

Outcome: Sleep problems						
	Model 1			Model 2		
Variable	B	SE	T	B	SE	T
Constant	1.95	1.84	1.06	2.38	1.84	1.39
Age	-0.33*	0.01	-2.30	-0.34	0.01	-2.59
Age	1.05	0.56	1.86	0.506	0.53	0.96
BMI	0.19**	0.05	1.39	0.135*	0.047	2.90
MSK pain				3.96**	0.516	2.68
R ²	0.059			0.191**		
R ² Change	0.059			0.132**		

*P < 0.05

** P < 0.001

SE: Standard Error; BMI: Body mass index; MSK: musculoskeletal

Outcome: Depressive Symptoms									
	Model 1			Model 2			Model 3		
Variable	B	SE	T	B	SE	T	B	SE	T
Constant	2.37*	1.07	2.22	2.53*	1.03	2.45	1.90*	0.93	2.04
age	-0.32**	0.01	-3.93	-0.33**	0.01	-4.13	-0.30**	0.01	-4.20
Sex	0.107	0.33	0.33	-0.104	0.32	-0.33	-0.042	0.29	-0.15
BMI	0.085*	0.03	2.93	0.065*	0.03	2.29	0.041	0.03	1.60
MSK pain				1.55**	0.31	4.95	0.83**	0.29	2.86
Insomnia							2.66**	0.29	9.22
R ²	0.06			0.120**			0.288**		
R ² Change	0.06			0.06**			0.168**		

*P < 0.05

** P < 0.001

SE: Standard Error; BMI: Body mass index; MSK: musculoskeletal

Outcome: Anxiety Symptoms									
	Model 1			Model 2			Model 3		
Variable	B	SE	T	B	SE	T	B	SE	T
Constant	2.052	1.41	1.46	2.318	1.35	1.72	1.547	1.23	1.26
Age	-0.025*	0.01	-2.35	-0.026*	0.01	-2.55	-0.230**	0.01	-2.44
Sex	1.359*	0.43	3.15	1.021*	0.42	2.46	1.097*	0.38	2.89
BMI	0.089*	0.04	2.34	0.057	0.04	1.55	0.028	0.03	0.84
MSK pain				2.457**	0.41	6.10	1.605**	0.39	4.17
Insomnia							3.254**	0.41	8.54
R ²	0.059			0.147**			0.291**		
R ² Change	0.059			0.088**			0.144**		

*P <0.05

** P < 0.001

SE: Standard Error; BMI: Body mass index; MSK: musculoskeletal