 7.8 4.5 10.9 Class IV 27.8 6.9 13.2 15.2 4.8 12.9 Class V 13.9 8.9 15.2 14.4 7 17.1 Class V 13.9 8.9 15.2 14.4 7 17.2 Class V 13.9 8.9 15.2 14.4 7 17.2 Class V 13.9 8.9 15.2 14.4 7 17.2 Depression	Divorced	2.4	12.3	17.2	2.9	9.4	18.2
Class II 10.1 5.2 11.1 7.8 4.5 10.9 Class II 24.5 6.5 12.1 19.1 4.76 11.7 Class IV 27.8 6.9 13.2 15.2 4.8 12.9 Class VI 13.9 8.9 15.2 14.4 7 17.1 Heath variables 13.7 36.5 46 10.8 ⁴ 32.7 52 Mental health 38.4 47.5 4.2 ⁴ 28.1 59 SAH 37.9 36.5 19.3 20.2 8.7 29.5 SAH 17.9 0.8 2.1 21.1 0.3 1.8 Good 48.6 2.1 5 50.8 1.7 5.9 Fair 24.8 10.5 19.3 20.2 8.7 2.2 47.2 Chronic diseases 1.1.8 2.1 2.1 1.0.	Social class						
Class III 24.5 6.5 12.1 19.1 4.76 11.7 Class IV 27.8 6.9 13.2 15.2 4.8 12.9 Class VI 13.2 8.3 14.1 32 5.69 14.21 Class VI 13.9 8.9 15.2 14.4 7 7.33 Heath variables	Class I	10.5	4.1	8.4	11.4	3.26	9.69
Class IV27.86.913.215.24.812.9Class V13.28.314.1325.6914.2Class VI13.98.915.214.4777.1Mo86.30.95.189.20.86.2Yes13.736.5469.495.83.19>=93.4°38.447.54.2°28.151.9SAH5.189.20.851.9SAH7.15.189.23.451.9SAH7.17.31.15.15.5SAH5.18.17.95.95.3Fair24.810.519.320.28.722.3Bad6.42.235.26.318.939.6Very bad2.326.838.71.52.442.6Chronic diseases3.163.90.83.5>=342.611.82.136.110.424.6Smoking1.34.37.41.70.6No506.41253.44.91.14.3Yes29.55.38.7273.88.8In the past20.54.34.37.41.04.6Smoking1.34.37.41.70.66.7normal weight1.3	Class II	10.1	5.2	11.1	7.8	4.5	10.99
Class V13.28.314.1325.6914.20Class VI Health variables13.98.915.214.4717.11Health variables5.189.20.86.22Ves13.7°36.54610.8°32.752Mental health	Class III	24.5	6.5	12.1	19.1	4.76	11.72
Class VI Health variables 13.9 8.9 15.2 14.4 7 17.11 President variables Depression No 66.3 0.9 5.1 89.2 0.8 6.2 Yes 13.7 ^d 36.5 66 10.8 ^d 32.7 52 Mental health	Class IV	27.8	6.9	13.2	15.2	4.8	12.91
Health variablesDepressionNo 86.3 0.9 5.1 89.2 0.8 6.2 Yes 13.7^4 36.5 46 19.8^4 32.7 22.7 Mental health	Class V	13.2	8.3	14.1	32	5.69	14.26
No 86.3 0.9 5.1 89.2 0.8 6.2 Yes 13.7 ^d 36.5 46 10.8 ^d 32.7 52 Mental health		13.9	8.9	15.2	14.4	7	17.13
Yes 13.7^4 36.5 46 10.8^4 32.7 52 Mental health $<=8$ 96.6 4.6 9.4 95.8 3.1 9 $>=9$ 3.4^4 38.4 47.5 4.2^4 28.1 51.9 SAHVery good 17.9 0.8 2.1 21.1 0.3 1.8 Good 48.6 2.1 5 50.8 1.7 52.3 Bad 6.4 22 35.2 6.3 18.9 39.6 Very bad 2.3 26.8 38.7 1.5 22.4 47.2 Chronic diseases $$	Depression						
Mental health $<=8$ 96.64.69.495.83.19 $>=9$ 3.4 ^d 38.447.54.2 ^d 28.151.9SAHVery good17.90.82.121.10.31.8Good48.62.1550.81.75.9Fair24.810.519.320.28.722.3Bad6.42.235.26.318.939.6Very bad2.326.838.71.522.447.2Chronic diseases<3	No	86.3	0.9	5.1	89.2	0.8	6.2
<=896.64.69.495.83.19 $>=9$ 3.4d38.447.54.2d28.151.9SAH21.10.31.8Good48.62.1550.81.75.9Fair24.810.519.320.28.722.3Bad6.42.235.26.318.939.6Very bad2.326.838.71.522.447.2Chronic diseases3.163.90.83.5 $<=3$ 42.611.82136.110.424.6Smoking1.253.44.912.1Yes29.55.38.72.73.88.8In the past20.54.910.419.63.111.4Sleeping1.37.41.70.66.7normal weight1.34.37.41.70.66.710.70.58.3overweight36.55.81135.7410.70.58.310.71.6Physical activity159.314.616.67.415.81.43.71.43.73.43.73.4Sitting35.16.512.640.35.71.43.43.71.43.73.43.73.43.73.43.73.43.73.43.73.43.7	Yes	13.7 ^d	36.5	46	10.8 ^d	32.7	52
$\geq =9$ 3.4^4 38.4 47.5 4.2^4 28.1 51.9 SAHVery good 17.9 0.8 2.1 21.1 0.3 1.8 Good 48.6 2.1 5 50.8 1.7 5.9 Fair 24.8 10.5 19.3 20.2 8.7 22.3 Bad 6.4 22 35.2 6.3 18.9 39.6 Very bad 2.3 20.6 38.7 12.5 22.4 47.2 Chronic diseases $------<^{<3}57.41.33.163.90.835.5\geq 342.611.82136.110.424.6Smoking------No506.41253.44.912.1Yes29.55.38.7273.88.8In the past20.54.910.419.63.111.4Sleeping-----Min------0.47.90.39.10.524.94.513.25752.162.212.249.84.513.22752.162.212.249.84.513.250.613.343.374.41.70.66.7$	Mental health						
SAH Very good 17.9 0.8 2.1 21.1 0.3 1.8 Good 48.6 2.1 5 50.8 1.7 5.9 Fair 24.8 10.5 19.3 20.2 8.7 22.3 Bad 6.4 22 35.2 6.3 18.9 39.6 Very bad 2.3 26.8 38.7 1.5 22.4 47.2 Chronic diseases	<=8	96.6	4.6	9.4	95.8	3.1	9
Very good 17.9 0.8 2.1 21.1 0.3 1.8 Good 48.6 2.1 5 50.8 1.7 5.9 Fair 24.8 10.5 19.3 20.2 8.7 22.3 Bad 6.4 22 35.2 6.3 18.9 39.6 Very bad 2.3 26.8 38.7 1.5 22.4 47.2 Chronic diseases	>=9	3.4 ^d	38.4	47.5	4.2 ^d	28.1	51.9
No48.62.1550.81.75.9Fair24.810.519.320.28.722.3Bad6.42235.26.318.939.6Very bad2.326.838.71.522.447.2Chronic diseases 36.7 1.33.163.90.83.5>=342.611.82136.110.424.6Smoking 35.7 2.73.88.811.424.6No506.41253.44.912.1Yes29.55.38.72.73.88.8In the past20.54.910.419.63.111.4Sleeping $< < 7 > 52.1$ 6.212.249.84.513>747.95.39.150.249.22.8BMIunderweight1.34.37.41.70.66.7normal weight36.55.81135.7410.7obesity35.16.512.640.35.714Standing up Walking and Walking and Carrying13.13.67.312.12.25.6Heavy tasks4.12.45.42.71.16.7	SAH						
Fair24.810.519.320.28.722.3Bad6.42235.26.318.939.6Very bad2.326.838.71.522.447.2Chronic diseases 33.7 1.522.447.2<3	Very good	17.9	0.8	2.1	21.1	0.3	1.8
Bad 6.4 22 35.2 6.3 18.9 39.6 Very bad 2.3 26.8 38.7 1.5 22.4 47.2 Chronic diseases $<$	Good	48.6	2.1	5	50.8	1.7	5.9
Very bad2.326.838.71.522.447.2Chronic diseases $<$	Fair	24.8	10.5	19.3	20.2	8.7	22.3
Chronic diseases	Bad	6.4	22	35.2	6.3	18.9	39.6
<3 57.4 1.3 3.1 63.9 0.8 3.5 >=3 42.6 11.8 21 36.1 10.4 24.6 Smoking	Very bad	2.3	26.8	38.7	1.5	22.4	47.2
>=3 42.6 11.8 21 36.1 10.4 24.6 Smoking .	Chronic diseases						
Smoking No 50 6.4 12 53.4 4.9 12.1 Yes 29.5 5.3 8.7 27 3.8 8.8 In the past 20.5 4.9 10.4 19.6 3.1 11.4 Sleeping	<3	57.4	1.3	3.1	63.9	0.8	3.5
No 50 6.4 12 53.4 4.9 12.1 Yes 29.5 5.3 8.7 27 3.8 8.8 In the past 20.5 4.9 10.4 19.6 3.1 11.4 Sleeping	>=3	42.6	11.8	21	36.1	10.4	24.6
Yes29.55.38.7273.88.8In the past20.54.910.419.63.111.4Sleeping<=7	Smoking						
In the past20.54.910.419.63.111.4Sleeping<=7		50	6.4	12	53.4	4.9	12.1
Sleeping 4.5 13 >7 52.1 6.2 12.2 49.8 4.5 13 >7 47.9 5.3 9.1 50.2 4 9.2 BMI 6.6 6.7 normal weight 1.3 4.3 7.4 1.7 0.6 6.7 normal weight 47.2 4.3 8.3 46 2.8 8.3 overweight 36.5 5.8 11 35.7 4 10.7 obesity 15 9.3 14.6 16.6 7.4 15.8 Physical activity 3.7 14 Standing up Walking and 47.7 6.2 10.8 44.8 3.7 10.3 carrying 13.1 3.6 7.3 12.1 2.2 5.6 Heavy tasks 4.1 2.4 5.4 2.7 1.1 6.7	Yes	29.5	5.3	8.7	27	3.8	8.8
<=752.16.212.249.84.513 >7 47.95.39.150.249.2BMIunderweight1.34.37.41.70.66.7normal weight47.24.38.3462.88.3overweight36.55.81135.7410.7obesity159.314.616.67.415.8Physical activitySitting35.16.512.640.35.714Standing up Walking and carrying13.13.67.312.12.25.6Heavy tasks4.12.45.42.71.16.7	In the past	20.5	4.9	10.4	19.6	3.1	11.4
<=752.16.212.249.84.513 >7 47.95.39.150.249.2BMIunderweight1.34.37.41.70.66.7normal weight47.24.38.3462.88.3overweight36.55.81135.7410.7obesity159.314.616.67.415.8Physical activitySitting35.16.512.640.35.714Standing up Walking and carrying13.13.67.312.12.25.6Heavy tasks4.12.45.42.71.16.7	Sleeping						
BMI underweight 1.3 4.3 7.4 1.7 0.6 6.7 normal weight 47.2 4.3 8.3 46 2.8 8.3 overweight 36.5 5.8 11 35.7 4 10.7 obesity 15 9.3 14.6 16.6 7.4 15.8 Physical activity 5 5.1 6.5 12.6 40.3 5.7 14 Standing up Walking and Walking and Walking and Walking and Heavy tasks 4.1 2.4 5.4 2.7 1.1 6.7		52.1	6.2	12.2	49.8	4.5	13
underweight 1.3 4.3 7.4 1.7 0.6 6.7 normal weight 47.2 4.3 8.3 46 2.8 8.3 overweight 36.5 5.8 11 35.7 4 10.7 obesity 15 9.3 14.6 16.6 7.4 15.8 Physical activity 5 9.3 14.6 16.6 7.4 15.8 Sitting 35.1 6.5 12.6 40.3 5.7 14 Standing up Walking and 47.7 6.2 10.8 44.8 3.7 10.3 carrying 13.1 3.6 7.3 12.1 2.2 5.6 Heavy tasks 4.1 2.4 5.4 2.7 1.1 6.7	>7	47.9	5.3	9.1	50.2	4	9.2
underweight 1.3 4.3 7.4 1.7 0.6 6.7 normal weight 47.2 4.3 8.3 46 2.8 8.3 overweight 36.5 5.8 11 35.7 4 10.7 obesity 15 9.3 14.6 16.6 7.4 15.8 Physical activity 5 9.3 14.6 16.6 7.4 15.8 Sitting 35.1 6.5 12.6 40.3 5.7 14 Standing up Walking and 47.7 6.2 10.8 44.8 3.7 10.3 carrying 13.1 3.6 7.3 12.1 2.2 5.6 Heavy tasks 4.1 2.4 5.4 2.7 1.1 6.7	BMI						
normal weight 47.2 4.3 8.3 46 2.8 8.3 overweight 36.5 5.8 11 35.7 4 10.7 obesity 15 9.3 14.6 16.6 7.4 15.8 Physical activity 5 5.7 12.6 40.3 5.7 14 Standing up Walking and 47.7 6.2 10.8 44.8 3.7 10.3 carrying 13.1 3.6 7.3 12.1 2.2 5.6 Heavy tasks 4.1 2.4 5.4 2.7 1.1 6.7		1.3	4.3	7.4	1.7	0.6	6.7
overweight 36.5 5.8 11 35.7 4 10.7 obesity 15 9.3 14.6 16.6 7.4 15.8 Physical activity 5 5 12.6 40.3 5.7 14 Sitting 35.1 6.5 12.6 40.3 5.7 14 Standing up Walking and 47.7 6.2 10.8 44.8 3.7 10.3 carrying 13.1 3.6 7.3 12.1 2.2 5.6 Heavy tasks 4.1 2.4 5.4 2.7 1.1 6.7			4.3	8.3	46		8.3
Physical activity 35.1 6.5 12.6 40.3 5.7 14 Standing up Walking and Carrying 47.7 6.2 10.8 44.8 3.7 10.3 carrying 13.1 3.6 7.3 12.1 2.2 5.6 Heavy tasks 4.1 2.4 5.4 2.7 1.1 6.7		36.5	5.8			4	10.7
Sitting35.16.512.640.35.714Standing up Walking and carrying47.76.210.844.83.710.3carrying13.13.67.312.12.25.6Heavy tasks4.12.45.42.71.16.7	obesity	15	9.3	14.6	16.6	7.4	15.8
Sitting35.16.512.640.35.714Standing up Walking and carrying47.76.210.844.83.710.3carrying13.13.67.312.12.25.6Heavy tasks4.12.45.42.71.16.7	Physical activity						
Standing up Walking and47.76.210.844.83.710.3carrying13.13.67.312.12.25.6Heavy tasks4.12.45.42.71.16.7		35.1	6.5	12.6	40.3	5.7	14
Walking and carrying13.13.67.312.12.25.6Heavy tasks4.12.45.42.71.16.7	-						10.3
Heavy tasks 4.1 2.4 5.4 2.7 1.1 6.7	Walking and						
	-	4.1	2.4	5.4	2.7	1.1	6.7
Medical visits							
							7.2
Yes 31.3 11.5 19.7 28.3 8.4 20.9	Yes	31.3	11.5	19.7	28.3	8.4	20.9

a Weighted distribution of the sample

b For the categorical variables, data are % in the category. The 2006 survey increased its sample size in some regions to obtain more accurate estimations on smaller geographical areas (e.g. NUTS4 or health areas).

c For the categorical variables, data are % of individuals using drugs for each case

d P<0.01

e P=0.735

	Antidepressants	Sedatives	Sedatives		
	Exp (beta) (95% CI)	P-value	Exp (beta) (95% Cl)	P-value	
Intercept	0.0014 (6.20e ⁻⁴ -0.0033)	P<0.01	0.008 (0.0037-0.0183)	P<0.01	
Sociodemographic variables					
Age (15-35 years old)					
36-45 years old	1.48 (1.21-1.81)	P<0.01	1.51 (1.31-1.74)	P<0.01	
46-55 years old	1.83 (1.49-2.24)	P<0.01	1.77 (1.54-2.05)	P<0.01	
56-65 years old	2.15 (1.73-2.66)	P<0.01	2.10 (1.80-2.44)	P<0.01	
66-75 years old	1.77 (1.40-2.25)	P<0.01	2.50 (2.10-2.96)	P<0.01	
>75 years old	1.28 (0.99-1.66)	P=0.028	2.82 (2.35-3.37)	P<0.01	
Education (None)					
Primary	1.22 (1.08-1.38)	P<0.01	1.19 (1.09-1.30)	P<0.01	
Secondary	1.33 (1.11-1.59)	P<0.01	1.31 (1.15-1.48)	P<0.01	
Tertiary	1.46 (1.21-1.77)	P<0.01	1.16 (1.02-1.33)	P=0.01	
Marital Status (single)					
Married	0.99 (0.86-1.14)	P=0.455	0.90 (0.82-0.99)	P=0.01	
Widowed	0.97 (0.82-1.16)	P=0.377	1.05 (0.93-1.19)	P=0.20	
Separated	1.02 (0.79-1.32)	P=0.435	1.12 (0.92-1.35)	P=0.13	
Divorced	1.29 (1.01-1.65)	P=0.020	1.08 (0.90-1.30)	P=0.20	
Social Class (class I)					
Class II	0.93 (0.75-1.16)	P=0.256	0.99 (0.86-1.15)	P=0.46	
Class III	1.03 (0.86-1.23)	P=0.368	0.87 (0.77-0.98)	P<0.01	
Class IV	0.99 (0.83-1.18)	P=0.456	0.92 (0.82-1.04)	P=0.09	
Class V	1.06 (0.89-1.27)	P=0.252	0.90 (0.80-1.02)	P=0.04	
Class VI	0.95 (0.79-1.15)	P=0.307	0.86 (0.75-0.98)	P=0.01	
Health variables	. ,		. ,		
Depression	28.71 (25.53-32.28)	P<0.01	7.60 (6.61-7.61)	P<0.01	
Mental health	1.89 (1.66-2.15)	P<0.01	1.97 (1.75-2.21)	P<0.01	
SAH (very good)					
Good	1.61 (1.22-2.11)	P<0.01	1.58 (1.35-1.85)	P<0.01	
Fair	2.44 (1.85-3.21)	P<0.01	2.55 (2.17-2.99)	P<0.01	
Bad	3.10 (2.32-4.13)	P<0.01	3.36 (2.81-4.00)	P<0.01	
Very bad	3.04 (2.21-4.18)	P<0.01	3.65 (2.96-4.52)	P<0.01	
Chronic diseases	1.45 (1.26-1.68)	P<0.01	1.88 (1.73-2.05)	P<0.01	
Smoker (No)	ζ, ,		, , , , , , , , , , , , , , , , , , ,		
Yes (current)	1.15 (1.01-1.31)	P=0.016	1.17 (1.07-1.29)	P<0.01	
Yes (past)	0.88 (0.77-1.01)	P=0.036	1.07 (0.98-1.17)	P=0.06	
Sleep (<=7)	1.26 (1.15-1.38)	P<0.01	0.81 (0.76-0.87)	P<0.01	
BMI (underweight)	ζ, ,		, , , , , , , , , , , , , , , , , , ,		
Normal weight	1.02 (0.88-1.18)	P=0.412	1.08 (0.97-1.20)	P=0.07	
Overweight	1.24 (1.07-1.43)	P<0.01	1.07 (0.96-1.18)	P=0.11	
Obese	1.19 (1.02-1.39)	P=0.011	0.95 (0.85-1.06)	P=0.17	
Physical activity (sitting)	(1.02 1.00)		(0.00 1.00)		
Standing	0.89 (0.81-0.99)	P=0.022	0.81 (0.76-0.87)	P<0.01	
Walking and carrying	0.83 (0.69-0.99)	P=0.019	0.77 (0.68-0.87)	P<0.01	
Heavy tasks	0.66 (0.45-0.98)	P=0.010	0.83 (0.64-1.07)	P=0.07	
Medical visits	1.44 (1.31-1.58)	P<0.01	1.57 (1.47-1.68)	P<0.01	

Appendix C. Mixed logistic estimations of covariables of the use of antidepressants and sedatives ^a

a Global statistical results from the model of the covariates