

Supplementary Table 1. Hazard ratios of the incidence of diabetes in relation to the shift work pattern and quick return

Quick return/shift work pattern	Incidence per 1,000 person-years (95% CI)	No. of cases	Follow-up time (years)	cHR (95% CI)	aHR (95% CI)	
					Model 1 ^a	Model 2 ^b
No quick return/three-shift work	7.34 (6.52–8.16)	309	42079.81	Ref.	Ref.	Ref.
No quick return/two-shift work	18.96 (14.98–22.95)	87	4587.59	3.02 (2.37–3.85)	1.59 (1.23–2.06)	1.51 (1.13–2.02)
Quick return/three-shift work	9.00 (6.25–11.76)	41	4555.38	1.27 (0.92–1.76)	1.12 (0.81–1.56)	1.02 (0.73–1.43)
Quick return/two-shift work	14.71 (9.91–19.52)	36	2447.02	2.24 (1.58–3.18)	1.32 (0.92–1.89)	1.25 (0.85–1.83)

CI: confidence interval; cHR: crude hazard ratio; aHR: adjusted hazard ratio; BMI: body mass index.

^aModel 1 adjusted for age, sex, BMI, family history of diabetes, smoking status, alcohol consumption, and exercise frequency; ^bModel 2 adjusted for age, sex, BMI, family history of diabetes, smoking status, alcohol consumption, exercise frequency, weekly working hours, consecutive night work days, and years of shift work.