

Supplementary Table 2. Hazard ratios of the incidence of prediabetes in relation to the shift work pattern and quick return

Quick return/shift work pattern	Incidence per 1000 person-years (95% CI)	Number of cases	Follow-up time (years)	cHR (95% CI)	aHR (95% CI)	
					Model 1 ^a	Model 2 ^b
No quick return/three-shift work	90.22 (86.92–93.52)	2,876	31,877.58	Ref.	Ref.	Ref.
No quick return/two-shift work	162.99 (148.47–177.51)	484	2,969.57	2.08 (1.89–2.30)	1.38 (1.24–1.53)	1.35 (1.20–1.52)
Quick return/three-shift work	88.65 (78.68–98.62)	304	3,429.21	1.01 (0.90–1.14)	1.03 (0.92–1.16)	1.02 (0.90–1.14)
Quick return/two-shift work	155.43 (135.73–175.14)	239	1,537.65	1.92 (1.68–2.19)	1.33 (1.16–1.53)	1.32 (1.14–1.53)

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

^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.