

Supplementary Table 3. Hazard ratios of the incidence of diabetes and prediabetes in relation to the shift work pattern stratified according to sex

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
Diabetes						
Male						
Three-shift work	10.50 (9.03–11.96)	198	18,864.70	Ref.	Ref.	Ref.
Two-shift work	20.84 (16.75–24.92)	100	4,798.88	2.19 (1.71–2.81)	1.55 (1.20–2.00)	1.38 (1.01–1.87)
Female						
Three-shift work	5.47 (4.60–6.34)	152	27,770.48	Ref.	Ref.	Ref.
Two-shift work	10.29 (6.08–14.49)	23	2,235.73	2.32 (1.48–3.62)	1.51 (0.88–2.59)	1.62 (0.89–2.96)
Prediabetes						
Male						
Three-shift work	134.08 (127.71–140.69)	1,659	12,373.08	Ref.	Ref.	Ref.
Two-shift work	180.37 (165.05–195.68)	533	2,955.09	1.49 (1.35–1.65)	1.28 (1.15–1.41)	1.32 (1.16–1.50)
Female						
Three-shift work	66.32 (62.99–69.65)	1,521	22,933.72	Ref.	Ref.	Ref.
Two-shift work	122.41 (105.01–139.82)	190	1,552.13	2.19 (1.88–2.55)	1.53 (1.28–1.83)	1.47 (1.21–1.78)

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

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