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# ACCOLADE : étude des relations entre les conditions de travail difficiles, les troubles du sommeil, la dépression et les conduites addictives chez des travailleurs en situation de précarité dans la cohorte **CONSTANCES**

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## RAPPORT FINAL 2022

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**ACCOLADE : Étude des relations entre les conditions de travail difficiles, les troubles du sommeil, la dépression et les conduites addictives chez des travailleurs en situation de précarité dans la cohorte CONSTANCES.**

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## LIST OF PUBLICATIONS AND AWARDS

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### Peer-Reviewed Publications

- Hamieh N, Descatha A, Zins M, Goldberg M, Czernichow S, Hoertel N, Plessz M, Roquelaure Y, Limosin F, Lemogne C, Matta J, Airagnes G. Physical exertion at work and addictive behaviors: tobacco, cannabis, alcohol, sugar and fat consumption: longitudinal analyses in the CONSTANCES cohort. *Scientific Reports* 2022; 12:661.
- Hamieh N, Airagnes G, Descatha A, Goldberg M, Limosin F, Roquelaure Y, Lemogne C, Zins M, Matta J. Atypical working hours are associated with substance use, especially in women: longitudinal analyses from the CONSTANCES cohort. Under Preparation.
- Hamieh N, Matta J, Zins M, Airagnes G. L'épuisement physique au travail et les horaires de travail atypiques sont associés à l'usage de substances psychoactives: résultats prospectives issus de la cohort CONSTANCES. *Revue Française des Affaires Sociales*. En preparation.

### Abstracts and Presentations

- Hamieh N, Descatha A, Zins M, Goldberg M, Czernichow S, Plessz M, Roquelaure Y, Lemogne C, Matta J, Airagnes G. (Abstract at ESBRA 2021). Physical exertion at work and addictive behaviors: tobacco, cannabis, alcohol, sugar and fat consumption: longitudinal analyses in the CONSTANCES cohort.
- Hamieh N, Descatha A, Zins M, Goldberg M, Czernichow S, Plessz M, Roquelaure Y, Lemogne C, Matta J, Airagnes G. (Abstract at WCP 2021, Virtual congress). Physical exertion at work and addictive behaviors: tobacco, cannabis, alcohol, sugar and fat consumption: longitudinal analyses in the CONSTANCES cohort.
- Hamieh N, Descatha A, Zins M, Goldberg M, Czernichow S, Plessz M, Roquelaure Y, Lemogne C, Matta J, Airagnes G. (Abstract at EPH 2021, Virtual congress). Physical exertion at work and addictive behaviors: tobacco, cannabis, alcohol, sugar and fat consumption: longitudinal analyses in the CONSTANCES cohort. *European Journal of Public Health*. 2021; 31 (Supplement\_3).

- Hamieh N, Descatha A, Zins M, Goldberg M, Czernichow S, Plessz M, Roquelaure Y, Lemogne C, Matta J, Airagnes G. (Abstract at WAAD & ALBASTROS International Joint Congress 2021). Physical exertion at work and addictive behaviors: tobacco, cannabis, alcohol, sugar and fat consumption: longitudinal analyses in the CONSTANCES cohort.
- Hamieh N, Descatha A, Zins M, Goldberg M, Czernichow S, Plessz M, Roquelaure Y, Lemogne C, Matta J, Airagnes G. (Abstract at Psych Congress Europe 2022). Atypical working hours are associated with substance use, especially in women: longitudinal analyses from the CONSTANCES cohort.
- Hamieh N, Descatha A, Zins M, Goldberg M, Czernichow S, Plessz M, Roquelaure Y, Lemogne C, Matta J, Airagnes G. (Abstract at thirtieth European Congress of Psychiatry 2022). Atypical working hours are associated with substance use, especially in women: longitudinal analyses from the CONSTANCES cohort.

#### Awards

- Original Research Prize, WAAD & Albatros International Joint Congress Paris 2021.

## RESUME DU PROJET

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Le financement alloué par la DREES/DARES en septembre 2019 en réponse à l'Appel à Projets de recherche « Santé mentale, expériences du travail, du chômage et de la précarité » a permis de conduire le projet ACCOLADE : Etude des relations entre les conditions de travail difficiles, les troubles du sommeil, dépression et les conduites addictives chez des travailleurs en situation de précarité dans la cohorte CONSTANCES.

Pour rappel, CONSTANCES est une cohorte épidémiologique de très grande taille en population générale devant contribuer au développement de la recherche en santé et à fournir des informations à visée de santé publique. Cette cohorte, labellisée « Infrastructure nationale en biologie et santé » par le programme Investissements d'avenir, est réalisée dans le cadre d'un partenariat avec la Caisse nationale d'assurance maladie (Cnam), la Caisse nationale d'assurance vieillesse (Cnav), l'Inserm, l'Université de Versailles Saint-Quentin, Université de Paris et la Direction Générale de la Santé. Un intérêt particulier est porté à l'étude des déterminants professionnels et sociaux de la santé, aux maladies chroniques, aux processus de vieillissement et à la santé des femmes. Sont éligibles les personnes affiliées au régime général de l'Assurance maladie au sens large, ce qui représente plus de 90% de la population française. CONSTANCES est un échantillon constitué désormais de plus de 200 000 volontaires tirés au sort visant à la représentativité de la population française âgée de 18 à 69 ans. L'inclusion des participants s'est déroulée de 2012 à 2019.

La Cnav tire au sort, dans le Répertoire national inter-régimes de l'assurance-maladie (RNIAM), base de données constituée de l'ensemble des assurés sociaux, un échantillon de personnes résidant dans les départements où sont implantés les Centres d'exams de santé (CES) de la Sécurité sociale participant au projet. Le plan d'échantillonnage est conçu pour

que sa structure reproduise celle de la population pour le sexe, l'âge, et la catégorie sociale. Les personnes ayant donné leur accord sont invitées dans un CES partenaire de CONSTANCES. Ces CES sont situés dans 21 départements. Des données sont collectées par questionnaires. Les participants bénéficient également d'un examen de santé complet au CES. Un auto-questionnaire (postal ou par internet) est complété chaque année pour suivre notamment l'évolution de l'état de santé et de la situation socioéconomique et professionnelle. Tous les ans, la cohorte est appariée au SNDS ainsi qu'aux bases de la Cnav, pour les principaux événements socioprofessionnels dont le nombre de trimestres validés (c.-à-d. aucun jour de chômage durant le trimestre considéré), quelque soit l'année d'inclusion. Les données issues de la Cnav sont disponibles pour chaque participant depuis le premier emploi et celles du SNDS depuis 2008. Les participants présentent un très large éventail de métiers et de secteurs d'activité, de niveau d'éducation et de revenu.

Toutes les variables utilisées ainsi que leur construction sont détaillées dans les parties méthodologiques du présent rapport. Les catégories de niveau éducatif sont celles de l'International Standard Classification of Education (ISCED-CITE), dans version la plus récente (2011). La Classification Internationale Type de l'Éducation fournit un cadre exhaustif pour organiser les programmes éducatifs et la certification en appliquant des définitions uniformes et convenues à l'échelle internationale. Il s'agit donc d'une classification mondiale de référence des systèmes éducatifs, largement utilisée, maintenue et révisée périodiquement par l'Institut de Statistiques de l'Unesco en consultation avec les États membres et d'autres organisations internationales et régionales.



La CITE 2011 présente neuf niveaux d'éducation, du niveau 0 au niveau 8 :

- CITE 0 : Éducation de la petite enfance
- CITE 1 : Enseignement primaire
- CITE 2 : Premier cycle de l'enseignement secondaire
- CITE 3 : Deuxième cycle de l'enseignement secondaire
- CITE 4 : Enseignement post-secondaire non-supérieur
- CITE 5 : Enseignement supérieur de cycle court
- CITE 6 : Niveau licence ou équivalent
- CITE 7 : Niveau master ou équivalent
- CITE 8 : Niveau doctorat ou équivalent

Le stress au travail a été mesuré en utilisant une échelle standardisée de déséquilibre efforts-récompenses suivant le modèle théorique de J. Siegrist et cette échelle a été validée internationalement. Trois catégories d'intensité de stress au travail peuvent être décrites en fonction du score total à cette échelle : faible (<1), modéré (from 1 to 1.5) et élevé (>1.5). L'état de santé perçu est mesuré sur une échelle de 1 (le meilleur) à 8 (le moins bon), et il a été utilisé de façon binaire dans certaines analyses avec un bon état de santé défini par un score de 1 à 4 et un mauvais état de santé avec un score de 5 à 8. Les autres variables sont détaillées spécifiquement en fonction de leurs modalités d'utilisation dans les différents projets.

A l'issue des analyses exploratoires, deux types d'expositions professionnelles ont été retenues comme pouvant être associées à des modifications dans les usages d'alcool, de tabac, de cannabis, de gras et de sucre : l'épuisement physique au travail et les horaires de travail atypiques. Le présent rapport est donc constitué de deux parties distinctes. Les analyses conduites ont cherché à identifier si les associations retrouvées pouvaient être expliquées par des facteurs confondants tels que les facteurs sociodémographiques, professionnels, cliniques ou par d'autres conditions de travail difficiles telles que le stress au travail. Elles ont également cherché à identifier si les associations retrouvées pouvaient fluctuer entre les différentes

categories de travailleurs, notamment en se basant sur des indicateurs de précarité. Enfin, les différences en fonction du sexe ont été systématiquement recherchées.

La première partie du rapport concerne donc les relations longitudinales entre l'épuisement physique au travail et les usages d'alcool, de tabac, de cannabis, de gras et de sucre. L'épuisement physique au travail a été mesuré avec l'échelle de Borg afin de définir deux catégories de travailleurs suivant leur niveau d'épuisement au travail <sup>1</sup>.

La seconde partie du rapport concerne les relations longitudinales entre les horaires de travail atypiques et les usages d'alcool, de tabac, de cannabis, de gras et de sucre. Différents types d'horaires de travail atypiques ont été étudiés, tels que le travail de nuit, le travail en week-end et le travail à horaires variables. Lorsque ces informations étaient disponibles, la durée d'exposition à ces horaires de travail atypique était prise en compte dans des analyses complémentaires.

Les principaux résultats qui sont présentés ci-dessous sont ceux des modèles de régression logistique multivariés ajustés pour l'âge, le sexe, le niveau éducatif, les revenus du foyer, la catégorie socioprofessionnelle et l'existence d'un état dépressif. Les effectifs étaient de 100 612 actifs occupés pour étudier les usages de tabac et de cannabis et de 75 414 actif occupés pour étudier les usages d'alcool, de gras et de sucre. Sauf mention contraire, tous les chiffres sont formatés aux normes anglosaxonnes, c'est-à-dire que les points inclus dans les chiffres sont à considérer comme des virgules si l'on se réfère aux normes francophones.

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<sup>1</sup> Epuisement physique au travail défini par un score  $\geq 12$  à la Borg Rating of Perceived Exertion Scale.

**L'épuisement physique au travail est associé à la consommation de tabac, de cannabis et de gras et de sucre :**

- Risque diminué d'arrêter de fumer chez les fumeurs actuels (OR : 0,78 [95%CI : 0,73-0,84])
- Risque augmenté de rechute chez les anciens fumeurs (OR : 1,13 [95%CI : 1,02-1,24])
- Risque augmenté de devenir gros fumeurs ( $\geq 20$  cig/j) chez les fumeurs actuels (OR : 1,54 [95%CI : 1,33-1,78])
- Risque augmenté de consommation de cannabis au moins une fois par mois (OR : 1,31 [95%CI : 1,03-1,66])
- Risque augmenté d'avoir un régime alimentaire riche en sucre et en gras (OR : 1,13 [95%CI : 1,07-1,18])

**Les horaires de travail atypiques sont associés à la consommation de tabac, de cannabis et d'alcool :**

- Travail de nuit
  - Risque diminué d'arrêter de fumer chez les femmes actuellement fumeuses (OR : 0,78 [95%CI : 0,72-0,84])
  - Risque augmenté de devenir gros fumeur chez les femmes actuellement fumeuses (OR : 1,48 [95%CI : 1,05-2,10])
  - Risque augmenté de consommer du cannabis au moins une fois par mois chez les hommes (OR : 1,54 [95%CI : 1,07-2,23])
  - Risque augmenté d'avoir un trouble de l'usage de l'alcool<sup>2</sup> (OR : 1,14 [95%CI : 1,05-1,24])

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<sup>2</sup> Score à l'Alcohol Use Disorder Identification Test (AUDIT) >7.

- Travail le samedi
  - Risque diminué d'arrêter de fumer chez les fumeurs actuels (OR : 0,92 [95% CI : 0,87-0,98])
  - Risque augmenté de devenir gros fumeurs ( $\geq 20$  cig/j) chez les fumeurs actuels (OR : 1,54 [95% CI : 1,17-1,81])
  - Risque augmenté d'avoir un trouble de l'usage de l'alcool (OR : 1,14 [95% CI : 1,07-1,22])
  
- Travail le dimanche
  - Risque augmenté d'avoir un trouble de l'usage de l'alcool chez les femmes (OR : 1,09 [95% CI : 1,02-1,18])
  
- Horaires de travail variables
  - Risque diminué d'arrêter de fumer chez les fumeurs actuels (OR : 0,83 [95% CI : 0,78-0,89])
  - Risque augmenté de devenir gros fumeurs ( $\geq 20$  cig/j) chez les fumeurs actuels (OR : 1,39 [95% CI : 1,12-1,73])
  - Risque augmenté d'avoir un trouble de l'usage de l'alcool (OR : 1,19 [95% CI : 1,06-1,32])

Aucune interaction n'a été retrouvée avec les facteurs sociodémographiques ni avec la dépression que ce soit pour l'effort physique au travail ou pour les horaires atypiques. Contrairement à notre hypothèse de départ, les associations entre ces conditions de travail difficiles et les usages de substances psychoactives n'étaient pas significatives différentes pour les actifs précaires comparés aux autres actifs.

Ces résultats pourraient être repris dans le cadre des campagnes d'information et de prévention en santé publique et en santé au travail afin de faciliter le repérage standardisé des conduites addictives chez les travailleurs exposés à ces conditions de travail difficiles et de les orienter vers des soins spécialisés lorsque cela est nécessaire. Bien que le travail soit globalement un facteur protecteur de la santé des individus, nous avons montré que l'exposition à certains risques professionnels tels que l'effort physique au travail et les horaires de travail atypiques sont associés de manière prospective à une consommation plus importante de l'usage de substances psychoactives.

Enfin, aucune de nos analyses n'a permis de montrer qu'un sous-groupe de travailleur pourrait être plus à risque. En particulier, il convient de ne pas se focaliser uniquement sur les travailleurs précaires mais d'adresser ces mesures de santé publique à l'ensemble des travailleurs. Concernant l'exposition aux horaires de travail atypiques, des différences en fonction du sexe ont été mises en évidence. De futures études devraient chercher à explorer plus en détail ces différences.

## INTRODUCTION

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Substance use are the first preventable cause of premature death worldwide [1]. If left untreated, they could lead to somatic disorders (e.g., cancers and cardiovascular disorders) [2, 3], psychiatric disorders (e.g., mood disorders and suicide) [4-7] and social deprivation including occupational issues (e.g., absenteeism, work accident and job loss) [8, 9]. At the population level, the most concerned substances are tobacco, cannabis, and alcohol use. Among former substance users, prevention of relapse is also a major issue [10]. Sugar and fat overconsumption are also highly prevalent in western countries, and they share common vulnerability factors with substance use [9].

Substance use and sugar and fat consumption could be driven by environmental factors such as occupational factors [11]. For instance, substance use and craving for sugar and fat increase after losing a job [12] or retiring [13]. Additionally, work stress may increase the likelihood of substance use and relapse in former users [14]. For instance, high job demand has been associated with increased risks of using substances in the workplace [15].

The number of workers having atypical hours (i.e., night shifts, extended working hours, non-fixed working hours) is increasing. As an example, 25% of the workers in Western Europe are exposed to non-fixed working hours [16]. Atypical working hours could lead to decreased work performance, increased work stress and increased risk of work accidents [17, 18]. Numerous studies, including meta-analyses, have shown that atypical working hours are associated with a broad range of somatic disorders (e.g. cardiovascular diseases and cancers), psychiatric disorders (e.g. mood disorders and suicide) and sleep disorders [16, 19-29].

In a cross-sectional study on 3950 men and 3153 women aged 16-64 years, extended working hours were associated with higher odds of tobacco use in men and women compared to regular working hours [19]. Moreover, a study conducted on 2795 female nurses has shown that, those who always did shift work compared to those who never did, smoked more (+1.94 pack-years) and had a higher BMI (+0.9kg/m<sup>2</sup>). Shift work was however not associated to alcohol intake

[30]. In a longitudinal study, night shifts were associated with higher odds of smoking among 488 male workers [31]. In a meta-analysis conducted on alcohol use and long working hours, it has been shown that the overall pooled odds ratio (OR) of the association of long working hours (i.e., more than 55 hours per week) with alcohol use and new onset risky alcohol use in cross sectional studies were 1.11 (95% confidence interval (CI): 1.05 to 1.18) and 1.12 (95% CI: 1.04 to 1.20), respectively [32]. Night shifts however were associated with a lower Alcohol Use Disorders Identification Test (AUDIT) score in a cross-sectional study on nurses; in fact those who have had work schedules with night work for over 5 years had lower alcohol consumption ( $B = -0.052$   $P < 0.05$ ) than those with less night work experience [33].

Regarding night work and nutrition patterns, some studies have reported frequent snack consumption and poorer diet quality [34]. In a cross-sectional study on 3871 workers, those with permanent night shift work showed the highest odds of being overweight (OR: 3.94, 95% CI: 1.40–11.03) and having increased abdominal obesity (OR: 3.34, 95% CI: 1.19–9.37). This higher odds of being overweight may be related to a change in meal patterns and a higher consumption of unhealthy foods [35].

By contrast, the associations between rotating night shift work and these outcomes were not significant [36]. Moreover, extended working hours have been shown to be associated with time-related barriers to healthy eating, which in turn may be associated with unhealthy snacking and a higher sugar and fat consumption. For instance, in a cross-sectional study conducted on 2287 participants, working >40 hours per week was associated with time-related barriers to healthful eating most among young adult men and among females working both part-time and >40 hours per week [37].

To our knowledge, no longitudinal study examined simultaneously the association of difficult working conditions (i.e., physical exertion at work and atypical working hours) with alcohol, tobacco and cannabis use as well as sugar and fat consumption in a large population-based

sample of men and women, including a broad range of different atypical working hours (i.e., night shifts, extended working hours, non-fixed working hours) and while considering potential sociodemographic and clinical confounders. Hence, we took advantage of the CONSTANCES French national population-based cohort to examine prospectively the associations between the aforementioned difficult working conditions and tobacco, cannabis, alcohol use and sugar and fat consumption in a large sample of employees from various social and occupational backgrounds [38]. Since patterns of substance use and occupational conditions usually differ according to sex, all these associations were examined in men and women separately [17, 39]. Sociodemographic factors and depression were taken into account as potential confounders [30]. We hypothesized that physical exertion at work and atypical working hours would be associated with higher substance use and sugar and fat consumption.



## OBJECTIVES

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The purpose of this work is to assess difficult working hours and their associations with tobacco, cannabis and alcohol use and high sugar and fat consumption. Hence, the following two objectives were examined:

1. To examine prospectively the associations between physical exertion at work and tobacco, cannabis, alcohol use and sugar and fat consumption in the CONSTANCES cohort.
2. To examine prospectively the associations between atypical working hours and tobacco, cannabis, alcohol use and sugar and fat consumption in the CONSTANCES cohort.

## CONSTANCES COHORT

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The French population-based CONSTANCES cohort enrolled volunteers from 2012-2019, aged 18–69 years at baseline, according to a random sampling scheme stratified on age, gender, socioeconomic status, and region of France [38]. Among the different procedures conducted with participants, they completed annual self-administered questionnaires on their lifestyle, health, social, and personal characteristics. Additionally, they underwent physical examination in health-screening centers. All the procedures are detailed at [www.constances.fr](http://www.constances.fr). CONSTANCES has obtained the authorization of the National Data Protection Authority and was approved by the Institutional Review Board of the National Institute for Medical Research (Authorization number 910486).

## OBJECTIVE 1: PHYSICAL EXERTION AND SUBSTANCE USE AND SUGAR AND FAT CONSUMPTION

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### STUDY POPULATIONS

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The main CONSTANCES cohort consist of a total of 199,717 volunteers enrolled between January 6, 2012, and January 8, 2020. However, in this present study, we selected only individuals included up to 2017 since the last follow-up dates of our outcomes were up to 2018 (see below). Among these volunteers, those who were not employed at baseline (n=62, 581) were excluded by selecting those who reported to currently have a job. Since outcomes were available at different periods of follow-ups, individuals included after January 1, 2018 (n=36,524) were excluded when studying the tobacco and cannabis outcomes, to allow for one-year of follow-up duration (since the last follow-up date of these outcomes was in 2018 at the time the present study was conducted). Regarding alcohol and sugar and fat outcomes, volunteers included after January 2017 (n=61,722) were excluded since the last available follow-up endpoint was in 2017 for these outcomes. Data on sugar and fat was available only at baseline and at follow-up in 2017. Hence, a total of 100,612 participants were included for studying tobacco and cannabis use and 75, 414 for studying alcohol use and diet rich in sugar and fat (**Figure 1 and Supplementary Table S1**).

### EXPOSURE: PHYSICAL EXERTION AT WORK

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Physical exertion was assessed using the Rating Perceived Exertion (RPE) Borg scale at baseline. The RPE Borg scale is a scale ranging from 6-20 with 6 ‘No effort at all’ and 20 ‘Exhausting’ that assesses the perceived physical exertion by asking the volunteers to rate their intensity of physical effort during a typical working day [40]. The distribution of the RPE Borg scale by year of enrollment is shown in **Supplementary Fig S1** and **Supplementary Table**

**S2.** Volunteers with a score of  $\geq 12$  were considered to be exposed to high physical exertion according to the ‘French National Research and Safety Institute for the Prevention of Occupational Accidents and Disease’ [41].

## STUDY OUTCOMES

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### SUBSTANCE USE

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#### TOBACCO USE

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Smoking status (i.e., Never smokers; Former smokers; Current smokers) and daily tobacco consumption in number of cigarettes per day among current smokers were self-reported. We further categorized the current smokers into three categories: Current light smokers (<10 cigarettes/day); Current moderate smokers (10-18 cigarettes/day) and Current heavy smokers ( $\geq 19$  cigarettes/day) (26) and obtained the following five categories: Non-smokers; Ex-smokers; Current light smokers; Current moderate smokers and Current heavy smokers.

Since we also planned to examine the risk of relapse, the following variables were computed:

- Relapse of tobacco use among ex-smokers at baseline: ‘No’ and ‘Yes’.
- Changing status among current smokers at baseline: ‘Ex-smokers’; ‘Current light smokers’; ‘Current moderate smokers’ and ‘Current heavy smokers’.
- Changing status among ever smokers (i.e., former, and current smokers) at baseline: ‘Smokers at baseline and remained smokers at follow-up’; ‘Smokers at baseline and stopped at follow-up’; ‘Ex-smokers at baseline and stopped at follow-up’ and ‘Ex-smokers at baseline and started smoking at follow-up’.
- Changes in the number of cigarettes per day among current smokers at both baseline and follow-up: computed as the difference between number of cigarettes per day at follow-up and at baseline.

## CANNABIS USE

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From three questions assessing the frequency of cannabis use at follow-up among non-cannabis users for at least 12 months at baseline, the following categorical variable was computed: ‘No use in the past 12 months at both assessments’ (reference category), ‘Cannabis use less than once a month at follow-up’ and ‘Cannabis use at least once per month at follow-up’.

## ALCOHOL USE

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Alcohol use was assessed as a continuous variable by the difference between the weekly consumption at follow-up and at baseline (in number of drinks per week). Then, alcohol use was categorized according to the World Health Organization risk level classification (WHO, 2000): ‘Low risk’ (1-27 drinks/week in men and 1-13 in women); ‘No use’ and ‘At risk’ ( $\geq 28$  drinks/week in men and  $\geq 14$  in women).

## DIET RICH IN SUGAR AND FAT

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Diet rich in sugar and fat was assessed using the principal component analysis (PCA) of a 32-item qualitative food frequency questionnaire. These items represented the daily frequency of the consumed food (i.e., sugar, meat, cheese, yogurt, and others) on a scale from 0-4 with 0 being ‘rarely or never’ and 4 ‘5 or more’. From these items, three factors were generated: diet rich in sugar and fat, traditional diet and diet rich in low fat protein (**Supplementary Table S3**). Diet rich in sugar and fat which was our variable of interest, was assessed as quartiles variables using the indices obtained by the principal component analysis while considering the first quartile as the reference group.

## COVARIATES AT BASELINE

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Sociodemographic factors were used which included age, sex, occupational grade (low: manual and clerical; medium: technical; high: managerial positions), educational level and household income. Educational level and household income were assessed using self-reported questions on the highest obtained diploma based on the International Standard Classification of Education 2011 [42], and on total household net monthly income, respectively. In addition, socioeconomic status was measured as a continuous variable by running principal component analysis on education level, occupational grade and household income for the supplementary analyses. From these items, one factor was generated and we called socioeconomic status (**Supplementary Table S4**).

Depressive symptoms were assessed using the French version of the CES-D scale which has a high internal consistency ( $\alpha = 0.90$  in the CONSTANCES cohort) and volunteers with a score of  $\geq 19$  were considered to be clinically depressed according to the validated threshold for the French version (sensitivity and specificity  $>85\%$  for the diagnosis of major depression) [43].

## DATA ANALYSIS

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Generalized linear regressions were computed to study the associations between physical exertion at work (exposure) and tobacco, cannabis, alcohol use and diet rich in sugar and fat (outcomes). All the analyses were carried by using unadjusted and fully-adjusted models. The fully-adjusted models were adjusted for all the covariables mentioned above and the baseline level of consumption for the substance chosen as the outcome. However, regarding the changes in tobacco and cannabis use between follow-up and baseline, there was no adjustment for baseline level of consumption since the construction of the outcome variable already included this information. Since educational level, occupational grade and household income could be correlated, we tested for the correlations and multicollinearity between these three variables in

the fully-adjusted models. No threat for multicollinearity was found (**Supplementary Tables S5 and S6**); neither a difference in the interpretation of the analyses when occupation was removed from the models (**Supplementary Table S7**).

Hence, all these three variables were included in the fully-adjusted models. Cochran-Mantel-Haenszel tests were performed to search for trends between physical exertion and the outcomes.

Then, the analyses were stratified for sex and age, separately. The following age groups were considered: 18-29; 30-39; 40-49; 50-59;  $\geq 60$ .

Sensitivity analyses were performed for diet rich in sugar and fat since this outcome had only one available follow-up endpoint, 2017 and was assessed over 5 years. First, we additionally adjusted for duration of follow-up in the model. Duration of follow-up was assessed continuously as the difference between 2017 and at baseline. Second, we tested for statistical interaction between physical exertion at work and duration of follow-up since duration of follow-up could be an effect modifier between the association between physical exertion and diet rich in sugar and fat. If a significant interaction was found, stratified analyses were done.

As supplementary analyses, Cox proportional hazard regression were used to calculate the hazard ratios (HR) and 95% confidence intervals (CI) of physical exertion at work and the aforementioned outcomes in the unadjusted and fully-adjusted models. Each participant contributed person-time from the start date of our study, January 6, 2012, until death, the occurrence of the substance use or diet rich in sugar and fat or the last follow-up questionnaire (2017 or 2018 depending on the outcome), whichever occurred first.

Since job type/quality could be associated with the aforementioned outcomes, we tested for statistical interactions between occupational grade, type of job contract and type of work and physical exertion. We further examined the association between physical exertion and

outcomes in stratified analyses. Type of job contract and type of work were assessed as binary measures: temporary versus permanent contract and part time versus full-time, respectively.

Lastly, we replaced educational level, household income and occupational grade by socioeconomic status in the fully-adjusted models to check if it is better to have these three covariates in the models or use socioeconomic status instead since they are elements of socioeconomic status.

Missing data were handled by multiple imputations. All P-values were two-sided with an  $\alpha=0.05$ . All statistical analyses were undertaken using the SAS system software (version 9.4, SAS Institute, Cary, NC).

## RESULTS

The baseline characteristics of the 100,612 and 75,414 employees included between 2012-2017 (to study tobacco and cannabis use) and 2012-2016 (to study alcohol use and diet rich in sugar and fat), are respectively summarized in **Table 1**. The prevalence of high physical exertion at work was 33.3% among employees included between 2012-2017 (n=33,579) and 32.8% among those included between 2012-2016 (n=24,795). All the covariables were associated with physical exertion at work. For instance, employees with higher physical exertion were older, more likely to be men, had a lower occupational grade, a lower education, and a lower income and less likely to report depressive symptoms (all  $P<0.0001$ ).

### *Association between physical exertion at work, substance use and diet rich in sugar and fat*

- *Tobacco use*

In ex-smokers at baseline, high physical exertion increased the odd of relapsing (aOR: 1.13, 95% Confidence Interval (CI): 1.02-1.24) (**Table 2**). This association vanished in women when stratified by sex (**Supplementary Table S8**).



In current-smokers at baseline, high physical exertion decreased the odd of quitting (aOR: 0.78, 95% CI: 0.73-0.84) (**Table 2**). High physical exertion increased the odd of becoming heavy smokers (aOR: 1.54, 95%CI: 1.33-1.78). Dose-dependent relationships between physical exertion at work and tobacco use were found ( $P$ -trend<0.001).

- *Cannabis use*

High physical exertion at work was associated with an increased odd of using cannabis at least once per month at follow-up in participants who were not users for the last 12 months or more (aOR: 1.31, 95% CI: 1.03-1.66) (**Table 3**). When stratified by sex, this association was lost in men (**Supplementary Table S8**).

- *Alcohol use*

High physical exertion was not associated with alcohol use (**Table 4**).

- *Diet rich in sugar and fat*

High perceived physical exertion was associated with an increased odd of consuming a diet rich in sugar and fat (aOR:1.06, 95%CI: 1.01-1.11 and aOR: 1.13, 95% CI: 1.07-1.18, for the third and fourth quartiles compared to the first, respectively) (**Table 5**). Similar results were obtained when controlling for the duration of follow-up in the models, with no interaction between physical exertion and duration of follow-up.

When stratifying by age, no differences across age categories were found regarding the significant associations between, physical exertion at work and tobacco, cannabis and alcohol use and a diet rich in sugar and fat (**Supplementary Table S9**).

Similar findings were obtained in the non-imputed data (**Supplementary Table S10**).

- *Supplementary analyses*

Similar findings were obtained in the unadjusted and fully-adjusted Cox-proportional hazard models (**Supplementary Table S11**).

No significant interactions were observed between physical exertion and each of occupational grade, type of job contract and type of work (**Supplementary Table S12**) and no differences were found in the stratified analyses (**Supplementary Tables S13, S14, S15**).

Lastly, similar findings were obtained in the fully-adjusted models where occupational grade educational level and household income were replaced by socioeconomic status (**Supplementary Table S16**). Hence, the main analyses using each of occupational grade educational level and household income should be considered as the main ones rather than the PCA of socioeconomic status since no differences were found.

## OBJECTIVE 2: ATYPICAL WORKING HOURS AND SUBSTANCE USE AND SUGAR AND FAT CONSUMPTION

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### STUDY POPULATIONS

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We used the same population as the previously mentioned one (for physical exertion at work), but main analyses were stratified by sex compared to the previous paper where only stratifications were done as supplementary analyses. Hence, a total of 47,288 men and 53,324 women participants were included for studying tobacco and cannabis use. A total of 35,647 men and 39,767 women were included for studying alcohol use and sugar and fat consumption (**Supplementary Fig S2**).

### EXPOSURES: ATYPICAL WORKING HOURS

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Based on seven ‘Yes/No’ questions on atypical working hours that were analyzed separately, three different types of indicators were built.

First, night shifts were assessed based on the following organizational constraints/questions: ‘Do you have (or have you had) work and travel times requiring you not to sleep at night for at least 50 days per year?’ and ‘Do you have (or have you had) work and travel times requiring you to go to bed after midnight for at least 50 days per year?’.

Second, weekend work based on the following questions: ‘Do you work (or have you worked) more than one in two Sundays during the year?’ and ‘Do you work (or have you worked) more than one in two Saturdays during the year?’

For these four questions, we selected only individuals who were currently having the organizational constraint at baseline.

Third, non-fixed working hours were assessed based on the following questions that were only addressed to individuals who have a current job at baseline: ‘Do you work the same number of

hours each day?'; 'Do you work the same number of days each week?' and 'Do you have a fixed work schedule?'

Answering "Yes" to each of these seven questions was considered as having a job with atypical working hours.

## STUDY OUTCOMES

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Similar study outcomes were used, i.e., tobacco, cannabis, alcohol and diet rich in sugar and fat at follow-up.

## COVARIATES AT BASELINE

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Similar mentioned above sociodemographic factors were used: age, occupational grade, educational level and household income.

Depression was also assessed, but differently because there are some items in the CES-D scale that are related to sleep disorders which could impact the association between atypical working hours and addictive behaviors. It was assessed using the presence of a treated depression as diagnosed by the physician during the medical exam at inclusion.

## DATA ANALYSIS

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Generalized linear regressions were computed to study the associations between the indicators of atypical working hours (exposure) and tobacco, cannabis, alcohol use and diet rich in sugar and fat (outcomes).

All the analyses were stratified by sex. After performing univariable analyses, fully-adjusted models were performed by adjusting for all the covariables in addition to the baseline level of consumption for the substance chosen as the outcome. Regarding the changes in tobacco and cannabis use between follow-up and baseline, there was no adjustment for baseline level of

consumption since the construction of the outcome variable already included this information. Cochran-Mantel-Haenszel tests were performed to search for trends between each of atypical working hours and the outcomes.

Multiple sensitivity analyses were performed as supplementary analyses.

First, since the associations between each atypical working hours indicator and fat and sugar dietary patterns may be more pronounced among individuals with higher BMI levels, with a sedentary lifestyle or individuals who are currently following a diet, interactions between atypical working hours and BMI (<25; ≥25 and <30; ≥30), physical activity (0: not active to 6: very active) and current diet (yes; no) were tested.

Second, since job type/quality could be associated with the aforementioned outcomes, we examined the association between the indicators of atypical working hours and outcomes in stratified analyses by occupation (farmers, blue-collar workers and craftsmen; clerks, intermediate workers and executives) in both men and women.

Third, since patterns of atypical working hours and substance use could differ according to duration of exposure, all these associations were stratified by duration in both men and women. However, duration of exposure was only available in the present cohort for indicators related to night shifts and weekend work. Hence, the associations between night shifts and weekend work and outcomes were stratified by duration of exposure.

Lastly, atypical working hours were assessed as a cumulative score with one point for each exposure varying from 0 to 7. Hence, the association between this cumulative score and aforementioned outcomes was performed.

Missing data were handled by multiple imputations. All P-values were two-sided with an  $\alpha=0.05$ . All statistical analyses were undertaken using the SAS system software (version 9.4, SAS Institute, Cary, NC).

## RESULTS

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The baseline characteristics of the 47,288 men and 53,324 women included in 2012-2017, and of the 35,647 men and 39,767 women included in 2012-2016 are summarized in **Table 6**.

Compared to employees that were not exposed to atypical working hours, both men and women with atypical working hours were older, had a higher prevalence of low occupational grade and had a lower prevalence of high education or income (Descriptive characteristics of the employees having answered ‘no’ to atypical working hours are not shown,  $P < 0.0001$ ) (**Supplementary Tables S17, S18, S19 and S20**). Depression was associated with several indicators of atypical working hours (night shifts, weekend work and ‘not working the same number of days/week’), with more frequent associations in men than in women.

### *Association between night shifts and substance use (Table 7)*

- *Tobacco use*

‘Working hours forcing people not to sleep after midnight’ was associated with increased odds of relapsing in women ex-smokers (aOR: 1.25, 95%CI: 1.09-1.43). When stratified by occupations, this association was only observed among intermediate workers (aOR: 1.34, 95%CI: 1.02-1.76) (**Supplementary Table S21**).

In current smokers at baseline, in women only, ‘working hours forcing people not to sleep at night’ and ‘working hours forcing people not to sleep after midnight’ were associated with decreased odds of quitting (aOR: 0.86, 95% CI: 0.77-0.96 and aOR: 0.78, 95% CI: 0.72-0.84, respectively) and increased odds of becoming heavy smokers (aOR: 1.48, 95%CI: 1.05-2.10 and aOR: 1.45, 95% CI: 1.11-1.89, respectively). Dose-dependent relationships with tobacco use were found ( $P\text{-trend} < 0.0001$ ). Stratification on occupation among women, showed that associations between night shifts and decreased odds of quitting were only observed among clerks (aOR: 0.75, 95%CI: 0.61-0.91 and aOR: 0.72, 95%CI: 0.63-0.83, respectively for

‘working hours forcing people not to sleep at night’ and ‘working hours forcing people not to sleep after midnight’ (**Supplementary Table S21**). In addition, ‘working hours forcing people not to sleep at night’ was associated with increased odds of becoming heavy smokers who were farmers, blue-collar workers and craftsmen only (aOR: 3.23, 95%CI: 1.06-9.78).

- *Cannabis use*

‘Working hours forcing people not to sleep at night’ and ‘working hours forcing people not to sleep after midnight’ were associated with increased odds of using cannabis at least once per month at follow-up in participants who were not users for the last 12 months or more in men only (aOR: 1.54, 95% CI: 1.07-2.23 and aOR:1.40, 95%CI: 1.02-1.91, respectively) (**Table 7**). These associations were observed in men among intermediate workers (aOR: 2.21, 95%CI: 1.09-4.49 and aOR: 2.25, 9%CI: 1.20-4.24, respectively) (**Supplementary Table S22**).

- *Alcohol use*

‘Working hours forcing people not to sleep after midnight’ was associated with increased odds of being at risk in both women and men (aOR: 1.14, 95%CI: 1.05-1.24 and aOR:1.12, 95%CI: 1.02-1.91, respectively) (**Table 7**). This association remained when stratified by occupation in women clerks only (aOR: 1.22, 95%CI: 1.06-1.41) **Supplementary Table S21**).

#### *Association between weekend work and substance use (Table 8)*

- *Tobacco use*

In current smokers at baseline, ‘working on Sundays’ was associated with increased odds of becoming heavy smokers in women (aOR: 1.48, 95%CI: 1.17-1.86). This association in women remained among clerks and intermediate workers (aOR:1.57, 95%CI: 1.13-2.19 and aOR:1.73, 95%CI: 1.08-1.27, respectively) (**Supplementary Table S23**).

Whereas, ‘working on Saturdays’ was associated with increased odds of becoming heavy smokers in both women and men (aOR: 1.54, 95% CI: 1.17-1.81 and aOR: 1.22, 95%CI: 1.01-

1.46). This was also observed among both farmers, blue-collar workers and craftsmen and clerks in women (aOR: 2.17, 95%CI: 1.01-4.68 and aOR: 1.53, 95%CI: 1.11-2.11, respectively), and among clerks in men (aOR: 1.58, 95%CI: 1.08-2.31) (**Supplementary Table S23 and Supplementary Table S24**).

In addition, ‘working on Sundays’ was associated with decreased odds of quitting in women (aOR: 0.89, 95% CI: 0.80-0.99). It was observed in both farmers, blue-collar workers and craftsmen and clerks (aOR:0.71, 95%CI: 0.54-0.94 and aOR: 0.89, 95%CI: 0.80-0.99, respectively) (**Supplementary Table S23**). Whereas, ‘working on Saturdays’ was associated with decreased odds of quitting in both women and men (aOR: 0.93, 95%CI: 0.87-0.98 and aOR: 0.92, 95%CI: 0.86-0.99). Dose-dependent relationships with tobacco use were found ( $P$ -trend<0.0001). This association was no longer observed in women when stratified by occupation and remained significant in clerks men (aOR: 0.84, 95%CI: 0.73-0.96) (**Supplementary Table S23 and Supplementary Table S24**).

- *Alcohol use*

‘Working on Sundays’ was associated with increased odds of being at risk in women only (aOR: 1.09, 95%CI: 1.02-1.18) This association was also observed among clerks and executives in women (aOR:1.15, 95%CI: 1.03-1.29 and aOR: 1.22, 95%CI: 1.04-1.44, respectively) (**Supplementary Table S23**).

Whereas, ‘working on Saturdays’ was associated with increased odds of being at risk in both women and men (aOR: 1.14, 95%CI: 1.07-1.22 and aOR: 1.13, 95%CI: 1.03-1.24, respectively). This association was observed among intermediate workers in both women and men (aOR: 1.15, 95%CI: 1.02-1.30 and aOR: 1.24, 95%CI: 1.03-1.49) as well as among executive women (aOR: 1.26, 95%CI: 1.09-1.45) (**Supplementary Table S23 and Supplementary Table S24**).



*Association between non-fixed working hours and substance use (Table 9)*

- *Tobacco use*

In current smokers at baseline, in both men and women, ‘not working the same number of hours/day’ and ‘not working the same number of days/week’ were associated with decreased odds of quitting (aOR: 0.83, 95% CI: 0.78-0.89 and aOR: 0.92, 95% CI: 0.86-0.98; aOR: 0.87, 95% CI: 0.81-0.94 and aOR: 0.90, 95% CI: 0.84-0.97, respectively for each item). These associations were observed in men among intermediate workers (aOR: 0.83, 95%CI: 0.73-0.94) and executives (aOR: 0.81, 95%CI: 0.72-0.90 and aOR: 0.77, 95%CI: 0.67-0.89, respectively) (**Supplementary Table S25**). Whereas, in women, decreased odds of quitting was associated with ‘not working the same number of hours/day’ among clerks (aOR: 0.89, 95%CI: 0.81-0.99) and with ‘not working the same fixed hours’ among executives (aOR: 0.86, 95%CI: 0.76-0.97) (**Supplementary Table S26**).

However, only ‘not working the same number of hours/day’ was associated with increased odds of becoming heavy smokers in both men and women (aOR: 1.24, 95%CI: 1.04-1.48 and aOR: 1.39, 95% CI: 1.12-1.73, respectively). This association remained in women among clerks (aOR:1.38, 95%CI: 1.01-1.90) (**Supplementary Table S26**). Dose-dependent relationships with tobacco use were found ( $P$ -trend<0.0001).

- *Alcohol use*

‘Not working the same number of hours/day’ and ‘not working the same number of days/week’ were associated with increased odds of being at risk for alcohol use in both men and women (aOR: 1.15, 95%CI: 1.05-1.26 and aOR: 1.14, 95%CI: 1.06-1.23; aOR: 1.19, 95%CI: 1.06-1.32 and aOR: 1.12, 95%CI: 1.02-1.22, respectively for each item). These associations were also observed among intermediate workers in women (aOR: 1.11, 95%CI: 1.01-1.24 and aOR:1.16, 95%CI: 1.03-1.30, respectively) (**Supplementary Table S26**). ‘Not working the same number of days/week’ and ‘not working the same fixed hours’ were associated with odds

of being at risk for alcohol use among farmers, blue-collar workers and craftsmen in men (aOR: 0.83, 95%CI: 0.71-0.98 and aOR:0.85, 95%CI: 0.73-0.99, respectively) (**Supplementary Table S25**).

*Association between atypical working hours (night shifts, weekend work and non-fixed working hours) and diet rich in sugar and fat (Tables 7, 8, 9)*

No significant associations between atypical working hours and substance use including diet rich in sugar and fat were found in both men and women. This was also observed in women when stratified by occupations. However, in men, decreased consumption of diet rich in sugar and fat was associated with ‘working hours forcing people not to sleep at night’ among intermediate workers (aOR: 0.76 and 95%CI: 0.65-0.90) and with ‘working hours forcing people not to sleep after midnight’ among farmers, blue-collar workers and craftsmen (aOR: 0.81, 95%CI: 0.69-0.95) were observed. In addition, decreased consumption of diet rich in sugar and fat was associated with ‘working on Sundays’ and ‘working on Saturdays’ among clerks (aOR: 0.75, 95%CI: 0.65-0.87 and aOR: 0.83, 0.72-0.95, respectively). Decreased consumption of diet rich in sugar and fat was also associated with ‘not working the same number of days/week’ and ‘not working the same fixed hours’ among farmers, blue-collar workers and craftsmen (aOR: 0.83, 95%CI: 0.71-0.98 and aOR: 0.85, 95CI: 0.73-0.99) (**Supplementary Tables S21, S22, S23, S24, S25 and S26**).

In sensitivity analyses, examining whether there could be significant associations only for some subgroups according to BMI, physical activity or current diet by testing these interactions, none of them were significant (all  $P \geq 0.09$ ) (**Supplementary Table S27**).

*Stratification by duration of exposure*

*Night shifts and substance use, and diet rich in sugar and fat in men (Supplementary Table S28)*

‘Working hours forcing people not to sleep at night’ was associated with increased odds of using cannabis at least once per month at follow-up in participants who were not users for the last 12 months or more in those exposed to <1 year (aOR: 1.99, 95% CI: 1.31-3.0). It was also associated with decreased odds of consuming diet rich in sugar and fat in men exposed to <1 year (aOR: 0.86, 95%CI: 0.76-0.97).

‘Working hours forcing people not to sleep after midnight’ was associated with decreased odds of quitting in current smokers who were exposed to <1 year (aOR: 0.88, 95%CI: 0.81-0.96).

‘Working hours forcing people not to sleep after midnight’ was also associated with being at risk of alcohol use in those exposed to  $\geq 1$  year (aOR: 1.20, 95%CI: 1.03-1.39) and with decreased odds of consuming diet rich in sugar and fat in those exposed to <1 year (aOR: 0.90, 95%CI: 0.82-0.98).

*Weekend work and substance use, and diet rich in sugar and fat in men (Supplementary Table S29)*

‘Working on Sundays’ was associated with increased odds of becoming heavy smokers in current smokers and odds of being at risk of alcohol use in those exposed to  $\geq 1$  year (aOR: 1.35, 95%CI: 1.02-1.78 and aOR: 1.20, 95%CI: 1.04-1.40, respectively) as well as decreased odds of consuming diet rich in sugar and fat in those exposed to <1 year (aOR: 0.83, 95%CI: 0.76-0.91).

‘Working on Saturdays’ was associated with increased odds of becoming heavy smokers (aOR: 1.44, 95%CI: 1.10-1.88) in current smokers, and increased odds of being at risk of alcohol (aOR: 1.24, 95%CI: 1.07-1.42) in those exposed to  $\geq 1$  year.

*Night shifts and substance use, and diet rich in sugar and fat in women (Supplementary Table S30)*

‘Working hours forcing people not to sleep at night’ was associated with decreased odds of quitting tobacco in those exposed to  $\geq 1$  year (aOR: 0.80, 95%CI: 0.65-0.97). ‘Working hours forcing people not to sleep after midnight’ was associated with odds of relapsing in ex-smokers (aOR: 1.27, 95%CI: 1.05-1.54) and with increased odds of becoming heaving smokers in current smokers (aOR: 1.37, 95%CI: 1.01-1.86) in those exposed to  $< 1$  year. It was also associated with increased odds of using cannabis less than once per month at follow-up in participants who were not users for the last 12 months or more (aOR: 1.24, 95%CI: 1.01-1.54) and decreased odds of consuming diet rich in sugar and fat (aOR: 0.87, 0.79-0.96) in those exposed to  $< 1$  year.

*Weekend work and substance use, and diet rich in sugar and fat in women (Supplementary Table 31)*

‘Working on Sundays’ and ‘working on Saturdays’ were associated with decreased odds of quitting tobacco in current smokers exposed to  $\geq 1$  year (aOR: 0.86, 95%CI: 0.75-0.98 and aOR: 0.92, 95%CI: 0.81-0.99), and with increased odds of being at risk of alcohol use in those exposed to  $< 1$  year (aOR: 1.18, 95%CI: 1.03-1.21 and aOR: 1.13, 95%CI: 1.06-1.22). ‘Working Saturdays’ was also associated with decreased consumption of diet rich in sugar and fat in those exposed to  $< 1$  year (aOR: 0.90, 95%CI: 0.84-0.97).

*Association between atypical working hours and substance use and diet rich in sugar and fat*  
*(Supplementary Table S32)*

Atypical working hours were associated with increased odds of relapsing in women ex-smokers (aOR: 1.20, 95% CI: 1.04-1.40).

## CONCLUSIONS

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In conclusion, high physical exertion was associated with tobacco use, i.e., increased odds of relapse in former smokers (OR, 95% confidence Interval: 1.13, 1.02-1.24) and becoming heavy smokers in current smokers (1.54, 1.33-1.78) with dose-dependent relationships ( $P$  for trend < 0.001). It was also associated with increased odds of cannabis use at least once per month compared to no use in the past year (1.31, 1.03-1.66) and with increased odds of diet rich in sugar and fat (1.13, 1.07-1.18).

Night shifts were associated with increased odds of using tobacco in women (ORs ranging from 1.45-1.48) and cannabis in men (ORs ranging from 1.40-1.54) and alcohol in both men and women (ORs ranging from 1.12-1.14). Working on Saturdays was associated with increased ORs of using tobacco and alcohol in men and women (ORs ranging from 1.22-1.54 and 1.13 and 1.14, respectively). Non-fixed working hours were associated with increased ORs of using tobacco and alcohol in men and women (ranging from 1.15-1.19 and 1.12-1.14, respectively). There were dose-dependent relationships for tobacco use in women ( $P$  for trends < 0.0001). These associations differed by occupations and duration of exposure. No significant associations were found for sugar and fat consumption.

We took into consideration depression in our models. We also adjusted for socio-demographic factors. However, no differences were found in terms of socio-demographics. In addition, we studied the statistical interactions between these variables (depression and sociodemographic factors) and physical effort at work as well as atypical working hours in our models, but these interactions were not significant. Based on these findings, employees exposed to such difficult working conditions should benefit from a standardized screening for substance use and deleterious eating behaviors, and to be referred to specialized care if needed. Since the present

study did not find any substantial moderating effect of sociodemographic factors and depressive symptoms, these information and prevention strategies should be spread in all the exposed employees.

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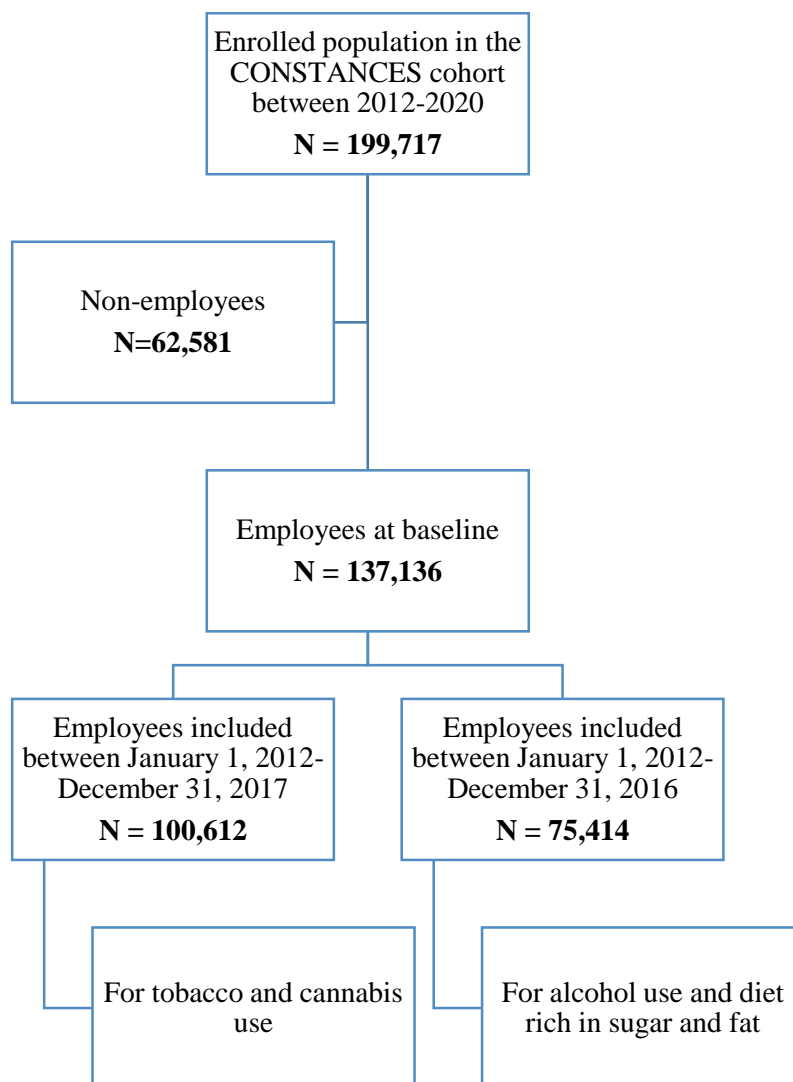
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## APPENDICES

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### FIGURES

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**Figure 1.** Cohort flow chart in the CONSTANCES cohort

## TABLES

**Table 1.** Baseline characteristics of 100,612 and 75,414 employees included between 2012-2017 (to study tobacco and cannabis use) and 2012-2016 (to study alcohol use and diet rich in sugar and fat), respectively by exposure to physical exertion in the CONSTANCES cohort study

	Between 2012-2017				Between 2012-2016			
	Total	High physical exertion	No high physical exertion	<i>P</i>	Total	High physical exertion	No high physical exertion	<i>P</i>
	N=100,612	N=33,579	N=67,033		N=75,414	N=24,795	N=50,619	
Mean (SD) age, years	43.6 (10.9)	43.4 (11.2)	43.6 (10.8)	<b>&lt;0.0001</b>	43.9 (10.9)	43.7 (11.2)	43.9 (10.8)	<b>&lt;0.0001</b>
Age, %				<b>&lt;0.0001</b>				<b>&lt;0.0001</b>
18-29	13.0	38.0	62.0		12.6	37.6	62.4	
30-39	24.7	30.6	69.4		23.8	30.0	70.0	
40-49	29.9	33.0	67.0		29.9	32.7	67.3	
50-59	26.5	34.9	65.1		27.6	34.1	65.9	
≥60	5.9	30.0	70.0		6.1	29.7	70.3	
Male sex, %	47.0	34.5	65.5	<b>&lt;0.0001</b>	47.3	33.8	66.2	<b>&lt;0.0001</b>
Occupational grade, %				<b>&lt;0.0001</b>				<b>&lt;0.0001</b>
Low	38.1	50.7	49.3		37.5	50.5	49.5	
Medium	29.1	36.4	63.6		29.3	35.6	64.4	
High	32.8	10.6	89.4		33.2	10.6	89.4	
Educational level, %				<b>&lt;0.0001</b>				<b>&lt;0.0001</b>
< Baccalaureate	35.9	53.2	46.8		36.5	52.0	48.0	
≥Baccalaureate	64.1	22.3	77.7		63.5	21.9	78.1	

Household income, %				<b>&lt;0.0001</b>				<b>&lt;0.0001</b>
<2100 €/month	19.9	50.8	49.2		19.9	50.5	49.5	
≥2100 €/month	80.1	29.0	71.0		80.1	28.5	71.5	
Depressive symptoms*, %	15.6	43.1	56.9	<b>&lt;0.0001</b>	15.6	43.0	57.0	<b>&lt;0.0001</b>

\*Depressive symptoms were defined as having a CES-D score  $\geq 19$ .

Independent t-tests and Chi-square tests were computed for continuous and categorical variables, respectively.

**Table 2.** Association between high physical exertion at work and tobacco use at one-year of follow-up among employees in the CONSTANCES cohort study, 2012-2018 (odds ratios (ORs), and 95% confidence intervals, CI).

		<b>Unadjusted model</b>	<b>Fully-adjusted model*</b>
	<b>N (%)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<b>Tobacco use</b>			
<i>Relapse of tobacco use among ex-smokers at baseline</i>			
No	30,916	1.00	1.00
Yes	25,218 (81.6)	<b>1.37 (1.29-1.45)</b>	<b>1.13 (1.02-1.24)</b>
<i>Changing status among current smokers at baseline</i>			
Ex-smoker	20,078	1.00	1.00
Current light smoker	5,787 (28.8)	<b>1.54 (1.43-1.66)</b>	<b>1.21 (1.12-1.31)</b>
Current moderate Smoker	8,406 (41.9)	<b>2.14 (1.97-2.32)</b>	<b>1.34 (1.23-1.47)</b>
Current heavy smoker	4,751 (23.7)	<b>2.47 (2.17-2.81)</b>	<b>1.54 (1.33-1.78)</b>
<i>P-trend</i>	1,134 (5.6)	<b>&lt;0.0001</b>	
<i>Changing status among ever-smokers at baseline</i>			
Smoker at baseline and remained smoker at follow-up	50,994	1.00	1.00
Smoker at baseline and stopped at follow-up	14,291 (28.0)	<b>0.56 (0.52-0.60)</b>	<b>0.78 (0.73-0.84)</b>
Ex-smoker at baseline and stopped at follow-up	5,787 (11.3)	<b>0.60 (0.58-0.63)</b>	<b>0.85 (0.81-0.90)</b>
Ex-smoker at baseline and started smoking at follow-up	25,218 (49.5)	<b>0.83 (0.78-0.88)</b>	0.94 (0.87-1.01)
<i>P-trend</i>	5,698 (11.2)	<b>&lt;0.0001</b>	
		<i>β (95%CI)</i>	<i>β (95%CI)</i>
<i>Number of cigarettes/day among current smokers at baseline</i>	20,078	-0.02 (-0.18;0.14)	<b>0.35 (0.20;0.51)</b>

\*Adjusted for age (years, continuous), sex, occupational grade (low; medium; high), depressive symptoms at baseline (no; yes), educational level (levels, continuous) and household income (€/month, continuous).

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).  
Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Table 3.** Association between high physical exertion at work and cannabis use at one-year of follow-up among employees in the CONSTANCES cohort study, 2012-2018 (odds ratios (ORs), and 95% confidence intervals, CI).

		<b>Unadjusted model</b>	<b>Fully-adjusted model*</b>
	<b>N (%)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<b>Cannabis use</b>			
<i>Relapse among ever-users at baseline</i>			
No consumption in the past 12 months at follow-up	34,228 32,331 (94.5)	1.00	1.00
In the past 12 months, <1/month	1,558 (4.5)	0.90 (0.80-1.00)	0.93 (0.82-1.06)
In the past 12 months, ≥1/month	339 (1.0)	<b>1.67 (1.35-2.06)</b>	<b>1.31 (1.03-1.66)</b>

\*Adjusted for age (years, continuous), sex, occupational grade (low; medium; high), depressive symptoms at baseline (no; yes), educational level (levels, continuous) and household income (€/month, continuous).

**Table 4.** Association between high physical exertion at work and alcohol use at one-year of follow-up among employees in the CONSTANCES cohort study, 2012-2018 (odds ratios (ORs), and 95% confidence intervals, CI).

		<b>Unadjusted model</b>	<b>Fully-adjusted model*</b>
	<b>N (%)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<b>Alcohol use</b>			
Low risk	49,800 (66.0)	1.00	1.00
No use	15,762 (20.9)	<b>1.13 (1.09-1.17)</b>	1.01 (0.97-1.06)
At risk	9,852 (13.1)	<b>1.09 (1.04-1.14)</b>	1.04 (0.98-1.10)
		<i><b>β (95%CI)</b></i>	<i><b>β (95%CI)</b></i>
<i>Number of glasses/week</i>	75,414	<b>0.02 (0.13;0.16)</b>	0.11 (-0.03;0.26)

\*Adjusted for age (years, continuous), sex, occupational grade (low; medium; high), depressive symptoms at baseline (no; yes), educational level (levels, continuous), household income (€/month, continuous) and baseline level of consumption.

Alcohol use was defined as: low risk (1-27 drinks/week in men and 1-13 in women); no use and at risk ( $\geq 28$  drinks/week in men and  $\geq 14$  in women).



**Table 5.** Association between high physical exertion at work and diet rich in sugar and fat at five years of follow-up among employees in the CONSTANCES cohort study, 2012-2018 (odds ratios (ORs), and 95% confidence intervals, CI).

		<b>Unadjusted model</b>	<b>Fully-adjusted model*</b>
	<b>N (%)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<b>Diet rich in sugar and fat</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	18,704 (24.8)	1.00	1.00
Second quartile	19,003 (25.2)	1.03 (0.98-1.07)	1.04 (0.99-1.09)
Third quartile	18,854 (25.0)	<b>1.07 (1.03-1.12)</b>	<b>1.06 (1.01-1.11)</b>
Fourth quartile	18,853 (25.0)	<b>1.12 (1.08-1.17)</b>	<b>1.13 (1.07-1.18)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>		

\*Adjusted for age (years, continuous), sex, occupational grade (low; medium; high), depressive symptoms at baseline (no; yes), educational level (levels, continuous), household income (€/month, continuous) and baseline level of consumption.

**Table 6.** Baseline characteristics of 47,288 men and 53,324 women included between 2012-2017 (to study tobacco and cannabis use) and 35,647 men and 39,767 women between 2012-2016 (to study alcohol use and diet rich in sugar and fat) in the CONSTANCES cohort study

	Between 2012-2017		Between 2012-2016	
	Men	Women	Men	Women
	N=47,288	N=53,324	N=35,647	N=39,767
Mean (SD) age, years	43.8 (10.9)	43.3 (10.9)	44.2 (10.9)	43.6 (10.9)
Occupational grade, %				
Low	34.8	41.0	34.0	40.6
Medium	25.2	32.5	25.5	32.7
High	40.0	26.5	40.5	26.7
Educational level, %				
Levels 0 to 1	3.0	2.1	3.0	2.1
Level 2	3.6	3.7	3.7	4.0
Levels 3 to 4	32.4	27.4	32.7	27.9
Levels 5 to 6	31.3	41.9	31.2	41.7
Levels 7 to 8	29.7	24.9	29.4	24.3
Household income, %				
<2100	17.9	22.2	17.6	22.4
2100-2800	14.6	16.1	14.8	16.2
2800-4200	33.1	32.8	32.5	32.5
>4200	34.4	28.9	35.0	28.9
Depression*, %	9.6	17.8	9.9	18.1

\*Depression was assessed at baseline using the presence of a treated depression.

**Table 7.** Association between the set of indicators related to working at night and addictive behaviors at one-year of follow-up among employees according to sex in the CONSTANCES cohort study, 2012-2017 (odds ratios (ORs), and 95% confidence intervals, CI).

	Men			Women		
	N (%)	Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)	N (%)	Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)
<b>Addictive behaviors</b>						
<i>Working hours forcing people not to sleep at night (at least 50days/year)</i>						
<b>Tobacco use</b>						
<i>Relapse of tobacco use among ex-smokers at baseline</i>	15,452			15,464		
No	12,483(80.8)	1.00	1.00	12,735 (82.4)	1.00	1.00
Yes	2,969 (19.2)	<b>1.20 (1.06-1.36)</b>	1.02 (0.90-1.15)	2,729 (17.6)	1.17 (0.98-1.39)	1.21 (0.99-1.42)
<i>Changing status among current smokers at baseline</i>	9,950			10,128		
Ex-smokers	2,805 (28.2)	1.00	1.00	2,982 (29.4)	1.00	1.00
Current light smokers	3,941 (39.6)	<b>1.24 (1.05-1.46)</b>	1.01 (0.87-1.18)	4,465 (44.1)	1.08 (0.88-1.32)	1.01 (0.84-1.21)
Current moderate smokers	2,491 (25.0)	<b>1.56 (1.31-1.86)</b>	1.09 (0.92-1.28)	2,260 (22.3)	<b>1.56 (1.26-1.95)</b>	<b>1.39 (1.14-1.70)</b>
Current heavy smokers	713 (7.2)	<b>1.86 (1.46-2.37)</b>	1.26 (1.00-1.58)	421 (4.2)	<b>1.60 (1.09-2.34)</b>	<b>1.48 (1.05-2.10)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>0.047</b>		
<i>Changing status among ever-smokers at baseline</i>	25,402			25,592		
Smoker at baseline and remained smokers at follow-up	7,145 (28.2)	1.00	1.00	7,146 (27.9)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,805 (11.0)	<b>0.71 (0.61-0.82)</b>	0.93 (0.81-1.07)	2,982 (11.6)	<b>0.80 (0.66-0.96)</b>	0.85 (0.72-1.01)
Ex-smokers at baseline and stopped at follow-up	12,483(49.1)	<b>0.85 (0.78-0.93)</b>	1.00 (0.91-1.09)	12,735 (49.8)	<b>0.80 (0.71-0.90)</b>	<b>0.86 (0.77-0.96)</b>
Ex-smokers at baseline and started smoking at follow-up	2,969 (11.7)	1.02 (0.90-1.17)	1.03 (0.91-1.16)	2,729 (10.7)	0.93 (0.78-1.12)	1.03 (0.88-1.21)
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>0.004</b>		
<i>Number of cigarettes/day among current smokers at baseline</i>	9,950	$\beta$ (95%CI) -0.05 (-0.43;0.32)	$\beta$ (95%CI) 0.18 (-0.11;0.48)	10,128	$\beta$ (95%CI) 0.06(-0.35;0.47)	$\beta$ (95%CI) 0.31 (-0.01;0.64)

<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	17,924			16,304		
No consumption in the past 12 months at follow-up	16,817(93.8)	1.00	1.00	15,514 (95.1)	1.00	1.00
In the past 12 months, <1/month	930 (5.2)	0.82 (0.64-1.04)	0.91 (0.73-1.14)	628 (3.9)	1.20 (0.87-1.64)	1.12 (0.83-1.50)
In the past 12 months, ≥1/month	177 (1.0)	<b>1.54 (1.02-2.34)</b>	<b>1.54 (1.07-2.23)</b>	162 (1.0)	0.59 (0.26-1.34)	0.55 (0.26-1.19)
<b>Alcohol use</b>	35,647			39,767		
Low risk	27,554(77.3)	1.00	1.00	22,246 (55.9)	1.00	1.00
No use	4,977 (14.0)	<b>1.28 (1.16-1.41)</b>	<b>1.13 (1.03-1.24)</b>	10,785 (27.1)	<b>1.17 (1.06-1.29)</b>	1.04 (0.95-1.14)
At risk	3,116 (8.7)	1.09 (0.96-1.23)	0.99 (0.87-1.12)	6,736 (17.0)	0.93 (0.82-1.06)	0.94 (0.84-1.06)
		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>
<i>Number of glasses/week</i>	35,647	0.00 (-0.40;0.40)	-0.15 (-0.48;0.18)	39,767	0.30(-0.04;0.64)	-0.14 (0.41;0.13)
<b>Diet rich in sugar and fat</b>	35,647	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	39,767	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	8,842 (24.8)	1.00	1.00	9,861 (24.8)	1.00	1.00
Second quartile	8,981 (25.2)	<b>0.98 (0.89-1.08)</b>	0.95 (0.87-1.04)	10,022 (25.2)	0.95 (0.84-1.08)	0.96 (0.86-1.08)
Third quartile	8,912 (25.0)	0.91 (0.83-1.01)	0.92 (0.84-1.01)	9,942 (25.0)	0.99 (0.88-1.12)	1.07 (0.95-1.19)
Fourth quartile	8,912 (25.0)	<b>0.79 (0.72-0.88)</b>	<b>0.86 (0.78-0.95)</b>	9,942 (25.0)	0.99 (0.88-1.12)	1.02 (0.91-1.14)
<i>Working hours forcing people to sleep after midnight (at least 50days/year)</i>						
<b>Tobacco use</b>						
<i>Relapse of tobacco use among ex-smokers at baseline</i>	15,452			15,464		
No	12,483(80.8)	1.00	1.00	12,735 (82.4)	1.00	1.00
Yes	2,969 (19.2)	<b>1.33 (1.20-1.48)</b>	1.08 (0.96-1.21)	2,729 (17.6)	<b>1.39 (1.21-1.60)</b>	<b>1.25 (1.09-1.43)</b>
<i>Changing status among current smokers at baseline</i>	9,950			10,128		
Ex-smokers	2,805 (28.2)	1.00	1.00	2,982 (29.4)	1.00	1.00
Current light smokers	3,939 (39.6)	<b>1.08 (0.95-1.23)</b>	1.03 (0.92-1.16)	4,465 (44.1)	<b>1.18 (1.01-1.37)</b>	1.10 (0.97-1.25)
Current moderate smokers	2,491 (25.0)	<b>1.31 (1.14-1.51)</b>	<b>1.14 (1.01-1.30)</b>	2,260 (22.3)	<b>1.38 (1.16-1.65)</b>	<b>1.47 (1.27-1.70)</b>

Current heavy smokers	713 (7.2)	<b>1.47 (1.20-1.80)</b>	<b>1.39 (1.16-1.67)</b>	421 (4.2)	<b>1.50 (1.10-2.03)</b>	<b>1.45 (1.11-1.89)</b>
<i>P-trend</i>		<b>&lt;0.0001</b>			<b>0.047</b>	
<i>Changing status among ever-smokers at baseline</i>	25,402			25,592		
Smokers at baseline and remained smokers at follow-up	7,145 (28.2)	1.00	1.00	7,146 (27.9)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,805 (11.0)	<b>0.83 (0.74-0.94)</b>	0.92 (0.83-1.02)	2,982 (11.6)	<b>0.79 (0.69-0.91)</b>	<b>0.81 (0.72-0.91)</b>
Ex-smokers at baseline and stopped at follow-up	12,483(49.1)	<b>0.77 (0.71-0.83)</b>	<b>0.90 (0.84-0.97)</b>	12,735 (49.8)	<b>0.64 (0.58-0.71)</b>	<b>0.78 (0.72-0.84)</b>
Ex-smokers at baseline and started smoking at follow-up	2,969 (11.7)	1.02 (0.91-1.14)	1.01 (0.92-1.11)	2,729 (10.7)	0.89 (0.77-1.03)	0.98 (0.87-1.10)
<i>P-trend</i>		<b>&lt;0.0001</b>			<b>0.004</b>	
<i>Number of cigarettes/day among current smokers at baseline</i>	9,950	<i>β</i> (95%CI)	<i>β</i> (95%CI)	10,128	<i>β</i> (95%CI)	<i>β</i> (95%CI)
		<b>-0.50 (-0.81;-0.20)</b>	0.06 (-0.17;0.30)		-0.36 (-0.68;-0.03)	0.17 (-0.06;0.41)
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	17,924			16,304		
No consumption in the past 12 months at follow-up	16,817(93.8)	1.00	1.00	15,514 (95.1)	1.00	1.00
In the past 12 months, <1/month	930 (5.2)	0.87 (0.72-1.05)	1.06 (0.90-1.25)	628 (3.9)	<b>1.67 (1.34-2.10)</b>	<b>1.32 (1.08-1.61)</b>
In the past 12 months, ≥1/month	177 (1.0)	<b>1.46 (1.03-2.08)</b>	<b>1.40 (1.02-1.91)</b>	162 (1.0)	1.29 (0.81-2.07)	0.88 (0.58-1.34)
<b>Alcohol use</b>	35,647			39,767		
Low risk	27,554(77.3)	1.00	1.00	22,246 (55.9)	1.00	1.00
No use	4,977 (14.0)	<b>1.11 (1.02-1.20)</b>	1.04 (0.96-1.12)	10,785 (27.1)	1.06 (0.97-1.15)	0.97 (0.90-1.04)
At risk	3,116 (8.7)	<b>1.22 (1.11-1.35)</b>	<b>1.12 (1.02-1.24)</b>	6,736 (17.0)	<b>1.25 (1.13-1.37)</b>	<b>1.14 (1.05-1.24)</b>
<i>Number of glasses/week</i>	35,647	<i>β</i> (95%CI)	<i>β</i> (95%CI)	39,767	<i>β</i> (95%CI)	<i>β</i> (95%CI)
		0.10 (-0.23;0.43)	0.23 (-0.02;0.50)		0.07(-0.21;0.35)	<b>0.34 (0.14;0.54)</b>
<b>Diet rich in sugar and fat</b>	35,647	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	39,767	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	8,842 (24.8)	1.00	1.00	9,861 (24.8)	1.00	1.00
Second quartile	8,981 (25.2)	0.95 (0.88-1.03)	0.94 (0.87-1.01)	10,022 (25.2)	0.94 (0.85-1.04)	0.95 (0.88-1.03)
Third quartile	8,912 (25.0)	0.98 (0.90-1.06)	0.96 (0.89-1.03)	9,942 (25.0)	0.94 (0.85-1.04)	0.94 (0.87-1.02)

Fourth quartile	8,912 (25.0)	<b>0.88 (0.81-0.96)</b>	<b>0.91 (0.95-0.98)</b>	9,942 (25.0)	0.99 (0.90-1.09)	<b>0.91 (0.83-0.99)</b>
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\*Adjusted for age (years, continuous), occupational grade (low; medium; high), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no).

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Table 8.** Association between the set of indicators related weekend work and addictive behaviors at one-year of follow-up among employees according to sex in the CONSTANCES cohort study, 2012-2018 (odds ratios (ORs), and 95% confidence intervals, CI).

	Men			Women		
	N (%)	Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)	N (%)	Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)
<b>Addictive behaviors</b>						
<i>Having a job where people have to work more than every other Sunday in the year</i>						
<b>Tobacco use</b>						
<i>Relapse of tobacco use among ex-smokers at baseline</i>						
No	15,452 12,483(80.8)	1.00	1.00	15,464 12,735 (82.4)	1.00	1.00
Yes	2,969 (19.2)	<b>1.32 (1.18-1.48)</b>	1.07 (0.96-1.19)	2,729 (17.6)	<b>1.16 (1.04-1.30)</b>	1.00 (0.90-1.11)
<i>Changing status among current smokers at baseline</i>						
Ex-smokers	9,950 2,805 (28.2)	1.00	1.00	10,128 2,982 (29.4)	1.00	1.00
Current light smokers	3,939 (39.6)	<b>1.25 (1.08-1.44)</b>	1.01 (0.90-1.14)	4,465 (44.1)	<b>1.38 (1.21-1.57)</b>	1.00 (0.89-1.12)
Current moderate Smokers	2,491 (25.0)	<b>1.51 (1.30-1.76)</b>	1.10 (0.97-1.26)	2,260 (22.3)	<b>1.70 (1.47-1.96)</b>	<b>1.34 (1.18-1.53)</b>
Current heavy smokers	713 (7.2)	<b>1.51 (1.20-1.88)</b>	1.17 (0.97-1.41)	421 (4.2)	<b>2.03 (1.59-2.60)</b>	<b>1.48 (1.17-1.86)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>0.047</b>		
<i>Changing status among ever-smokers at baseline</i>						
Smokers at baseline and remained smoker at follow-up	25,402 7,145 (28.2)	1.00	1.00	25,592 7,146 (27.9)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,805 (11.0)	<b>0.73 (0.64-0.83)</b>	0.96 (0.86-1.06)	2,982 (11.6)	<b>0.66 (0.59-0.74)</b>	<b>0.89 (0.80-0.99)</b>
Ex-smokers at baseline and stopped at follow-up	12,483(49.1)	<b>0.75 (0.69-0.81)</b>	0.95 (0.88-1.02)	12,735 (49.8)	<b>0.68 (0.63-0.74)</b>	<b>0.92 (0.85-0.99)</b>
Ex-smokers at baseline and started smoking at follow-up	2,969 (11.7)	0.99 (0.88-1.11)	1.00 (0.91-1.11)	2,729 (10.7)	<b>0.79 (0.71-0.89)</b>	0.91 (0.82-1.02)
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>0.004</b>		
<i>Number of cigarettes/day among current smokers at baseline</i>	9,950	$\beta$ (95%CI) <b>-0.35 (-0.69;-0.02)</b>	$\beta$ (95%CI) -0.10 (-0.34;0.14)	10,128	$\beta$ (95%CI) -0.11 (-0.38;0.16)	$\beta$ (95%CI) <b>0.25 (0.04;0.46)</b>

<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	17,924			16,304		
No consumption in the past 12 months at follow-up	16,817(93.8)	1.00	1.00	15,514 (95.1)	1.00	1.00
In the past 12 months, <1/month	930 (5.2)	0.88 (0.72-1.08)	0.95 (0.80-1.12)	628 (3.9)	1.15 (0.93-1.43)	1.11 (0.91-1.35)
In the past 12 months, ≥1/month	177 (1.0)	1.18 (0.78-1.76)	1.16 (0.84-1.61)	162 (1.0)	<b>1.67 (1.16-2.42)</b>	1.00 (0.67-1.44)
<b>Alcohol use</b>						
Low risk	35,647	1.00	1.00	39,767	1.00	1.00
No use	27,554(77.3)	<b>1.31 (1.20-1.42)</b>	<b>1.09 (1.01-1.18)</b>	22,246 (55.9)	<b>1.20 (1.12-1.28)</b>	1.02 (0.96-1.08)
At risk	4,977 (14.0)	<b>1.22 (1.10-1.35)</b>	1.06 (0.96-1.17)	10,785 (27.1)	<b>1.19 (1.10-1.28)</b>	<b>1.09 (1.02-1.18)</b>
	3,116 (8.7)			6,736 (17.0)		
		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>
<i>Number of glasses/week</i>	35,647	0.15 (-0.19;0.50)	0.05 (-0.21;0.32)	39,767	0.12 (-0.10;0.34)	<b>0.19 (0.01;0.36)</b>
<b>Diet rich in sugar and fat</b>	35,647	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	39,767	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	8,842 (24.8)	1.00	1.00	9,861 (24.8)	1.00	1.00
Second quartile	8,981 (25.2)	<b>0.81 (0.75-0.89)</b>	<b>0.89 (0.83-0.96)</b>	10,022 (25.2)	0.93 (0.86-1.01)	0.98 (0.91-1.05)
Third quartile	8,912 (25.0)	<b>0.84 (0.77-0.92)</b>	<b>0.88 (0.82-0.95)</b>	9,942 (25.0)	<b>0.89 (0.83-0.97)</b>	0.93 (0.85-1.01)
Fourth quartile	8,912 (25.0)	<b>0.77 (0.70-0.84)</b>	<b>0.80 (0.75-0.87)</b>	9,942 (25.0)	0.93 (0.86-1.01)	1.00 (0.93-1.08)
<b>Having a job where people have to work more than every other Saturday in the year</b>						
<b>Tobacco use</b>						
<i>Relapse of tobacco use among ex-smokers at baseline</i>	15,452			15,464		
No	12,483(80.8)	1.00	1.00	12,735 (82.4)	1.00	1.00
Yes	2,969 (19.2)	<b>1.26 (1.15-1.37)</b>	1.08 (0.97-1.20)	2,729 (17.6)	<b>1.14 (1.04-1.24)</b>	1.04 (0.94-1.15)
<i>Changing status among current smokers at baseline</i>	9,950			10,128		
Ex-smokers	2,805 (28.2)	1.00	1.00	2,982 (29.4)	1.00	1.00
Current light smokers	3,939 (39.6)	<b>1.27 (1.14-1.42)</b>	1.05 (0.94-1.18)	4,465 (44.1)	<b>1.22 (1.10-1.34)</b>	1.06 (0.95-1.17)
Current moderate smokers	2,491 (25.0)	<b>1.57 (1.40-1.77)</b>	1.11 (0.98-1.26)	2,260 (22.3)	<b>1.47 (1.31-1.65)</b>	<b>1.18 (1.04-1.33)</b>



Current heavy smokers	713 (7.2)	<b>1.68 (1.40-2.00)</b>	<b>1.22 (1.01-1.46)</b>	421 (4.2)	<b>1.83 (1.48-2.26)</b>	<b>1.54 (1.17-1.81)</b>
<i>P-trend</i>		<b>&lt;0.0001</b>			<b>0.047</b>	
<i>Changing status among ever-smokers at baseline</i>	25,402			25,592		
Smokers at baseline and remained smoker at follow-up	7,145 (28.2)	1.00	1.00	7,146 (27.9)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,805 (11.0)	<b>0.71 (0.64-0.78)</b>	0.91 (0.83-1.01)	2,982 (11.6)	<b>0.75 (0.69-0.83)</b>	<b>0.90 (0.82-0.97)</b>
Ex-smokers at baseline and stopped at follow-up	12,483(49.1)	<b>0.74 (0.69-0.79)</b>	<b>0.92 (0.86-0.99)</b>	12,735 (49.8)	<b>0.72 (0.67-0.76)</b>	<b>0.93 (0.87-0.98)</b>
Ex-smokers at baseline and started smoking at follow-up	2,969 (11.7)	0.93 (0.85-1.02)	1.00 (0.91-1.10)	2,729 (10.7)	<b>0.82 (0.74-0.90)</b>	0.96 (0.87-1.06)
<i>P-trend</i>		<b>&lt;0.0001</b>			<b>0.004</b>	
<i>Number of cigarettes/day among current smokers at baseline</i>	9,950	<i>β</i> (95%CI)	<i>β</i> (95%CI)	10,128	<i>β</i> (95%CI)	<i>β</i> (95%CI)
		-0.21 (-0.48;0.04)	-0.12 (-0.35;0.10)		<b>-0.23 (-0.44;-0.01)</b>	0.06 (-0.13;0.26)
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	17,924			16,304		
No consumption in the past 12 months at follow-up	16,817(93.8)	1.00	1.00	15,514 (95.1)	1.00	1.00
In the past 12 months, <1/month	930 (5.2)	<b>0.81 (0.69-0.95)</b>	0.93 (0.80-1.09)	628 (3.9)	1.19 (0.90-1.34)	1.10 (0.92-1.32)
In the past 12 months, ≥1/month	177 (1.0)	1.35 (0.99-1.88)	1.34 (0.98-1.83)	162 (1.0)	1.33 (0.95-1.86)	1.00 (0.71-1.41)
<b>Alcohol use</b>	35,647			39,767		
Low risk	27,554(77.3)	1.00	1.00	22,246 (55.9)	<b>1.00</b>	1.00
No use	4,977 (14.0)	<b>1.28 (1.20-1.37)</b>	<b>1.11 (1.03-1.19)</b>	10,785 (27.1)	<b>1.14 (1.08-1.19)</b>	1.03 (0.97-1.09)
At risk	3,116 (8.7)	<b>1.27 (1.17-1.37)</b>	<b>1.13 (1.03-1.24)</b>	6,736 (17.0)	<b>1.19 (1.12-1.26)</b>	<b>1.14 (1.07-1.22)</b>
		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)
<i>Number of glasses/week</i>	35,647	0.09 (-0.18;0.36)	0.20 (-0.05;0.45)	39,767	<b>0.20 (0.03;0.38)</b>	<b>0.23 (0.07;0.39)</b>
<b>Diet rich in sugar and fat</b>	35,647	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	39,767	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	8,842 (24.8)	1.00	1.00	9,861 (24.8)	1.00	1.00
Second quartile	8,981 (25.2)	<b>0.89 (0.84-0.95)</b>	<b>0.89 (0.83-0.95)</b>	10,022 (25.2)	0.94 (0.89-1.01)	<b>0.92 (0.87-0.99)</b>
Third quartile	8,912 (25.0)	<b>0.89 (0.83-0.95)</b>	0.91 (0.85-0.98)	9,942 (25.0)	0.94 (0.88-1.01)	0.93 (0.88-1.00)

Fourth quartile	8,912 (25.0)	<b>0.79 (0.74-0.85)</b>	<b>0.85 (0.80-0.92)</b>	9,942 (25.0)	0.95 (0.90-1.01)	<b>0.94 (0.88-0.99)</b>
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\*Adjusted for age (years, continuous), occupational grade (low; medium; high), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no).

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Table 9.** Association between the set of indicators related to non-fixed working hours and addictive behaviors at one-year of follow-up among employees according to sex in the CONSTANCES cohort study, 2012-2017 (odds ratios (ORs), and 95% confidence intervals, CI).

	Men			Women		
	N (%)	Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)	N (%)	Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)
<b>Addictive behaviors</b>						
<i>Not working the same number of hours/day</i>						
<b>Tobacco use</b>						
<i>Relapse of tobacco use among ex-smokers at baseline</i>	15,452			15,464		
No	12,483(80.8)	1.00	1.00	12,735 (82.4)	1.00	1.00
Yes	2,969 (19.2)	1.00 (0.92-1.08)	1.08 (0.99-1.19)	2,729 (17.6)	1.05 (0.96-1.14)	1.07 (0.98-1.17)
<i>Changing status among current smokers at baseline</i>	9,950			10,128		
Ex-smokers	2,805 (28.2)	1.00	1.00	2,982 (29.4)	1.00	1.00
Current light smokers	3,939 (39.6)	<b>0.89 (0.81-0.98)</b>	0.99 (0.89-1.10)	4,465 (44.1)	1.02 (0.93-1.12)	1.10 (1.00-1.22)
Current moderate smokers	2,491 (25.0)	<b>0.88 (0.79-0.98)</b>	1.05 (0.94-1.18)	2,260 (22.3)	1.01 (0.91-1.13)	<b>1.16 (1.04-1.31)</b>
Current heavy smokers	713 (7.2)	0.98 (0.83-1.16)	<b>1.24 (1.04-1.48)</b>	421 (4.2)	1.15 (0.94-1.42)	<b>1.39 (1.12-1.73)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>0.047</b>		
<i>Changing status among ever-smokers at baseline</i>	25,402			25,592		
Smokers at baseline and remained smoker at follow-up	7,145 (28.2)	1.00	1.00	7,146 (27.9)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,805 (11.0)	<b>1.12 (1.02-1.22)</b>	0.97 (0.89-1.07)	2,982 (11.6)	0.97 (0.89-1.06)	<b>0.89 (0.81-0.97)</b>
Ex-smokers at baseline and stopped at follow-up	12,483(49.1)	<b>0.90 (0.85-0.95)</b>	<b>0.83 (0.78-0.89)</b>	12,735 (49.8)	<b>0.94 (0.89-0.99)</b>	<b>0.92 (0.86-0.98)</b>
Ex-smokers at baseline and started smoking at follow-up	2,969 (11.7)	<b>0.90 (0.83-0.98)</b>	<b>0.90 (0.82-0.98)</b>	2,729 (10.7)	0.99 (0.90-1.08)	0.99 (0.91-1.09)
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>0.004</b>		
<i>Number of cigarettes/day among current smokers at baseline</i>	9,950			10,128		
		$\beta$ (95%CI)	$\beta$ (95%CI)		$\beta$ (95%CI)	$\beta$ (95%CI)
		-0.20 (-0.44;0.03)	0.01 (-0.20;0.23)		-0.01 (-0.21;0.20)	<b>0.19 (0.01;0.38)</b>

<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	17,924			16,304		
No consumption in the past 12 months at follow-up	16,817(93.8)	1.00	1.00	15,514 (95.1)	1.00	1.00
In the past 12 months, <1/month	930 (5.2)	<b>1.21 (1.01-1.38)</b>	1.16 (1.02-1.33)	628 (3.9)	1.18 (0.95-1.47)	1.17 (0.94-1.47)
In the past 12 months, ≥1/month	177 (1.0)	0.90 (0.67-1.23)	0.97 (0.72-1.29)	162 (1.0)	1.18 (0.74-1.87)	1.23 (0.76-1.97)
<b>Alcohol use</b>						
Low risk	35,647	1.00	1.00	39,767	1.00	1.00
No use	27,554(77.3)	<b>0.92 (0.88-0.96)</b>	1.02 (0.97-1.07)	22,246 (55.9)	0.96 (0.92-1.00)	1.03 (0.98-1.08)
At risk	4,977 (14.0)	<b>1.16 (1.06-1.26)</b>	<b>1.15 (1.05-1.26)</b>	10,785 (27.1)	<b>1.21 (1.13-1.30)</b>	<b>1.14 (1.06-1.23)</b>
	3,116 (8.7)			6,736 (17.0)		
		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>
<i>Number of glasses/week</i>	35,647	0.11 (-0.18;0.41)	<b>0.51 (0.22;0.79)</b>	39,767	<b>0.24 (0.06;0.42)</b>	<b>0.39 (0.22;0.55)</b>
	8520					
<b>Diet rich in sugar and fat</b>	35,647	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	39,767	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	8,842 (24.8)	1.00	1.00	9,861 (24.8)	1.00	1.00
Second quartile	8,981 (25.2)	1.00 (0.92-1.09)	0.95 (0.83-1.10)	10,022 (25.2)	0.95 (0.87-1.03)	0.89 (0.78-1.03)
Third quartile	8,912 (25.0)	0.96 (0.88-1.05)	0.87 (0.75-1.02)	9,942 (25.0)	0.97 (0.89-1.05)	0.99 (0.85-1.15)
Fourth quartile	8,912 (25.0)	1.02 (0.93-1.11)	0.88 (0.75-1.05)	9,942 (25.0)	1.00 (0.92-1.09)	0.98 (0.83-1.16)
<b>Not working the same number of days/week</b>						
<b>Tobacco use</b>						
<i>Relapse of tobacco use among ex-smokers at baseline</i>	15,452			15,464		
No	12,483(80.8)	1.00	1.00	12,735 (82.4)	1.00	1.00
Yes	2,969 (19.2)	<b>1.18 (1.07-1.29)</b>	<b>1.13 (1.01-1.27)</b>	2,729 (17.6)	<b>1.12 (1.01-1.23)</b>	1.05 (0.95-1.16)
<i>Changing status among current smokers at baseline</i>	9,950			10,128		
Ex-smokers	2,805 (28.2)	1.00	1.00	2,982 (29.4)	1.00	1.00
Current light smokers	3,939 (39.6)	0.99 (0.88-1.10)	0.92 (0.82-1.03)	4,465 (44.1)	1.10 (0.99-1.22)	1.09 (0.97-1.21)
Current moderate smokers	2,491 (25.0)	1.12 (0.99-1.27)	0.99 (0.87-1.13)	2,260 (22.3)	<b>1.20 (1.06-1.35)</b>	<b>1.18 (1.03-1.34)</b>
Current heavy smokers	713 (7.2)	1.17 (0.98-1.41)	1.06 (0.87-1.28)	421 (4.2)	1.06 (0.84-1.34)	1.11 (0.87-1.41)
<i>P-trend</i>	<b>&lt;0.0001</b>					

<i>Changing status among ever-smokers at baseline</i>	25,402			25,592		
Smokers at baseline and remained smoker at follow-up	7,145 (28.2)	1.00	1.00	7,146 (27.9)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,805 (11.0)	0.95 (0.86-1.05)	1.06 (0.95-1.18)	2,982 (11.6)	<b>0.88 (0.80-0.97)</b>	0.91 (0.82-1.01)
Ex-smokers at baseline and stopped at follow-up	12,483(49.1)	<b>0.80 (0.75-0.86)</b>	<b>0.87 (0.81-0.94)</b>	12,735 (49.8)	<b>0.79 (0.74-0.84)</b>	<b>0.90 (0.84-0.97)</b>
Ex-smokers at baseline and started smoking at follow-up	2,969 (11.7)	0.94 (0.86-1.04)	0.98 (0.88-1.08)	2,729 (10.7)	<b>0.88 (0.80-0.97)</b>	0.96 (0.86-1.06)
<i>P-trend</i>		<b>&lt;0.0001</b>			<b>&lt;0.0001</b>	
		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>
<i>Number of cigarettes/day among current smokers at baseline</i>	9,950	-0.14 (-0.41;0.13)	-0.06 (-0.30;0.18)	10,128	-0.07 (-0.29;0.15)	0.10 (-0.11;0.30)
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	17,924			16,304		
No consumption in the past 12 months at follow-up	16,817 (93.8)	1.00	1.00	15,514 (95.1)	1.00	1.00
In the past 12 months, <1/month	930 (5.2)	0.95 (0.81-1.11)	0.99 (0.84-1.16)	628 (3.9)	1.09 (0.86-1.37)	1.03 (0.80-1.32)
In the past 12 months, $\geq$ 1/month	177 (1.0)	1.16 (0.84-1.61)	1.05 (0.76-1.46)	162 (1.0)	1.49 (0.92-1.68)	1.38 (0.84-1.66)
<b>Alcohol use</b>						
Low risk	35,647	1.00	1.00	39,767	1.00	1.00
No use	27,554 (77.3)	<b>1.15 (1.09-1.21)</b>	1.02 (0.97-1.09)	22,246 (55.9)	<b>1.12 (1.07-1.18)</b>	<b>1.07 (1.01-1.13)</b>
At risk	4,977 (14.0)	<b>1.32 (1.20-1.46)</b>	<b>1.19 (1.06-1.32)</b>	10,785 (27.1)	<b>1.14 (1.06-1.24)</b>	<b>1.12 (1.02-1.22)</b>
	3,116 (8.7)			6,736 (17.0)		
		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>
<i>Number of glasses/week</i>	35,647	0.18 (-0.17;0.53)	<b>0.51 (0.17;0.85)</b>	39,767	0.09(-0.12;0.30)	0.15 (-0.04;0.35)
<b>Diet rich in sugar and fat</b>	35,647	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	39,767	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	8,842 (24.8)	1.00	1.00	9,861 (24.8)	1.00	1.00
Second quartile	8,981 (25.2)	0.91 (0.82-1.10)	0.92 (0.78-1.08)	10,022 (25.2)	0.91 (0.82-1.00)	<b>0.81 (0.67-0.96)</b>
Third quartile	8,912 (25.0)	<b>0.87 (0.79-0.97)</b>	0.87 (0.73-1.04)	9,942 (25.0)	<b>0.91 (0.82-0.99)</b>	0.90 (0.75-1.07)
Fourth quartile	8,912 (25.0)	<b>0.89 (0.80-0.99)</b>	0.85 (0.69-1.03)	9,942 (25.0)	1.01 (0.92-1.12)	1.00 (0.82-1.21)

Not working the same fixed hours						
<b>Tobacco use</b>						
<i>Relapse of tobacco use among ex-smokers at baseline</i>						
	15,452			15,464		
	12,483		1.00	12,735 (82.4)		1.00
No	(80.8)	1.00			1.00	
Yes	2,969 (19.2)	1.05 (0.97-1.14)	1.11 (0.95-1.30)	2,729 (17.6)	1.03 (0.95-1.13)	1.05 (0.95-1.17)
<i>Changing status among current smokers at baseline</i>						
	9,950			10,128		
Ex-smokers	2,805 (28.2)	1.00	1.00	2,982 (29.4)	1.00	1.00
Current light smokers	3,939 (39.6)	<b>0.86 (0.78-0.95)</b>	1.00 (0.90-1.10)	4,465 (44.1)	1.01 (0.92-1.11)	1.08 (0.98-1.19)
Current moderate smokers	2,491 (25.0)	<b>0.86 (0.77-0.96)</b>	1.06 (0.94-1.19)	2,260 (22.3)	0.95 (0.85-1.07)	1.08 (0.96-1.22)
Current heavy smokers	713 (7.2)	0.88 (0.75-1.04)	1.13 (0.94-1.34)	421 (4.2)	<b>1.27 (1.04-1.57)</b>	<b>1.51 (1.21-1.89)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>					
<i>Changing status among ever-smokers at baseline</i>						
	25,402			25,592		
Smokers at baseline and remained smoker at follow-up	7,145 (28.2)	1.00	1.00	7,146 (27.9)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,805 (11.0)	<b>1.16 (1.06-1.26)</b>	0.97 (0.88-1.07)	2,982 (11.6)	0.99 (0.91-1.09)	0.92 (0.84-1.01)
Ex-smokers at baseline and stopped at follow-up	12,483(49.1)	<b>0.94 (0.88-0.99)</b>	<b>0.82 (0.77-0.88)</b>	12,735 (49.8)	0.95 (0.90-1.01)	0.93 (0.87-1.00)
Ex-smokers at baseline and started smoking at follow-up	2,969 (11.7)	0.98 (0.90-1.07)	0.96 (0.87-1.05)	2,729 (10.7)	0.99 (0.90-1.08)	1.00 (0.91-1.10)
<i>P-trend</i>	<b>&lt;0.0001</b>					
<i>Number of cigarettes/day among current smokers at baseline</i>						
	9,950	<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>	10,128	<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>
		-0.03 (-0.27;0.21)	0.11 (-0.11;0.32)		-0.18 (-0.38;0.03)	0.04 (-0.15;0.24)
<b>Cannabis use</b>						
<i>Relapse among ever-users at baseline</i>						
	17,924			16,304		
	16,817		1.00	15,514 (95.1)		1.00
No consumption in the past 12 months at follow-up	(93.8)	1.00			1.00	
In the past 12 months, <1/month	930 (5.2)	1.05 (0.92-1.20)	0.98 (0.85-1.12)	628 (3.9)	1.08 (0.86-1.34)	1.04 (0.88-1.28)
In the past 12 months, $\geq$ 1/month	177 (1.0)	0.72 (0.53-0.97)	0.80 (0.59-1.08)	162 (1.0)	1.10 (0.80-1.49)	1.09 (0.79-1.49)

<b>Alcohol use</b>						
Low risk	35,647	1.00	1.00	39,767	1.00	1.00
No use	27,554(77.3)	<b>0.89 (0.85-0.93)</b>	1.04 (0.99-1.09)	22,246 (55.9)	<b>0.93 (0.89-0.97)</b>	1.00 (0.95-1.05)
At risk	4,977 (14.0)	1.09 (0.99-1.19)	<b>1.15 (1.04-1.26)</b>	10,785 (27.1)	<b>1.14 (1.06-1.22)</b>	1.05 (0.97-1.14)
	3,116 (8.7)			6,736 (17.0)		
		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>
<i>Number of glasses/week</i>	35,647	0.09 (-0.21;0.38)	<b>0.36 (0.07;0.65)</b>	39,767	0.11(-0.08;0.29)	<b>0.30 (0.13;0.48)</b>
<b>Diet rich in sugar and fat</b>						
	35,647	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	39,767	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	8,842 (24.8)	1.00	1.00	9,861 (24.8)	1.00	1.00
Second quartile	8,981 (25.2)	1.00 (0.92-1.09)	1.06 (0.91-1.23)	10,022 (25.2)	0.97 (0.89-1.06)	0.91 (0.79-1.05)
Third quartile	8,912 (25.0)	0.94 (0.86-1.03)	1.04 (0.89-1.21)	9,942 (25.0)	0.99 (0.91-1.07)	1.01 (0.86-1.19)
Fourth quartile	8,912 (25.0)	1.01 (0.93-1.11)	1.16 (0.97-1.38)	9,942 (25.0)	0.99 (0.91-1.07)	1.03 (0.86-1.22)

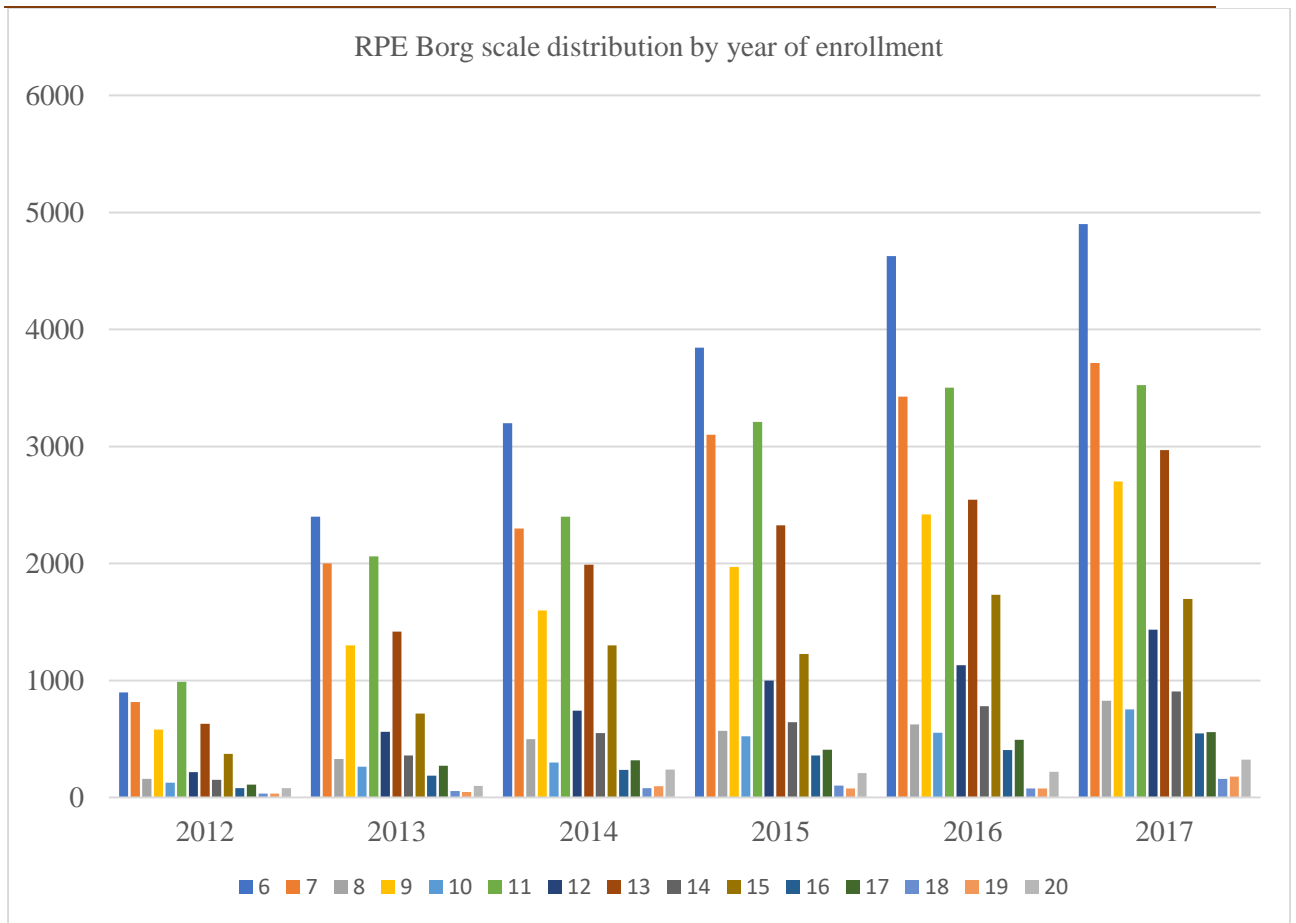
\*Adjusted for age (years, continuous), occupational grade (low; medium; high), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no).

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

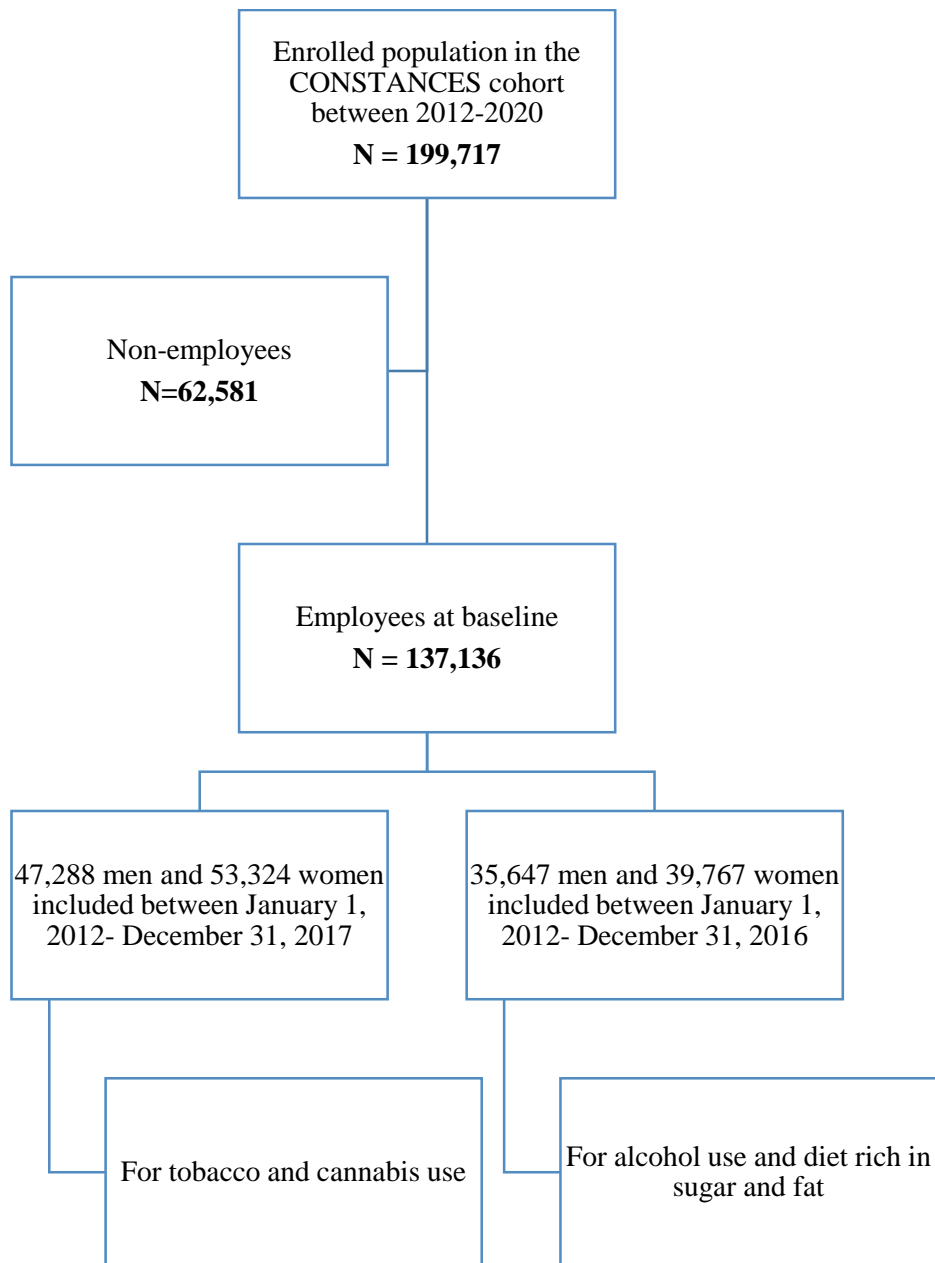
Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

## SUPPLEMENTARY FIGURES



**Supplementary Fig S1.** The RPE Borg scale distribution by year of enrollment





**Supplementary Fig S2.** Cohort flow chart in the CONSTANCES cohort

SUPPLEMENTARY TABLES

**Supplementary Table S1.** The distribution of employees by periods of follow-up

Addictive behaviors	Periods of follow-up					
	2012-2013	2013-2014	2014-2015	2015-2016	2016-2017	2017-2018
Tobacco						
Ex-smokers	1,668	3,866	4,884	5,855	6,976	7,667
Current smokers	1,121	2,361	3,378	3,927	4,417	4,874
Ever-smokers	2,789	6,227	8,262	9,782	11,393	12,541
Cannabis (ever-users)	1,622	3,629	5,274	6,425	8,062	9,216
Alcohol/diet rich in sugar and fat*	5,283	12,075	15,858	19,578	22,620	N/A

\*The individuals that were followed-up for diet rich in sugar and fat were followed from 2012-2016 (baseline) until 2017

**Supplementary Table S2.** The RPE Borg scale distribution by years of enrollment

<b>Borg scale</b>	<b>Years</b>					
	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>	<b>2017</b>
	<b>N (%)</b>	<b>N (%)</b>	<b>N (%)</b>	<b>N (%)</b>	<b>N (%)</b>	<b>N (%)</b>
<b>6</b>	898 (17.0)	2400 (19.9)	3200 (20.2)	3845 (19.6)	4628 (20.5)	4900 (19.4)
<b>7</b>	817 (15.5)	2000 (16.6)	2300 (14.5)	3100 (15.8)	3426 (15.1)	3712 (14.7)
<b>8</b>	159 (3.0)	330 (2.7)	500 (3.2)	570 (2.9)	625 (2.8)	828 (3.3)
<b>9</b>	582 (11.0)	1300 (10.8)	1600 (10.1)	1971 (10.1)	2420 (10.7)	2700 (10.7)
<b>10</b>	127 (2.4)	263 (2.2)	300 (1.9)	524 (2.7)	555 (2.5)	753 (3.0)
<b>11</b>	990 (18.7)	2060 (17.1)	2401 (15.1)	3210 (16.4)	3502 (15.5)	3525 (14.0)
<b>12</b>	218 (4.1)	562 (4.7)	743 (4.7)	1000 (5.1)	1130 (5.0)	1435 (5.7)
<b>13</b>	630 (11.9)	1417 (11.7)	1990 (12.5)	2327 (11.9)	2546 (11.3)	2970 (11.8)
<b>14</b>	153 (2.9)	360 (3.0)	550 (3.5)	643 (3.3)	780 (3.4)	906 (3.6)
<b>15</b>	372 (7.0)	719 (6.0)	1300 (8.2)	1226 (6.3)	1732 (7.7)	1698 (6.7)
<b>16</b>	80 (1.5)	188 (1.6)	237 (1.5)	360 (1.8)	405 (1.8)	548 (2.2)
<b>17</b>	110 (2.1)	273 (2.3)	319 (2.0)	410 (2.1)	494 (2.2)	560 (2.2)
<b>18</b>	34 (0.6)	55 (0.5)	82 (0.5)	103 (0.5)	79 (0.3)	161 (0.6)
<b>19</b>	33 (0.6)	48 (0.4)	96 (0.6)	79 (0.4)	79 (0.3)	178 (0.7)
<b>20</b>	80 (1.5)	100 (0.8)	240 (1.5)	210 (1.1)	219 (1.0)	324 (1.3)

**Supplementary Table S3.** The principal component analysis of the qualitative food frequency questionnaire using the Varimax rotation.

Items	Sugar and fat	Traditional diet	Low fat protein
How much sugar (white, brown etc.) do you consume per day (in coffee, tea, yoghurt etc.)? (number of cubes or spoons)	0.29	-0.16	-0.08
How much sweetener (aspartame, stevia, agave syrup etc.) do you consume per day (in coffee, tea, yoghurt etc.)? (number of cubes or spoons)	-0.05	0.03	0.19
Do you enjoy very salty food, or do you add salt to your food before having tasted it?	-0.11	0.17	-0.05
Usually, how often do you eat meat (beef, veal, lamb, pork, etc.)?	<b>0.47</b>	0.10	-0.21
Usually, how often do you eat poultry (chicken, turkey, etc.)?	0.32	0.20	0.02
Usually, how often do you eat fish or seafood?	-0.05	<b>0.49</b>	0.03
Usually, how often do you eat eggs?	0.07	<b>0.40</b>	0.04
Usually, how often do you eat delicatessen and offal (ham, pâté, bacon, black pudding, chitterling sausage, etc.)?	<b>0.52</b>	0.07	-0.14
Usually, how often do you drink milk?	0.22	0.09	0.03
Usually, how often do you eat dairy products (milk, petit Suisse cheese, yoghurt, cottage cheese, etc.)?	0.21	0.32	-0.14
Usually, how often do you eat sweet desserts (puddings, creamy desserts, fromage frais, etc.)?	<b>0.56</b>	0.05	0.11
Usually, how often do you eat dairy products and desserts “low-fat” (0% or 20%)?	-0.01	0.17	<b>0.43</b>
Usually, how often do you eat cheeses “low-fat”?	0.01	0.13	<b>0.50</b>
Usually, how often do you eat cheeses?	0.20	0.37	-0.28
Usually, how often do you eat white bread, breakfast rusks?	0.40	0.04	-0.36
Usually, how often do you eat whole wheat bread, buckwheat bread, whole grain bread, rye bread, whole wheat breakfast rusks?	-0.27	<b>0.46</b>	0.26
Usually, how often do you eat starchy foods (pasta, potatoes, rice, semolina, etc.)?	0.37	0.30	-0.11
Usually, how often do you eat breakfast cereal?	0	0.13	0.25
Usually, how often do you eat brown rice, whole wheat pasta, etc.?	-0.19	0.29	<b>0.44</b>
Usually, how often do you eat dried legumes (lentils, white kidney beans, broad beans, chick peas, etc.)?	-0.09	<b>0.40</b>	0.26
Usually, how often do you eat raw or cooked vegetables?	-0.19	<b>0.64</b>	-0.17
Usually, how often do you eat fresh fruit (including squeezed)?	-0.21	<b>0.63</b>	-0.12
Usually, how often do you eat shop-bought ready meals (tinned, frozen, delicatessen: couscous, sausage and bean hotpot, sauerkraut, etc.)?	<b>0.48</b>	-0.07	0.29
Usually, how often do you eat shop-bought ready meals “low-fat”?	0.15	-0.02	<b>0.52</b>
Usually, how often do you eat fast food meals (hamburgers, kebabs, sandwiches, pizzas, quiches, etc.)?	<b>0.57</b>	-0.15	0.22
Usually, how often do you eat fried food (chips, crisps, doughnuts, battered meat or fish, etc.)?	<b>0.64</b>	-0.10	0.16
Usually, how often do you eat crisps, crackers, peanuts and other snacks?	<b>0.50</b>	0.04	0.05

Usually, how often do you eat pastries, cakes, viennoiseries?	<b>0.54</b>	0.13	0.10
Usually, how often do you eat sweet biscuits, chocolate bars or cereal bars, sweets, chocolate, etc.?	0.39	0.23	-0.03
Usually, how often do you eat sweet biscuits, chocolate bars or cereal bars, sweets, chocolate, etc. “low-fat”?	0.14	0.03	<b>0.47</b>
Usually, how often do you eat butter, margarine (at breakfast, on the side, when preparing meals)	0.20	0.34	-0.35
Usually, how often do you eat oil (seasoning or cooking)?	-0.01	0.05	-0.01

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**Supplementary Table S4.** The principal component analysis of the socioeconomic status using the Varimax rotation.

Items	Factor 1 (socioeconomic status)
Occupational grade	<b>0.88</b>
Household income	<b>0.73</b>
Educational level	<b>0.82</b>

**Supplementary Table S5.** The correlation between educational level, occupational grade and household income.

<b>Variables</b>	Educational level	Occupational grade	Household income
Educational level	1.00	0.62	0.36
Occupational grade	0.62	1.00	0.48
Household income	0.36	0.48	1.00

**Supplementary Table S6.** The multicollinearity of occupational grade, household income and educational level in the fully-adjusted models for substance use and diet rich in sugar and fat.

<b>Addictive behaviors</b>	<b>Tolerance</b>	<b>VIF</b>
<i>Tobacco use</i>		
<i>Relapse</i>		
Occupational grade	0.53	1.89
Household income	0.73	1.36
Educational level	0.57	1.77
<i>Changing status among current-smokers</i>		
Occupational grade	0.54	1.85
Household income	0.73	1.35
Educational level	0.58	1.73
<i>Changing status among ever-smokers</i>		
Occupational grade	0.53	1.05
Household income	0.72	1.39
Educational level	0.57	1.75
<i>Number of cigarettes</i>		
Occupational grade	0.54	1.85
Household income	0.73	1.36
Educational level	0.57	1.75
<i>Cannabis use</i>		
Occupational grade	0.52	1.91
Household income	0.73	1.37
Educational level	0.57	1.76
<i>Alcohol use</i>		
Occupational grade	0.51	1.97
Household income	0.70	1.42
Educational level	0.54	1.84
<i>Diet rich in sugar and fat</i>		
Occupational grade	0.51	1.96
Household income	0.70	1.43
Educational level	0.54	1.84



**Supplementary Table S7.** Association between high physical exertion and addictive behaviors (odds ratios (ORs), 95% confidence intervals, CI).

Addictive behaviors	N (%)	Unadjusted model	Fully-adjusted model*
		OR (95% CI)	OR (95% CI)
<b>Tobacco use</b>			
<i>Relapse of tobacco use among ex-smokers at baseline</i>			
No	30,916	1.00	1.00
Yes	25,218 (81.6)	<b>1.37 (1.29-1.45)</b>	<b>1.14 (1.03-1.25)</b>
<i>Changing status among current smokers at baseline</i>			
Ex-smoker	20,078	1.00	1.00
Current light smoker	5,787 (28.8)	<b>1.54 (1.43-1.66)</b>	<b>1.24 (1.14-1.33)</b>
Current moderate Smoker	8,406 (41.9)	<b>2.14 (1.97-2.32)</b>	<b>1.39 (1.28-1.52)</b>
Current heavy smoker	4,751 (23.7)	<b>2.47 (2.17-2.81)</b>	<b>1.56 (1.35-1.79)</b>
<i>P-trend</i>	1,134 (5.6)	<b>&lt;0.0001</b>	
<i>Changing status among ever-smokers at baseline</i>			
Smoker at baseline and remained smoker at follow-up	50,994	1.00	1.00
Smoker at baseline and stopped at follow-up	14,291 (28.0)	<b>0.56 (0.52-0.60)</b>	<b>0.76 (0.71-0.82)</b>
Ex-smoker at baseline and stopped at follow-up	5,787 (11.3)	<b>0.60 (0.58-0.63)</b>	<b>0.86 (0.82-0.90)</b>
Ex-smoker at baseline and started smoking at follow-up	25,218 (49.5)	<b>0.83 (0.78-0.88)</b>	0.95 (0.89-1.02)
<i>P-trend</i>	5,698 (11.2)	<b>&lt;0.0001</b>	
<i>Number of cigarettes/day among current smokers at baseline</i>	20,078	$\beta$ (95%CI) -0.02 (-0.18;0.14)	$\beta$ (95%CI) <b>0.08 (0.23-0.53)</b>
<b>Cannabis use</b>			
<i>Relapse among ever-users at baseline</i>			
No consumption in the past 12 months at follow-up	34,228	1.00	1.00
In the past 12 months, <1/month	32,331 (94.5)	0.90 (0.80-1.00)	0.90 (0.79-1.02)

In the past 12 months, $\geq 1$ /month	339 (1.0)	<b>1.67 (1.35-2.06)</b>	<b>1.30 (1.03-1.64)</b>
<b>Alcohol use</b>			
Low risk	49,800 (66.0)	1.00	1.00
No use	15,762 (20.9)	<b>1.13 (1.09-1.17)</b>	1.03 (0.99-1.08)
At risk	9,852 (13.1)	<b>1.09 (1.04-1.14)</b>	1.04 (0.98-1.09)
		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>
<i>Number of glasses/week</i>	75,414	<b>0.02 (0.13;0.16)</b>	0.10 (-0.04;0.24)
<b>Diet rich in sugar and fat</b>			
		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	18,704 (24.8)	1.00	1.00
Second quartile	19,003 (25.2)	1.03 (0.98-1.07)	1.05 (0.99-1.10)
Third quartile	18,854 (25.0)	<b>1.07 (1.03-1.12)</b>	<b>1.09 (1.04-1.14)</b>
Fourth quartile	18,853 (25.0)	<b>1.12 (1.08-1.17)</b>	<b>1.16 (1.10-1.22)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>		

\*Adjusted for age (years, continuous), sex, depressive symptoms at baseline (no; yes), educational level (levels, continuous), household income (€/month, continuous) and baseline level of consumption.

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

Alcohol use was defined as: low risk (1-27 drinks/week in men and 1-13 in women); no use and at risk ( $\geq 28$  drinks/week in men and  $\geq 14$  in women).

**Supplementary Table S8.** Association between high physical exertion at work and addictive behaviors at one-year of follow-up according to sex among employees in the CONSTANCES cohort study, 2012-2018 (odds ratios (ORs), and 95% confidence intervals, CI).

Addictive behaviors	N (%)	Women		N (%)	Men	
		Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)		Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)
<b>Tobacco use</b>						
<i>Relapse of tobacco use among ex-smokers at baseline</i>	15,464			15,452		
No	12,735 (82.4)	1.00	1.00	12,483 (80.8)	1.00	1.00
Yes	2,729 (17.6)	<b>1.24 (1.13-1.35)</b>	1.12 (0.94-1.33)	2,969 (19.2)	<b>1.48 (1.37-1.61)</b>	<b>1.12 (1.01-1.23)</b>
<i>Changing status among current smokers at baseline</i>	10,128			9,950		
Ex-smoker	2,982 (29.4)	1.00	1.00	2,805 (28.2)	1.00	1.00
Current light smoker	4,465 (44.1)	<b>1.40 (1.26-1.54)</b>	<b>1.23 (1.10-1.37)</b>	3,939 (39.6)	<b>1.73 (1.56-1.91)</b>	<b>1.15 (1.02-1.30)</b>
Current moderate Smoker	2,260 (22.3)	<b>1.73 (1.54-1.94)</b>	<b>1.30 (1.15-1.47)</b>	2,491 (25.0)	<b>2.57 (2.30-2.88)</b>	<b>1.33 (1.16-1.52)</b>
Current heavy smoker	421 (4.2)	<b>2.02 (1.64-2.48)</b>	<b>1.57 (1.26-1.97)</b>	713 (7.2)	<b>2.74 (2.31-3.24)</b>	<b>1.45 (1.19-1.77)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>&lt;0.0001</b>		
<i>Changing status among ever-smokers at baseline</i>	25,592			25,402		
Smoker at baseline and remained smoker at follow-up	7,146 (27.9)	1.00	1.00	7,145 (28.2)	1.00	1.00
Smoker at baseline and stopped at follow-up	2,982 (11.6)	<b>0.65 (0.60-0.72)</b>	<b>0.79 (0.71-0.87)</b>	2,805 (11.0)	<b>0.48 (0.44-0.53)</b>	<b>0.81 (0.72-0.90)</b>
Ex-smoker at baseline and stopped at follow-up	12,735 (49.8)	<b>0.67 (0.63-0.71)</b>	<b>0.86 (0.80-0.92)</b>	12,483 (49.1)	<b>0.55 (0.52-0.58)</b>	<b>0.86 (0.80-0.92)</b>
Ex-smoker at baseline and started smoking at follow-up	2,729 (10.7)	<b>0.83 (0.75-0.91)</b>	0.93 (0.84-1.02)	2,969 (11.7)	<b>0.81 (0.75-0.89)</b>	0.94 (0.85-1.04)
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>&lt;0.0001</b>		

<i>Number of cigarettes/day among current smokers at baseline</i>	10,128	$\beta$ (95%CI) 0.07 (-0.14;0.28)	$\beta$ (95%CI) <b>0.33 (0.13;0.52)</b>	9,950	$\beta$ (95%CI) 0.02 (-0.22;0.27)	$\beta$ (95%CI) <b>0.32 (0.08;0.56)</b>
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	16,304			17,924		
No consumption in the past 12 months at follow-up	15,514 (95.1)	1.00	1.00	16,817 (93.8)	1.00	1.00
In the past 12 months, <1/month	628 (3.9)	0.93 (0.77-1.11)	0.95 (0.79-1.16)	930 (5.2)	<b>0.86 (0.74-0.98)</b>	0.92 (0.78-1.09)
In the past 12 months, $\geq$ 1/month	162 (1.0)	<b>1.76 (1.29-2.40)</b>	<b>1.56 (1.12-2.18)</b>	177 (1.0)	<b>1.59 (1.19-2.13)</b>	1.05 (0.75-1.47)
		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<b>Alcohol use</b>	39,767			35,647		
Low risk	22,246 (55.9)	1.00	1.00	27,554 (77.3)	1.00	1.00
No use	10,785 (27.1)	<b>1.12 (1.07-1.18)</b>	1.00 (0.95-1.06)	4,977 (14.0)	<b>1.20 (1.13-1.28)</b>	1.03 (0.95-1.11)
At risk	6,736 (17.0)	1.02 (0.96-1.08)	1.01 (0.95-1.08)	3,116 (8.7)	<b>1.30 (1.21-1.41)</b>	1.04 (0.94-1.14)
		$\beta$ (95%CI)	$\beta$ (95%CI)		$\beta$ (95%CI)	$\beta$ (95%CI)
<i>Number of glasses/week</i>	39,767	<b>0.18 (0.01;0.35)</b>	0.04 (-0.11;0.19)	35,647 8520	-0.19 (-0.44;0.06)	0.12 (-0.15;0.38)
<b>Diet rich in sugar and fat</b>	39,767	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	35,647	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	9,861 (24.8)	1.00	1.00	8,842 (24.8)	1.00	1.00
Second quartile	10,022 (25.2)	1.02 (0.96-1.08)	1.04 (0.98-1.11)	8,981 (25.2)	0.99 (0.93-1.05)	1.02 (0.95-1.10)
Third quartile	9,942 (25.0)	<b>1.05 (1.01-1.11)</b>	<b>1.07 (1.01-1.14)</b>	8,912 (25.0)	<b>1.06 (1.01-1.13)</b>	<b>1.06 (1.02-1.14)</b>
Fourth quartile	9,942 (25.0)	<b>1.10 (1.05-1.18)</b>	<b>1.12 (1.05-1.19)</b>	8,912 (25.0)	<b>1.10 (1.02-1.12)</b>	<b>1.10 (1.02-1.18)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>&lt;0.0001</b>		

\*Adjusted for age (years, continuous), occupational grade (low; medium; high), depressive symptoms at baseline (no; yes), educational level (levels, continuous), household income (€/month, continuous) and baseline level of consumption.

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

Alcohol use was defined as: low risk (1-27 drinks/week in men and 1-13 i\n women); no use and at risk ( $\geq 28$  drinks/week in men and  $\geq 14$  in women).

**Supplementary Table S9.** Association between high physical exertion and addictive behaviors according to age.

Addictive behaviors	Age														
	18-29			30-39			40-49			50-59			60+		
	N (%)	Unadj	Fully-	N (%)	Unadj	Fully-	N (%)	Unadj	Fully-	N (%)	Unadj	Fully-	N (%)	Unadj	Fully-
		usted	adjust		juste	adjust		usted	adjust		usted	adjust		usted	adjust
	OR	OR		OR	OR		OR	OR		OR	OR		OR	OR	
	(95% CI)	(95% CI)		(95% CI)	(95% CI)		(95% CI)	(95% CI)		(95% CI)	(95% CI)		(95% CI)	(95% CI)	
<b>Tobacco use</b>															
Relapse of tobacco use among ex-smokers at baseline	2 001			6 523			9 611			10206			2 575		
No	1 419 (70.1)	1.00	1.00	5 080 (77.9)	1.00	1.00	7 804 (81.2)	1.00	1.00	8 688 (85.1)	1.00	1.00	2 227 (86.5)	1.00	1.00
Yes	582 (29.1)	1.19 (0.97-1.45)	0.95 (0.70-1.28)	1 443 (22.1)	<b>1.32 (1.17-1.50)</b>	1.18 (0.93-1.49)	1 807 (18.8)	<b>1.30 (1.17-1.45)</b>	1.08 (0.96-1.21)	1 518 (14.9)	<b>1.48 (1.32-1.65)</b>	<b>1.16 (1.02-1.33)</b>	348 (13.5)	<b>1.77 (1.39-2.24)</b>	1.32 (1.01-1.75)
<b>Changing status among current smokers at baseline</b>															
Ex-smoker	3 629			5 942			5 742			4 100			665		
	1 031 (28.4)	1.00	1.00	1 882 (31.7)	1.00	1.00	1 568 (27.3)	1.00	1.00	1 102 (27.0)	1.00	1.00	202 (30.4)	1.00	1.00

Current light smoker	1 739 (47.9)	<b>1.67</b> <b>(1.42-1.96)</b>	<b>1.26</b> <b>(1.05-1.51)</b>	2 507 (42.2)	<b>1.57</b> <b>(1.38-1.79)</b>	1.17 (0.96-1.35)	2 277 (39.6)	<b>1.48</b> <b>(1.29-1.70)</b>	1.16 (0.98-1.35)	1 613 (39.3)	<b>1.51</b> <b>(1.28-1.71)</b>	<b>1.32</b> <b>(1.11-1.57)</b>	271 (40.8)	0.93 (0.62-1.39)	0.81 (0.53-1.26)
Current moderate Smoker	762 (21.0)	<b>2.46</b> <b>(2.02-2.98)</b>	<b>1.36</b> <b>(1.09-1.69)</b>	1 311 (22.1)	<b>2.07</b> <b>(1.79-2.41)</b>	1.18 (0.98-1.39)	1 487 (25.9)	<b>2.13</b> <b>(1.84-2.48)</b>	<b>1.32</b> <b>(1.12-1.56)</b>	1 059 (25.8)	<b>2.11</b> <b>(1.77-2.51)</b>	<b>1.51</b> <b>(1.25-1.83)</b>	133 (19.9)	1.46 (0.92-2.32)	1.03 (0.62-1.71)
Current heavy smoker	97 (2.7)	<b>3.65</b> <b>(2.36-5.65)</b>	<b>1.87</b> <b>(1.15-3.05)</b>	242 (4.0)	<b>3.05</b> <b>(2.32-3.99)</b>	<b>1.78</b> <b>(1.31-2.43)</b>	410 (7.2)	<b>2.53</b> <b>(2.02-3.16)</b>	<b>1.46</b> <b>(1.14-1.89)</b>	326 (8.0)	<b>1.93</b> <b>(1.50-2.48)</b>	<b>1.30</b> <b>(1.01-1.73)</b>	59 (8.2)	<b>1.98</b> <b>(1.02-3.63)</b>	1.42 (0.74-2.75)
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>&lt;0.0001</b>						<b>&lt;0.0001</b>		
Changing status among ever-smokers at baseline	5 630			12 465			15353			14306			3 240		
Smoker at baseline and remained smoker at follow-up	2 597 (46.1)	1.00	1.00	4 060 (32.6)	<b>0.56</b> <b>(0.49-0.63)</b>	1.00	4 174 (27.2)	1.00	1.00	2 998 (21.0)	1.00	1.00	463 (14.4)	1.00	1.00
Smoker at baseline and stopped at follow-up	1 031 (18.3)	<b>0.52</b> <b>(0.45-0.60)</b>	<b>0.76</b> <b>(0.64-0.90)</b>	1 882 (15.1)	<b>0.56</b> <b>(0.49-0.63)</b>	<b>0.82</b> <b>(0.72-0.94)</b>	1 568 (10.2)	<b>0.56</b> <b>(0.49-0.64)</b>	<b>0.79</b> <b>(0.69-0.91)</b>	1 102 (7.7)	<b>0.57</b> <b>(0.49-0.66)</b>	<b>0.73</b> <b>(0.62-0.86)</b>	202 (6.2)	0.85 (0.59-1.22)	1.07 (0.72-1.58)
Ex-smoker at baseline and stopped at follow-up	1 419 (25.2)	<b>0.59</b> <b>(0.52-0.68)</b>	0.88 (0.76-1.03)	5 080 (40.7)	<b>0.57</b> <b>(0.53-0.63)</b>	<b>0.84</b> <b>(0.76-0.93)</b>	7 804 (50.8)	<b>0.67</b> <b>(0.62-0.73)</b>	0.94 (0.86-1.02)	8 688 (60.7)	<b>0.60</b> <b>(0.57-0.66)</b>	<b>0.79</b> <b>(0.72-0.87)</b>	2 227 (68.7)	<b>0.76</b> <b>(0.61-0.94)</b>	0.95 (0.75-1.20)

Ex-smoker at baseline and started smoking at follow-up	582 (10.4)	<b>0.71</b> <b>(0.59-0.85)</b>	0.82 (0.67-1.01)	1 443 (11.6)	<b>0.76</b> <b>(0.70-0.86)</b>	0.92 (0.80-1.06)	1 807 (11.8)	<b>0.88</b> <b>(0.78-0.98)</b>	1.00 (0.88-1.13)	1 518 (10.6)	<b>0.89</b> <b>(0.79-0.97)</b>	0.93 (0.81-1.07)	348 (10.7)	<b>1.34</b> <b>(1.01-1.80)</b>	1.22 (0.89-1.67)
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>&lt;0.0001</b>					
Number of cigarettes/day among current smokers at baseline					<b>1.76</b>										
Absolute, continuous Baseline and follow-up difference, continuous	3 629	<b>1.94</b> <b>(1.59;2.30)</b>	<b>0.38</b> <b>(0.06;0.69)</b>	5 942	<b>1.46</b> <b>(1.07-1.85)</b>	0.26 (-0.01;0.53)	5 742	<b>2.09</b> <b>(1.74-2.45)</b>	0.22 (-0.08;0.53)	4 100	<b>1.65</b> <b>(1.23;2.07)</b>	<b>0.56</b> <b>(0.20;0.92)</b>	665	1.34 (-0.01;2.50)	0.01 (-1.00;1.01)
	3 629	-0.08 (-0.32;0.33)	<b>0.38</b> <b>(0.06;0.69)</b>	5 942	(-0.06;0.33;0.21)	0.26 (-0.01;0.53)	5 742	<b>-0.34</b> <b>(-0.06;-0.03)</b>	0.22 (-0.08;0.53)	4 100	0.38 (-0.01;0.78)	<b>0.56</b> <b>(0.20;0.92)</b>	665	-0.54 (-1.64;0.55)	0.01 (-1.00;1.01)
<b>Cannabis Relapse among ever-users at baseline</b>	5 228			11 461			10466			6 078			995		
No consumption in the past 12 months at follow-up	4 746 (90.8)	1.00	1.00	10 748 (93.8)	1.00	1.00	10 006 (95.5)	1.00	1.00	5 870 (96.6)	1.00	1.00	965 (97.2)	1.00	1.00



In the past 12 months, <1/month	416 (7.9)	0.88 (0.71-1.09)	1.01 (0.79-1.28)	591 (5.1)	0.82 (0.68-1.01)	0.87 (0.70-1.08)	363 (3.5)	0.90 (0.72-1.14)	0.93 (0.72-1.20)	163 (2.7)	0.83 (0.58-1.16)	0.90 (0.61-1.31)	21 (2.0)	1.37 (0.52-3.57)	1.00 (0.36-2.81)
In the past 12 months, ≥1/month	66 (1.3)	<b>1.79 (1.11-2.88)</b>	1.65 (0.96-2.82)	122 (1.1)	<b>1.93 (1.37-2.73)</b>	<b>1.55 (1.05-2.29)</b>	97 (1.0)	1.03 (0.66-1.60)	0.83 (0.51-1.34)	45 (0.7)	<b>2.44 (1.37-4.33)</b>	<b>1.92 (1.01-3.66)</b>	9 (0.8)	0.98 (0.20-4.73)	0.64 (0.12-3.44)
<b>Alcohol intake, number of glasses/week</b>		<b><math>\beta</math> (95% CI)</b>	<b><math>\beta</math> (95% CI)</b>		<b><math>\beta</math> (95% CI)</b>	<b><math>\beta</math> (95% CI)</b>		<b><math>\beta</math> (95% CI)</b>	<b><math>\beta</math> (95% CI)</b>		<b><math>\beta</math> (95% CI)</b>	<b><math>\beta</math> (95% CI)</b>		<b><math>\beta</math> (95% CI)</b>	<b><math>\beta</math> (95% CI)</b>
Absolute, continuous	9 481	0.39 (-0.05;0.83)	0.20 (-0.21;0.62)	17 962	<b>0.49 (0.17;0.81)</b>	0.15 (-0.14;0.45)	22 544	<b>0.66 (0.37;0.95)</b>	-0.13 (-0.12;0.39)	20 799	<b>0.38 (0.05;0.71)</b>	0.07 (-0.22;0.35)	4 628	0 (-0.76;0.77)	0.26 (-0.39;0.90)
Baseline and follow-up difference, continuous	9 481	0.08 (-0.15;0.41)	0.20 (-0.21;0.62)	17 962	0.22 (-0.08;0.52)	0.15 (-0.14;0.45)	22 544	0.01 (-0.25;0.26)	-0.13 (-0.12;0.39)	20 799	-0.11 (-0.39;0.17)	0.07 (-0.22;0.35)	4 628	-0.07 (-0.70;0.56)	0.26 (-0.39;0.90)
<b>Sugar and fat intake</b>		<b><math>\beta</math> (95% CI)</b>	<b><math>\beta</math> (95% CI)</b>		<b><math>\beta</math> (95% CI)</b>	<b><math>\beta</math> (95% CI)</b>		<b><math>\beta</math> (95% CI)</b>	<b><math>\beta</math> (95% CI)</b>		<b><math>\beta</math> (95% CI)</b>	<b><math>\beta</math> (95% CI)</b>		<b><math>\beta</math> (95% CI)</b>	<b><math>\beta</math> (95% CI)</b>
Continuous	9 481	<b>0.10 (0.06;0.14)</b>	<b>0.06 (0.02;0.10)</b>	17 962	<b>0.06 (0.03;0.09)</b>	<b>0.05 (0.02;0.08)</b>	22 544	<b>0.04 (0.01;0.07)</b>	<b>0.04 (0.01;0.07)</b>	20 799	<b>0.04 (0.01;0.07)</b>	<b>0.03 (0.01;0.06)</b>	4 628	-0.01 (-0.07;0.05)	0.02 (-0.04;0.09)
First quartile	2 409 (25.4)	1.00	1.00	4 553 (25.4)	1.00	1.00	5 762 (25.5)	1.00	1.00	5 182 (24.9)	1.00	1.00	1 153 (24.9)	1.00	1.00

Second quartile	2 286 (24.1)	1.02 (0.91-1.15)	1.00 (0.88-1.14)	4 428 (24.6)	1.00 (0.91-1.09)	1.03 (0.93-1.14)	5 473 (24.3)	1.01 (0.94-1.10)	1.05 (0.96-1.14)	5 258 (25.3)	1.05 (0.97-1.14)	1.03 (0.94-1.12)	1 166 (25.2)	0.96 (0.80-1.15)	1.06 (0.87-1.28)
Third quartile	2 417 (25.5)	<b>1.10</b> <b>(1.03-1.25)</b>	1.00 (0.88-1.14)	4 595 (25.6)	1.07 (0.98-1.17)	1.06 (0.96-1.18)	5 673 (25.2)	1.05 (0.97-1.14)	1.04 (0.95-1.14)	5 177 (24.9)	1.04 (0.96-1.13)	1.00 (0.97-1.10)	1 145 (24.8)	1.01 (0.85-1.21)	1.09 (0.89-1.32)
Fourth quartile	2 370 (25.0)	<b>1.28</b> <b>(1.14-1.44)</b>	<b>1.16</b> <b>(1.02-1.33)</b>	4 386 (24.4)	<b>1.12</b> <b>(1.03-1.23)</b>	<b>1.13</b> <b>(1.02-1.25)</b>	5 636 (25.0)	<b>1.09</b> <b>(1.01-1.18)</b>	<b>1.10</b> <b>(1.01-1.20)</b>	5 182 (24.9)	<b>1.09</b> <b>(1.02-1.18)</b>	1.06 (0.97-1.16)	1 164 (25.1)	1.01 (0.85-1.21)	1.15 (0.95-1.41)
<i>P-trend</i>	<b>1</b>			<b>&lt;0.0001</b>			<b>&lt;0.0001</b>						0.26		

\*Adjusted for sex, occupational grade (low; medium; high), depressive symptoms at baseline (no; yes), educational level (levels, continuous), household income (€/month, continuous) and baseline level of consumption.

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Supplementary Table S10.** Association between high physical exertion at work and addictive behaviors at one-year of follow-up among employees in the non-imputed data of the CONSTANCES cohort study, 2012-2018 (odds ratios (ORs), and 95% confidence intervals, CI).

<b>Addictive behaviors</b>	<b>Unadjusted model</b>	<b>Fully-adjusted model*</b>
	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<b>Tobacco use</b>		
<i>Relapse of tobacco use among ex-smokers at baseline</i>		
No	1.00	1.00
Yes	<b>1.14 (1.01-1.29)</b>	<b>1.10 (1.01-1.20)</b>
<i>Changing status among current smokers at baseline</i>		
Ex-smoker	1.00	1.00
Current light smoker	<b>1.21 (1.11-1.32)</b>	<b>1.10 (1.01-1.24)</b>
Current moderate Smoker	<b>1.83 (1.67-2.01)</b>	<b>1.25 (1.12-1.40)</b>
Current heavy smoker	<b>2.24 (1.95-2.58)</b>	<b>1.51 (1.27-1.80)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>	
<i>Changing status among ever-smokers at baseline</i>		
Smoker at baseline and remained smoker at follow-up	1.00	1.00
Smoker at baseline and stopped at follow-up	<b>0.65 (0.61-0.70)</b>	<b>0.83 (0.76-0.90)</b>
Ex-smoker at baseline and stopped at follow-up	<b>0.68 (0.65-0.72)</b>	<b>0.89 (0.83-0.95)</b>
Ex-smoker at baseline and started smoking at follow-up	<b>0.78 (0.68-0.89)</b>	0.91 (0.79-1.07)
<i>P-trend</i>	<b>&lt;0.0001</b>	
	<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>
<i>Number of cigarettes/day among current smokers at baseline</i>	0 (-0.21;0.21)	<b>0.21 (0.01;0.43)</b>
<b>Cannabis use</b>		
<i>Relapse among ever-users at baseline</i>		
No consumption in the past 12 months at follow-up	1.00	1.00
In the past 12 months, <1/month	1.02 (0.87-1.19)	0.99 (0.82-1.19)

In the past 12 months, $\geq 1$ /month	<b>1.56 (1.10-2.21)</b>	<b>1.40 (1.01-2.11)</b>
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**Alcohol use**

Low risk	1.00	1.00
No use	<b>1.57 (1.52-1.62)</b>	1.13 (0.99-1.18)
At risk	<b>1.09 (1.03-1.16)</b>	1.05 (0.97-1.13)

	<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>
<i>Number of glasses/week</i>	-0.11 (-0.30;0.07)	0.04 (-0.24;0.16)

**Sugar and fat consumption**

	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	1.00	1.00
Second quartile	1.03 (0.96-1.10)	1.09 (0.96-1.24)
Third quartile	1.05 (0.98-1.12)	<b>1.15 (1.00-1.32)</b>
Fourth quartile	<b>1.13 (1.06-1.21)</b>	<b>1.20 (1.03-1.40)</b>
<i>P-trend</i>	<b>0.003</b>	<b>0.001</b>

\*Adjusted for age (years, continuous), sex, occupational grade (low; medium; high), depressive symptoms at baseline (no; yes), educational level (levels, continuous), household income (€/month, continuous) and baseline level of consumption.

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

Alcohol use was defined as: low risk (1-27 drinks/week in men and 1-13 in women); no use and at risk ( $\geq 28$  drinks/week in men and  $\geq 14$  in women).

**Supplementary Table S11.** Association between high physical exertion and addictive behaviors (hazard ratios (HRs), 95% confidence intervals, CI).

<b>Addictive behaviors</b>	<b>N (%)</b>	<b>Unadjusted model</b>	<b>Fully-adjusted model*</b>
		<b>HR (95% CI)</b>	<b>HR (95% CI)</b>
<b>Tobacco use</b>			
<i>Relapse of tobacco use among ex-smokers at baseline</i>			
No	30,916		
	25,218 (81.6)	1.00	1.00
Yes	5,698 (18.4)	<b>1.33 (1.24-1.42)</b>	<b>1.09 (1.01-1.17)</b>
<i>Changing status among current smokers at baseline</i>			
Ex-smoker	20,078		
	5,787 (28.8)	1.00	1.00
Current light smoker	8,406 (41.9)	0.99 (0.94-1.04)	0.97 (0.92-1.03)
Current moderate Smoker	4,751 (23.7)	<b>1.40 (1.31-1.50)</b>	<b>1.09 (1.01-1.17)</b>
Current heavy smoker	1,134 (5.6)	<b>1.63 (1.43-1.86)</b>	<b>1.25 (1.08-1.45)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>		
<i>Changing status among ever-smokers at baseline</i>			
Smoker at baseline and remained smoker at follow-up	50,994		
	14,291 (28.0)	1.00	1.00
Smoker at baseline and stopped at follow-up	5,787 (11.3)	<b>0.79 (0.74-0.84)</b>	<b>0.86 (0.80-0.93)</b>
Ex-smoker at baseline and stopped at follow-up	25,218 (49.5)	<b>0.83 (0.81-0.86)</b>	<b>0.93 (0.90-0.96)</b>
Ex-smoker at baseline and started smoking at follow-up	5,698 (11.2)	<b>1.17 (1.10-1.25)</b>	1.04 (0.97-1.12)
<i>P-trend</i>	<b>&lt;0.0001</b>		
<b>Cannabis use</b>			
<i>Relapse among ever-users at baseline</i>			
No consumption in the past 12 months at follow-up	34,228		
	32,331 (94.5)	1.00	1.00
In the past 12 months, <1/month	1,558 (4.5)	0.86 (0.77-0.97)	0.91 (0.81-1.03)
In the past 12 months, ≥1/month	339 (1.0)	<b>1.61 (1.30-1.98)</b>	<b>1.27 (1.00-1.60)</b>

<b>Alcohol use</b>			
Low risk	49,800 (66.0)	1.00	1.00
No use	15,762 (20.9)	<b>1.08 (1.05-1.12)</b>	0.98 (0.94-1.01)
At risk	9,852 (13.1)	<b>1.05 (1.01-1.09)</b>	1.02 (0.97-1.06)

<b>Diet rich in sugar and fat</b>		<b>HR (95% CI)</b>	<b>HR (95% CI)</b>
First quartile	18,704 (24.8)	1.00	1.00
Second quartile	19,003 (25.2)	0.97 (0.94-1.01)	0.97 (0.93-1.01)
Third quartile	18,854 (25.0)	1.01 (0.98-1.04)	0.98 (0.95-1.01)
Fourth quartile	18,853 (25.0)	<b>1.06 (1.03-1.09)</b>	<b>1.03 (1.01-1.07)</b>
<i>P-trend</i>		<b>&lt;0.0001</b>	

\*Adjusted for age (years, continuous), sex, occupational grade (low; medium; high), depressive symptoms at baseline (no; yes), educational level (levels, continuous), household income (€/month, continuous) and baseline level of consumption.

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

Alcohol use was defined as: low risk (1-27 drinks/week in men and 1-13 in women); no use and at risk ( $\geq 28$  drinks/week in men and  $\geq 14$  in women).

**Supplemental Table S12.** Interactions between each of occupational grade, type of work and type of job contract and physical exertion at work while studying their effects on addictive behaviors at one-year of follow-up among employees in the CONSTANCES cohort study, 2012-2018 (P-values).

<b>Addictive behaviors</b>	<b>Fully-adjusted model*</b>
	<b><i>P</i></b>
<b>Tobacco use</b>	
<i>Relapse of tobacco use among ex-smokers at baseline</i>	
Physical exertion*occupational grade	0.34
Physical exertion* type of work	0.23
Physical exertion* type of job contract	0.57
<i>Changing status among current smokers at baseline</i>	
Physical exertion*occupational grade	0.07
Physical exertion* type of work	0.10
Physical exertion* type of job contract	0.66
<i>Changing status among ever-smokers at baseline</i>	
Physical exertion*occupational grade	0.06
Physical exertion* type of work	0.42
Physical exertion* type of job contract	0.27
<i>Number of cigarettes/day among current smokers at baseline</i>	
Physical exertion*occupational grade	0.06
Physical exertion* type of work	0.19
Physical exertion* type of job contract	0.53
<b>Cannabis use</b>	
<i>Relapse among ever-users at baseline</i>	
Physical exertion*occupational grade	0.08
Physical exertion* type of work	0.49
Physical exertion* type of job contract	0.75

**Alcohol use***Number of glasses/week*

Physical exertion*occupational grade	0.81
Physical exertion* type of work	0.20
Physical exertion* type of job contract	0.41

**Diet rich in sugar and fat**

Physical exertion*occupational grade	0.52
Physical exertion* type of work	0.81
Physical exertion* type of job contract	0.74

\*Adjusted for age (years, continuous), sex, occupational grade (low; medium; high), depressive symptoms at baseline (no; yes), educational level (levels, continuous), household income (€/month, continuous), baseline level of consumption, type of work time (part-time; full-time) and type of job contract (temporary; permanent).

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).



**Supplementary Table S14.** Association between high physical exertion at work and addictive behaviors at one-year of follow-up according to the type of job contract among employees in the CONSTANCES cohort study, 2012-2018 (odds ratios (ORs), and 95% confidence intervals, CI).

Addictive behaviors	N (%)	Temporary contract		N (%)	Permanent contract	
		Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)		Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)
<b>Tobacco use</b>						
<i>Relapse of tobacco use among ex-smokers at baseline</i>						
No	9,900			21,016		
Yes	8,004 (80.9)	1.00	1.00	17,214 (81.9)	1.00	1.00
	1,896 (19.1)	<b>1.31 (1.18-1.46)</b>	1.07 (0.87-1.31)	3,802 (18.1)	<b>1.39 (1.30-1.50)</b>	1.15 (0.99-1.29)
<i>Changing status among current smokers at baseline</i>						
Ex-smoker	7,071			13,007		
Current light smoker	2,020 (28.5)	1.00	1.00	3,767 (29.0)	1.00	1.00
Current moderate Smoker	3,004 (42.5)	<b>1.48 (1.32-1.67)</b>	<b>1.18 (1.04-1.35)</b>	5,402 (41.5)	<b>1.58 (1.44-1.72)</b>	<b>1.23 (1.12-1.36)</b>
Current heavy smoker	1,675 (23.7)	<b>2.07 (1.81-2.36)</b>	<b>1.32 (1.14-1.54)</b>	3,076 (23.6)	<b>2.18 (1.97-2.41)</b>	<b>1.36 (1.21-1.52)</b>
<i>P-trend</i>	372 (5.3)	<b>2.52 (2.02-3.15)</b>	<b>1.61 (1.26-2.06)</b>	762 (5.9)	<b>2.45 (2.08-2.87)</b>	<b>1.50 (1.25-1.80)</b>
	<b>&lt;0.0001</b>			<b>&lt;0.0001</b>		
<i>Changing status among ever-smokers at baseline</i>						
Smoker at baseline and remained smoker at follow-up	16,971			34,023		
Smoker at baseline and stopped at follow-up	5,051 (29.8)	1.00	1.00	9,240 (27.2)	1.00	1.00
Ex-smoker at baseline and stopped at follow-up	2,020 (11.9)	<b>0.58 (0.52-0.65)</b>	<b>0.80 (0.71-0.90)</b>	3,767 (11.0)	<b>0.55 (0.50-0.59)</b>	<b>0.77 (0.70-0.84)</b>
Ex-smoker at baseline and started smoking at follow-up	8,004 (47.1)	<b>0.59 (0.55-0.63)</b>	<b>0.84 (0.77-0.91)</b>	17,214 (50.6)	<b>0.62 (0.58-0.65)</b>	<b>0.86 (0.81-0.91)</b>
<i>P-trend</i>	1,896 (11.2)	<b>0.77 (0.69-0.86)</b>	0.89 (0.79-1.01)	3,802 (11.2)	<b>0.86 (0.79-0.93)</b>	0.96 (0.88-1.05)
	<b>&lt;0.0001</b>			<b>&lt;0.0001</b>		

<i>Number of cigarettes/day among current smokers at baseline</i>	7,071	$\beta$ (95%CI) 0.04 (-0.22;0.30)	$\beta$ (95%CI) <b>0.36 (0.11-0.62)</b>	13,007	$\beta$ (95%CI) -0.07 (-0.27;0.13)	$\beta$ (95%CI) <b>0.34 (0.15-0.54)</b>
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	12,566			21,662		
No consumption in the past 12 months at follow-up	11,837 (94.2)	1.00	1.00	20,494 (94.6)	1.00	1.00
In the past 12 months, <1/month	588 (4.7)	0.97 (0.81-1.16)	1.00 (0.81-1.22)	970 (4.5)	<b>0.85 (0.74-0.99)</b>	0.89 (0.76-1.05)
In the past 12 months, $\geq$ 1/month	141 (1.1)	<b>1.57 (1.13-2.20)</b>	1.25 (0.86-1.80)	198 (0.9)	<b>1.72 (1.31-2.27)</b>	1.35 (0.99-1.84)
		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<b>Alcohol use</b>						
Low risk	15,675 (64.7)	1.00	1.00	34,125 (66.7)	1.00	1.00
No use	5,318 (22.0)	1.05 (0.98-1.12)	0.97 (0.90-1.04)	10,444 (20.4)	<b>1.17 (1.12-1.23)</b>	1.04 (0.99-1.10)
At risk	3,229 (13.3)	1.07 (0.99-1.16)	1.09 (0.99-1.19)	6,623 (12.9)	<b>1.10 (1.04-1.16)</b>	1.02 (0.95-1.09)
		$\beta$ (95%CI)	$\beta$ (95%CI)		$\beta$ (95%CI)	$\beta$ (95%CI)
<i>Number of glasses/week</i>	24,222	0.18 (-0.08;0.43)	0.24 (-0.01;0.49)	51,192	-0.05 (-0.23;0.12)	0.06 (-0.12;0.24)
<b>Diet rich in sugar and fat</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	5,907 (24.4)	1.00	1.00	12,797 (25.0)	1.00	1.00
Second quartile	6,123 (25.3)	1.06 (0.98-1.14)	1.06 (0.97-1.15)	12,880 (25.2)	1.01 (0.96-1.07)	1.03 (0.97-1.09)
Third quartile	6,057 (25.0)	<b>1.13 (1.04-1.22)</b>	1.08 (0.99-1.18)	12,797 (25.0)	1.05 (0.99-1.10)	1.05 (0.99-1.11)
Fourth quartile	6,135 (25.0)	<b>1.17 (1.08-1.26)</b>	<b>1.12 (1.02-1.22)</b>	12,718 (24.8)	<b>1.10 (1.05-1.16)</b>	<b>1.13 (1.06-1.20)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>&lt;0.0001</b>		

\*Adjusted for age (years, continuous), occupational grade (low; medium; high), depressive symptoms at baseline (no; yes), educational level (levels, continuous), household income (€/month, continuous) and baseline level of consumption.

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

Alcohol use was defined as: low risk (1-27 drinks/week in men and 1-13 i\n women); no use and at risk ( $\geq 28$  drinks/week in men and  $\geq 14$  in women).

**Supplementary Table S15.** Association between high physical exertion at work and addictive behaviors at one-year of follow-up according to the type of work among employees in the CONSTANCES cohort study, 2012-2018 (odds ratios (ORs), and 95% confidence intervals, CI).

Addictive behaviors	N (%)	Part-time		N (%)	Full-time	
		Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)		Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)
<b>Tobacco use</b>						
<i>Relapse of tobacco use among ex-smokers at baseline</i>						
No	4,910			26,006		
Yes	3,990 (81.3)	1.00	1.00	21,228 (81.6)	1.00	1.00
	920 (18.7)	<b>1.41 (1.22-1.64)</b>	1.14 (0.95-1.36)	4,778 (18.4)	<b>1.36 (1.27-1.45)</b>	1.12 (0.98-1.24)
<i>Changing status among current smokers at baseline</i>						
Ex-smoker	3,160			16,918		
Current light smoker	871 (27.5)	1.00	1.00	4,916 (29.0)	1.00	1.00
Current moderate Smoker	1,381 (43.7)	<b>1.41 (1.18-1.68)</b>	1.18 (0.98-1.43)	7,025 (41.5)	<b>1.57 (1.45-1.69)</b>	1.22 (0.99-1.33)
Current heavy smoker	751 (23.8)	<b>1.92 (1.57-2.35)</b>	<b>1.40 (1.13-1.73)</b>	4,000 (23.6)	<b>2.18 (2.00-2.38)</b>	<b>1.33 (1.20-1.47)</b>
	157 (5.0)	<b>2.79 (1.97-3.95)</b>	<b>2.11 (1.46-3.06)</b>	977 (5.8)	<b>2.43 (2.11-2.80)</b>	<b>1.44 (1.23-1.69)</b>
<i>P-trend</i>						
<i>Changing status among ever-smokers at baseline</i>						
Smoker at baseline and remained smoker at follow-up	8,070			42,924		
Smoker at baseline and stopped at follow-up	2,290 (28.4)	1.00	1.00	12,002 (28.0)	1.00	1.00
Ex-smoker at baseline and stopped at follow-up	871 (10.8)	<b>0.61 (0.52-0.72)</b>	<b>0.79 (0.67-0.94)</b>	4,916 (11.4)	<b>0.55 (0.51-0.59)</b>	<b>0.78 (0.72-0.84)</b>
Ex-smoker at baseline and started smoking at follow-up	3,990 (49.4)	<b>0.61 (0.55-0.68)</b>	0.89 (0.79-1.00)	21,228 (49.5)	<b>0.60 (0.58-0.63)</b>	0.84 (0.80-1.01)
	920 (11.4)	<b>0.86 (0.74-1.01)</b>	1.00 (0.85-1.18)	4,778 (11.1)	<b>0.82 (0.76-0.88)</b>	0.92 (0.85-1.00)
<i>P-trend</i>						
	<b>&lt;0.0001</b>			<b>&lt;0.0001</b>		

<i>Number of cigarettes/day among current smokers at baseline</i>	3,160	$\beta$ (95%CI) 0.26 (-0.13;0.65)	$\beta$ (95%CI) 0.68 (0.33-1.04)	16,918	$\beta$ (95%CI) -0.09 (-0.26;0.09)	$\beta$ (95%CI) 0.27 (0.10-0.45)
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	4,719			29,509		
No consumption in the past 12 months at follow-up	4,453 (94.4)	1.00	1.00	27,878 (94.5)	1.00	1.00
In the past 12 months, <1/month	211 (4.5)	1.11 (0.83-1.49)	1.08 (0.79-1.48)	1,347 (4.6)	<b>0.86 (0.76-0.97)</b>	0.90 (0.78-1.04)
In the past 12 months, $\geq$ 1/month	55 (1.1)	1.45 (0.87-2.42)	0.96 (0.56-1.64)	284 (0.9)	<b>1.70 (1.35-2.15)</b>	1.21 (0.92-1.59)
		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<b>Alcohol use</b>						
Low risk	7,237 (58.9)	1.00	1.00	42,563 (67.4)	1.00	1.00
No use	3,142 (25.5)	0.99 (0.91-1.08)	0.89 (0.81-1.03)	12,620 (20.0)	<b>1.15 (1.10-1.20)</b>	1.05 (0.98-1.10)
At risk	1,916 (15.6)	0.97 (0.88-1.08)	0.92 (0.81-1.03)	7,936 (12.6)	<b>1.10 (1.05-1.16)</b>	1.07 (0.99-1.14)
		$\beta$ (95%CI)	$\beta$ (95%CI)		$\beta$ (95%CI)	$\beta$ (95%CI)
<i>Number of glasses/week</i>	12,295	-0.01 (-0.34;0.31)	0.06 (-0.26;0.38)	63,119	0.02 (-0.14;0.19)	0.13 (-0.03;0.29)
<b>Diet rich in sugar and fat</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	3,135 (25.5)	1.00	1.00	15,569 (24.7)	1.00	1.00
Second quartile	2,951 (24.0)	1.04 (0.94-1.15)	1.07 (0.96-1.19)	16,052 (25.4)	1.03 (0.98-1.08)	1.03 (0.96-1.09)
Third quartile	3,074 (25.0)	1.03 (0.93-1.14)	1.06 (0.95-1.18)	15,780 (25.0)	<b>1.09 (1.04-1.14)</b>	1.06 (0.99-1.12)
Fourth quartile	3,135 (25.5)	<b>1.12 (1.01-1.24)</b>	<b>1.17 (1.05-1.32)</b>	15,718 (24.9)	<b>1.13 (1.08-1.19)</b>	<b>1.11 (1.06-1.18)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>&lt;0.0001</b>		

\*Adjusted for age (years, continuous), occupational grade (low; medium; high), depressive symptoms at baseline (no; yes), educational level (levels, continuous), household income (€/month, continuous) and baseline level of consumption.

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

Alcohol use was defined as: low risk (1-27 drinks/week in men and 1-13 i\n women); no use and at risk ( $\geq 28$  drinks/week in men and  $\geq 14$  in women).

**Supplementary Table S16.** Association between high physical exertion and addictive behaviors (odds ratios (ORs), 95% confidence intervals, CI).

Addictive behaviors	N (%)	Unadjusted model	Fully-adjusted model*
		OR (95% CI)	OR (95% CI)
<b>Tobacco use</b>			
<i>Relapse of tobacco use among ex-smokers at baseline</i>			
No	30,916	1.00	1.00
Yes	25,218 (81.6)	<b>1.37 (1.29-1.45)</b>	<b>1.12 (1.01-1.23)</b>
<i>Changing status among current smokers at baseline</i>			
Ex-smoker	20,078	1.00	1.00
Current light smoker	5,787 (28.8)	<b>1.54 (1.43-1.66)</b>	<b>1.19 (1.10-1.29)</b>
Current moderate Smoker	8,406 (41.9)	<b>2.14 (1.97-2.32)</b>	<b>1.32 (1.21-1.44)</b>
Current heavy smoker	4,751 (23.7)	<b>2.47 (2.17-2.81)</b>	<b>1.49 (1.29-1.72)</b>
<i>P-trend</i>	1,134 (5.6)	<b>&lt;0.0001</b>	
<i>Changing status among ever-smokers at baseline</i>			
Smoker at baseline and remained smoker at follow-up	50,994	1.00	1.00
Smoker at baseline and stopped at follow-up	14,291 (28.0)	<b>0.56 (0.52-0.60)</b>	<b>0.79 (0.74-0.85)</b>
Ex-smoker at baseline and stopped at follow-up	5,787 (11.3)	<b>0.60 (0.58-0.63)</b>	<b>0.88 (0.84-0.93)</b>
Ex-smoker at baseline and started smoking at follow-up	25,218 (49.5)	<b>0.83 (0.78-0.88)</b>	0.96 (0.90-1.03)
<i>P-trend</i>	5,698 (11.2)	<b>&lt;0.0001</b>	
<i>Number of cigarettes/day among current smokers at baseline</i>	20,078	$\beta$ (95%CI) -0.02 (-0.18;0.14)	$\beta$ (95%CI) <b>0.32 (0.17;0.48)</b>
<b>Cannabis use</b>			
<i>Relapse among ever-users at baseline</i>			
No consumption in the past 12 months at follow-up	34,228	1.00	1.00
In the past 12 months, <1/month	32,331 (94.5)	0.90 (0.80-1.00)	0.89 (0.79-1.01)

In the past 12 months, $\geq 1$ /month	339 (1.0)	<b>1.67 (1.35-2.06)</b>	<b>1.25 (1.00-1.58)</b>
<b>Alcohol use</b>			
Low risk	49,800 (66.0)	1.00	1.00
No use	15,762 (20.9)	<b>1.13 (1.09-1.17)</b>	1.02 (0.97-1.03)
At risk	9,852 (13.1)	<b>1.09 (1.04-1.14)</b>	1.03 (0.98-1.09)
		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>
<i>Number of glasses/week</i>	75,414	<b>0.02 (0.13;0.16)</b>	0.11 (-0.04;0.25)
<b>Diet rich in sugar and fat</b>			
First quartile	18,704 (24.8)	1.00	1.00
Second quartile	19,003 (25.2)	1.03 (0.98-1.07)	1.05 (0.99-1.10)
Third quartile	18,854 (25.0)	<b>1.07 (1.03-1.12)</b>	<b>1.07 (1.02-1.13)</b>
Fourth quartile	18,853 (25.0)	<b>1.12 (1.08-1.17)</b>	<b>1.15 (1.09-1.20)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>		

\*Adjusted for age (years, continuous), sex, depressive symptoms at baseline (no; yes), socioeconomic status (status, continuous) and baseline level of consumption. Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day). Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up). Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up). Alcohol use was defined as: low risk (1-27 drinks/week in men and 1-13 in women); no use and at risk ( $\geq 28$  drinks/week in men and  $\geq 14$  in women).



**Supplementary Table S17.** Baseline characteristics of the employees by indicators of atypical working hours in men in the CONSTANCES cohort study between 2012-2017 (for tobacco and cannabis).

	Working hours forcing not to sleep at night	Working hours forcing to sleep after midnight	Working on Sundays	Working on Saturdays	Not working the same number of hours/day	Not working the same number of days/week	Not working the same fixed hours
	N=4,585	N=7,144	N=6,229	N=12,072	N=22,468	N=10,989	N=20,095
Mean (SD) age, years	44.5(10.2)	43.2(10.9)	43.8(11.1)	44.0(11.3)	44.3(10.8)	43.9(10.8)	44.1(10.7)
<i>P</i>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	0.90	<b>0.0002</b>	<b>&lt;0.0001</b>	<b>0.046</b>	<b>&lt;0.0001</b>
Occupational grade, %							
Low	54.0	46.9	53.1	53.2	29.7	40.6	28.9
Medium	30.8	26.2	26.8	23.8	25.7	28.2	20.5
High	15.2	26.9	20.1	23.0	44.6	31.2	50.6
<i>P</i>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>
Educational level, %							
Levels 0 to 1	4.8	4.0	4.3	4.6	2.4	3.0	2.4
Level 2	6.6	5.2	5.7	5.5	2.9	4.2	3.0
Levels 3 to 4	52.4	42.7	46.6	43.9	27.8	38.1	27.2
Levels 5 to 6	26.6	28.2	27.5	28.9	34.1	31.5	31.3
Levels 7 to 8	9.6	19.9	15.9	17.2	32.8	23.2	36.1
<i>P</i>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>
Household income, %							
<2100	23.4	22.9	27.1	26.5	16.7	22.4	15.2
2100-2800	19.8	18.0	19.2	18.7	13.7	15.4	12.8
2800-4200	36.6	33.2	32.2	32.2	32.4	33.2	31.0
>4200	20.2	25.9	21.5	22.5	37.2	29.0	41.0

<i>P</i>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>
Depression*, %	11.1	11.0	10.9	11.0	9.8	10.8	9.6
<i>P</i>	<b>0.002</b>	<b>&lt;0.0001</b>	<b>0.0009</b>	<b>&lt;0.0001</b>	0.27	<b>&lt;0.0001</b>	0.70

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\*Depression was assessed at baseline using the presence of a treated depression.

Independent t-tests and Chi-square tests were computed for continuous and categorical variables, respectively.

**Supplementary Table S18.** Baseline characteristics of the employees by indicators of atypical working hours in women in the CONSTANCES cohort study between 2012-2017 (for tobacco and cannabis).

	Working hours forcing not to sleep at night	Working hours forcing to sleep after midnight	Working on Sundays	Working on Saturdays	Not working the same number of hours/day	Not working the same number of days/week	Not working the same fixed hours
	N=2,928	N=4,453	N=7,734	N=15,136	N=26,489	N=13,005	N=19,237
Mean (SD) age, years	42.7(11.0)	41.3(11.2)	42.4(11.4)	42.7(11.5)	43.6(10.8)	43.6(10.7)	43.5(10.7)
<i>P</i>	<b>0.002</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>
Occupational grade, %							
Low	35.7	41.2	52.6	55.8	35.6	40.5	35.0
Medium	49.1	34.5	34.7	29.6	34.3	37.5	28.4
High	15.2	24.3	12.7	14.6	30.1	22.0	36.6
<i>P</i>	<b>&lt;0.0001</b>	<b>0.002</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>
Educational level, %							
Levels 0 to 1	1.7	1.9	3.1	3.1	1.5	1.8	1.5
Level 2	3.9	4.1	5.6	5.5	3.2	3.7	3.3
Levels 3 to 4	31.5	28.5	38.2	38.1	23.9	30.6	25.3
Levels 5 to 6	48.3	41.7	39.3	38.2	43.2	42.5	39.2
Levels 7 to 8	14.6	23.8	13.8	15.0	28.8	21.4	30.7
<i>P</i>	<b>&lt;0.0001</b>	0.17	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>
Household income, %							
<2100	24.6	29.2	32.0	30.1	21.7	26.3	21.1
2100-2800	17.1	18.0	20.4	20.8	16.0	16.7	15.6
2800-4200	35.5	30.3	31.0	30.9	31.4	33.1	30.4
>4200	22.8	22.5	16.6	19.2	30.9	23.9	32.9

<i>P</i>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>
Depression*, %	18.5	18.6	18.6	18.8	18.1	17.8	17.7
<i>P</i>	0.42	0.15	<b>0.04</b>	<b>&lt;0.0001</b>	0.09	0.66	0.55

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\*Depression was assessed at baseline using the presence of a treated depression.

Independent t-tests and Chi-square tests were computed for continuous and categorical variables, respectively.

**Supplementary Table S19.** Baseline characteristics of the employees by indicators of atypical working hours in men in the CONSTANCES cohort study between 2012-2016 (for alcohol and diet rich in sugar and fat).

	Working hours forcing not to sleep at night	Working hours forcing to sleep after midnight	Working on Sundays	Working on Saturdays	Not working the same number of hours/day	Not working the same number of days/week	Not working the same fixed hours
	N=3,462	N=5,428	N=4,704	N=9,087	N=16,728	N=8,275	N=14,988
Mean (SD) age, years	44.7(10.2)	43.3(10.9)	44.0(11.2)	44.5(11.2)	43.7(11.02)	43.8(11.2)	43.8(11.1)
<i>P</i>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	0.45	0.07	<b>&lt;0.0001</b>	<b>0.005</b>	<b>&lt;0.0001</b>
Occupational grade, %							
Low	52.5	45.9	52.1	52.1	28.9	39.3	28.3
Medium	31.9	26.5	27.3	24.3	25.8	28.8	20.3
High	15.6	27.6	20.6	23.6	45.3	31.9	51.4
<i>P</i>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>
Educational level, %							
Levels 0 to 1	4.7	4.2	4.3	4.4	2.4	2.9	2.3
Level 2	6.5	5.3	6.0	5.8	3.0	4.2	3.1
Levels 3 to 4	52.6	42.5	46.9	44.2	27.8	38.2	27.3
Levels 5 to 6	26.9	28.1	27.3	28.6	34.2	31.4	31.3
Levels 7 to 8	9.3	19.9	15.5	17.0	32.6	23.3	36.0
<i>P</i>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>
Household income, %							
<2100	23.6	23.3	27.3	26.4	16.4	22.2	15.1
2100-2800	19.8	17.9	19.1	18.8	14.0	15.7	12.8
2800-4200	35.8	32.4	32.1	32.1	31.9	32.7	30.4
>4200	20.8	26.4	21.5	22.7	37.7	29.4	41.7

<i>P</i>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>
Depression*, %	11.2	11.1	10.8	10.9	9.9	10.9	9.7
<i>P</i>	<b>0.02</b>	<b>0.0003</b>	<b>0.03</b>	<b>0.0003</b>	0.66	<b>&lt;0.0001</b>	0.34

\*Depression was assessed at baseline using the presence of a treated depression.

Independent t-tests and Chi-square tests were computed for continuous and categorical variables, respectively.

**Supplementary Table S20.** Baseline characteristics of the employees by indicators of atypical working hours in women in the CONSTANCES cohort study between 2012-2016 (for alcohol and diet rich in sugar and fat).

	Working hours forcing not to sleep at night	Working hours forcing to sleep after midnight	Working on Sundays	Working on Saturdays	Not working the same number of hours/day	Not working the same number of days/week	Not working the same fixed hours
	N=2,150	N=3,308	N=5,728	N=11,245	N=19,572	N=9,545	N=14,221
Mean (SD) age, years	43.1(10.9)	41.5(11.5)	42.6(11.5)	43.0(11.5)	43.2(11.1)	42.7(11.4)	43.2(11.3)
<i>P</i>	0.07	<0.0001	<0.0001	<0.0001	<0.0001	<0.0001	<0.0001
Occupational grade, %							
Low	36.0	41.1	52.3	55.3	35.2	40.2	34.6
Medium	48.5	33.9	34.7	29.9	34.3	37.3	28.3
High	15.5	25.0	13.0	14.8	30.5	22.5	37.1
<i>P</i>	<0.0001	0.34	<0.0001	<0.0001	<0.0001	<0.0001	<0.0001
Educational level, %							
Levels 0 to 1	1.7	2.0	3.1	3.2	1.5	1.8	1.5
Level 2	3.9	4.3	5.7	5.9	3.4	4.0	3.5
Levels 3 to 4	32.6	28.6	39.0	38.4	24.2	30.8	25.8
Levels 5 to 6	47.5	41.2	38.6	37.6	43.2	42.0	38.9
Levels 7 to 8	14.3	23.9	13.6	14.9	27.7	21.4	30.3
<i>P</i>	<0.0001	0.22	<0.0001	<0.0001	<0.0001	<0.0001	<0.0001
Household income, %							
<2100	25.2	29.6	33.1	30.9	21.9	26.8	21.5
2100-2800	16.7	17.9	20.1	20.4	16.0	16.7	15.5
2800-4200	35.8	29.9	30.6	30.6	31.2	32.8	30.0
>4200	22.3	22.6	16.2	18.1	30.9	23.7	33.0

<i>P</i>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>	<b>&lt;0.0001</b>
Depression*, %	18.9	18.8	18.8	19.1	18.2	18.0	17.8
<i>P</i>	0.51	0.43	0.17	<b>0.0009</b>	0.76	0.97	0.26

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\*Depression was assessed at baseline using the presence of a treated depression.

Independent t-tests and Chi-square tests were computed for continuous and categorical variables, respectively.



**Supplementary Table S21.** Association between the set of indicators related to working at night and addictive behaviors at one-year of follow-up among employees according to occupation in women in the CONSTANCES cohort study, 2012-2017 (odds ratios (ORs), and 95% confidence intervals, CI).

Addictive behaviors	Occupations													
	Farmers, blue-collar workers and craftsmen				Clerks				Intermediate workers				Executives	
	Unadjusted model		Fully-adjusted model*		Unadjusted model		Fully-adjusted model*		Unadjusted model		Fully-adjusted model*		Unadjusted model	Fully-adjusted model*
	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)	OR (95% CI)	
<i>Working hours forcing people not to sleep at night (at least 50days/year)</i>														
<b>Tobacco use</b>														
<i>Relapse of tobacco use among ex-smokers at baseline</i>														
No	528 (74.5)	1.00	1.00	4,246 (79.5)	1.00	1.00	4,373 (84.1)	1.00	1.00	3,496 (85.0)	1.00	1.00		
Yes	181 (25.5)	1.11 (0.67-1.83)	1.11 (0.65-1.90)	1,094 (20.5)	1.27 (0.97-1.66)	1.32 (0.99-1.78)	826 (15.9)	<b>1.46 (1.17-1.82)</b>	<b>1.34 (1.02-1.76)</b>	628 (15.0)	0.79 (0.51-1.21)	0.74 (0.47-1.18)		
<i>Changing status among current smokers at baseline</i>														
Ex-smokers	111 (17.0)	1.00	1.00	1,055 (24.8)	1.00	1.00	987 (33.4)	1.00	1.00	830 (36.5)	1.00	1.00		
Current light smokers	302 (46.5)	1.78 (0.80-3.95)	1.73 (0.76-3.90)	1,900 (44.7)	1.15 (0.84-1.56)	1.14 (0.83-1.56)	1,287 (43.5)	0.98 (0.75-1.29)	0.99 (0.75-1.31)	976 (43.0)	0.85 (0.53-1.36)	0.82 (0.51-1.32)		
Current moderate smokers	199 (30.5)	<b>2.77 (1.23-6.22)</b>	<b>2.70 (1.16-6.25)</b>	1,091 (25.7)	<b>1.43 (1.03-1.99)</b>	1.32 (0.94-1.86)	591 (20.0)	1.31 (0.98-1.83)	1.34 (0.97-1.85)	379 (16.7)	1.43 (0.83-2.45)	1.41 (0.82-2.44)		
Current heavy smokers	39 (6.0)	<b>4.07 (1.44-11.49)</b>	<b>3.23 (1.06-9.78)</b>	203 (4.8)	<b>1.69 (1.01-2.68)</b>	1.37 (0.78-2.42)	92 (3.1)	1.38 (0.74-2.56)	1.47 (0.78-2.78)	87 (3.8)	0.78 (0.23-2.58)	0.73 (0.22-2.46)		
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>0.005</b>			<b>0.001</b>				

<i>Changing status among ever-smokers at baseline</i>												
Smoker at baseline and remained smokers at follow-up	540 (39.7)	1.00	1.00	3,195 (33.3)	1.00	1.00	1,969 (24.1)	1.00	1.00	1,442 (22.5)	1.00	1.00
Smokers at baseline and stopped at follow-up	111 (8.1)	<b>0.44 (0.21-0.94)</b>	0.49 (0.23-1.06)	1,055 (11.0)	0.78 (0.59-1.04)	0.84 (0.62-1.12)	987 (12.1)	0.90 (0.71-1.16)	0.89 (0.69-1.15)	830 (13.0)	1.01 (0.66-1.53)	0.98 (0.65-1.50)
Ex-smokers at baseline and stopped at follow-up	528 (38.9)	0.80 (0.56-1.14)	0.87 (0.59-1.29)	4,247 (44.3)	<b>0.71 (0.59-0.85)</b>	<b>0.75 (0.61-0.91)</b>	4,373 (53.6)	0.84 (0.71-1.00)	0.90 (0.75-1.07)	3,496 (54.6)	1.14 (0.85-1.53)	1.10 (0.81-1.48)
Ex-smokers at baseline and started smoking at follow-up	181 (13.3)	0.89 (0.54-1.45)	1.04 (0.62-1.72)	1,094 (11.4)	0.90 (0.69-1.17)	0.94 (0.71-1.23)	826 (10.1)	1.22 (0.96-1.56)	1.21 (0.94-1.56)	628 (9.9)	0.90 (0.56-1.44)	0.89 (0.55-1.42)
<i>P-trend</i>	<b>0.03</b>			<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>0.04</b>		
		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)
<i>Number of cigarettes/day among current smokers at baseline</i>	651	0.54 (-0.58;1.66)	1.15 (0.06;2.24)	4,249	0.16 (-0.45;0.77)	0.40 (-0.15;0.96)	2,957	-0.50 (-1.08;0.07)	0.01 (-0.05;0.53)	2,272	-0.41 (-1.45;0.62)	-0.04 (-0.95;0.87)
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	588			5,045			5,530			5,141		
No consumption in the past 12 months at follow-up	550 (93.5)	1.00	1.00	4,805 (95.3)	1.00	1.00	5,292 (95.7)	1.00	1.00	4,866 (94.6)	1.00	1.00

In the past 12 months, <1/month	24 (4.1)	0.58 (0.13-2.49)	0.80 (0.18-3.55)	186 (3.7)	0.84 (0.44-1.61)	1.08 (0.56-2.09)	189 (3.4)	1.32 (0.87-2.00)	1.33 (0.87-2.04)	229 (4.5)	1.34 (0.78-2.30)	1.34 (0.78-2.30)
In the past 12 months, ≥1/month	14 (2.4)	0.55 (0.10-4.30)	0.60 (0.10-4.81)	54 (1.0)	0.27 (0.05-1.99)	0.94 (0.29-3.07)	49 (0.9)	0.51 (0.16-1.64)	0.51 (0.16-1.64)	46 (0.9)	0.40 (0.10-2.90)	0.41 (0.10-3.00)
<b>Alcohol use</b>												
Low risk	963 (53.3)	1.00	1.00	7,821 (54.5)	1.00	1.00	7,306 (56.3)	1.00	1.00	6,158 (57.9)	1.00	1.00
No use	477 (26.4)	0.92 (0.65-1.31)	0.89 (0.62-1.28)	4,177 (29.1)	0.90 (0.76-1.06)	0.84 (0.70-1.00)	3,647 (28.1)	1.13 (0.99-1.29)	1.08 (0.94-1.23)	2,479 (23.3)	<b>1.41 (1.14-1.74)</b>	<b>1.31 (1.05-1.32)</b>
At risk	367 (20.3)	0.75 (0.50-1.13)	0.83 (0.53-1.28)	2,347 (16.4)	0.95 (0.78-1.17)	0.96 (0.77-1.20)	2,024 (15.6)	0.90 (0.76-1.07)	0.94 (0.78-1.12)	2,001 (18.8)	0.93 (0.72-1.21)	1.01 (0.76-1.32)
		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>
Number of glasses/week	1,807	0.79 (-0.39;1.96)	0.20 (-0.91;1.30)	14,345	-0.26 (-0.08;0.29)	0.06 (-0.44;0.57)	12,977	0.13 (-0.31;0.57)	-0.13 (-0.54;0.27)	10,638	0.02 (-0.74;0.77)	-0.38 (-1.02;0.26)
<b>Diet rich in sugar and fat</b>												
		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	12,977	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	10,638	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	450 (24.9)	1.00	1.00	3,629 (25.3)	1.00	1.00	3,186 (24.6)	1.00	1.00	2,659 (25.0)	1.00	1.00
Second quartile	454 (25.1)	0.73 (0.47-1.13)	0.72 (0.46-1.13)	3,471 (24.2)	0.88 (0.72-1.09)	0.94 (0.75-1.16)	3,375 (26.0)	0.95 (0.81-1.11)	0.97 (0.82-1.14)	2,703 (25.4)	0.95 (0.73-1.23)	0.95 (0.73-1.24)
Third quartile	438 (24.2)	0.97 (0.75-1.45)	0.98 (0.64-1.50)	3,659 (25.5)	1.03 (0.84-1.25)	1.09 (0.88-1.34)	3,159 (24.3)	0.99 (0.84-1.16)	0.98 (0.83-1.16)	2,627 (24.7)	1.09 (0.85-1.41)	1.08 (0.83-1.41)
Fourth quartile	465 (25.8)	0.93 (0.61-1.39)	0.99 (0.64-1.51)	3,586 (25.0)	1.02 (0.83-1.25)	1.10 (0.89-1.36)	3,257 (25.1)	1.02 (0.87-1.20)	1.01 (0.85-1.19)	2,828(24.9)	0.92 (0.71-1.20)	0.90 (0.69-1.19)
<i>Working hours forcing people to sleep after midnight (at least 50days/year)</i>												
<b>Tobacco use</b>												
<i>Relapse of tobacco use among ex-smokers at baseline</i>												
No	528 (74.5)	1.00	1.00	4,246 (79.5)	1.00	1.00	4,373 (84.1)	1.00	1.00	3,496 (85.0)	1.00	1.00
Yes	181 (25.5)	1.21 (0.80-1.82)	1.11 (0.49-2.48)	1,094 (20.5)	<b>1.31 (1.08-1.59)</b>	1.19 (0.97-1.46)	826 (15.9)	<b>1.58 (1.31-1.91)</b>	<b>1.39 (1.05-1.84)</b>	628 (15.0)	1.13 (0.89-1.44)	1.07 (0.83-1.37)

<i>Changing status among current smokers at baseline</i>												
Ex-smokers	111 (17.0)	1.00	1.00	1,055 (24.8)	1.00	1.00	987 (33.4)	1.00	1.00	830 (36.5)	1.00	1.00
Current light smokers	302 (46.5)	1.61 (0.92-2.81)	1.67 (0.94-2.97)	1,900 (44.7)	1.23 (0.99-1.51)	1.23 (0.99-1.53)	1,287 (43.5)	1.00 (0.80-1.25)	1.00 (0.80-1.25)	976 (43.0)	1.10 (0.85-1.43)	1.11 (0.85-1.45)
Current moderate smokers	199 (30.5)	<b>2.20 (1.23-3.92)</b>	<b>2.27 (1.23-4.18)</b>	1,091 (25.7)	<b>1.55 (1.24-1.05)</b>	<b>1.59 (1.26-2.01)</b>	591 (20.0)	1.30 (1.00-1.68)	1.25 (0.96-1.64)	379 (16.7)	<b>1.40 (1.01-1.95)</b>	1.42 (1.01-1.99)
Current heavy smokers	39 (6.0)	2.28 (0.98-5.31)	2.03 (0.83-4.98)	203 (4.8)	1.26 (0.84-1.88)	1.30 (0.85-1.99)	92 (3.1)	1.48 (0.89-2.45)	1.65 (0.98-2.77)	87 (3.8)	1.19 (0.65-2.17)	1.25 (0.68-2.32)
<i>P-trend</i>		<b>&lt;0.0001</b>		<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>0.003</b>		
<i>Changing status among ever-smokers at baseline</i>												
Smokers at baseline and remained smokers at follow-up	540 (39.7)	1.00	1.00	3,195 (33.3)	1.00	1.00	1,969 (24.1)	1.00	1.00	1,442 (22.5)	1.00	1.00
Smokers at baseline and stopped at follow-up	111 (8.1)	<b>0.54 (0.32-0.91)</b>	<b>0.53 (0.31-0.92)</b>	1,055 (11.0)	<b>0.75 (0.62-0.91)</b>	<b>0.76 (0.62-0.93)</b>	987 (12.1)	0.90 (0.74-1.10)	0.90 (0.74-1.11)	830 (13.0)	0.84 (0.66-1.08)	0.82 (0.64-1.05)
Ex-smokers at baseline and stopped at follow-up	528 (38.9)	<b>0.65 (0.49-0.87)</b>	0.76 (0.56-1.03)	4,247 (44.3)	<b>0.58 (0.51-0.66)</b>	<b>0.72 (0.63-0.83)</b>	4,373 (53.6)	<b>0.73 (0.63-0.84)</b>	<b>0.83 (0.72-0.96)</b>	3,496 (54.6)	<b>0.80 (0.68-0.95)</b>	0.85 (0.71-1.01)
Ex-smokers at baseline and started smoking at follow-up	181 (13.3)	0.79 (0.53-1.17)	0.89 (0.59-1.35)	1,094 (11.4)	<b>0.77 (0.63-0.93)</b>	0.85 (0.69-1.03)	826 (10.1)	1.15 (0.94-1.41)	1.21 (0.98-1.49)	628 (9.9)	0.91 (0.70-1.18)	0.91 (0.70-1.18)
<i>P-trend</i>		<b>&lt;0.0001</b>		<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>0.003</b>		
		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)
<i>Number of cigarettes/day among</i>	651	0.29 (-0.58;1.17)	0.71 (-0.12;1.55)	4,249	-0.29 (-0.71;0.13)	0.23 (-0.16;0.61)	2,957	<b>-0.86 (-1.33;-0.39)</b>	-0.18 (-0.61;0.25)	2,272	-0.33 (-0.93;0.26)	0.11 (-0.41;0.64)

<i>current smokers at baseline</i>												
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	588			5,045			5,530			5,141		
No consumption in the past 12 months at follow-up	550 (93.5)	1.00	1.00	4,805 (95.3)	1.00	1.00	5,292 (95.7)	1.00	1.00	4,866 (94.6)	1.00	1.00
In the past 12 months, <1/month	24 (4.1)	1.29 (0.55-3.02)	1.48 (0.62-3.56)	186 (3.7)	1.27 (0.88-1.85)	1.21 (0.82-1.78)	189 (3.4)	<b>1.42 (1.01-2.01)</b>	1.38 (0.97-1.97)	229 (4.5)	1.33 (0.93-1.90)	1.26 (0.88-1.80)
In the past 12 months, ≥1/month	14 (2.4)	1.23 (0.38-3.98)	1.30 (0.40-4.33)	54 (1.0)	1.48 (0.78-2.82)	1.13 (0.56-2.27)	49 (0.9)	0.64 (0.27-1.52)	0.50 (0.20-1.27)	46 (0.9)	0.58 (0.21-1.61)	0.56 (0.20-1.56)
<b>Alcohol use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	963 (53.3)	1.00	1.00	7,821 (54.5)	1.00	1.00	7,306 (56.3)	1.00	1.00	6,158 (57.9)	1.00	1.00
No use	477 (26.4)	0.82 (0.62-1.09)	0.84 (0.63-1.13)	4,177 (29.1)	<b>0.88 (0.78-0.99)</b>	<b>0.84 (0.74-0.95)</b>	3,647 (28.1)	<b>1.12 (1.01-1.26)</b>	1.08 (0.96-1.21)	2,479 (23.3)	1.13 (0.99-1.30)	1.10 (0.95-1.27)
At risk	367 (20.3)	0.95 (0.71-1.28)	0.96 (0.70-1.33)	2,347 (16.4)	<b>1.30 (1.14-1.48)</b>	<b>1.22 (1.06-1.41)</b>	2,024 (15.6)	1.12 (0.98-1.29)	1.09 (0.94-1.26)	2,001 (18.8)	<b>1.20 (1.04-1.39)</b>	1.12 (0.96-1.31)
<i>Number of glasses/week</i>		$\beta$ (95%CI)	$\beta$ (95%CI)		$\beta$ (95%CI)	$\beta$ (95%CI)		$\beta$ (95%CI)	$\beta$ (95%CI)		$\beta$ (95%CI)	$\beta$ (95%CI)
	1,807	0.04 (-0.88;0.96)	0.07 (-0.79;0.93)	14,345	0.20 (-0.18;0.58)	<b>0.80 (0.45;1.15)</b>	12,977	-0.04 (-0.41;0.34)	0.01 (-0.33;0.36)	10,638	-0.06 (-0.53;0.41)	0.23 (-0.16;0.63)
<b>Diet rich in sugar and fat</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	450 (24.9)	1.00	1.00	3,629 (25.3)	1.00	1.00	3,186 (24.6)	1.00	1.00	2,659 (25.0)	1.00	1.00
Second quartile	454 (25.1)	<b>0.63 (0.45-0.88)</b>	<b>0.62 (0.44-0.87)</b>	3,471 (24.2)	0.86 (0.75-1.00)	0.87 (0.75-1.00)	3,375 (26.0)	1.00 (0.87-1.15)	1.02 (0.89-1.17)	2,703 (25.4)	1.01 (0.87-1.19)	1.01 (0.86-1.18)
Third quartile	438 (24.2)	0.83 (0.61-1.14)	0.78 (0.56-1.09)	3,659 (25.5)	0.91 (0.79-1.04)	0.87 (0.75-1.00)	3,159 (24.3)	1.03 (0.90-1.19)	1.03 (0.89-1.19)	2,627 (24.7)	0.91 (0.77-1.07)	0.91 (0.77-1.08)

Fourth quartile	465 (25.8)	0.79 (0.57-1.08)	0.73 (0.52-1.03)	3,586 (25.0)	0.95 (0.83-1.09)	0.86 (0.74-1.00)	3,257 (25.1)	1.00 (0.87-1.15)	0.97 (0.84-1.12)	2,828 (24.9)	0.93 (0.79-1.09)	0.89 (0.75-1.06)
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\*Adjusted for age (years, continuous), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no).  
Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).  
Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).  
Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Supplementary Table S22.** Association between the set of indicators related to working at night and addictive behaviors at one-year of follow-up among employees according to occupation in men in the CONSTANCES cohort study, 2012-2017 (odds ratios (ORs), and 95% confidence intervals, CI).

Addictive behaviors	Occupations											
	Farmers, blue-collar workers and craftsmen			Clerks			Intermediate workers			Executives		
	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*
	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)
<i>Working hours forcing people not to sleep at night (at least 50days/year)</i>												
<b>Tobacco use</b>												
<i>Relapse of tobacco use among ex-smokers at baseline</i>												
No	2,232 (73.4)	1.00	1.00	1,780 (77.3)	1.00	1.00	3,423 (82.3)	1.00	1.00	5,048 (84.9)	1.00	1.00
Yes	809 (26.6)	0.95 (0.78-1.16)	0.94 (0.76-1.15)	524 (22.7)	1.00 (0.77-1.29)	0.94 (0.68-1.29)	736 (17.7)	0.99 (0.80-1.23)	0.97 (0.74-1.26)	900 (15.1)	1.13 (0.85-1.49)	1.11 (0.82-1.52)
<i>Changing status among current smokers at baseline</i>												
Ex-smokers	433 (15.6)	1.00	1.00	408 (21.5)	1.00	1.00	699 (30.0)	1.00	1.00	1,265 (40.7)	1.00	1.00
Current light smokers	1,010 (38.7)	1.06 (0.80-1.41)	1.07 (0.80-1.44)	810 (42.7)	1.12 (0.80-1.57)	1.11 (0.79-1.57)	946 (40.6)	0.80 (0.62-1.05)	0.78 (0.59-1.02)	1,174 (37.7)	1.22 (0.86-1.72)	1.14 (0.80-1.63)
Current moderate smokers	900 (34.5)	1.15 (0.87-1.54)	1.15 (0.86-1.55)	543 (28.6)	1.16 (0.81-1.66)	1.05 (0.73-1.53)	537 (23.0)	0.96 (0.71-1.29)	0.88 (0.64-1.19)	511 (16.4)	1.63 (1.09-2.43)	1.44 (0.95-2.18)
Current heavy smokers	268 (10.3)	1.29 (0.89-1.87)	1.17 (0.80-1.73)	137 (7.2)	<b>1.68 (1.04-2.74)</b>	1.29 (0.77-2.15)	148 (6.4)	1.31 (0.85-2.03)	1.18 (0.75-1.85)	160 (5.2)	1.11 (0.54-2.28)	0.90 (0.43-1.86)
<i>P-trend</i>	<b>0.002</b>			<b>0.0001</b>			<b>&lt;0.0001</b>			<b>0.0003</b>		

<i>Changing status among ever-smokers at baseline</i>												
Smoker at baseline and remained smokers at follow-up	2,178 (38.5)	1.00	1.00	1,490 (35.5)	1.00	1.00	1,631 (25.1)	1.00	1.00	1,845 (20.4)	1.00	1.00
Smokers at baseline and stopped at follow-up	433 (7.7)	0.89 (0.68-1.15)	0.90 (0.68-1.17)	408 (9.7)	0.84 (0.62-1.15)	0.89 (0.65-1.23)	699 (10.8)	1.12 (0.88-1.41)	1.17 (0.92-1.49)	1,265 (14.0)	0.76 (0.56-1.03)	0.82 (0.60-1.13)
Ex-smokers at baseline and stopped at follow-up	2,232 (39.5)	1.04 (0.90-1.20)	1.03 (0.88-1.20)	1,780 (42.3)	1.09 (0.90-1.31)	1.03 (0.85-1.26)	3,423 (52.7)	1.02 (0.87-1.19)	1.04 (0.88-1.24)	5,048 (55.7)	0.96 (0.78-1.19)	0.93 (0.74-1.17)
Ex-smokers at baseline and started smoking at follow-up	809 (14.3)	0.99 (0.82-1.12)	0.96 (0.78-1.17)	524 (12.5)	1.08 (0.83-1.41)	0.97 (0.73-1.28)	736 (11.4)	1.01 (0.80-1.28)	0.94 (0.73-1.20)	900 (9.9)	1.09 (0.79-1.49)	1.05 (0.76-1.46)
<i>P-trend</i>	0.36			0.055			0.17			<b>0.004</b>		
		<b><i>β</i> (95%CI)</b>	<b><i>β</i> (95%CI)</b>		<b><i>β</i> (95%CI)</b>	<b><i>β</i> (95%CI)</b>		<b><i>β</i> (95%CI)</b>	<b><i>β</i> (95%CI)</b>		<b><i>β</i> (95%CI)</b>	<b><i>β</i> (95%CI)</b>
<i>Number of cigarettes/day among current smokers at baseline</i>	2,611	0.20 (-0.39;0.79)	0.33 (-0.20;0.87)	1,898	-0.51 (-1.22;0.21)	0.18 (-0.46;0.83)	2,330	-0.29 (-0.96;0.38)	-0.11 (0.70;0.48)	3,110	-0.78 (-1.65;0.10)	-0.07 (-0.82;0.68)
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	2,874			2,624			4,654			7,742		
No consumption in the past 12 months at follow-up	2,692 (93.7)	1.00	1.00	2,485 (93.6)	1.00	1.00	4,400 (94.5)	1.00	1.00	7,241 (93.5)	1.00	1.00



In the past 12 months, <1/month	133 (4.6)	0.84 (0.54-1.28)	0.94 (0.66-1.34)	134 (5.0)	0.86 (0.52-1.44)	0.93 (0.54-1.58)	218 (4.7)	0.97 (0.66-1.42)	0.95 (0.64-1.42)	445 (5.7)	0.72 (0.45-1.17)	0.77 (0.48-1.26)
In the past 12 months, ≥1/month	49 (1.7)	1.18 (0.62-2.22)	1.15 (0.60-2.23)	35 (1.4)	1.69 (0.82-3.49)	1.34 (0.57-3.12)	36 (0.8)	1.82 (0.92-3.63)	<b>2.21 (1.09-4.49)</b>	56 (0.7)	1.43 (0.51-3.97)	1.43 (0.51-4.02)
<b>Alcohol use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	4,975 (74.4)	1.00	1.00	4,046 (74.2)	1.00	1.00	6,996 (77.0)	1.00	1.00	11,531 (80.0)	1.00	1.00
No use	1,000 (15.0)	<b>1.25 (1.05-1.47)</b>	<b>1.20 (1.01-1.42)</b>	901 (16.6)	<b>1.24 (1.02-1.50)</b>	1.17 (0.96-1.44)	1,299 (14.3)	1.12 (0.95-1.31)	1.12 (0.94-1.33)	1,781 (12.3)	1.03 (0.84-1.28)	1.08 (0.86-1.36)
At risk	711 (10.6)	0.92 (0.75-1.12)	0.98 (0.77-1.23)	504 (9.2)	1.01 (0.78-1.31)	0.94 (0.70-1.27)	790 (8.7)	1.04 (0.85-1.27)	1.12 (0.90-1.40)	1,113 (7.7)	1.05 (0.81-1.36)	0.92 (0.68-1.23)
		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>
<i>Number of glasses/week</i>	6,686	-0.20 (-0.97;0.57)	-0.70 (-1.41;0.01)	5,451	0.23 (-0.70;1.17)	-0.13 (-0.97;0.72)	9,085	0.05 (-0.57;0.68)	-0.09 (-0.68;0.50)	14,425	0.45 (-0.26;1.17)	0.29 (-0.39;0.97)
<b>Diet rich in sugar and fat</b>	6,686	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	5,451	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	9,085	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	14,425	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	1,692 (25.3)	1.00	1.00	1,379 (25.3)	1.00	1.00	2,338 (25.7)	1.00	1.00	3,413 (243.7)	1.00	1.00
Second quartile	1,651 (24.7)	0.95 (0.81-1.12)	0.97 (0.82-1.15)	1,319 (24.2)	0.95 (0.77-1.16)	0.97 (0.78-1.20)	2,178 (24.0)	0.92 (0.78-1.08)	0.90 (0.76-1.05)	3,635 (25.2)	0.84 (0.69-1.01)	0.91 (0.75-1.11)
Third quartile	1,692 (25.3)	<b>0.84 (0.71-0.99)</b>	0.84 (0.71-1.01)	1,390 (25.5)	0.89 (0.73-1.10)	0.98 (0.79-1.21)	2,298 (25.3)	0.88 (0.75-1.03)	0.87 (0.74-1.02)	3,621 (25.1)	0.83 (0.69-1.01)	0.92 (0.75-1.13)
Fourth quartile	1,651 (24.7)	<b>0.79 (0.66-0.94)</b>	0.83 (0.70-1.01)	1,363 (25.0)	0.95 (0.78-1.13)	1.05 (0.85-1.30)	2,271 (25.0)	<b>0.76 (0.65-0.89)</b>	<b>0.76 (0.65-0.90)</b>	3,756 (26.0)	<b>0.74 (0.60-0.90)</b>	0.89 (0.72-1.10)
<i>Working hours forcing people to sleep after midnight (at least 50days/year)</i>												
<b>Tobacco use</b>												
<i>Relapse of tobacco use among ex-smokers at baseline</i>												
No	2,232 (73.4)	1.00	1.00	1,780 (77.3)	1.00	1.00	3,423 (82.3)	1.00	1.00	5,048 (84.9)	1.00	1.00
Yes	809 (26.6)	1.02 (0.86-1.22)	1.02 (0.85-1.22)	524 (22.7)	1.15 (0.93-1.42)	0.95 (0.70-1.29)	736 (17.7)	1.13 (0.95-1.35)	1.06 (0.87-1.28)	900 (15.1)	<b>1.21 (1.01-1.45)</b>	1.17 (0.95-1.44)

<i>Changing status among current smokers at baseline</i>												
Ex-smokers	433 (15.6)	1.00	1.00	408 (21.5)	1.00	1.00	699 (30.0)	1.00	1.00	1,265 (40.7)	1.00	1.00
Current light smokers	1,010 (38.7)	1.01 (0.79-1.29)	1.03 (0.79-1.33)	810 (42.7)	1.02 (0.78-1.32)	1.01 (0.71-1.31)	946 (40.6)	0.99 (0.80-1.24)	0.97 (0.77-1.21)	1,174 (37.7)	1.11 (0.91-1.37)	1.11 (0.90-1.36)
Current moderate smokers	900 (34.5)	1.11 (0.87-1.43)	1.14 (0.88-1.48)	543 (28.6)	1.20 (0.91-1.58)	1.13 (0.85-1.50)	537 (23.0)	1.13 (0.88-1.45)	1.02 (0.78-1.32)	511 (16.4)	<b>1.39 (1.08-1.79)</b>	<b>1.30 (1.01-1.68)</b>
Current heavy smokers	268 (10.3)	1.25 (0.90-1.74)	1.14 (0.81-1.61)	137 (7.2)	<b>1.71 (1.16-2.54)</b>	1.50 (0.99-2.25)	148 (6.4)	<b>1.46 (1.01-2.14)</b>	1.37 (0.93-2.03)	160 (5.2)	1.46 (0.98-2.17)	1.35 (0.90-2.03)
<i>P-trend</i>	<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>0.0002</b>			<b>&lt;0.0001</b>		
<i>Changing status among ever-smokers at baseline</i>												
Smokers at baseline and remained smokers at follow-up	2,178 (38.5)	1.00	1.00	1,490 (35.5)	1.00	1.00	1,631 (25.1)	1.00	1.00	1,845 (20.4)	1.00	1.00
Smokers at baseline and stopped at follow-up	433 (7.7)	0.92 (0.74-1.16)	0.92 (0.73-1.17)	408 (9.7)	0.88 (0.69-1.11)	0.91 (0.71-1.16)	699 (10.8)	0.93 (0.76-1.13)	0.98 (0.80-1.20)	1,265 (14.0)	<b>0.82 (0.68-0.99)</b>	0.84 (0.70-1.02)
Ex-smokers at baseline and stopped at follow-up	2,232 (39.5)	1.00 (0.88-1.14)	0.98 (0.86-1.13)	1,780 (42.3)	0.88 (0.76-1.02)	0.94 (0.80-1.10)	3,423 (52.7)	<b>0.85 (0.74-0.97)</b>	0.92 (0.80-1.07)	5,048 (55.7)	<b>0.77 (0.67-0.88)</b>	<b>0.77 (0.67-0.89)</b>
Ex-smokers at baseline and started smoking at follow-up	809 (14.3)	1.02 (0.86-1.22)	1.01 (0.85-1.21)	524 (12.5)	1.01 (0.82-1.25)	0.98 (0.80-1.22)	736 (11.4)	0.96 (0.79-1.16)	0.96 (0.78-1.17)	900 (9.9)	0.93 (0.76-1.14)	0.92 (0.75-1.13)
<i>P-trend</i>	0.65			0.06			<b>0.001</b>			<b>&lt;0.0001</b>		
		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)
<i>Number of cigarettes/day among</i>	2,611	-0.30 (-0.82;0.22)	-0.01 (-0.48;0.46)	1,898	-0.31 (-0.87;0.25)	0.24 (-0.27;0.74)	2,330	-0.31 (-0.86;0.24)	-0.03 (-0.52;0.47)	3,110	<b>-0.75 (-1.28;-0.21)</b>	0.00 (-0.45;0.45)

<i>current smokers at baseline</i>												
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	2,874			2,624			4,654			7,742		
No consumption in the past 12 months at follow-up	2,692 (93.7)	1.00	1.00	2,485 (93.6)	1.00	1.00	4,400 (94.5)	1.00	1.00	7,241 (93.5)	1.00	1.00
In the past 12 months, <1/month	133 (4.6)	0.99 (0.69-1.42)	1.03 (0.71-1.49)	134 (5.0)	1.33 (0.91-1.93)	1.29 (0.87-1.90)	218 (4.7)	0.93 (0.68-1.28)	0.95 (0.68-1.33)	445 (5.7)	1.01 (0.78-1.31)	1.01 (0.77-1.31)
In the past 12 months, ≥1/month	49 (1.7)	1.08 (0.60-1.93)	1.09 (0.60-1.99)	35 (1.4)	1.55 (0.82-2.94)	1.28 (0.64-2.53)	36 (0.8)	<b>1.88 (1.02-3.47)</b>	<b>2.25 (1.20-4.24)</b>	56 (0.7)	1.07 (0.52-2.21)	1.08 (0.52-2.24)
<b>Alcohol use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	4,975 (74.4)	1.00	1.00	4,046 (74.2)	1.00	1.00	6,996 (77.0)	1.00	1.00	11,531 (80.0)	1.00	1.00
No use	1,000 (15.0)	1.12 (0.96-1.29)	1.08 (0.92-1.26)	901 (16.6)	1.08 (0.92-1.26)	1.04 (0.88-1.23)	1,299 (14.3)	0.99 (0.86-1.14)	0.98 (0.85-1.14)	1,781 (12.3)	1.08 (0.95-1.24)	1.10 (0.95-1.27)
At risk	711 (10.6)	1.06 (0.89-1.26)	1.10 (0.90-1.35)	504 (9.2)	1.13 (0.92-1.38)	1.17 (0.93-1.48)	790 (8.7)	1.09 (0.92-1.29)	1.13 (0.94-1.36)	1,113 (7.7)	<b>1.26 (1.08-1.48)</b>	1.15 (0.96-1.37)
		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>
<i>Number of glasses/week</i>	6,686	0.43 (-0.25;1.11)	0.10 (-0.52;0.73)	5,451	0.28 (-0.46;1.03)	0.40 (-0.28;1.07)	9,085	0.02 (-0.05;0.55)	0.04 (-0.46;0.54)	14,425	0.18 (-0.28;0.63)	0.42 (-0.01;0.86)
<b>Diet rich in sugar and fat</b>	6,686	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	5,451	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	9085	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	14,425	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	1,692 (25.3)	1.00	1.00	1,379 (25.3)	1.00	1.00	2,338 (25.7)	1.00	1.00	3,413 (243.7)	1.00	1.00
Second quartile	1,651 (24.7)	0.93 (0.81-1.08)	0.92 (0.79-1.07)	1,319 (24.2)	0.93 (0.79-1.09)	0.91 (0.77-1.08)	2,178 (24.0)	0.96 (0.83-1.09)	0.95 (0.83-1.09)	3,635 (25.2)	0.88 (0.77-0.99)	0.90 (0.79-1.02)
Third quartile	1,692 (25.3)	0.87 (0.75-1.01)	0.86 (0.74-1.00)	1,390 (25.5)	0.89 (0.75-1.05)	0.88 (0.74-1.04)	2,298 (25.3)	0.99 (0.87-1.13)	1.00 (0.87-1.14)	3,621 (25.1)	0.89 (0.79-1.01)	0.90 (0.80-1.03)

Fourth quartile	1,651 (24.7)	<b>0.83 (0.71-0.96)</b>	<b>0.81 (0.69-0.95)</b>	1,363 (25.0)	0.84 (0.71-1.00)	0.85 (0.71-1.01)	2,271 (25.0)	0.88 (0.77-1.01)	0.90 (0.77-1.02)	3,756 (26.0)	0.82 (0.73-0.93)	0.87 (0.77-1.00)
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\*Adjusted for age (years, continuous), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no).  
Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).  
Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).  
Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Supplementary Table S23.** Association between the set of indicators related to weekend work and addictive behaviors at one-year of follow-up among employees according to occupation in women in the CONSTANCES cohort study, 2012-2017 (odds ratios (ORs), and 95% confidence intervals, CI).

Addictive behaviors	Occupations											
	Farmers, blue-collar workers and craftsmen			Clerks			Intermediate workers			Executives		
	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*
	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)
<i>Having a job where people have to work more than every other Sunday in the year</i>												
<b>Tobacco use</b>												
<i>Relapse of tobacco use among ex-smokers at baseline</i>												
No	528 (74.5)	1.00	1.00	4,246 (79.5)	1.00	1.00	4,373 (84.1)	1.00	1.00	3,496 (85.0)	1.00	1.00
Yes	181 (25.5)	1.10 (0.77-1.59)	1.19 (0.80-1.78)	1,094 (20.5)	1.12 (0.97-1.31)	1.01 (0.84-1.21)	826 (15.9)	1.04 (0.87-1.25)	0.99 (0.80-1.22)	628 (15.0)	1.05 (0.82-1.34)	1.05 (0.78-1.40)
<i>Changing status among current smokers at baseline</i>												
Ex-smokers	111 (17.0)	1.00	1.00	1,055 (24.8)	1.00	1.00	987 (33.4)	1.00	1.00	830 (36.5)	1.00	1.00
Current light smokers	302 (46.5)	<b>1.90 (1.16-3.11)</b>	<b>1.86 (1.12-3.08)</b>	1,900 (44.7)	1.07 (0.90-1.27)	1.02 (0.85-1.21)	1,287 (43.5)	0.93 (0.76-1.13)	0.91 (0.75-1.12)	976 (43.0)	1.01 (0.75-1.35)	0.92 (0.69-1.24)
Current moderate smokers	199 (30.5)	<b>2.46 (1.47-4.13)</b>	<b>2.65 (1.54-4.55)</b>	1,091 (25.7)	<b>1.49 (1.23-1.79)</b>	<b>1.42 (1.17-1.72)</b>	591 (20.0)	1.20 (0.95-1.51)	1.15 (0.90-1.46)	379 (16.7)	1.22 (0.85-1.76)	1.05 (0.72-1.53)
Current heavy smokers	39 (6.0)	1.86 (0.84-4.09)	1.95 (0.86-4.41)	203 (4.8)	<b>1.68 (1.23-2.31)</b>	<b>1.57 (1.13-2.19)</b>	92 (3.1)	<b>1.59 (1.01-2.51)</b>	<b>1.73 (1.08-2.77)</b>	87 (3.8)	1.35 (0.72-2.54)	1.16 (0.61-2.20)

<i>P-trend</i>	<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>0.002</b>		
<i>Changing status among ever-smokers at baseline</i>												
Smoker at baseline and remained smokers at follow-up	1.00	1.00	3,195 (33.3)	1.00	1.00	1,969 (24.1)	1.00	1.00	1,442 (22.5)	1.00	1.00	
Smokers at baseline and stopped at follow-up	<b>0.48 (0.30-0.76)</b>	<b>0.48 (0.30-0.78)</b>	1,055 (11.0)	<b>0.81 (0.69-0.94)</b>	0.87 (0.74-1.02)	987 (12.1)	0.97 (0.81-1.16)	0.99 (0.82-1.19)	830 (13.0)	0.92 (0.71-1.20)	1.01 (0.77-1.33)	
Ex-smokers at baseline and stopped at follow-up	<b>0.69 (0.53-0.88)</b>	<b>0.71 (0.54-0.94)</b>	4,247 (44.3)	<b>0.74 (0.67-0.82)</b>	<b>0.89 (0.80-0.99)</b>	4,373 (53.6)	<b>0.79 (0.70-0.90)</b>	0.92 (0.80-1.05)	3,496 (54.6)	1.09 (0.91-1.31)	1.15 (0.95-1.39)	
Ex-smokers at baseline and started smoking at follow-up	0.76 (0.53-1.09)	0.87 (0.60-1.25)	1,094 (11.4)	<b>0.83 (0.72-0.97)</b>	0.91 (0.77-1.07)	826 (10.1)	0.82 (0.68-1.00)	0.88 (0.71-1.07)	628 (9.9)	1.14 (0.87-1.51)	1.25 (0.95-1.65)	
<i>P-trend</i>	<b>&lt;0.0001</b>		<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			0.16			
	<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)	
<i>Number of cigarettes/day among current smokers at baseline</i>	0.47 (-0.32;1.26)	0.63 (-0.12;1.39)	4,249	-0.30 (-0.65;0.05)	0.25 (-0.07;0.57)	2,957	-0.34 (-0.77;0.08)	0.04 (-0.35;0.43)	2,272	-0.22 (-0.88;0.43)	0.01 (-0.57;0.59)	
<b>Cannabis use</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	
<i>Relapse among ever-users at baseline</i>	588		5,045			5,530			5,141			
No consumption in the past 12 months at follow-up	550 (93.5)	1.00	4,805 (95.3)	1.00	1.00	5,292 (95.7)	1.00	1.00	4,866 (94.6)	1.00	1.00	
In the past 12 months, <1/month	24 (4.1)	0.99 (0.44-2.24)	186 (3.7)	0.91 (0.65-1.27)	0.86 (0.61-1.23)	189 (3.4)	1.25 (0.90-1.75)	1.27 (0.90-1.79)	229 (4.5)	1.28 (0.87-1.87)	1.25 (0.85-1.84)	
In the past 12 months, ≥1/month	14 (2.4)	1.10 (0.36-3.32)	54 (1.0)	1.17 (0.66-2.07)	1.01 (0.55-1.84)	49 (0.9)	1.17 (0.61-2.25)	0.99 (0.50-1.96)	46 (0.9)	0.86 (0.34-2.19)	0.83 (0.33-2.13)	

<b>Alcohol use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	
Low risk	963 (53.3)	1.00	1.00	7,821 (54.5)	1.00	1.00	7,306 (56.3)	1.00	1.00	6,158 (57.9)	1.00	1.00
No use	477 (26.4)	0.97 (0.77-1.22)	0.90 (0.71-1.15)	4,177 (29.1)	1.06 (0.97-1.16)	1.02 (0.93-1.12)	3,647 (28.1)	1.06 (0.96-1.17)	0.97 (0.87-1.07)	2,479 (23.3)	<b>1.29 (1.12-1.48)</b>	<b>1.23 (1.06-1.43)</b>
At risk	367 (20.3)	0.93 (0.72-1.20)	0.89 (0.67-1.17)	2,347 (16.4)	<b>1.22 (1.10-1.35)</b>	<b>1.15 (1.03-1.29)</b>	2,024 (15.6)	1.01 (0.89-1.14)	0.98 (0.86-1.11)	2,001 (18.8)	<b>1.25 (1.07-1.45)</b>	<b>1.22 (1.04-1.44)</b>
<i>Number of glasses/week</i>	1,807	$\beta$ (95%CI) 0.28 (-0.49;1.06)	$\beta$ (95%CI) 0.24 (-0.48;0.97)	14,345	$\beta$ (95%CI) 0.04 (-0.25;0.33)	$\beta$ (95%CI) <b>0.30 (0.04;0.57)</b>	12,977	$\beta$ (95%CI) -0.02 (-0.35;0.30)	$\beta$ (95%CI) -0.07 (-0.38;0.23)	10,638	$\beta$ (95%CI) 0.32 (-0.16;0.81)	$\beta$ (95%CI) 0.35 (-0.06;0.76)
<b>Diet rich in sugar and fat</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	
First quartile	450 (24.9)	1.00	1.00	3,629 (25.3)	1.00	1.00	3,186 (24.6)	1.00	1.00	2,659 (25.0)	1.00	1.00
Second quartile	454 (25.1)	0.82 (0.62-1.08)	0.77 (0.58-1.02)	3,471 (24.2)	0.95 (0.85-1.06)	0.96 (0.86-1.07)	3,375 (26.0)	1.00 (0.89-1.13)	1.00 (0.90-1.13)	2,703 (25.4)	0.90 (0.76-1.06)	0.95 (0.81-1.13)
Third quartile	438 (24.2)	0.75 (0.57-1.01)	0.84 (0.62-1.13)	3,659 (25.5)	0.91 (0.82-1.01)	0.90 (0.80-1.01)	3,159 (24.3)	0.96 (0.85-1.09)	0.97 (0.85-1.10)	2,627 (24.7)	0.85 (0.72-1.00)	0.96 (0.81-1.15)
Fourth quartile	465 (25.8)	0.91 (0.69-1.20)	0.86 (0.64-1.14)	3,586 (25.0)	1.04 (0.93-1.15)	0.99 (0.89-1.11)	3,257 (25.1)	1.01 (0.89-1.14)	0.98 (0.87-1.12)	2,828(24.9)	0.91 (0.78-1.08)	1.05 (0.88-1.24)
<b>Having a job where people have to work more than every other Saturday in the year</b>												
<b>Tobacco use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	
<i>Relapse of tobacco use among ex-smokers at baseline</i>												
No	528 (74.5)	1.00	1.00	4,246 (79.5)	1.00	1.00	4,373 (84.1)	1.00	1.00	3,496 (85.0)	1.00	1.00
Yes	181 (25.5)	1.21 (0.86-1.70)	1.25 (0.86-1.84)	1,094 (20.5)	1.11 (0.96-1.27)	1.04 (0.82-1.31)	826 (15.9)	1.14 (0.96-1.35)	1.01 (0.82-1.23)	628 (15.0)	0.98 (0.79-1.23)	0.99 (0.78-1.26)
<i>Changing status among current</i>												

<i>smokers at baseline</i>												
Ex-smokers	111 (17.0)	1.00	1.00	1,055 (24.8)	1.00	1.00	987 (33.4)	1.00	1.00	830 (36.5)	1.00	1.00
Current light smokers	302 (46.5)	<b>1.71 (1.10-2.67)</b>	<b>1.74 (1.10-2.76)</b>	1,900 (44.7)	<b>1.17 (1.01-1.37)</b>	1.11 (0.94-1.30)	1,287 (43.5)	1.08 (0.89-1.30)	1.05 (0.86-1.27)	976 (43.0)	0.88 (0.69-1.12)	0.82 (0.64-1.05)
Current moderate smokers	199 (30.5)	<b>1.67 (1.04-2.68)</b>	<b>1.80 (1.09-2.97)</b>	1,091 (25.7)	<b>1.40 (1.18-1.67)</b>	<b>1.35 (1.12-1.62)</b>	591 (20.0)	1.17 (0.94-1.47)	1.11 (0.88-1.40)	379 (16.7)	0.90 (0.65-1.24)	0.80 (0.58-1.12)
Current heavy smokers	39 (6.0)	<b>2.17 (1.03-4.57)</b>	<b>2.17 (1.01-4.68)</b>	203 (4.8)	<b>1.61 (1.19-2.18)</b>	<b>1.53 (1.11-2.11)</b>	92 (3.1)	1.38 (0.88-2.16)	1.23 (0.77-1.96)	87 (3.8)	1.22 (0.71-2.08)	1.06 (0.61-1.84)
<i>P-trend</i>	<b>0.003</b>			<b>&lt;0.0001</b>			<b>0.0007</b>			0.23		
<i>Changing status among ever-smokers at baseline</i>												
Smokers at baseline and remained smokers at follow-up	540 (39.7)	1.00	1.00	3,195 (33.3)	1.00	1.00	1,969 (24.1)	1.00	1.00	1,442 (22.5)	1.00	1.00
Smokers at baseline and stopped at follow-up	111 (8.1)	<b>0.58 (0.38-0.88)</b>	<b>0.57 (0.37-0.88)</b>	1,055 (11.0)	<b>0.79 (0.68-0.91)</b>	0.83 (0.71-0.97)	987 (12.1)	0.89 (0.75-1.06)	0.93 (0.78-1.11)	830 (13.0)	1.11 (0.89-1.38)	1.17 (0.93-1.47)
Ex-smokers at baseline and stopped at follow-up	528 (38.9)	0.81 (0.63-1.03)	0.84 (0.64-1.09)	4,247 (44.3)	<b>0.78 (0.71-0.86)</b>	1.00 (0.90-1.11)	4,373 (53.6)	<b>0.78 (0.69-0.88)</b>	0.88 (0.78-1.00)	3,496 (54.6)	1.01 (0.86-1.19)	1.05 (0.89-1.24)
Ex-smokers at baseline and started smoking at follow-up	181 (13.3)	0.97 (0.69-1.37)	1.12 (0.79-1.60)	1,094 (11.4)	0.87 (0.75-1.01)	1.00 (0.86-1.16)	826 (10.1)	0.89 (0.74-1.06)	0.92 (0.76-1.11)	628 (9.9)	1.00 (0.78-1.28)	1.06 (0.83-1.37)
<i>P-trend</i>	<b>0.003</b>			<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			0.83		
<i>Number of cigarettes/day among current smokers at baseline</i>												
	651	$\beta$ (95%CI)	$\beta$ (95%CI)		$\beta$ (95%CI)	$\beta$ (95%CI)		$\beta$ (95%CI)	$\beta$ (95%CI)		$\beta$ (95%CI)	$\beta$ (95%CI)
		0.02 (-0.74;0.79)	0.20 (-0.54;0.93)	4,249	-0.05 (-0.38;0.27)	<b>0.38 (0.08;0.68)</b>	2,957	-0.45 (-0.88;-0.08)	-0.14 (-0.50;0.23)	2,272	-0.94 (-1.50;-0.39)	-0.65 (-1.15;-0.16)



<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	588			5,045			5,530			5,141	
No consumption in the past 12 months at follow-up	550 (93.5)	1.00	1.00	4,805 (95.3)	1.00	1.00	5,292 (95.7)	1.00	1.00	4,866 (94.6)	1.00
In the past 12 months, <1/month	24 (4.1)	1.62 (0.74-3.55)	1.53 (0.68-3.45)	186 (3.7)	1.08 (0.80-1.45)	0.99 (0.72-1.35)	189 (3.4)	1.07 (0.77-1.48)	1.03 (0.74-1.44)	229 (4.5)	1.23 (0.88-1.73)
In the past 12 months, ≥1/month	14 (2.4)	0.62 (0.20-1.87)	0.63 (0.20-1.97)	54 (1.0)	1.12 (0.65-1.92)	0.96 (0.55-1.69)	49 (0.9)	1.00 (0.53-1.88)	0.85 (0.44-1.65)	46 (0.9)	1.33 (0.66-2.69)
<b>Alcohol use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	963 (53.3)	1.00	1.00	7,821 (54.5)	1.00	1.00	7,306 (56.3)	1.00	1.00	6,158 (57.9)	1.00
No use	477 (26.4)	0.98 (0.79-1.22)	0.97 (0.77-1.23)	4,177 (29.1)	1.02 (0.94-1.10)	1.00 (0.92-1.08)	3,647 (28.1)	<b>1.10 (1.04-1.21)</b>	1.03 (0.93-1.13)	2,479 (23.3)	<b>1.18 (1.04-1.33)</b>
At risk	367 (20.3)	1.03 (0.81-1.31)	0.99 (0.77-1.29)	2,347 (16.4)	<b>1.11 (1.01-1.22)</b>	1.06 (0.96-1.18)	2,024 (15.6)	<b>1.18 (1.06-1.32)</b>	<b>1.15 (1.02-1.30)</b>	2,001 (18.8)	<b>1.26 (1.10-1.44)</b>
<i>Number of glasses/week</i>	1,807	$\beta$ (95%CI) 0.09 (-0.65;0.83)	$\beta$ (95%CI) 0.16 (-0.53;0.85)	14,345	$\beta$ (95%CI) -0.04 (-0.31;0.22)	$\beta$ (95%CI) 0.15 (-0.08;0.40)	12,977	$\beta$ (95%CI) 0.26 (-0.04;0.57)	$\beta$ (95%CI) 0.20 (-0.08;0.49)	10,638	$\beta$ (95%CI) 0.19 (-0.23;0.62)
<b>Diet rich in sugar and fat</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	450 (24.9)	1.00	1.00	3,629 (25.3)	1.00	1.00	3,186 (24.6)	1.00	1.00	2,659 (25.0)	1.00
Second quartile	454 (25.1)	0.81 (0.62-1.05)	0.85 (0.65-1.12)	3,471 (24.2)	0.93 (0.85-1.03)	0.93 (0.84-1.03)	3,375 (26.0)	0.93 (0.84-1.04)	0.95 (0.85-1.06)	2,703 (25.4)	<b>0.80 (0.69-0.92)</b>
Third quartile	438 (24.2)	0.77 (0.59-1.01)	0.75 (0.57-1.10)	3,659 (25.5)	0.99 (0.90-1.09)	0.95 (0.86-1.05)	3,159 (24.3)	0.88 (0.78-0.99)	0.91 (0.81-1.02)	2,627 (24.7)	<b>0.83 (0.72-0.96)</b>
Fourth quartile	465 (25.8)	0.93 (0.72-1.21)	0.95 (0.72-1.24)	3,586 (25.0)	1.06 (0.96-1.17)	0.98 (0.89-1.09)	3,257 (25.1)	0.90 (0.80-1.00)	0.90 (0.80-1.01)	2,828 (24.9)	<b>0.80 (0.70-0.93)</b>

\*Adjusted for age (years, continuous), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no).  
Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).  
Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).  
Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Supplementary Table S24.** Association between the set of indicators related to weekend work and addictive behaviors at one-year of follow-up among employees according to occupation in men in the CONSTANCES cohort study, 2012-2017 (odds ratios (ORs), and 95% confidence intervals, CI).

	Occupations											
	Farmers, blue-collar workers and craftsmen			Clerks			Intermediate workers			Executives		
	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*
Addictive behaviors	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)
<i>Having a job where people have to work more than every other Sunday in the year</i>												
<b>Tobacco use</b>												
<i>Relapse of tobacco use among ex-smokers at baseline</i>												
No	2,232 (73.4)	1.00	1.00	1,780 (77.3)	1.00	1.00	3,423 (82.3)	1.00	1.00	5,048 (84.9)	1.00	1.00
Yes	809 (26.6)	0.95 (0.80-1.13)	0.96 (0.80-1.16)	524 (22.7)	1.06 (0.86-1.29)	1.01 (0.81-1.27)	736 (17.7)	1.07 (0.89-1.29)	1.14 (0.85-1.53)	900 (15.1)	1.17 (0.96-1.43)	1.12 (0.87-1.44)
<i>Changing status among current smokers at baseline</i>												
Ex-smokers	433 (15.6)	1.00	1.00	408 (21.5)	1.00	1.00	699 (30.0)	1.00	1.00	1,265 (40.7)	1.00	1.00
Current light smokers	1,010 (38.7)	1.13 (0.88-1.45)	1.11 (0.86-1.44)	810 (42.7)	1.20 (0.90-1.55)	1.18 (0.91-1.53)	946 (40.6)	0.87 (0.69-1.09)	0.82 (0.65-1.03)	1,174 (37.7)	1.11 (0.88-1.39)	1.07 (0.85-1.35)
Current moderate smokers	900 (34.5)	1.19 (0.93-1.54)	1.20 (0.93-1.55)	543 (28.6)	<b>1.59 (1.21-2.08)</b>	<b>1.47 (1.11-1.94)</b>	537 (23.0)	0.99 (0.77-1.28)	0.87 (0.67-1.14)	511 (16.4)	<b>1.43 (1.08-1.88)</b>	1.25 (0.94-1.66)
Current heavy smokers	268 (10.3)	1.31 (0.94-1.82)	1.18 (0.84-1.66)	137 (7.2)	<b>1.60 (1.08-2.37)</b>	1.40 (0.93-2.10)	148 (6.4)	1.32 (0.90-1.94)	1.18 (0.79-1.75)	160 (5.2)	1.21 (0.77-1.91)	0.96 (0.60-1.53)
<i>P-trend</i>	<b>0.01</b>			<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>0.0005</b>		
<i>Changing status among ever-smokers at baseline</i>												

Smoker at baseline and remained smokers at follow-up	2,178 (38.5)	1.00	1.00	1,490 (35.5)	1.00	1.00	1,631 (25.1)	1.00	1.00	1,845 (20.4)	1.00	1.00
Smokers at baseline and stopped at follow-up	433 (7.7)	0.85 (0.67-1.06)	0.87 (0.69-1.09)	408 (9.7)	<b>0.73 (0.58-0.92)</b>	0.76 (0.60-0.96)	699 (10.8)	1.06 (0.86-1.29)	1.14 (0.93-1.40)	1,265 (14.0)	0.83 (0.68-1.02)	0.90 (0.73-1.11)
Ex-smokers at baseline and stopped at follow-up	2,232 (39.5)	1.06 (0.93-1.20)	1.04 (0.91-1.19)	1,780 (42.3)	0.87 (0.75-1.00)	0.89 (0.77-1.04)	3,423 (52.7)	0.94 (0.82-1.08)	0.99 (0.85-1.14)	5,048 (55.7)	<b>0.86 (0.74-0.99)</b>	<b>0.81 (0.69-0.94)</b>
Ex-smokers at baseline and started smoking at follow-up	809 (14.3)	1.01 (0.85-1.19)	0.98 (0.82-1.17)	524 (12.5)	0.92 (0.75-1.13)	0.89 (0.72-1.10)	736 (11.4)	1.01 (0.83-1.24)	1.03 (0.84-1.27)	900 (9.9)	1.00 (0.81-1.25)	0.94 (0.75-1.19)
<i>P-trend</i>		<b>0.08</b>			0.09		<b>0.009</b>			<b>0.0009</b>		
		<i>β</i> (95% CI)	<i>β</i> (95% CI)		<i>β</i> (95% CI)	<i>β</i> (95% CI)		<i>β</i> (95% CI)	<i>β</i> (95% CI)		<i>β</i> (95% CI)	<i>β</i> (95% CI)
<i>Number of cigarettes/day among current smokers at baseline</i>	2,611	-0.16 (-0.68;-0.35)	0.10 (-0.36;0.57)	1,898	-0.11 (-0.65;0.43)	0.44 (-0.05;0.93)	2,330	-0.50 (-1.07;0.07)	-0.25 (-0.76;0.26)	3,110	<b>-1.20 (-1.78;-0.06)</b>	-0.41 (-0.91;0.09)
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	2,874			2,624			4,654			7,742		
No consumption in the past 12 months at follow-up	2,692 (93.7)	1.00	1.00	2,485 (93.6)	1.00	1.00	4,400 (94.5)	1.00	1.00	7,241 (93.5)	1.00	1.00
In the past 12 months, <1/month	133 (4.6)	1.05 (0.74-1.50)	1.07 (0.74-1.54)	134 (5.0)	0.88 (0.60-1.29)	0.84 (0.57-1.25)	218 (4.7)	0.78 (0.56-1.10)	0.78 (0.55-1.10)	445 (5.7)	1.04 (0.78-1.37)	1.10 (0.83-1.47)
In the past 12 months, ≥1/month	49 (1.7)	1.30 (0.74-2.28)	1.22 (0.68-2.20)	35 (1.4)	1.00 (0.52-1.92)	0.95 (0.48-1.89)	36 (0.8)	1.61 (0.86-3.01)	1.85 (0.97-3.51)	56 (0.7)	0.71 (0.28-1.78)	0.71 (0.28-1.81)
<b>Alcohol use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	4,975 (74.4)	1.00	1.00	4,046 (74.2)	1.00	1.00	6,996 (77.0)	1.00	1.00	11,531 (80.0)	1.00	1.00
No use	1,000 (15.0)	1.09 (0.95-1.26)	1.02 (0.87-1.19)	901 (16.6)	<b>1.18 (1.01-1.37)</b>	1.12 (0.96-1.31)	1,299 (14.3)	<b>1.23 (1.08-1.41)</b>	<b>1.16 (1.01-1.34)</b>	1,781 (12.3)	1.06 (0.91-1.22)	1.04 (0.89-1.22)
At risk	711 (10.6)	1.00 (0.84-1.18)	0.98 (0.81-1.19)	504 (9.2)	1.02 (0.84-1.23)	1.03 (0.82-1.29)	790 (8.7)	1.16 (0.96-1.37)	1.16 (0.96-1.40)	1,113 (7.7)	<b>1.24 (1.05-1.47)</b>	1.06 (0.88-1.28)
		<i>β</i> (95% CI)	<i>β</i> (95% CI)		<i>β</i> (95% CI)	<i>β</i> (95% CI)		<i>β</i> (95% CI)	<i>β</i> (95% CI)		<i>β</i> (95% CI)	<i>β</i> (95% CI)
<i>Number of glasses/week</i>	6,686	0.30 (-0.34;0.96)	0.18 (-0.43;0.78)	5,451	-0.18 (-0.90;0.52)	-0.41 (-1.05;0.23)	9,085	0.03 (-0.50;0.56)	-0.06 (-0.56;0.44)	14,425	0.12 (-0.37;0.61)	0.29 (-0.17;0.76)

<b>Diet rich in sugar and fat</b>	6,686	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	5,451	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	9085	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	14,425	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	1,692 (25.3)	1.00	1.00	1,379 (25.3)	1.00	1.00	2,338 (25.7)	1.00	1.00	3,413 (243.7)	1.00	1.00
Second quartile	1,651 (24.7)	0.99 (0.86-1.14)	1.01 (0.87-1.17)	1,319 (24.2)	0.85 (0.73-1.00)	0.96 (0.82-1.13)	2,178 (24.0)	0.88 (0.77-1.01)	0.88 (0.76-1.01)	3,635 (25.2)	0.89 (0.78-1.02)	0.99 (0.86-1.13)
Third quartile	1,692 (25.3)	0.92 (0.80-1.06)	0.97 (0.83-1.12)	1,390 (25.5)	0.90 (0.77-1.06)	0.88 (0.75-1.04)	2,298 (25.3)	<b>0.82 (0.72-0.93)</b>	<b>0.83 (0.73-0.96)</b>	3,621 (25.1)	0.88 (0.77-1.00)	1.01 (0.88-1.16)
Fourth quartile	1,651 (24.7)	<b>0.81 (0.70-0.94)</b>	0.88 (0.75-1.03)	1,363 (25.0)	0.84 (0.71-1.00)	1.06 (0.90-1.25)	2,271 (25.0)	<b>0.73 (0.63-0.83)</b>	<b>0.75 (0.65-0.87)</b>	3,756 (26.0)	<b>0.80 (0.70-0.92)</b>	0.97 (0.94-1.12)
<b>Having a job where people have to work more than every other Saturday in the year</b>												
<b>Tobacco use</b>												
<i>Relapse of tobacco use among ex-smokers at baseline</i>												
No	2,232 (73.4)	1.00	1.00	1,780 (77.3)	1.00	1.00	3,423 (82.3)	1.00	1.00	5,048 (84.9)	1.00	1.00
Yes	809 (26.6)	0.91 (0.77-1.08)	0.93 (0.73-1.19)	524 (22.7)	1.14 (0.94-1.39)	1.02 (0.83-1.25)	736 (17.7)	1.05 (0.88-1.25)	1.12 (0.75-1.66)	900 (15.1)	<b>1.25 (1.05-1.50)</b>	1.18 (0.92-1.52)
<i>Changing status among current smokers at baseline</i>												
Ex-smokers	433 (15.6)	1.00	1.00	408 (21.5)	1.00	1.00	699 (30.0)	1.00	1.00	1,265 (40.7)	1.00	1.00
Current light smokers	1,010 (38.7)	1.22 (0.89-1.43)	1.12 (0.88-1.44)	810 (42.7)	1.14 (0.90-1.45)	1.10 (0.86-1.41)	946 (40.6)	0.98 (0.79-1.21)	0.94 (0.75-1.17)	1,174 (37.7)	1.22 (0.98-1.51)	1.17 (0.94-1.46)
Current moderate smokers	900 (34.5)	1.22 (0.96-1.56)	1.24 (0.97-1.59)	543 (28.6)	<b>1.45 (1.12-1.88)</b>	<b>1.33 (1.02-1.73)</b>	537 (23.0)	0.99 (0.77-1.27)	0.89 (0.68-1.15)	511 (16.4)	<b>1.45 (1.12-1.89)</b>	1.27 (0.97-1.67)
Current heavy smokers	268 (10.3)	1.25 (0.91-1.72)	1.16 (0.83-1.61)	137 (7.2)	<b>1.58 (1.08-2.31)</b>	1.42 (0.96-2.10)	148 (6.4)	1.40 (0.96-2.03)	1.28 (0.87-1.88)	160 (5.2)	<b>1.55 (1.03-2.33)</b>	1.18 (0.78-1.80)
<i>P-trend</i>	<b>0.04</b>			<b>&lt;0.0001</b>			<b>0.005</b>			<b>&lt;0.0001</b>		
<i>Changing status among ever-smokers at baseline</i>												
Smokers at baseline and remained smokers at follow-up	2,178 (38.5)	1.00	1.00	1,490 (35.5)	1.00	1.00	1,631 (25.1)	1.00	1.00	1,845 (20.4)	1.00	1.00
Smokers at baseline and stopped at follow-up	433 (7.7)	0.85 (0.68-1.06)	0.86 (0.68-1.07)	408 (9.7)	<b>0.78 (0.62-0.97)</b>	0.81 (0.65-1.02)	699 (10.8)	0.98 (0.81-1.20)	1.05 (0.86-1.28)	1,265 (14.0)	<b>0.76 (0.63-0.93)</b>	0.83 (0.68-1.01)

Ex-smokers at baseline and stopped at follow-up	2,232 (39.5)	0.96 (0.85-1.09)	0.96 (0.84-1.09)	1,780 (42.3)	<b>0.84 (0.73-0.96)</b>	0.91 (0.79-1.06)	3,423 (52.7)	<b>0.86 (0.76-0.99)</b>	0.89 (0.77-1.02)	5,048 (55.7)	0.91 (0.80-1.05)	0.86 (0.74-1.00)
Ex-smokers at baseline and started smoking at follow-up	809 (14.3)	0.88 (0.74-1.04)	0.87 (0.73-1.04)	524 (12.5)	0.96 (0.78-1.17)	0.95 (0.77-1.16)	736 (11.4)	0.91 (0.75-1.10)	0.87 (0.71-1.07)	900 (9.9)	1.15 (0.94-1.40)	1.09 (0.89-1.34)
<i>P-trend</i>	0.16			<b>0.008</b>			<b>0.0004</b>			<b>&lt;0.0001</b>		
		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)
Number of cigarettes/day among current smokers at baseline	2,611	-0.13 (-0.64;0.37)	0.09 (-0.37;0.54)	1,898	-0.06 (-0.58;0.46)	0.33 (-0.14;0.80)	2,330	-0.35 (-0.90;0.19)	-0.07 (-0.56;0.41)	3,110	<b>-1.48 (-2.03;-0.93)</b>	-0.45 (-0.93;0.02)
<b>Cannabis use</b>												
		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Relapse among ever-users at baseline	2,874			2,624			4,654			7,742		
No consumption in the past 12 months at follow-up	2,692 (93.7)	1.00	1.00	2,485 (93.6)	1.00	1.00	4,400 (94.5)	1.00	1.00	7,241 (93.5)	1.00	1.00
In the past 12 months, <1/month	133 (4.6)	0.88 (0.62-1.27)	0.91 (0.63-1.31)	134 (5.0)	0.92 (0.64-1.32)	0.84 (0.57-1.22)	218 (4.7)	1.02 (0.75-1.38)	1.04 (0.76-1.42)	445 (5.7)	0.90 (0.69-1.18)	0.98 (0.74-1.29)
In the past 12 months, ≥1/month	49 (1.7)	0.85 (0.47-1.54)	0.84 (0.46-1.55)	35 (1.4)	1.72 (0.91-3.24)	1.38 (0.72-2.67)	36 (0.8)	1.57 (0.85-2.92)	1.79 (0.95-3.38)	56 (0.7)	1.27 (0.64-2.55)	1.31 (0.65-2.67)
<b>Alcohol use</b>												
		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	4,975 (74.4)	1.00	1.00	4,046 (74.2)	1.00	1.00	6,996 (77.0)	1.00	1.00	11,531 (80.0)	1.00	1.00
No use	1,000 (15.0)	1.10 (0.95-1.27)	1.05 (0.91-1.22)	901 (16.6)	1.13 (0.98-1.30)	1.08 (0.93-1.26)	1,299 (14.3)	<b>1.26 (1.11-1.44)</b>	<b>1.20 (1.04-1.38)</b>	1,781 (12.3)	1.09 (0.96-1.25)	1.04 (0.90-1.20)
At risk	711 (10.6)	1.02 (0.87-1.20)	0.99 (0.82-1.20)	504 (9.2)	0.99 (0.82-1.19)	1.04 (0.84-1.29)	790 (8.7)	<b>1.20 (1.02-1.41)</b>	<b>1.24 (1.03-1.49)</b>	1,113 (7.7)	<b>1.38 (1.18-1.61)</b>	1.30 (0.97-1.50)
		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)
Number of glasses/week	6,686	0.21 (-0.44;0.86)	0.08 (-0.51;0.68)	5,451	0.12 (-0.56;0.80)	-0.09 (-0.71;0.53)	9,085	0.10 (-0.41;0.61)	-0.03 (-0.52;0.45)	14,425	0.40 (-0.05;0.86)	<b>0.59 (0.16;1.02)</b>
<b>Diet rich in sugar and fat</b>												
		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	1,692 (25.3)	1.00	1.00	1,379 (25.3)	1.00	1.00	2,338 (25.7)	1.00	1.00	3,413 (243.7)	1.00	1.00

Second quartile	1,651 (24.7)	0.92 (0.80- 1.06)	0.93 (0.81- 1.08)	1,319 (24.2)	0.89 (0.76-1.04)	0.90 (0.77- 1.05)	2,178 (24.0)	0.93 (0.81- .106)	0.95 (0.83-1.08)	3,635 (25.2)	0.84 (0.74- 0.95)	0.91 (0.80- 1.04)
Third quartile	1,692 (25.3)	0.91 (0.79- 1.05)	0.95 (0.82- 1.10)	1,390 (25.5)	0.92 (0.79-1.07)	0.91 (0.77- 1.06)	2,298 (25.3)	0.88 (0.78- 1.00)	0.92 (0.80-1.05)	3,621 (25.1)	<b>0.87 (0.77- 0.98)</b>	0.99 (0.87- 1.12)
Fourth quartile	1,651 (24.7)	<b>0.82 (0.71- 0.95)</b>	0.86 (0.74- 1.01)	1,363 (25.0)	1.00 (0.86-1.16)	1.00 (0.86- 1.17)	2,271 (25.0)	<b>0.78 (0.68- 0.90)</b>	<b>0.83 (0.72-0.95)</b>	3,756 (26.0)	<b>0.78 (0.68- 0.87)</b>	0.93 (0.81- 1.06)

\*Adjusted for age (years, continuous), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no).  
Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).  
Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).  
Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Supplementary Table S25.** Association between the set of indicators related to non-fixed working hours and addictive behaviors at one-year of follow-up among employees according to occupation in men in the CONSTANCES cohort study, 2012-2017 (odds ratios (ORs), and 95% confidence intervals, CI).

	Occupations											
	Farmers, blue-collar workers and craftsmen			Clerks			Intermediate workers			Executives		
	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*
Addictive behaviors	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)
<i>Not working the same number of hours/day</i>												
<b>Tobacco use</b>												
<i>Relapse of tobacco use among ex-smokers at baseline</i>												
No	2,232 (73.4)	1.00	1.00	1,780 (77.3)	1.00	1.00	3,423 (82.3)	1.00	1.00	5,048 (84.9)	1.00	1.00
Yes	809 (26.6)	0.99 (0.84-1.17)	0.94 (0.72-1.21)	524 (22.7)	1.15 (0.95-1.40)	1.04 (0.81-1.34)	736 (17.7)	1.15 (0.98-1.34)	1.10 (0.93-1.31)	900 (15.1)	1.11 (0.97-1.29)	1.08 (0.89-1.31)
<i>Changing status among current smokers at baseline</i>												
Ex-smokers	433 (15.6)	1.00	1.00	408 (21.5)	1.00	1.00	699 (30.0)	1.00	1.00	1,265 (40.7)	1.00	1.00
Current light smokers	1,010 (38.7)	0.83 (0.66-1.04)	0.89 (0.70-1.13)	810 (42.7)	0.97 (0.76-1.23)	1.00 (0.78-1.27)	946 (40.6)	1.06 (0.87-1.29)	1.12 (0.91-1.36)	1,174 (37.7)	1.00 (0.85-1.17)	0.97 (0.82-1.14)
Current moderate smokers	900 (34.5)	0.92 (0.73-1.16)	1.00 (0.78-1.28)	543 (28.6)	0.99 (0.76-1.27)	1.07 (0.82-1.39)	537 (23.0)	0.96 (0.77-1.21)	1.09 (0.86-1.38)	511 (16.4)	1.22 (0.99-1.50)	1.13 (0.91-1.40)
Current heavy smokers	268 (10.3)	1.06 (0.78-1.45)	1.23 (0.89-1.71)	137 (7.2)	0.81 (0.55-1.19)	0.85 (0.57-1.27)	148 (6.4)	1.13 (0.79-1.62)	1.29 (0.90-1.87)	160 (5.2)	1.52 (1.07-2.16)	1.40 (0.98-2.01)
<i>P-trend</i>	0.77			0.38			0.45			<0.0001		
<i>Changing status among ever-smokers at baseline</i>												



Smoker at baseline and remained smokers at follow-up	2,178 (38.5)	1.00	1.00	1,490 (35.5)	1.00	1.00	1,631 (25.1)	1.00	1.00	1,845 (20.4)	1.00	1.00
Smokers at baseline and stopped at follow-up	433 (7.7)	1.12 (0.91-1.38)	1.05 (0.84-1.30)	408 (9.7)	1.04 (0.84-1.30)	1.01 (0.81-1.26)	699 (10.8)	0.96 (0.81-1.15)	0.89 (0.75-1.07)	1,265 (14.0)	0.92 (0.79-1.06)	0.95 (0.82-1.10)
Ex-smokers at baseline and stopped at follow-up	2,232 (39.5)	0.88 (0.78-1.00)	0.93 (0.82-1.06)	1,780 (42.3)	<b>0.80 (0.70-0.92)</b>	0.90 (0.77-1.04)	3,423 (52.7)	<b>0.79 (0.71-0.89)</b>	<b>0.83 (0.73-0.94)</b>	5,048 (55.7)	<b>0.78 (0.70-0.87)</b>	<b>0.81 (0.72-0.90)</b>
Ex-smokers at baseline and started smoking at follow-up	809 (14.3)	0.88 (0.74-1.04)	0.90 (0.76-1.08)	524 (12.5)	0.93 (0.76-1.13)	0.98 (0.79-1.20)	736 (11.4)	0.91 (0.77-1.08)	0.93 (0.77-1.12)	900 (9.9)	0.87 (0.74-1.02)	0.88 (0.75-1.04)
<i>P-trend</i>		<b>&lt;0.0001</b>			<b>0.0001</b>			<b>&lt;0.0001</b>			<b>&lt;0.0001</b>	
		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)
<i>Number of cigarettes/day among current smokers at baseline</i>	2,611	-0.07 (-0.56;0.42)	0.15 (-0.30;0.60)	1,898	-0.15 (-0.68;0.37)	-0.15 (-0.61;0.32)	2,330	-0.12 (-0.62;0.37)	-0.03 (-0.48;0.41)	3,110	-0.48 (-0.91;-0.05)	0.01 (-0.35;0.37)
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	2,874			2,624			4,654			7,742		
No consumption in the past 12 months at follow-up	2,692 (93.7)	1.00	1.00	2,485 (93.6)	1.00	1.00	4,400 (94.5)	1.00	1.00	7,241 (93.5)	1.00	1.00
In the past 12 months, <1/month	133 (4.6)	<b>1.44 (1.02-2.03)</b>	1.41 (0.99-2.01)	134 (5.0)	<b>1.61 (1.12-2.31)</b>	1.57 (1.08-2.28)	218 (4.7)	<b>1.39 (1.06-1.84)</b>	1.27 (0.95-1.68)	445 (5.7)	0.98 (0.81-1.19)	0.97 (0.80-1.18)
In the past 12 months, ≥1/month	49 (1.7)	1.18 (0.68-2.07)	1.32 (0.74-2.36)	35 (1.4)	0.95 (0.50-1.78)	0.79 (0.41-1.54)	36 (0.8)	0.94 (0.52-1.70)	0.91 (0.49-1.69)	56 (0.7)	0.89 (0.52-1.54)	0.94 (0.54-1.65)
<b>Alcohol use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	4,975 (74.4)	1.00	1.00	4,046 (74.2)	1.00	1.00	6,996 (77.0)	1.00	1.00	11,531 (80.0)	1.00	1.00
No use	1,000 (15.0)	0.88 (0.76-1.01)	0.90 (0.77-1.05)	901 (16.6)	0.89 (0.77-1.03)	0.88 (0.85-1.02)	1,299 (14.3)	0.96 (0.85-1.08)	0.96 (0.84-1.09)	1,781 (12.3)	<b>0.90 (0.81-0.99)</b>	0.90 (0.81-1.01)
At risk	711 (10.6)	1.34 (1.14-1.57)	<b>1.28 (1.06-1.54)</b>	504 (9.2)	1.18 (0.98-1.41)	1.19 (0.96-1.48)	790 (8.7)	1.02 (0.88-1.18)	0.99 (0.84-1.16)	1,113 (7.7)	<b>1.19 (1.05-1.35)</b>	1.10 (0.96-1.26)
		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)
<i>Number of glasses/week</i>	6,686	-0.18 (-0.83;0.46)	0.54 (-0.05;1.14)	5,451	0.50 (-0.18;1.18)	<b>0.78 (0.16;1.40)</b>	9,085	-0.39 (-0.84;0.06)	0.00 (-0.04;0.43)	14,425	0.24 (-0.09;0.57)	0.57 (0.26-0.89)
<b>Diet rich in sugar and fat</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	1,692 (25.3)	1.00	1.00	1,379 (25.3)	1.00	1.00	2,338 (25.7)	1.00	1.00	3,413 (243.7)	1.00	1.00

Second quartile	1,651 (24.7)	0.96 (0.83- 1.10)	0.93 (0.80- 1.07)	1,319 (24.2)	0.98 (0.84- 1.14)	0.95 (0.81- 1.11)	2,178 (24.0)	1.03 (0.92- 1.16)	1.00 (0.88- 1.13)	3,635 (25.2)	0.99 (0.90- 1.08)	0.98 (0.89- 1.08)
Third quartile	1,692 (25.3)	0.94 (0.82- 1.08)	0.89 (0.77- 1.03)	1,390 (25.5)	0.99 (0.85- 1.15)	0.92 (0.79- 1.08)	2,298 (25.3)	1.03 (0.92- 1.16)	0.97 (0.86- 1.10)	3,621 (25.1)	0.97 (0.88- 1.06)	0.96 (0.88- 1.06)
Fourth quartile	1,651 (24.7)	0.95 (0.82- 1.10)	0.86 (0.74- 1.00)	1,363 (25.0)	1.12 (0.97- 1.31)	1.02 (0.87- 1.20)	2,271 (25.0)	1.12 (0.99- 1.25)	1.02 (0.90- 1.15)	3,756 (26.0)	0.98 (0.89- 1.07)	0.98 (0.89- 1.08)
<b>Not working the same number of days/week</b>												
<b>Tobacco use</b>												
<i>Relapse of tobacco use among ex-smokers at baseline</i>												
No	2,232 (73.4)	1.00	1.00	1,780 (77.3)	1.00	1.00	3,423 (82.3)	1.00	1.00	5,048 (84.9)	1.00	1.00
Yes	809 (26.6)	1.12 (0.93- 1.34)	1.06 (0.87- 1.29)	524 (22.7)	1.15 (0.92- 1.42)	1.12 (0.89- 1.40)	736 (17.7)	1.15 (0.97- 1.38)	1.08 (0.85- 1.38)	900 (15.1)	<b>1.19 (1.01- 1.42)</b>	<b>1.24 (1.02- 1.52)</b>
<i>Changing status among current smokers at baseline</i>												
Ex-smokers	433 (15.6)	1.00	1.00	408 (21.5)	1.00	1.00	699 (30.0)	1.00	1.00	1,265 (40.7)	1.00	1.00
Current light smokers	1,010 (38.7)	<b>0.71 (0.55- 0.91)</b>	<b>0.72 (0.55- 0.93)</b>	810 (42.7)	0.78 (0.60- 1.01)	0.78 (0.59- 1.01)	946 (40.6)	1.07 (0.86- 1.32)	1.05 (0.84;1.31)	1,174 (37.7)	1.01 (0.83- 1.23)	0.97 (0.79- 1.19)
Current moderate smokers	900 (34.5)	0.89 (0.70- 1.15)	0.93 (0.72- 1.20)	543 (28.6)	0.93 (0.70- 1.23)	0.89 (0.67- 1.19)	537 (23.0)	0.93 (0.72- 1.19)	0.92 (0.71- 1.20)	511 (16.4)	1.20 (0.94- 1.53)	1.10 (0.86- 1.42)
Current heavy smokers	268 (10.3)	0.90 (0.65- 1.26)	0.95 (0.67- 1.35)	137 (7.2)	1.01 (0.67- 1.52)	0.91 (0.60- 1.40)	148 (6.4)	0.87 (0.58- 1.31)	0.90 (0.59- 1.36)	160 (5.2)	1.41 (0.97- 2.06)	1.20 (0.81- 1.77)
<i>P-trend</i>		<b>0.002</b>		<b>0.002</b>			0.92			<b>&lt;0.0001</b>		
<i>Changing status among ever-smokers at baseline</i>												
Smokers at baseline and remained smokers at follow-up	2,178 (38.5)	1.00	1.00	1,490 (35.5)	1.00	1.00	1,631 (25.1)	1.00	1.00	1,845 (20.4)	1.00	1.00
Smokers at baseline and stopped at follow-up	433 (7.7)	1.24 (0.99- 1.55)	1.22 (0.96- 1.53)	408 (9.7)	1.17 (0.93- 1.48)	1.20 (0.95- 1.53)	699 (10.8)	1.00 (0.82- 1.21)	1.01 (0.82- 1.23)	1,265 (14.0)	0.91 (0.77- 1.09)	0.97 (0.82- 1.17)
Ex-smokers at baseline and stopped at follow-up	2,232 (39.5)	0.88 (0.77- 1.01)	0.89 (0.77- 1.03)	1,780 (42.3)	0.91 (0.78- 1.06)	0.95 (0.81- 1.12)	3,423 (52.7)	<b>0.82 (0.72- 0.94)</b>	0.94 (0.82- 1.09)	5,048 (55.7)	<b>0.80 (0.70- 0.91)</b>	<b>0.77 (0.67- 0.89)</b>
Ex-smokers at baseline and started smoking at follow-up	809 (14.3)	0.98 (0.82- 1.18)	0.97 (0.80- 1.17)	524 (12.5)	1.04 (0.84- 1.29)	1.05 (0.84- 1.31)	736 (11.4)	0.95 (0.78- 1.15)	1.02 (0.84- 1.25)	900 (9.9)	0.95 (0.78- 1.16)	0.95 (0.78- 1.16)
<i>P-trend</i>		<b>0.03</b>		<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>&lt;0.0001</b>		
		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)

<i>Number of cigarettes/day among current smokers at baseline</i>	2,611	0.03 (-0.50;0.57)	0.20 (-0.28;0.69)	1,898	-0.45 (-1.03;0.11)	-0.20 (-0.71;0.31)	2,330	-0.08 (-0.63;0.46)	-0.17 (-0.66;0.31)	3,110	-0.40 (-0.91;0.11)	0.03 (-0.40;0.46)
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	2,874			2,624			4,654			7,742		
No consumption in the past 12 months at follow-up	2,692 (93.7)	1.00	1.00	2,485 (93.6)	1.00	1.00	4,400 (94.5)	1.00	1.00	7,241 (93.5)	1.00	1.00
In the past 12 months, <1/month	133 (4.6)	1.38 (0.96-1.98)	1.38 (0.95-2.00)	134 (5.0)	1.09 (0.73-1.62)	1.10 (0.73-1.65)	218 (4.7)	0.97 (0.72-1.32)	0.99 (0.73-1.35)	445 (5.7)	0.77 (0.59-1.01)	0.81 (0.61-1.06)
In the past 12 months, ≥1/month	49 (1.7)	1.08 (0.59-1.98)	1.09 (0.58-2.06)	35 (1.4)	1.10 (0.55-2.17)	0.91 (0.43-1.90)	36 (0.8)	0.88 (0.44-1.75)	0.97 (0.48-1.94)	56 (0.7)	1.05 (0.52-2.09)	1.08 (0.54-2.18)
<b>Alcohol use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	4,975 (74.4)	1.00	1.00	4,046 (74.2)	1.00	1.00	6,996 (77.0)	1.00	1.00	11,531 (80.0)	1.00	1.00
No use	1,000 (15.0)	0.88 (0.76-1.01)	0.90 (0.77-1.05)	901 (16.6)	1.06 (0.90-1.24)	1.02 (0.86-1.21)	1,299 (14.3)	0.94 (0.82-1.07)	0.96 (0.83-1.11)	1,781 (12.3)	0.94 (0.82-1.07)	0.92 (0.80-1.06)
At risk	711 (10.6)	<b>1.34 (1.14-1.57)</b>	<b>1.28 (1.06-1.54)</b>	504 (9.2)	1.12 (0.91-1.37)	1.19 (0.94-1.50)	790 (8.7)	1.16 (0.99-1.37)	1.09 (0.90-1.30)	1,113 (7.7)	<b>1.27 (1.09-1.47)</b>	1.07 (0.91-1.27)
		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>
<i>Number of glasses/week</i>	6,686	-0.18 (-0.82;0.46)	0.54 (-0.05;1.14)	5,451	-0.05 (-0.81;0.70)	-0.05 (-0.73;0.63)	9,085	0.12 (-0.39;0.63)	0.37 (-0.12;0.85)	14,425	0.37 (-0.06;0.80)	0.71 (0.30;1.12)
<b>Diet rich in sugar and fat</b>	6,686	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	5,451	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	9,085	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	14,425	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	1,692 (25.3)	1.00	1.00	1,379 (25.3)	1.00	1.00	2,338 (25.7)	1.00	1.00	3,413 (243.7)	1.00	1.00
Second quartile	1,651 (24.7)	<b>0.85 (0.73-0.99)</b>	<b>0.84 (0.71-0.98)</b>	1,319 (24.2)	1.04 (0.88-1.24)	1.05 (0.88-1.25)	2,178 (24.0)	1.04 (0.91-1.19)	1.05 (0.91-1.20)	3,635 (25.2)	0.88 (0.78-0.99)	0.94 (0.83-1.06)
Third quartile	1,692 (25.3)	<b>0.86 (0.74-0.98)</b>	<b>0.83 (0.71-0.97)</b>	1,390 (25.5)	1.00 (0.85-1.18)	0.99 (0.84-1.18)	2,298 (25.3)	0.99 (0.86-1.12)	0.98 (0.86-1.12)	3,621 (25.1)	0.86 (0.76-0.97)	0.94 (0.83-1.07)
Fourth quartile	1,651 (24.7)	<b>0.84 (0.72-0.98)</b>	<b>0.83 (0.71-0.98)</b>	1,363 (25.0)	0.97 (0.82-1.15)	0.96 (0.80-1.14)	2,271 (25.0)	1.10 (0.97-1.25)	1.08 (0.94-1.23)	3,756 (26.0)	0.89 (0.79-1.00)	1.01 (0.90-1.15)
<b>Not working the same fixed hours</b>												
<b>Tobacco use</b>												
<i>Relapse of tobacco use among ex-smokers at baseline</i>												

No	2,232 (73.4)	1.00	1.00	1,780 (77.3)	1.00	1.00	3,423 (82.3)	1.00	1.00	5,048 (84.9)	1.00	1.00
Yes	809 (26.6)	<b>1.03 (0.87-1.21)</b>	1.08 (0.85-1.37)	524 (22.7)	<b>1.28 (1.05-1.57)</b>	<b>1.27 (1.01-1.58)</b>	736 (17.7)	1.14 (0.96-1.34)	1.05 (0.86-1.28)	900 (15.1)	1.14 (0.99-1.32)	1.05 (0.79-1.39)
<i>Changing status among current smokers at baseline</i>												
Ex-smokers	433 (15.6)	1.00	1.00	408 (21.5)	1.00	1.00	699 (30.0)	1.00	1.00	1,265 (40.7)	1.00	1.00
Current light smokers	1,010 (38.7)	1.03 (0.81-1.30)	1.17 (0.91-1.50)	810 (42.7)	0.84 (0.66-1.07)	0.86 (0.67-1.10)	946 (40.6)	0.99 (0.81-1.21)	0.99 (0.81-1.22)	1,174 (37.7)	1.00 (0.85-1.18)	1.01 (0.85-1.18)
Current moderate smokers	900 (34.5)	1.01 (0.79-1.29)	1.20 (0.94-1.55)	543 (28.6)	1.01 (0.77-1.31)	1.06 (0.81-1.38)	537 (23.0)	0.99 (0.78-1.25)	1.04 (0.82-1.33)	511 (16.4)	1.18 (0.96-1.46)	1.13 (0.91-1.40)
Current heavy smokers	268 (10.3)	1.09 (0.79-1.50)	1.24 (0.88-1.73)	137 (7.2)	0.98 (0.66-1.44)	1.04 (0.70-1.55)	148 (6.4)	0.95 (0.66-1.38)	0.99 (0.68-1.45)	160 (5.2)	1.12 (0.80-1.58)	1.12 (0.79-1.58)
<i>P-trend</i>	0.62			<b>0.002</b>			0.74			<b>0.0003</b>		
<i>Changing status among ever-smokers at baseline</i>												
Smokers at baseline and remained smokers at follow-up	2,178 (38.5)	1.00	1.00	1,490 (35.5)	1.00	1.00	1,631 (25.1)	1.00	1.00	1,845 (20.4)	1.00	1.00
Smokers at baseline and stopped at follow-up	433 (7.7)	0.97 (0.78-1.21)	0.86 (0.69-1.08)	408 (9.7)	1.10 (0.88-1.37)	1.07 (0.85-1.34)	699 (10.8)	1.02 (0.84-1.22)	0.98 (0.81-1.18)	1,265 (14.0)	0.94 (0.81-1.09)	0.94 (0.81-1.09)
Ex-smokers at baseline and stopped at follow-up	2,232 (39.5)	0.85 (0.75-0.96)	0.81 (0.71-0.93)	1,780 (42.3)	<b>0.79 (0.69-0.92)</b>	<b>0.79 (0.68-0.92)</b>	3,423 (52.7)	<b>0.85 (0.75-0.96)</b>	0.91 (0.79-1.03)	5,048 (55.7)	<b>0.78 (0.70-0.87)</b>	<b>0.78 (0.70-0.88)</b>
Ex-smokers at baseline and started smoking at follow-up	809 (14.3)	0.93 (0.78-1.10)	0.92 (0.77-1.10)	524 (12.5)	1.02 (0.83-1.25)	1.04 (0.84-1.28)	736 (11.4)	0.97 (0.81-1.16)	0.98 (0.82-1.19)	900 (9.9)	0.89 (0.76-1.05)	0.88 (0.75-1.04)
<i>P-trend</i>	<b>0.001</b>			<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>&lt;0.0001</b>		
<i>Number of cigarettes/day among current smokers at baseline</i>												
	2,611	$\beta$ (95%CI)	$\beta$ (95%CI)	1,898	$\beta$ (95%CI)	$\beta$ (95%CI)	2,330	$\beta$ (95%CI)	$\beta$ (95%CI)	3,110	$\beta$ (95%CI)	$\beta$ (95%CI)
		0.20 (-0.31;0.70)	0.24 (-0.21;0.70)		-0.47 (-1.01;0.06)	-0.11 (-0.59;0.37)		-0.07 (-0.59;0.44)	0.02 (-0.44;0.48)		-0.03 (-0.45;0.39)	0.16 (-0.20;0.51)
<b>Cannabis use</b>												
<i>Relapse among ever-users at baseline</i>												
No consumption in the past 12 months at follow-up	2,874 (93.7)	1.00	1.00	2,624 (93.6)	1.00	1.00	4,654 (94.5)	1.00	1.00	7,742 (93.5)	1.00	1.00
In the past 12 months, <1/month	133 (4.6)	1.26 (0.88-1.78)	1.18 (0.82-1.69)	134 (5.0)	1.11 (0.77-1.60)	1.03 (0.70-1.50)	218 (4.7)	1.20 (0.91-1.58)	1.12 (0.84-1.49)	445 (5.7)	0.84 (0.69-1.02)	0.80 (0.66-1.02)
In the past 12 months, $\geq$ 1/month	49 (1.7)	1.21 (0.69-2.13)	1.33 (0.74-2.39)	35 (1.4)	0.64 (0.32-1.29)	0.51 (0.24-1.09)	36 (0.8)	0.75 (0.39-1.43)	0.73 (0.36-1.43)	56 (0.7)	0.79 (0.46-1.36)	0.83 (0.47-1.45)

<b>Alcohol use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	4,975 (74.4)	1.00	1.00	4,046 (74.2)	1.00	1.00	6,996 (77.0)	1.00	1.00	11,531 (80.0)	1.00	1.00
No use	1,000 (15.0)	1.13 (0.97-1.31)	1.09 (0.93-1.28)	901 (16.6)	0.97 (0.83-1.13)	1.00 (0.86-1.17)	1,299 (14.3)	0.92 (0.81-1.05)	0.97 (0.85-1.11)	1,781 (12.3)	<b>0.87 (0.79-0.96)</b>	0.92 (0.82-1.02)
At risk	711 (10.6)	<b>1.26 (1.06-1.50)</b>	<b>1.27 (1.04-1.56)</b>	504 (9.2)	1.06 (0.88-1.29)	1.03 (0.83-1.28)	790 (8.7)	0.97 (0.83-1.13)	0.93 (0.78-1.11)	1,113 (7.7)	<b>1.23 (1.09-1.40)</b>	<b>1.19 (1.03-1.36)</b>
		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>
<i>Number of glasses/week</i>	6,686	0.24 (-0.46;0.95)	0.42 (-0.23;1.07)	5,451	-0.14 (-0.84;0.56)	0.06 (-0.58;0.69)	9,085	-0.10 (-0.58;0.38)	0.08 (-0.37;0.54)	14,425	0.14 (-0.20;0.47)	0.46 (0.14;0.78)
<b>Diet rich in sugar and fat</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	1,692 (25.3)	1.00	1.00	1,379 (25.3)	1.00	1.00	2,338 (25.7)	1.00	1.00	3,413 (243.7)	1.00	1.00
Second quartile	1,651 (24.7)	0.89 (0.77-1.03)	0.87 (0.75-1.01)	1,319 (24.2)	1.04 (0.88-1.24)	1.05 (0.88-1.25)	2,178 (24.0)	1.02 (0.90-1.16)	0.99 (0.87-1.12)	3,635 (25.2)	1.01 (0.92-1.11)	0.99 (0.90-1.08)
Third quartile	1,692 (25.3)	0.88 (0.77-1.02)	0.86 (0.74-1.00)	1,390 (25.5)	1.00 (0.85-1.18)	0.99 (0.84-1.18)	2,298 (25.3)	1.03 (0.91-1.16)	1.00 (0.88-1.14)	3,621 (25.1)	1.03 (0.94-1.13)	0.99 (0.90-1.09)
Fourth quartile	1,651 (24.7)	0.90 (0.78-1.05)	<b>0.85 (0.73-0.99)</b>	1,363 (25.0)	0.97 (0.82-1.15)	0.96 (0.80-1.14)	2,271 (25.0)	1.12 (0.99-1.27)	1.08 (0.95-1.22)	3,756 (26.0)	0.99 (0.90-1.09)	0.96 (0.87-1.05)

\*Adjusted for age (years, continuous), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no). Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day). Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up). Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Supplementary Table S26.** Association between the set of indicators related to non-fixed working hours and addictive behaviors at one-year of follow-up among employees according to occupation in women in the CONSTANCES cohort study, 2012-2017 (odds ratios (ORs), and 95% confidence intervals, CI).

	Occupations											
	Farmers, blue-collar workers and craftsmen			Clerks			Intermediate workers			Executives		
	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*	Unadjusted model		Fully-adjusted model*
Addictive behaviors	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)
<i>Not working the same number of hours/day</i>												
<b>Tobacco use</b>												
<i>Relapse of tobacco use among ex-smokers at baseline</i>												
No	528 (74.5)	1.00	1.00	4,246 (79.5)	1.00	1.00	4,373 (84.1)	1.00	1.00	3,496 (85.0)	1.00	1.00
Yes	181 (25.5)	1.08 (0.77-1.52)	1.32 (0.82-2.14)	1,094 (20.5)	<b>1.15 (1.01-1.31)</b>	1.06 (0.84-1.34)	826 (15.9)	1.06 (0.91-1.23)	1.03 (0.78-1.36)	628 (15.0)	1.13 (0.95-1.34)	1.04 (0.79-1.38)
<i>Changing status among current smokers at baseline</i>												
Ex-smokers	111 (17.0)	1.00	1.00	1,055 (24.8)	1.00	1.00	987 (33.4)	1.00	1.00	830 (36.5)	1.00	1.00
Current light smokers	302 (46.5)	0.92 (0.60-1.42)	0.98 (0.63-1.54)	1,900 (44.7)	1.16 (0.99-1.35)	1.15 (0.98-1.35)	1,287 (43.5)	0.95 (0.80-1.12)	0.96 (0.81-1.14)	976 (43.0)	1.05 (0.87-1.27)	1.03 (0.85-1.25)
Current moderate smokers	199 (30.5)	0.87 (0.54-1.38)	1.03 (0.63-1.68)	1,091 (25.7)	<b>1.24 (1.04-1.47)</b>	<b>1.29 (1.08-1.54)</b>	591 (20.0)	0.99 (0.81-1.21)	0.99 (0.80-1.22)	379 (16.7)	0.97 (0.76-1.24)	0.95 (0.74-1.23)
Current heavy smokers	39 (6.0)	2.03 (0.94-4.36)	<b>2.23 (1.01-4.93)</b>	203 (4.8)	1.29 (0.96-1.75)	<b>1.38 (1.01-1.90)</b>	92 (3.1)	1.19 (0.77-1.82)	1.19 (0.76-1.86)	87 (3.8)	1.05 (0.67-1.65)	1.04 (0.65-1.66)
<i>P-trend</i>	<b>0.0001</b>			<b>&lt;0.0001</b>			0.40			0.96		
<i>Changing status among ever-smokers at baseline</i>												

Smoker at baseline and remained smokers at follow-up	540 (39.7)	1.00	1.00	3,195 (33.3)	1.00	1.00	1,969 (24.1)	1.00	1.00	1,442 (22.5)	1.00	1.00
Smokers at baseline and stopped at follow-up	111 (8.1)	1.05 (0.70-1.57)	0.95 (0.62-1.44)	1,055 (11.0)	<b>0.84 (0.73-0.96)</b>	<b>0.84 (0.73-0.98)</b>	987 (12.1)	1.03 (0.88-1.20)	1.01 (0.86-1.18)	830 (13.0)	0.97 (0.82-1.16)	0.99 (0.83-1.19)
Ex-smokers at baseline and stopped at follow-up	528 (38.9)	1.04 (0.82-1.33)	0.99 (0.76-1.30)	4,247 (44.3)	<b>0.78 (0.71-0.86)</b>	<b>0.89 (0.81-0.99)</b>	4,373 (53.6)	0.99 (0.89-1.10)	0.97 (0.87-1.09)	3,496 (54.6)	0.93 (0.82-1.05)	0.94 (0.83-1.07)
Ex-smokers at baseline and started smoking at follow-up	181 (13.3)	1.13 (0.81-1.59)	1.15 (0.80-1.65)	1,094 (11.4)	0.90 (0.78-1.03)	0.98 (0.85-1.13)	826 (10.1)	1.05 (0.89-1.23)	1.01 (0.85-1.20)	628 (9.9)	1.04 (0.86-1.26)	1.04 (0.86-1.26)
<i>P-trend</i>	0.51			<b>&lt;0.0001</b>			0.52			0.18		
		<i>β</i> (95% CI)	<i>β</i> (95% CI)		<i>β</i> (95% CI)	<i>β</i> (95% CI)		<i>β</i> (95% CI)	<i>β</i> (95% CI)		<i>β</i> (95% CI)	<i>β</i> (95% CI)
<i>Number of cigarettes/day among current smokers at baseline</i>	651	<b>0.81 (0.05;1.57)</b>	<b>0.82 (0.09;1.55)</b>	4,249	-0.08 (-0.40;0.24)	0.17 (-0.12;0.46)	2,957	-0.02 (-0.38;0.35)	0.09 (-0.24;0.42)	2,272	0.25 (-0.68;0.18)	-0.14 (-0.52;0.24)
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	588			5,045			5,530			5,141		
No consumption in the past 12 months at follow-up	550 (93.5)	1.00	1.00	4,805 (95.3)	1.00	1.00	5,292 (95.7)	1.00	1.00	4,866 (94.6)	1.00	1.00
In the past 12 months, <1/month	24 (4.1)	2.21 (0.92-5.32)	1.86 (0.75-4.59)	186 (3.7)	1.09 (0.81-1.47)	1.06 (0.78-1.43)	189 (3.4)	1.14 (0.85-1.53)	1.12 (0.83-1.52)	229 (4.5)	1.14 (0.86-1.51)	1.14 (0.86-1.51)
In the past 12 months, ≥1/month	14 (2.4)	0.77 (0.27-2.24)	1.01 (0.33-3.12)	54 (1.0)	1.46 (0.86-2.49)	1.24 (0.71-2.15)	49 (0.9)	1.10 (0.62-1.93)	1.18 (0.66-2.09)	46 (0.9)	0.87 (0.49-1.55)	0.90 (0.50-1.61)
<b>Alcohol use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	963 (53.3)	1.00	1.00	7,821 (54.5)	1.00	1.00	7,306 (56.3)	1.00	1.00	6,158 (57.9)	1.00	1.00
No use	477 (26.4)	0.95 (0.76-1.19)	0.99 (0.78-1.25)	4,177 (29.1)	0.97 (0.90-1.05)	0.95 (0.87-1.02)	3,647 (28.1)	0.96 (0.89-1.04)	0.98 (0.90-1.07)	2,479 (23.3)	1.01 (0.92-1.11)	1.02 (0.92-1.13)
At risk	367 (20.3)	1.16 (0.92-1.48)	1.20 (0.92-1.57)	2,347 (16.4)	1.09 (0.99-1.20)	1.10 (0.99-1.21)	2,024 (15.6)	<b>1.15 (1.04-1.27)</b>	<b>1.11 (1.01-1.24)</b>	2,001 (18.8)	1.10 (0.99-1.22)	1.05 (0.94-1.17)
		<i>β</i> (95% CI)	<i>β</i> (95% CI)		<i>β</i> (95% CI)	<i>β</i> (95% CI)		<i>β</i> (95% CI)	<i>β</i> (95% CI)		<i>β</i> (95% CI)	<i>β</i> (95% CI)
<i>Number of glasses/week</i>	1,807	0.11 (-0.62;0.84)	0.44 (-0.26;1.14)	14,345	0.17 (-0.08;0.43)	<b>0.28 (0.05-0.51)</b>	12,977	0.08 (-0.18;0.35)	0.29 (0.04;0.53)	10,638	0.07 (-0.24;0.39)	0.21 (-0.06;0.48)

<b>Diet rich in sugar and fat</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	12,977	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	10,638	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	
First quartile	450 (24.9)	1.00	1.00	3,629 (25.3)	1.00	1.00	3,186 (24.6)	1.00	1.00	2,659 (25.0)	1.00	1.00
Second quartile	454 (25.1)	0.85 (0.66-1.11)	0.81 (0.61-1.06)	3,471 (24.2)	1.05 (0.95-1.15)	1.03 (0.94-1.14)	3,375 (26.0)	1.04 (0.95-1.15)	1.04 (0.94-1.15)	2,703 (25.4)	0.90 (0.81-1.01)	0.93 (0.83-1.03)
Third quartile	438 (24.2)	0.81 (0.62-1.05)	0.73 (0.56-1.01)	3,659 (25.5)	1.07 (0.98-1.18)	1.02 (0.93-1.13)	3,159 (24.3)	1.07 (0.97-1.18)	1.05 (0.95-1.17)	2,627 (24.7)	<b>0.85 (0.76-0.95)</b>	<b>0.87 (0.78-0.98)</b>
Fourth quartile	465 (25.8)	0.88 (0.68-1.14)	0.77 (0.58-1.01)	3,586 (25.0)	<b>1.16 (1.06-1.27)</b>	1.07 (0.97-1.18)	3,257 (25.1)	1.06 (0.96-1.17)	1.02 (0.92-1.13)	2,828(24.9)	0.92 (0.83-1.03)	0.96 (0.86-1.08)
<b>Not working the same number of days/week</b>												
<b>Tobacco use</b>												
<i>Relapse of tobacco use among ex-smokers at baseline</i>												
No	528 (74.5)	1.00	1.00	4,246 (79.5)	1.00	1.00	4,373 (84.1)	1.00	1.00	3,496 (85.0)	1.00	1.00
Yes	181 (25.5)	1.10 (0.77-1.57)	1.10 (0.71-1.71)	1,094 (20.5)	1.09 (0.93-1.27)	1.03 (0.985-1.25)	826 (15.9)	1.11 (0.94-1.31)	1.01 (0.84-1.22)	628 (15.0)	1.02 (0.83-1.26)	1.04 (0.84-1.30)
<i>Changing status among current smokers at baseline</i>												
Ex-smokers	111 (17.0)	1.00	1.00	1,055 (24.8)	1.00	1.00	987 (33.4)	1.00	1.00	830 (36.5)	1.00	1.00
Current light smokers	302 (46.5)	1.31 (0.81-2.12)	1.39 (0.84-2.31)	1,900 (44.7)	1.17 (0.98-1.39)	1.13 (0.95-1.35)	1,287 (43.5)	0.92 (0.77-1.10)	0.93 (0.77-1.12)	976 (43.0)	1.18 (0.94-1.47)	1.11 (0.89-1.39)
Current moderate smokers	199 (30.5)	1.17 (0.70-1.97)	1.44 (0.82-2.52)	1,091 (25.7)	<b>1.27 (1.05-1.54)</b>	1.21 (0.99-1.48)	591 (20.0)	1.21 (0.98-1.50)	1.20 (0.96-1.50)	379 (16.7)	1.04 (0.77-1.39)	0.98 (0.72-1.32)
Current heavy smokers	39 (6.0)	<b>2.24 (1.04-4.81)</b>	<b>2.88 (1.28-6.47)</b>	203 (4.8)	1.19 (0.85-1.68)	1.15 (0.81-1.65)	92 (3.1)	0.94 (0.59-1.48)	1.00 (0.62-1.61)	87 (3.8)	0.89 (0.51-1.56)	0.78 (0.44-1.38)
<i>P-trend</i>	<b>0.001</b>			<b>&lt;0.0001</b>			<b>0.001</b>			0.27		
<i>Changing status among ever-smokers at baseline</i>												
Smokers at baseline and remained smokers at follow-up	540 (39.7)	1.00	1.00	3,195 (33.3)	1.00	1.00	1,969 (24.1)	1.00	1.00	1,442 (22.5)	1.00	1.00
Smokers at baseline and stopped at follow-up	111 (8.1)	0.76 (0.48-1.20)	0.71 (0.44-1.13)	1,055 (11.0)	<b>0.83 (0.71-0.97)</b>	0.88 (0.74-1.03)	987 (12.1)	1.00 (0.85-1.17)	0.99 (0.84-1.17)	830 (13.0)	0.89 (0.72-1.09)	0.94 (0.76-1.16)
Ex-smokers at baseline and stopped at follow-up	528 (38.9)	1.01 (0.78-1.31)	1.01 (0.76-1.34)	4,247 (44.3)	<b>0.77 (0.69-0.85)</b>	0.90 (0.80-1.01)	4,373 (53.6)	<b>0.79 (0.71-0.89)</b>	0.92 (0.81-1.04)	3,496 (54.6)	<b>0.84 (0.73-0.97)</b>	0.88 (0.75-1.02)



Ex-smokers at baseline and started smoking at follow-up	181 (13.3)	1.11 (0.78-1.58)	1.22 (0.83-1.78)	1,094 (11.4)	<b>0.83 (0.71-0.98)</b>	0.90 (0.76-1.06)	826 (10.1)	0.88 (0.74-1.05)	0.93 (0.78-1.12)	628 (9.9)	0.86 (0.68-1.08)	0.90 (0.72-1.14)
<i>P-trend</i>	0.15			<b>&lt;0.0001</b>			<b>&lt;0.0001</b>			<b>0.001</b>		
		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)
Number of cigarettes/day among current smokers at baseline	651	0.65 (-0.17;1.47)	0.74 (-0.06;1.54)	4,249	0.04 (-0.32;0.40)	0.14 (-0.18;0.47)	2,957	-0.26 (-0.64;0.13)	0.04 (-0.32;0.39)	2,272	-0.36 (-0.87;0.15)	-0.27 (-0.72;0.18)
<b>Cannabis use</b>												
		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Relapse among ever-users at baseline	588			5,045			5,530			5,141		
No consumption in the past 12 months at follow-up	550 (93.5)	1.00	1.00	4,805 (95.3)	1.00	1.00	5,292 (95.7)	1.00	1.00	4,866 (94.6)	1.00	1.00
In the past 12 months, <1/month	24 (4.1)	<b>2.97 (1.33-6.61)</b>	<b>2.50 (1.09-5.70)</b>	186 (3.7)	1.06 (0.76-1.48)	0.99 (0.70-1.40)	189 (3.4)	<b>1.39 (1.03-1.87)</b>	<b>1.39 (1.01-1.89)</b>	229 (4.5)	1.15 (0.84-1.57)	1.10 (0.80-1.52)
In the past 12 months, ≥1/month	14 (2.4)	0.70 (0.22-2.26)	0.55 (0.15-2.05)	54 (1.0)	<b>1.83 (1.06-3.16)</b>	1.42 (0.81-2.58)	49 (0.9)	0.73 (0.38-1.41)	0.62 (0.31-1.23)	46 (0.9)	1.38 (0.73-2.63)	1.35 (0.70-2.60)
<b>Alcohol use</b>												
		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	963 (53.3)	1.00	1.00	7,821 (54.5)	1.00	1.00	7,306 (56.3)	1.00	1.00	6,158 (57.9)	1.00	1.00
No use	477 (26.4)	0.89 (0.70-1.14)	0.92 (0.71-1.19)	4,177 (29.1)	0.95 (0.87-1.04)	0.94 (0.86-1.04)	3,647 (28.1)	<b>1.11 (1.01-1.21)</b>	1.04 (0.95-1.15)	2,479 (23.3)	1.01 (0.90-1.13)	1.00 (0.89-1.13)
At risk	367 (20.3)	<b>1.30 (1.01-1.68)</b>	1.28 (0.97-1.68)	2,347 (16.4)	1.08 (0.97-1.20)	1.06 (0.94-1.19)	2,024 (15.6)	<b>1.15 (1.03-1.29)</b>	<b>1.16 (1.03-1.30)</b>	2,001 (18.8)	1.13 (0.99-1.28)	1.07 (0.93-1.22)
		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)
Number of glasses/week	1,807	0.29 (-0.50;1.08)	0.62 (-0.13;1.37)	14,345	-0.02 (-0.32;0.28)	0.18 (-0.09;0.45)	12,977	0.17 (-0.12;0.46)	0.16 (-0.12;0.43)	10,638	0.31 (-0.08;0.70)	<b>0.44 (0.11;0.77)</b>
<b>Diet rich in sugar and fat</b>												
		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	450 (24.9)	1.00	1.00	3,629 (25.3)	1.00	1.00	3,186 (24.6)	1.00	1.00	2,659 (25.0)	1.00	1.00
Second quartile	454 (25.1)	0.83 (0.63-1.09)	0.83 (0.62-1.11)	3,471 (24.2)	1.03 (0.92-1.15)	1.02 (0.91-1.14)	3,375 (26.0)	1.01 (0.90-1.12)	1.00 (0.89-1.12)	2,703 (25.4)	0.98 (0.86-1.12)	1.03 (0.90-1.18)

Third quartile	438 (24.2)	0.75 (0.57- 1.00)	0.76 (0.57- 1.02)	3,659 (25.5)	1.00 (0.90- 1.12)	0.98 (0.87- 1.10)	3,159 (24.3)	1.09 (0.98- 1.22)	1.05 (0.94- 1.18)	2,627 (24.7)	<b>0.86 (0.75- 0.98)</b>	0.93 (0.81- 1.07)
Fourth quartile	465 (25.8)	0.69 (0.52- 1.01)	0.69 (0.51- 1.02)	3,586 (25.0)	<b>1.16 (1.04- 1.29)</b>	1.09 (0.97- 1.23)	3,257 (25.1)	1.14 (1.02- 1.27)	1.07 (0.95- 1.20)	2,828(24.9)	0.89 (0.78- 1.02)	0.98 (0.85- 1.13)
<b>Not working the same fixed hours</b>												
<b>Tobacco use</b>												
<i>Relapse of tobacco use among ex-smokers at baseline</i>												
No	528 (74.5)	1.00	1.00	4,246 (79.5)	1.00	1.00	4,373 (84.1)	1.00	1.00	3,496 (85.0)	1.00	1.00
Yes	181 (25.5)	1.11 (0.79- 1.57)	1.11 (0.76- 1.62)	1,094 (20.5)	1.01 (0.88- 1.18)	1.01 (0.78- 1.30)	826 (15.9)	1.09 (0.93- 1.27)	1.01 (0.86- 1.19)	628 (15.0)	1.11 (0.93- 1.31)	1.06 (0.86- 1.31)
<i>Changing status among current smokers at baseline</i>												
Ex-smokers	111 (17.0)	1.00	1.00	1,055 (24.8)	1.00	1.00	987 (33.4)	1.00	1.00	830 (36.5)	1.00	1.00
Current light smokers	302 (46.5)	1.14 (0.73- 1.79)	1.19 (0.74- 1.90)	1,900 (44.7)	1.03 (0.88- 1.22)	1.03 (0.87- 1.21)	1,287 (43.5)	0.97 (0.81- 1.15)	0.98 (0.82- 1.17)	976 (43.0)	1.05 (0.87- 1.27)	1.05 (0.87- 1.26)
Current moderate smokers	199 (30.5)	0.94 (0.58- 1.52)	1.05 (0.62- 1.76)	1,091 (25.7)	0.98 (0.82- 1.18)	0.99 (0.82- 1.20)	591 (20.0)	1.03 (0.83- 1.28)	1.04 (0.83- 1.29)	379 (16.7)	1.05 (0.82- 1.34)	1.04 (0.81- 1.34)
Current heavy smokers	39 (6.0)	1.95 (0.93- 4.10)	<b>2.37 (1.08- 5.19)</b>	203 (4.8)	1.33 (0.97- 1.83)	<b>1.51 (1.09- 2.09)</b>	92 (3.1)	1.34 (0.87- 2.07)	1.46 (0.94- 2.27)	87 (3.8)	1.07 (0.68- 1.66)	0.97 (0.61- 1.53)
<i>P-trend</i>	<b>0.002</b>			<b>0.04</b>			0.17			0.77		
<i>Changing status among ever-smokers at baseline</i>												
Smokers at baseline and remained smokers at follow-up	540 (39.7)	1.00	1.00	3,195 (33.3)	1.00	1.00	1,969 (24.1)	1.00	1.00	1,442 (22.5)	1.00	1.00
Smokers at baseline and stopped at follow-up	111 (8.1)	0.90 (0.59- 1.37)	0.78 (0.50- 1.22)	1,055 (11.0)	0.97 (0.83- 1.12)	0.97 (0.83- 1.14)	987 (12.1)	1.00 (0.85- 1.17)	1.00 (0.85- 1.17)	830 (13.0)	0.95 (0.80- 1.13)	0.95 (0.80- 1.13)
Ex-smokers at baseline and stopped at follow-up	528 (38.9)	1.06 (0.83- 1.36)	1.05 (0.80- 1.38)	4,247 (44.3)	<b>0.87 (0.79- 0.97)</b>	0.96 (0.87- 1.07)	4,373 (53.6)	0.92 (0.82- 1.02)	0.96 (0.85- 1.08)	3,496 (54.6)	<b>0.88 (0.77- 0.99)</b>	<b>0.86 (0.76- 0.97)</b>
Ex-smokers at baseline and started smoking at follow-up	181 (13.3)	1.18 (0.84- 1.67)	1.15 (0.79- 1.67)	1,094 (11.4)	0.89 (0.76- 1.03)	0.95 (0.81- 1.11)	826 (10.1)	1.00 (0.85- 1.18)	0.97 (0.81- 1.16)	628 (9.9)	0.97 (0.80- 1.17)	0.97 (0.81- 1.18)
<i>P-trend</i>	0.13			<b>0.001</b>			<b>0.007</b>			<b>0.003</b>		
		<i>β (95%CI)</i>	<i>β (95%CI)</i>		<i>β (95%CI)</i>	<i>β (95%CI)</i>		<i>β (95%CI)</i>	<i>β (95%CI)</i>		<i>β (95%CI)</i>	<i>β (95%CI)</i>

<i>Number of cigarettes/day among current smokers at baseline</i>	651	0.41 (-0.38;1.19)	0.42 (-0.35;1.18)	4,249	-0.23 (-0.58;0.11)	-0.05 (-0.36;0.26)	2,957	-0.19 (-0.57;0.19)	0.05 (-0.29;0.40)	2,272	-0.39 (-0.81;0.04)	-0.20 (-0.58;0.17)
<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	588			5,045			5,530			5,141		
No consumption in the past 12 months at follow-up	550 (93.5)	1.00	1.00	4,805 (95.3)	1.00	1.00	5,292 (95.7)	1.00	1.00	4,866 (94.6)	1.00	1.00
In the past 12 months, <1/month	24 (4.1)	1.51 (0.69-3.29)	1.12 (0.48-2.57)	186 (3.7)	0.95 (0.69-1.31)	0.88 (0.63-1.22)	189 (3.4)	1.35 (0.90-1.82)	1.33 (0.98-1.80)	229 (4.5)	1.08 (0.82-1.42)	1.07 (0.81-1.41)
In the past 12 months, ≥1/month	14 (2.4)	1.61 (0.55-4.70)	1.51 (0.48-4.68)	54 (1.0)	1.47 (0.86-2.54)	1.19 (0.67-2.11)	49 (0.9)	0.95 (0.52-1.73)	0.94 (0.51-1.72)	46 (0.9)	0.89 (0.50-1.59)	0.94 (0.52-1.68)
<b>Alcohol use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	963 (53.3)	1.00	1.00	7,821 (54.5)	1.00	1.00	7,306 (56.3)	1.00	1.00	6,158 (57.9)	1.00	1.00
No use	477 (26.4)	0.98 (0.78-1.23)	1.05 (0.83-1.34)	4,177 (29.1)	<b>0.91 (0.84-0.99)</b>	<b>0.91 (0.83-0.99)</b>	3,647 (28.1)	0.95 (0.87-1.03)	0.95 (0.86;1.04)	2,479 (23.3)	0.96 (0.88-1.06)	0.96 (0.87-1.05)
At risk	367 (20.3)	1.16 (0.91-1.48)	1.13 (0.86-1.48)	2,347 (16.4)	1.06 (0.96-1.18)	1.05 (0.94-1.17)	2,024 (15.6)	1.07 (0.96-1.18)	1.04 (0.93-1.16)	2,001 (18.8)	1.06 (0.96-1.18)	1.03 (0.92-1.15)
		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>
<i>Number of glasses/week</i>	1,807	-0.09 (-0.84;0.66)	0.28 (-0.44;1.00)	14,345	0.14 (-0.14;0.42)	0.23 (-0.01;0.48)	12,977	0.05 (-0.23;0.33)	0.16 (-0.10;0.42)	10,638	0.05 (-0.26;0.36)	0.18 (-0.09;0.44)
<b>Diet rich in sugar and fat</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	12,977	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	10,638	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	450 (24.9)	1.00	1.00	3,629 (25.3)	1.00	1.00	3,186 (24.6)	1.00	1.00	2,659 (25.0)	1.00	1.00
Second quartile	454 (25.1)	0.85 (0.65-1.10)	0.80 (0.60-1.05)	3,471 (24.2)	0.99 (0.90-1.10)	0.99 (0.89-1.09)	3,375 (26.0)	1.00 (0.90-1.11)	1.03 (0.92-1.14)	2,703 (25.4)	1.05 (0.95-1.17)	1.06 (0.95-1.18)
Third quartile	438 (24.2)	0.79 (0.61-1.04)	0.72 (0.54-1.03)	3,659 (25.5)	1.02 (0.92-1.13)	1.00 (0.90-1.10)	3,159 (24.3)	0.97 (0.87-1.08)	0.99 (0.89-1.11)	2,627 (24.7)	0.97 (0.87-1.09)	0.98 (0.87-1.09)
Fourth quartile	465 (25.8)	0.90 (0.69-1.17)	0.82 (0.62-1.09)	3,586 (25.0)	1.03 (0.93-1.14)	0.97 (0.88-1.08)	3,257 (25.1)	<b>1.03 (0.93-1.15)</b>	1.04 (0.93-1.16)	2,828(24.9)	0.96 (0.86-1.07)	0.95 (0.84-1.06)

\*Adjusted for age (years, continuous), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no).  
Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).  
Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).  
Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Supplementary Table S27.** Interactions between atypical working hours and each of BMI and physical activity in relation to diet rich in sugar and fat among employees in the CONSTANCES cohort study, 2012-2018 (P-values).

	<b>Men</b>		<b>Women</b>	
	<b>Fully-adjusted model*</b>		<b>Fully-adjusted model*</b>	
	<i>BMI</i>	<i>Physical activity</i>	<i>BMI</i>	<i>Physical activity</i>
<b>Diet rich in sugar and fat</b>	<i>P</i>	<i>P</i>	<i>P</i>	<i>P</i>
Not sleeping and night	0.53	0.86	0.36	0.29
Sleeping after midnight	0.12	0.20	0.57	0.09
Working on Sundays	0.93	0.09	0.33	0.20
Working on Saturdays	0.68	0.20	0.41	0.07
Not working the same number of hours	0.48	0.88	0.91	0.76
Not working the same number of weeks	0.77	0.48	0.43	0.30
Not working the same fixed working hours	0.44	0.08	0.76	0.73

\*Adjusted for age (years, continuous), occupational grade (low; medium; high), educational level (levels, continuous), household income (€/month, continuous), baseline depression (yes; no), BMI (<25, ≥25 and <30, ≥30) and physical activity (0: not active to 6: very active).

**Supplementary Table S28.** Association between the set of indicators related to working at night and addictive behaviors at one-year of follow-up among men employees according to duration of exposure in the CONSTANCES cohort study, 2012-2017 (odds ratios (ORs), and 95% confidence intervals, CI).

	Duration of exposure						
	Not exposed	<1 year			≥1 year		
		N (%)	Unadjusted model N (%)	Fully-adjusted model* OR (95% CI)	Fully-adjusted model* OR (95% CI)	Unadjusted model N (%)	Fully-adjusted model* OR (95% CI)
<b>Addictive behaviors</b>							
<i>Working hours forcing people not to sleep at night (at least 50days/year)</i>							
<b>Tobacco use</b>							
<i>Relapse of tobacco use among ex-smokers at baseline</i>	13,299	1,224			929		
No	10,785 (81.1)	958 (78.3)	1.00	1.00	740 (79.7)	1.00	1.00
Yes	2,514 (18.9)	266 (21.7)	<b>1.17 (1.02-1.35)</b>	1.04 (0.86-1.26)	189 (20.3)	1.10 (0.93-1.29)	0.92 (0.77-1.10)
<i>Changing status among current smokers at baseline</i>	8,528	822			600		
Ex-smokers	2,475 (29.0)	203 (24.7)	1.00	1.00	127 (21.2)	1.00	1.00
Current light smokers	3,412 (40.0)	331 (40.2)	<b>1.23 (1.03-1.48)</b>	1.04 (0.86-1.25)	198 (33.0)	1.16 (0.92-1.45)	0.97 (0.77-1.23)
Current moderate smokers	2,064 (24.2)	221 (27.0)	<b>1.31 (1.07-1.59)</b>	1.03 (0.84-1.27)	206 (34.3)	<b>1.84 (1.46-2.31)</b>	1.26 (0.99-1.60)
Current heavy smokers	577 (6.8)	67 (8.1)	<b>1.45 (1.09-1.94)</b>	1.08 (0.80-1.46)	69 (11.5)	<b>2.26 (1.66-3.08)</b>	1.35 (0.97-1.87)
<i>P-trend</i>	<b>&lt;0.0001</b>						

<i>Changing status among ever-smokers at baseline</i>	21827	2046			1529		
Smoker at baseline and remained smokers at follow-up	6,053 (27.7)	620 (30.3)	1.00	1.00	473 (30.9)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,475 (11.3)	203 (9.9)	<b>0.78 (0.66-0.92)</b>	0.97 (0.81-1.15)	127 (8.3)	<b>0.67 (0.55-0.82)</b>	0.88 (0.71-1.08)
Ex-smokers at baseline and stopped at follow-up	10,785 (49.5)	958 (46.8)	<b>0.86 (0.77-0.95)</b>	1.00 (0.89-1.13)	740 (48.4)	<b>0.87 (0.77-0.98)</b>	1.00 (0.88-1.14)
Ex-smokers at baseline and started smoking at follow-up	2,514 (11.5)	266 (13.0)	1.00 (0.86-1.17)	1.01 (0.87-1.19)	189 (12.4)	0.96 (0.80-1.14)	0.92 (0.77-1.11)
<i>P-trend</i>	<b>&lt;0.0001</b>						
<i>Number of cigarettes/day among current smokers at baseline</i>	8,528	823	<i>β</i> (95%CI) -0.08 (-0.51;0.35)	<i>β</i> (95%CI) 0.01 (-0.37;0.39)	600	<i>β</i> (95%CI) -0.35 (-0.85;0.15)	<i>β</i> (95%CI) 0.36 (-0.08;0.81)
<b>Cannabis use</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>							
No consumption in the past 12 months at follow-up	14,725 (93.8)	1,247 (93.1)	1.00	1.00	845 (95.2)	1.00	1.00
In the past 12 months, <1/month	831 (5.3)	66 (4.6)	0.86 (0.66-1.13)	0.90 (0.68-1.18)	31 (4.0)	0.74 (0.52-1.04)	0.90 (0.63-1.30)
In the past 12 months, ≥1/month	145 (0.9)	25 (2.3)	<b>2.45 (1.65-3.62)</b>	<b>1.99 (1.31-3.01)</b>	7 (0.8)	0.82 (0.38-1.76)	0.63 (0.27-1.45)
<b>Alcohol use</b>	31,185	2,694	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	1,768	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	24,203 (77.6)	2,057 (76.3)	1.00	1.00	1,294 (73.2)	1.00	1.00
No use	4,257 (13.7)	424 (15.7)	1.19 (1.07-1.33)	1.12 (0.99-1.26)	297 (16.8)	<b>1.30 (1.14-1.49)</b>	<b>1.20 (1.04-1.38)</b>
At risk	2,725 (8.7)	213 (8.0)	0.96 (0.83-1.11)	0.93 (0.79-1.09)	177 (10.0)	<b>1.25 (1.06-1.47)</b>	1.13 (0.94-1.36)
<i>Number of glasses/week</i>	31,185	2,694	<i>β</i> (95%CI) 0.09 (-0.36;0.54)	<i>β</i> (95%CI) -0.23 (-0.65;0.19)	1,768	<i>β</i> (95%CI) 0.07 (-0.47;0.62)	<i>β</i> (95%CI) -0.09 (-0.60;0.42)

<b>Diet rich in sugar and fat</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	
First quartile	7,734 (24.8)	669 (24.8)	1.00	1.00	439 (24.8)	1.00	1.00
Second quartile	7,859 (25.2)	677 (25.2)	0.99 (0.86-1.07)	0.96 (0.86-1.08)	445 (25.2)	0.87 (0.77-1.00)	0.91 (0.79-1.04)
Third quartile	7,796 (25.0)	674 (25.0)	0.95 (0.85-1.06)	0.95 (0.85-1.07)	442 (25.0)	<b>0.84 (0.74-0.96)</b>	0.86 (0.75-1.00)
Fourth quartile	7,796 (25.0)	674 (25.0)	<b>0.82 (0.74-0.92)</b>	<b>0.86 (0.76-0.97)</b>	442 (25.0)	<b>0.78 (0.68-0.89)</b>	0.87 (0.75-1.00)
<b>Working hours forcing people to sleep after midnight (at least 50days/year)</b>							
<b>Tobacco use</b>							
<i>Relapse of tobacco use among ex-smokers at baseline</i>							
	11,720	2,314			1,418		
No	9,549 (81.5)	1,823 (78.8)	1.00	1.00	1,111 (78.3)	1.00	1.00
Yes	2,171 (18.5)	491 (21.2)	<b>1.20 (1.08-1.34)</b>	1.07 (0.95-1.20)	307 (21.7)	<b>1.25 (1.09-1.43)</b>	1.05 (0.88-1.24)
<i>Changing status among current smokers at baseline</i>							
	7,293	1,746			911		
Ex-smokers	2,146 (29.4)	458 (26.2)	1.00	1.00	201 (22.1)	1.00	1.00
Current light smokers	2,940 (40.3)	678 (38.8)	1.13 (0.99-1.29)	1.05 (0.92-1.20)	323 (35.5)	1.18 (0.98-1.42)	1.02 (0.84-1.23)
Current moderate smokers	1,736 (23.9)	465 (26.6)	<b>1.26 (1.09-1.46)</b>	<b>1.15 (1.01-1.34)</b>	290 (31.8)	<b>1.69 (1.40-2.04)</b>	1.20 (0.98-1.47)
Current heavy smokers	471 (6.4)	145 (8.4)	<b>1.46 (1.18-1.81)</b>	<b>1.30 (1.05-1.63)</b>	97 (10.6)	<b>2.11 (1.62-2.74)</b>	<b>1.34 (1.02-1.77)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>						
<i>Changing status among ever-smokers at baseline</i>							



Smokers at baseline and remained smokers at follow-up	5,147 (27.1)	1,288 (32.0)	1.00	1.00	710 (30.4)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,146 (11.3)	458 (11.1)	<b>0.83 (0.74-0.93)</b>	0.92 (0.81-1.03)	201 (8.8)	<b>0.69 (0.59-0.82)</b>	0.90 (0.76-1.06)
Ex-smokers at baseline and stopped at follow-up	9,549 (50.3)	1,823 (44.8)	<b>0.75 (0.69-0.81)</b>	<b>0.88 (0.81-0.96)</b>	1,111 (47.5)	<b>0.84 (0.76-0.93)</b>	0.93 (0.83-1.04)
Ex-smokers at baseline and started smoking at follow-up	2,171 (11.3)	491 (12.1)	0.90 (0.80-1.01)	0.96 (0.85-1.08)	307 (13.3)	1.05 (0.91-1.21)	1.02 (0.88-1.18)
<i>P-trend</i>	<b>&lt;0.0001</b>						
<i>Number of cigarettes/day among current smokers at baseline</i>	7,293	1,746	<i>β</i> (95%CI) -0.29 (-0.60;0.03)	<i>β</i> (95%CI) -0.02 (-0.30;0.26)	911	<i>β</i> (95%CI) <b>-0.60 (-1.01;-0.18)</b>	<i>β</i> (95%CI) 0.11 (-0.26;0.48)
<b>Cannabis use</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>							
No consumption in the past 12 months at follow-up	12,900 (93.9)	2,601 (92.5)	1.00	1.00	1,316 (95.2)	1.00	1.00
In the past 12 months, <1/month	718 (5.2)	159 (5.7)	1.11 (0.93-1.33)	1.08 (0.90-1.30)	53 (4.1)	0.78 (0.59-1.03)	0.95 (0.71-1.28)
In the past 12 months, ≥1/month	122 (0.9)	43 (1.8)	<b>1.95 (1.40-2.71)</b>	<b>1.73 (1.23-2.44)</b>	12 (0.7)	0.76 (0.40-1.45)	0.62 (0.31-1.24)
<b>Alcohol use</b>	27,597	5,305	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	2,745	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	21,471 (77.8)	4,030 (76.0)	1.00	1.00	2,054 (74.9)	1.00	1.00
No use	3,782 (13.7)	782 (14.7)	<b>1.10 (1.10-1.19)</b>	1.04 (0.96-1.14)	413 (15.0)	<b>1.14 (1.02-1.28)</b>	1.07 (0.95-1.20)
At risk	2,344 (8.5)	493 (9.3)	<b>1.13 (1.02-1.25)</b>	1.11 (0.99-1.25)	278 (10.1)	<b>1.32 (1.16-1.50)</b>	<b>1.20 (1.03-1.39)</b>
<i>Number of glasses/week</i>	27,597	5,305	<i>β</i> (95%CI) 0.21 (-0.13;0.54)	<i>β</i> (95%CI) 0.26 (-0.05;0.57)	2,745	<i>β</i> (95%CI) 0.17 (-0.28;0.61)	<i>β</i> (95%CI) 0.23 (-0.19;0.65)
<b>Diet rich in sugar and fat</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>

First quartile	6,845 (24.8)	1,316 (24.8)	1.00	1.00	681 (24.8)	1.00	1.00
Second quartile	6,954 (25.2)	1,337 (25.2)	0.99 (0.91-1.07)	0.96 (0.88-1.05)	690 (25.2)	0.87 (0.78-0.97)	0.91 (0.81-1.01)
Third quartile	6,899 (25.0)	1,326 (25.0)	1.01 (0.93-1.10)	0.97 (0.89-1.06)	687 (25.0)	<b>0.86 (0.77-0.96)</b>	0.90 (0.81-1.01)
Fourth quartile	6,899 (25.0)	1,326 (25.0)	0.94 (0.86-1.02)	<b>0.90 (0.82-0.98)</b>	687 (25.0)	<b>0.83 (0.74-0.92)</b>	0.94 (0.83-1.05)

\*Adjusted for age (years, continuous), occupational grade (low; medium; high), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no).

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Supplementary Table S29.** Association between the set of indicators related weekend work and addictive behaviors at one-year of follow-up among men employees according to duration of exposure in the CONSTANCES cohort study, 2012-2018 (odds ratios (ORs), and 95% confidence intervals, CI).

	Duration of exposure						
	Not exposed	<1 year			≥1 year		
		Unadjusted model	Fully-adjusted model*		Unadjusted model	Fully-adjusted model*	
<b>Addictive behaviors</b>	<b>N (%)</b>	<b>N (%)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	<b>N (%)</b>	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Having a job where people have to work more than every other Sunday in the year</i>							
<b>Tobacco use</b>							
<i>Relapse of tobacco use among ex-smokers at baseline</i>							
	11,746	2,251			1,455		
No	9,578 (81.5)	1,765 (78.4)	1.00	1.00	1,140 (78.3)	1.00	1.00
Yes	2,168 (18.5)	486 (21.6)	<b>1.18 (1.05-1.31)</b>	1.07 (0.92-1.25)	315 (21.7)	<b>1.21 (1.06-1.38)</b>	1.05 (0.91-1.22)
<i>Changing status among current smokers at baseline</i>							
	7,354	1,672			924		
Ex-smokers	2,190 (29.8)	425 (25.5)	1.00	1.00	190 (20.5)	1.00	1.00
Current light smokers	2,945 (40.0)	661 (39.5)	<b>1.19 (1.04-1.36)</b>	1.02 (0.88-1.17)	335 (36.2)	<b>1.35 (1.12-1.62)</b>	1.11 (0.91-1.34)
Current moderate smokers	1,732 (23.6)	457 (27.3)	<b>1.42 (1.22-1.64)</b>	1.13 (0.97-1.32)	302 (32.8)	<b>1.96 (1.61-2.37)</b>	<b>1.34 (1.10-1.65)</b>
Current heavy smokers	487 (6.6)	129 (7.7)	<b>1.42 (1.13-1.77)</b>	1.10 (0.87-1.38)	97 (10.5)	<b>2.25 (1.72-2.93)</b>	<b>1.35 (1.02-1.78)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>						

<i>Changing status among ever-smokers at baseline</i>	19,100	3,923			2,379		
Smoker at baseline and remained smokers at follow-up	5,164 (27.0)	1,246 (31.8)	1.00	1.00	734 (30.8)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,190 (11.5)	425 (10.8)	<b>0.78 (0.69-0.88)</b>	0.95 (0.83-1.07)	190 (8.0)	<b>0.61 (0.52-0.72)</b>	<b>0.82 (0.69-0.98)</b>
Ex-smokers at baseline and stopped at follow-up	9,578 (50.1)	1,765 (45.0)	<b>0.76 (0.70-0.82)</b>	0.92 (0.85-1.01)	1,140 (48.0)	<b>0.84 (0.76-0.92)</b>	0.92 (0.82-1.02)
Ex-smokers at baseline and started smoking at follow-up	2,168 (11.4)	486 (12.4)	0.89 (0.52-1.00)	0.97 (0.86-1.09)	315 (13.2)	1.01 (0.88-1.16)	0.96 (0.83-1.12)
<i>P-trend</i>	<b>&lt;0.0001</b>						
<i>Number of cigarettes/day among current smokers at baseline</i>	7,354	1,672	<i>β</i> (95%CI)	<i>β</i> (95%CI)	924	<i>β</i> (95%CI)	<i>β</i> (95%CI)
			<b>-0.35 (-0.67;-0.03)</b>	-0.12 (-0.40;0.17)		<b>-0.51 (-0.92;-0.09)</b>	0.17 (-0.20;0.54)
<b>Cannabis use</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>							
No consumption in the past 12 months at follow-up	13,009 (93.7)	2,484 (93.0)	1.00	1.00	1,324 (95.7)	1.00	1.00
In the past 12 months, <1/month	736 (5.3)	147 (5.5)	1.04 (0.87-1.25)	1.04 (0.86-1.25)	47 (3.4)	<b>0.63 (0.46-0.85)</b>	0.76 (0.55-1.05)
In the past 12 months, ≥1/month	129 (1.0)	35 (1.5)	1.65 (1.16-2.34)	1.40 (0.98-2.02)	13 (0.9)	0.96 (0.54-1.70)	0.71 (0.34-1.33)
<b>Alcohol use</b>	27,485	5,253	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	2,909	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	21,449 (78.0)	3,953 (75.2)	1.00	1.00	2,152 (74.0)	1.00	1.00
No use	3,697 (13.5)	835 (15.9)	<b>1.22 (1.12-1.32)</b>	<b>1.11 (1.01-1.21)</b>	446 (15.3)	<b>1.21 (1.09-1.35)</b>	1.06 (0.95-1.19)
At risk	2,339 (8.5)	465 (8.9)	1.08 (0.97-1.20)	0.99 (0.88-1.12)	311 (10.7)	<b>1.36 (1.20-1.54)</b>	<b>1.20 (1.04-1.40)</b>
			<i>β</i> (95%CI)	<i>β</i> (95%CI)		<i>β</i> (95%CI)	<i>β</i> (95%CI)

<i>Number of glasses/week</i>	27,485	5,253	-0.13 (-0.47;0.20)	-0.14 (-0.45;0.17)	2,909	0.36 (-0.08;0.79)	0.37 (-0.04;0.78)
<b>Diet rich in sugar and fat</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	6,816 (24.8)	1,304 (24.8)	1.00	1.00	722 (24.8)	1.00	1.00
Second quartile	6,927 (25.2)	1,321 (25.2)	<b>0.88 (0.81-0.96)</b>	<b>0.90 (0.83-0.98)</b>	733 (25.2)	<b>0.87 (0.78-0.96)</b>	0.92 (0.83-1.03)
Third quartile	6,871 (25.0)	1,314 (25.0)	<b>0.90 (0.83-0.97)</b>	<b>0.90 (0.83-0.98)</b>	727 (25.0)	<b>0.81 (0.73-0.90)</b>	0.88 (0.79-1.01)
Fourth quartile	6,871 (25.0)	1,314 (25.0)	<b>0.81 (0.75-0.89)</b>	<b>0.83 (0.76-0.91)</b>	727 (25.0)	<b>0.69 (0.62-0.77)</b>	0.82 (0.73-1.01)

*Having a job where people have to work more than every other Saturday in the year*

**Tobacco use**

<i>Relapse of tobacco use among ex-smokers at baseline</i>	11,178	2,747			1,527		
No	9,131 (81.7)	2,154 (78.4)	1.00	1.00	1,198 (78.4)	1.00	1.00
Yes	2,047 (18.3)	593 (21.6)	<b>1.20 (1.08-1.33)</b>	1.07 (0.93-1.23)	329 (21.6)	<b>1.19 (1.04-1.36)</b>	1.05 (0.90-1.23)
<i>Changing status among current smokers at baseline</i>	6,908	2,023			1,019		
Ex-smokers	2,095 (30.3)	504 (24.9)	1.00	1.00	205 (20.1)	1.00	1.00
Current light smokers	2,751 (39.8)	832 (41.1)	<b>1.29 (1.14-1.46)</b>	1.10 (0.97-1.25)	358 (35.1)	<b>1.36 (1.13-1.62)</b>	1.12 (0.93-1.35)
Current moderate smokers	1,615 (23.4)	532 (26.3)	<b>1.40 (1.22-1.61)</b>	1.11 (0.96-1.29)	345 (33.9)	<b>2.10 (1.75-2.53)</b>	1.42 (0.98-1.73)
Current heavy smokers	447 (6.5)	155 (7.7)	<b>1.48 (1.20-1.82)</b>	1.16 (0.94-1.44)	111 (10.9)	<b>2.43 (1.89-3.13)</b>	<b>1.44 (1.10-1.88)</b>
<i>P-trend</i>	<b>&lt;0.0001</b>						

<i>Changing status among ever-smokers at baseline</i>	18,086	4,770			2,546		
Smokers at baseline and remained smokers at follow-up	4,814 (26.6)	1,518 (31.8)	1.00	1.00	813 (32.0)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,095 (11.6)	504 (10.7)	<b>0.74 (0.66-0.83)</b>	0.90 (0.80-1.01)	205 (8.1)	<b>0.59 (0.50-0.69)</b>	<b>0.79 (0.67-0.94)</b>
Ex-smokers at baseline and stopped at follow-up	9,131 (50.5)	2,154 (45.1)	<b>0.74 (0.69-0.80)</b>	<b>0.92 (0.84-0.99)</b>	1,198 (47.3)	<b>0.78 (0.71-0.86)</b>	<b>0.86 (0.78-0.96)</b>
Ex-smokers at baseline and started smoking at follow-up	2,047 (11.3)	593 (12.4)	0.89 (0.80-1.00)	0.96 (0.86-1.08)	329 (12.6)	0.93 (0.81-1.07)	0.89 (0.77-1.03)
<i>P-trend</i>	<b>&lt;0.0001</b>						
			<i>β (95%CI)</i>	<i>β (95%CI)</i>		<i>β (95%CI)</i>	<i>β (95%CI)</i>
<i>Number of cigarettes/day among current smokers at baseline</i>	6,908	2,023	<b>-0.35 (-0.64;-0.05)</b>	-0.17 (-0.44;0.09)	1,019	<b>-0.54 (-0.94;-0.15)</b>	0.23 (-0.13;0.58)
<b>Cannabis use</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>							
No consumption in the past 12 months at follow-up	12,426 (93.8)	2,987 (93.0)	1.00	1.00	1,404 (95.6)	1.00	1.00
In the past 12 months, <1/month	697 (5.3)	185 (5.4)	1.02 (0.86-1.21)	1.01 (0.85-1.21)	48 (5.4)	0.62 (0.47-0.84)	0.78 (0.57-1.06)
In the past 12 months, ≥1/month	118 (0.9)	42 (1.6)	1.75 (0.98-2.43)	1.44 (0.98-2.04)	17 (8.0)	1.09 (0.63-1.87)	0.82 (0.45-1.48)
<b>Alcohol use</b>	26,258	6,275	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	3,114	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	20,535 (78.2)	4,720 (75.2)	1.00	1.00	2,299 (73.8)	1.00	1.00
No use	3,507 (13.4)	977 (15.6)	<b>1.21 (1.12-1.31)</b>	1.09 (0.99-1.18)	494 (15.9)	<b>1.27 (1.14-1.40)</b>	<b>1.14 (1.02-1.27)</b>
At risk	2,216 (8.4)	578 (9.2)	<b>1.16 (1.05-1.28)</b>	1.08 (0.97-1.21)	321 (10.3)	<b>1.36 (1.20-1.54)</b>	<b>1.24 (1.07-1.42)</b>
			<i>β (95%CI)</i>	<i>β (95%CI)</i>		<i>β (95%CI)</i>	<i>β (95%CI)</i>
<i>Number of glasses/week</i>	26,258	6,275	0.19 (-0.12;0.50)	0.19 (-0.10;0.49)	3,114	0.14 (-0.28;0.56)	0.15 (-0.24;0.55)

<b>Diet rich in sugar and fat</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	6,513 (24.8)	1,556 (24.8)	1.00	1.00	773 (24.8)	1.00	1.00
Second quartile	6,617 (25.2)	1,581 (25.2)	<b>0.90 (0.84-0.98)</b>	0.92 (0.85-1.00)	783 (25.2)	<b>0.87 (0.79-0.97)</b>	0.94 (0.84-1.04)
Third quartile	6,564 (25.0)	1,569 (25.0)	0.94 (0.87-1.01)	0.94 (0.87-1.02)	779 (25.0)	<b>0.87 (0.79-0.97)</b>	0.98 (0.88-1.09)
Fourth quartile	6,564 (25.0)	1,569 (25.0)	<b>0.90 (0.29-0.96)</b>	<b>0.91 (0.84-99)</b>	779 (25.0)	<b>0.75 (0.67-0.83)</b>	<b>0.88 (0.80-0.99)</b>

\*Adjusted for age (years, continuous), occupational grade (low; medium; high), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no).

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Supplementary Table S30.** Association between the set of indicators related to working at night and addictive behaviors at one-year of follow-up among women employees according to duration of exposure in the CONSTANCES cohort study, 2012-2017 (odds ratios (ORs), and 95% confidence intervals, CI).

Addictive behaviors	Duration of exposure						
	Not exposed	<1 year			≥1 year		
		N (%)	Unadjusted model	Fully-adjusted model*	Unadjusted model	Fully-adjusted model*	Fully-adjusted model*
	N (%)	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)	
<i>Working hours forcing people not to sleep at night (at least 50days/year)</i>							
<b>Tobacco use</b>							
<i>Relapse of tobacco use among ex-smokers at baseline</i>							
	14,331	757			376		
No	11,839 (82.6)	591 (78.1)	1.00	1.00	305 (81.1)	1.00	1.00
Yes	2,492 (17.4)	166 (21.9)	<b>1.30 (1.09-1.55)</b>	1.24 (0.99-1.56)	71 (18.9)	1.14 (0.88-1.48)	1.06 (0.79-1.43)
<i>Changing status among current smokers at baseline</i>							
	9,306	555			267		
Ex-smokers	2,773 (30.0)	145 (26.1)	1.00	1.00	64 (24.0)	1.00	1.00
Current light smokers	4,126 (44.3)	226 (40.7)	0.99 (0.80-1.23)	0.95 (0.77-1.19)	113 (42.3)	1.24 (0.91-1.69)	1.21 (0.87-1.66)
Current moderate smokers	2,032 (21.7)	153 (27.6)	<b>1.43 (1.13-1.80)</b>	<b>1.30 (1.02-1.66)</b>	74 (27.7)	<b>1.64 (1.16-2.31)</b>	<b>1.49 (1.05-2.13)</b>
Current heavy smokers	375 (4.0)	31 (5.6)	1.43 (0.94-2.15)	1.30 (0.84-2.01)	16 (6.0)	<b>1.91 (1.09-3.34)</b>	1.44 (0.79-2.62)
<i>P-trend</i>	<b>&lt;0.0001</b>						



<i>Changing status among ever-smokers at baseline</i>	23,637	1,312			643		
Smoker at baseline and remained smokers at follow-up	6,533 (27.7)	410 (31.2)	1.00	1.00	203 (31.8)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,773 (11.7)	145 (11.0)	0.87 (0.72-1.05)	0.92 (0.75-1.12)	64 (10.0)	<b>0.71 (0.54-0.95)</b>	0.75 (0.56-1.01)
Ex-smokers at baseline and stopped at follow-up	11,839 (50.1)	591 (45.1)	<b>0.81 (0.71-0.92)</b>	0.93 (0.81-1.06)	305 (47.7)	<b>0.82 (0.69-0.99)</b>	<b>0.80 (0.65-0.97)</b>
Ex-smokers at baseline and started smoking at follow-up	2,492 (10.5)	166 (12.7)	1.05 (0.87-1.27)	1.13 (0.93-1.37)	71 (10.5)	0.94 (0.72-1.24)	0.89 (0.67-1.18)
<i>P-trend</i>	<b>&lt;0.0001</b>						
			<b><i>β</i> (95%CI)</b>	<b><i>β</i> (95%CI)</b>		<b><i>β</i> (95%CI)</b>	<b><i>β</i> (95%CI)</b>
<i>Number of cigarettes/day among current smokers at baseline</i>	9,306	555	-0.19 (-0.63;0.25)	0.15 (-0.25;55)	267	-0.04 (-0.66;0.59)	0.45 (-0.12;1.02)
<b>Cannabis use</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	15043	889			372		
No consumption in the past 12 months at follow-up	14,309 (95.2)	847 (95.3)	1.00	1.00	357 (96.0)	1.00	1.00
In the past 12 months, <1/month	578 (3.8)	37 (4.2)	1.15 (0.83-1.60)	1.17 (0.83-1.64)	13 (3.5)	1.05 (0.62-1.77)	1.36 (0.80-2.31)
In the past 12 months, ≥1/month	156 (1.0)	5 (0.5)	0.52 (0.21-1.28)	0.42 (0.15-1.13)	2 (0.5)	0.25 (0.04-1.78)	0.25 (0.03-1.78)
<b>Alcohol use</b>	37,027	1,848	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	892	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	20,729 (56.0)	1,023 (55.4)	1.00	1.00	494 (55.4)	1.00	1.00
No use	9,978 (26.9)	542 (29.3)	1.08 (0.97-1.20)	1.01 (0.91-1.13)	265 (29.7)	1.13 (0.98-1.32)	1.09 (0.93-1.27)
At risk	6,320 (17.1)	283 (15.3)	0.87 (0.76-1.00)	0.91 (0.79-1.05)	133 (14.9)	0.96 (0.80-1.16)	1.02 (0.83-1.24)
			<b><i>β</i> (95%CI)</b>	<b><i>β</i> (95%CI)</b>		<b><i>β</i> (95%CI)</b>	<b><i>β</i> (95%CI)</b>

<i>Number of glasses/week</i>	37,027	1,848	-0.04 (-0.41;0.42)	-0.19 (-0.52;0.14)	892	0.34 (-0.18;0.86)	0.00 (-0.47;0.46)
<b>Diet rich in sugar and fat</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	9,182 (24.8)	458 (24.8)	1.00	1.00	221 (24.8)	1.00	1.00
Second quartile	9,331 (25.2)	466 (25.2)	0.98 (0.86-1.12)	0.99 (0.86-1.14)	225 (25.2)	0.86 (0.72-1.04)	0.93 (0.77-1.13)
Third quartile	9,257 (25.0)	462(25.0)	1.11 (0.97-1.26)	1.07 (0.94-1.23)	223 (25.0)	0.90 (0.75-1.08)	1.03 (0.85-1.24)
Fourth quartile	9,257 (25.0)	462 (25.0)	1.08 (0.95-1.23)	1.03 (0.94-1.18)	223 (25.0)	0.86 (0.71-1.03)	1.03 (0.85-1.25)
<b>Working hours forcing people to sleep after midnight (at least 50days/year)</b>							
<b>Tobacco use</b>							
<i>Relapse of tobacco use among ex-smokers at baseline</i>	13,307	1,630			527		
No	11,039 (83.0)	1,263 (77.5)	1.00	1.00	433 (82.2)	1.00	1.00
Yes	2,268 (17.0)	367 (22.5)	<b>1.43 (1.26-1.62)</b>	<b>1.27 (1.05-1.54)</b>	94 (17.8)	1.10 (0.88-1.37)	1.04 (0.81-1.35)
<i>Changing status among current smokers at baseline</i>	8,350	1,398			380		
Ex-smokers	2,528 (30.3)	368 (26.3)	1.00	1.00	86 (22.6)	1.00	1.00
Current light smokers	3,703 (44.3)	604 (43.2)	1.14 (0.99-1.30)	1.13 (0.98-1.31)	158 (41.5)	1.23 (0.94-1.60)	1.20 (0.91-1.58)
Current moderate smokers	1,782 (21.3)	362 (25.9)	<b>1.41 (1.20-1.65)</b>	<b>1.41 (1.20-1.66)</b>	116 (30.4)	<b>1.91 (1.43-2.53)</b>	<b>1.71 (1.27-2.30)</b>
Current heavy smokers	337 (4.1)	64 (4.6)	<b>1.24 (0.93-1.67)</b>	<b>1.37 (1.01-1.86)</b>	20 (5.5)	<b>1.90 (1.17-3.07)</b>	1.53 (0.92-2.54)
<i>P-trend</i>	<b>&lt;0.0001</b>						

<i>Changing status among ever-smokers at baseline</i>	21,657	3,028			907		
Smokers at baseline and remained smokers at follow-up	5,821 (26.9)	1,030 (34.0)	1.00	1.00	295 (32.5)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,528 (11.7)	368 (12.1)	<b>0.82 (0.72-0.93)</b>	<b>0.82 (0.72-0.93)</b>	86 (9.5)	0.68 (0.53-0.87)	<b>0.72 (0.56-0.92)</b>
Ex-smokers at baseline and stopped at follow-up	11,039 (51.0)	1,263 (41.8)	<b>0.64 (0.59-0.70)</b>	<b>0.78 (0.71-0.85)</b>	433 (47.7)	0.78 (0.67-0.90)	<b>0.78 (0.66-0.92)</b>
Ex-smokers at baseline and started smoking at follow-up	2,268 (10.4)	367 (12.1)	0.92 (0.81-1.04)	0.99 (0.87-1.13)	94 (10.3)	0.85 (0.67-1.08)	0.84 (0.66-1.08)
<i>P-trend</i>	<b>&lt;0.0001</b>						
			<i>β (95%CI)</i>	<i>β (95%CI)</i>		<i>β (95%CI)</i>	<i>β (95%CI)</i>
<i>Number of cigarettes/day among current smokers at baseline</i>	8,350	1,398	<b>-0.51 (-0.80;-0.21)</b>	0.02 (-0.25;0.28)	380	-0.09 (-0.62;0.43)	<b>0.56 (0.07;1.04)</b>
<b>Cannabis use</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	15,514	628			162		
No consumption in the past 12 months at follow-up	13,021 (83.9)	501 (79.8)	1.00	1.00	133 (82.1)	1.00	1.00
In the past 12 months, <1/month	1,981 (12.8)	105 (16.7)	<b>1.36 (1.10-1.69)</b>	<b>1.24 (1.01-1.54)</b>	24 (14.8)	1.22 (0.80-1.86)	1.23 (0.90-1.80)
In the past 12 months, ≥1/month	512 (3.3)	22 (3.5)	1.08 (0.69-1.68)	0.87 (0.54-1.39)	5 (3.1)	0.54 (0.17-1.71)	0.53 (0.17-1.67)
<b>Alcohol use</b>	34,412	4,098	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	1,257	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	19,339 (56.2)	2,232 (54.5)	1.00	1.00	675 (53.7)	1.00	1.00
No use	9,353 (27.2)	1,065 (26.0)	0.98 (0.91-1.06)	0.93 (0.86-1.01)	366 (29.1)	<b>1.16 (1.02-1.32)</b>	1.13 (0.99-1.30)
At risk	5,720 (16.6)	801 (19.5)	<b>1.19 (1.09-1.29)</b>	<b>1.13 (1.03-1.24)</b>	216 (17.2)	<b>1.21 (1.04-1.40)</b>	<b>1.20 (1.02-1.41)</b>
			<i>β (95%CI)</i>	<i>β (95%CI)</i>		<i>β (95%CI)</i>	<i>β (95%CI)</i>

<i>Number of glasses/week</i>	34,412	4,098	0.01 (-0.25;0.26)	<b>0.32 (0.18;0.64)</b>	1,257	0.23 (-0.21;0.67)	0.14 (-0.25;0.54)
<b>Diet rich in sugar and fat</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	8,534 (24.8)	1,015 (24.8)	1.00	1.00	312 (24.8)	1.00	1.00
Second quartile	8,672 (25.2)	1,033 (25.2)	0.96 (0.88-1.06)	0.95 (0.86-1.04)	317 (25.2)	0.86 (0.73-1.00)	0.94 (0.80-1.10)
Third quartile	8,603 (25.0)	1,025 (25.0)	0.98 (0.90-1.08)	0.92 (0.83-1.01)	314 (25.0)	0.88 (0.75-1.02)	1.01 (0.86-1.18)
Fourth quartile	8,603 (25.0)	1,025 (25.0)	0.98 (0.90-1.08)	<b>0.87 (0.79-0.96)</b>	314 (25.0)	<b>0.83 (0.71-0.98)</b>	1.00 (0.85-1.18)

\*Adjusted for age (years, continuous), occupational grade (low; medium; high), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no).

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Supplementary Table S31.** Association between the set of indicators related weekend work and addictive behaviors at one-year of follow-up among women employees according to duration of exposure in the CONSTANCES cohort study, 2012-2018 (odds ratios (ORs), and 95% confidence intervals, CI).

	Duration of exposure						
	Not exposed	<1 year			≥1 year		
		Unadjusted model	Fully-adjusted model*		Unadjusted model	Fully-adjusted model*	
Addictive behaviors	N (%)	N (%)	OR (95% CI)	OR (95% CI)	N (%)	OR (95% CI)	OR (95% CI)
<i>Having a job where people have to work more than every other Sunday in the year</i>							
<b>Tobacco use</b>							
<i>Relapse of tobacco use among ex-smokers at baseline</i>	12,288	2,390			786		
No	10,171 (82.8)	1,914 (80.0)	1.00	1.00	650 (82.8)	1.00	1.00
Yes	2,117 (17.2)	476 (20.0)	<b>1.22 (1.09-1.36)</b>	1.04 (0.89-1.22)	136 (17.2)	0.94 (0.77-1.14)	0.93 (0.71-1.23)
<i>Changing status among current smokers at baseline</i>							
Ex-smokers	2,358 (30.8)	1,931	1.00	1.00	115 (21.1)	1.00	1.00
Current light smokers	3,423 (44.7)	814 (42.2)	1.06 (0.94-1.20)	0.97 (0.85-1.10)	228 (41.9)	<b>1.39 (1.10-1.75)</b>	1.23 (0.97-1.56)
Current moderate smokers	1,585 (20.8)	511 (26.5)	<b>1.47 (1.28-1.68)</b>	<b>1.26 (1.09-1.46)</b>	164 (30.1)	<b>2.10 (1.64-2.70)</b>	<b>1.69 (1.30-2.18)</b>

Current heavy smokers	287 (3.7)	97 (7.0)	<b>1.50 (1.17-1.93)</b>	<b>1.40 (1.07-1.82)</b>	37 (6.9)	<b>2.73 (1.85-4.02)</b>	<b>1.99 (1.33-2.98)</b>
<i>P-trend</i>			<b>&lt;0.0001</b>				
<i>Changing status among ever-smokers at baseline</i>	19,941	4,321			1,330		
Smoker at baseline and remained smokers at follow-up	5,295 (26.6)	1,422 (32.9)	1.00	1.00	429 (32.3)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,358 (11.8)	509 (11.8)	<b>0.83 (0.74-0.93)</b>	0.93 (0.83-1.05)	115 (8.6)	<b>0.60 (0.48-0.74)</b>	<b>0.72 (0.58-0.89)</b>
Ex-smokers at baseline and stopped at follow-up	10,171 (51.0)	1,914 (44.3)	<b>0.70 (0.65-0.76)</b>	0.93 (0.86-1.01)	650 (49.0)	<b>0.80 (0.70-0.90)</b>	<b>0.86 (0.75-0.98)</b>
Ex-smokers at baseline and started smoking at follow-up	2,117 (10.6)	476 (11.0)	<b>0.86 (0.76-0.96)</b>	0.99 (0.88-1.12)	136 (10.1)	<b>0.75 (0.61-0.92)</b>	<b>0.75 (0.60-0.92)</b>
<i>P-trend</i>			<b>&lt;0.0001</b>				
<i>Number of cigarettes/day among current smokers at baseline</i>	7,653		<i>β (95% CI)</i>	<i>β (95% CI)</i>		<i>β (95% CI)</i>	<i>β (95% CI)</i>
		1,931	<b>-0.29 (-0.55;-0.03)</b>	0.08 (-0.16;0.32)	544	-0.05 (-0.50;0.40)	<b>0.60 (0.19;1.01)</b>
<b>Cannabis use</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>							
No consumption in the past 12 months at follow-up	12,274 (95.2)	2,570 (94.3)	1.00	1.00	670 (96.8)	1.00	1.00
In the past 12 months, <1/month	488 (3.8)	122 (4.4)	1.19 (0.97-1.46)	1.14 (0.92-1.41)	18 (2.6)	0.68 (0.42-1.09)	0.88 (0.54-1.43)
In the past 12 months, ≥1/month	122 (1.0)	34 (1.3)	1.32 (0.91-1.93)	1.10 (0.74-1.63)	6 (0.6)	0.58 (0.21-1.56)	0.53 (0.19-1.46)
<b>Alcohol use</b>	31,706	6,165	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	1,896	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	17,926 (56.5)	3,300 (53.5)	1.00	1.00	1,020 (53.8)	1.00	1.00
No use	8,494 (26.8)	1,730 (28.1)	<b>1.12 (1.05-1.19)</b>	1.02 (0.95-1.09)	561 (29.6)	<b>1.15 (1.04-1.28)</b>	1.05 (0.94-1.18)
At risk	5,286 (16.7)	1,135 (18.4)	<b>1.16 (1.08-1.25)</b>	<b>1.18 (1.03-1.21)</b>	315 (16.6)	<b>1.01 (0.89-1.15)</b>	0.99 (0.86-1.14)

<i>Number of glasses/week</i>	31,706	6,165	$\beta$ (95%CI) 0.13 (-0.09;0.34)	$\beta$ (95%CI) <b>0.26 (0.07;0.46)</b>	1,896	$\beta$ (95%CI) 0.17 (-0.19;0.54)	$\beta$ (95%CI) -0.09 (-0.41;0.24)
<b>Diet rich in sugar and fat</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	7,863 (24.8)	1,528 (24.8)	1.00	1.00	470 (24.8)	1.00	1.00
Second quartile	7,989 (25.2)	1,555 (25.2)	0.94 (0.87-1.01)	0.93 (0.86-1.01)	478 (25.2)	1.04 (0.91-1.18)	1.12 (0.98-1.27)
Third quartile	7,927 (25.0)	1,541 (25.0)	0.92 (0.86-1.00)	0.90 (0.83-1.00)	474 (25.0)	0.90 (0.79-1.02)	1.05 (0.91-1.20)
Fourth quartile	7,927 (25.0)	1,541 (25.0)	1.02 (0.95-1.11)	0.95 (0.88-1.03)	474 (25.0)	0.95 (0.84-1.09)	1.15 (1.01-1.33)
<b>Having a job where people have to work more than every other Saturday in the year</b>							
<b>Tobacco use</b>							
<i>Relapse of tobacco use among ex-smokers at baseline</i>	11,208	3,316			940		
No	9,312 (83.1)	2,640 (79.6)	1.00	1.00	783 (83.3)	1.00	1.00
Yes	1,896 (16.9)	676 (20.4)	<b>1.26 (1.14-1.39)</b>	1.08 (0.93-1.24)	157 (16.7)	0.93 (0.78-1.12)	0.92 (0.74-1.14)
<i>Changing status among current smokers at baseline</i>							
Ex-smokers	6,888	2,633			607		
Current light smokers	2,153 (31.2)	701 (26.6)	1.00	1.00	128 (21.1)	1.00	1.00
Current moderate smokers	3,048 (44.2)	1,158 (44.0)	<b>1.15 (1.03-1.29)</b>	1.04 (0.93-1.17)	259 (42.7)	<b>1.43 (1.15-1.79)</b>	<b>1.29 (1.02-1.61)</b>
Current heavy smokers	1,434 (20.9)	644 (24.4)	<b>1.33 (1.17-1.51)</b>	1.12 (0.98-1.28)	182 (30.0)	<b>2.09 (1.65-2.64)</b>	<b>1.69 (1.32-2.16)</b>
<i>P-trend</i>	253 (3.7)	130 (5.0)	<b>1.51 (1.20-1.90)</b>	<b>1.33 (1.04-1.69)</b>	38 (6.2)	<b>2.57 (1.75-3.76)</b>	<b>1.86 (1.25-2.78)</b>

<i>Changing status among ever-smokers at baseline</i>	18,096	5,949			1,547		
Smokers at baseline and remained smokers at follow-up	4,735 (26.2)	1,932 (32.5)	1.00	1.00	479 (31.0)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,153 (11.9)	701 (11.8)	<b>0.82 (0.74-0.90)</b>	0.93 (0.84-1.04)	128 (8.3)	<b>0.59 (0.48-0.72)</b>	<b>0.69 (0.56-0.85)</b>
Ex-smokers at baseline and stopped at follow-up	9,312 (51.4)	2,640 (44.4)	<b>0.70 (0.65-0.75)</b>	0.95 (0.88-1.02)	783 (50.6)	<b>0.84 (0.75-0.95)</b>	<b>0.92 (0.81-0.99)</b>
Ex-smokers at baseline and started smoking at follow-up	1,896 (10.5)	676 (11.3)	<b>0.88 (0.80-0.98)</b>	1.03 (0.93-1.15)	157 (10.1)	<b>0.78 (0.65-0.95)</b>	0.81 (0.66-1.00)
<i>P-trend</i>	<b>&lt;0.0001</b>						
			<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>
<i>Number of cigarettes/day among current smokers at baseline</i>	6,888	2,633	<b>-0.35 (-0.58;-0.11)</b>	-0.05 (-0.26;0.17)	607	-0.10 (-0.53;0.33)	<b>0.61 (0.21-1.00)</b>
<b>Cannabis use</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>							
No consumption in the past 12 months at follow-up	11,182 (95.3)	3,566 (94.5)	1.00	1.00	766 (96.1)	1.00	1.00
In the past 12 months, <1/month	437 (3.7)	166 (4.4)	1.18 (0.98-1.42)	1.09 (0.90-1.33)	25 (3.0)	0.80 (0.53-1.21)	1.03 (0.67-1.57)
In the past 12 months, $\geq$ 1/month	109 (1.0)	45 (1.2)	1.20 (0.84-1.70)	0.99 (0.68-1.43)	8 (0.9)	0.88 (0.41-1.90)	0.81 (0.37-1.76)
<b>Alcohol use</b>	29,058	8,498	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	2,211	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
Low risk	16,473 (56.7)	4,588 (54.0)	1.00	1.00	1,185 (53.6)	1.00	1.00
No use	7,784 (26.8)	2,354 (27.7)	<b>1.10 (1.04-1.16)</b>	1.02 (0.96-1.08)	645 (29.2)	<b>1.17 (1.06-1.29)</b>	1.07 (0.96-1.19)
At risk	4,800 (16.5)	1,556 (18.3)	<b>1.16 (1.09-1.24)</b>	<b>1.13 (1.06-1.22)</b>	380 (17.2)	1.12 (0.99-1.26)	1.10 (0.97-1.26)
			<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>		<b><math>\beta</math> (95%CI)</b>	<b><math>\beta</math> (95%CI)</b>



<i>Number of glasses/week</i>	29,058	8,498	0.11 (-0.07;0.30)	<b>0.22 (0.05;0.39)</b>	2,211	0.33 (-0.01;0.67)	0.13 (-0.17;0.44)
<b>Diet rich in sugar and fat</b>			<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	7,205 (24.8)	2,108 (24.8)	1.00	1.00	548 (24.8)	1.00	1.00
Second quartile	7,323 (25.2)	2,142 (25.2)	<b>0.88 (0.82-0.94)</b>	<b>0.88 (0.82-0.94)</b>	557 (25.2)	0.99 (0.88-1.11)	1.09 (0.96-1.23)
Third quartile	7,265 (25.0)	2,124 (25.0)	0.95 (0.88-1.01)	0.92 (0.85-1.01)	553 (25.0)	<b>0.84 (0.74-0.95)</b>	0.99 (0.88-1.13)
Fourth quartile	7,265 (25.0)	2,124 (25.0)	0.97 (0.90-1.03)	<b>0.90 (0.84-0.97)</b>	553 (25.0)	0.89 (0.79-1.01)	1.10 (0.97-1.25)

\*Adjusted for age (years, continuous), occupational grade (low; medium; high), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no).

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

Relapse was defined as: no (remained non-smokers at follow-up) and yes (became current smokers at follow-up).

Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

**Supplementary Tables S32.** Association between all the atypical working hours (cumulative score) and addictive behaviors at one-year of follow-up among employees according to sex in the CONSTANCES cohort study, 2012-2018 (odds ratios (ORs), and 95% confidence intervals, CI).

	Men			Women		
	N (%)	Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)	N (%)	Unadjusted model OR (95% CI)	Fully-adjusted model* OR (95% CI)
<b>Addictive behaviors</b>						
<i>Atypical working hours†</i>						
<b>Tobacco use</b>						
<i>Relapse of tobacco use among ex-smokers at baseline</i>	15,452			15,464		
No	12,483(80.8)	1.00	1.00	12,735 (82.4)	1.00	1.00
Yes	2,969 (19.2)	<b>1.03 (1.01-1.06)</b>	1.09 (0.96-1.25)	2,729 (17.6)	<b>1.04 (1.01-1.08)</b>	<b>1.20 (1.04-1.40)</b>
<i>Changing status among current smokers at baseline</i>	9,950			10,128		
Ex-smokers	2,805 (28.2)	1.00	1.00	2,982 (29.4)	1.00	1.00
Current light smokers	3,939 (39.6)	<b>1.10 (1.06-1.13)</b>	1.02 (0.98-1.06)	4,465 (44.1)	1.04 (1.00-1.07)	1.00 (0.96-1.03)
Current moderate Smokers	2,491 (25.0)	<b>1.17 (1.13-1.21)</b>	1.02 (0.99-1.06)	2,260 (22.3)	<b>1.13 (1.09-1.18)</b>	<b>1.06 (1.02-1.11)</b>
Current heavy smokers	713 (7.2)	<b>1.19 (1.13-1.26)</b>	1.03 (0.97-1.09)	421 (4.2)	<b>1.11 (1.03-1.19)</b>	1.03 (0.95-1.11)
<i>P-trend</i>	<b>&lt;0.0001</b>					
<i>Changing status among ever-smokers at baseline</i>	25,402			25,592		
Smokers at baseline and remained smoker at follow-up	7,145 (28.2)	1.00	1.00	7,146 (27.9)	1.00	1.00
Smokers at baseline and stopped at follow-up	2,805 (11.0)	<b>0.88 (0.86-0.91)</b>	0.97 (0.94-1.01)	2,982 (11.6)	<b>0.93 (0.99-0.96)</b>	0.97 (0.94-1.01)
Ex-smokers at baseline and stopped at follow-up	12,483(49.1)	<b>0.96 (0.95-0.98)</b>	1.02 (1.00-1.05)	12,735 (49.8)	<b>0.93 (0.91-0.95)</b>	0.99 (0.97-1.01)
Ex-smokers at baseline and started smoking at follow-up	2,969 (11.7)		1.00 (0.97-1.03)	2,729 (10.7)	0.97 (0.94-1.01)	1.00 (0.97-1.04)
<i>P-trend</i>	<b>&lt;0.0001</b>					
<i>Number of cigarettes/day among current smokers at baseline</i>	9,950	<i>β</i> (95%CI)	<i>β</i> (95%CI)	10,128	<i>β</i> (95%CI)	<i>β</i> (95%CI)
		-0.06 (-0.14;0.01)	0.00 (-0.07;0.06)		-0.05 (-0.13;0.02)	0.02 (-0.04;0.09)

<b>Cannabis use</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>		<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
<i>Relapse among ever-users at baseline</i>	17,924			16,304		
No consumption in the past 12 months at follow-up	16,817(93.8)	1.00	1.00	15,514 (95.1)	1.00	1.00
In the past 12 months, <1/month	930 (5.2)	0.95 (0.91-1.01)	0.98 (0.93-1.02)	628 (3.9)	0.98 (0.92-1.04)	0.99 (0.93-1.06)
In the past 12 months, ≥1/month	177 (1.0)	<b>1.18 (1.08-1.29)</b>	1.10 (0.99-1.22)	162 (1.0)	0.95 (0.85-1.07)	0.93 (0.82-1.04)
<b>Alcohol use</b>	35,647			39,767		
Low risk	27,554(77.3)	1.00	1.00	22,246 (55.9)	1.00	1.00
No use	4,977 (14.0)	<b>1.08 (1.06-1.10)</b>	<b>1.04 (1.02-1.07)</b>	10,785 (27.1)	<b>1.05 (1.03-1.07)</b>	1.02 (0.99-1.04)
At risk	3,116 (8.7)	1.10 (0.98-1.03)	0.99 (0.96-1.02)	6,736 (17.0)	1.00 (0.98-1.02)	1.00 (0.97-1.02)
		<b>β (95%CI)</b>	<b>β (95%CI)</b>		<b>β (95%CI)</b>	<b>β (95%CI)</b>
<i>Number of glasses/week</i>	35,647	0.01 (-0.07;0.09)	<b>-0.10 (-0.17;-0.02)</b>	39,767	0.01 (-0.05;0.06)	-0.04 (-0.09;0.01)
<b>Diet rich in sugar and fat</b>	35,647	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>	39,767	<b>OR (95% CI)</b>	<b>OR (95% CI)</b>
First quartile	8,842 (24.8)	1.00	1.00	9,861 (24.8)	1.00	1.00
Second quartile	8,981 (25.2)	<b>0.97 (0.95-0.99)</b>	0.98 (0.96-1.01)	10,022 (25.2)	<b>0.98 (0.96-0.99)</b>	0.98 (0.96-1.01)
Third quartile	8,912 (25.0)	0.98 (0.96-1.00)	0.99 (0.97-1.01)	9,942 (25.0)	0.98 (0.96-1.01)	0.99 (0.97-1.01)
Fourth quartile	8,912 (25.0)	<b>0.94 (0.92-0.95)</b>	0.95 (0.93-1.01)	9,942 (25.0)	0.98 (0.96-1.01)	0.98 (0.96-1.01)

\*Adjusted for age (years, continuous), occupational grade (low; medium; high), educational level (levels, continuous), household income (€/month, continuous) and baseline depression (yes; no).

Categories of current smokers were defined as: light smokers (<10 cigarettes/day), moderate smokers (10-18 cigarettes/day) and heavy smokers (>19 cigarettes/day).

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Changing status among current smokers was defined as ex-smokers (stopped smoking at follow-up), current light smokers (remained current light smokers at follow-up), current moderate smokers (remained current moderate smokers at follow-up) and current heavy smokers (remained current heavy smokers at follow-up).

†Atypical working hours: cumulative score from 0 to 7 with 1 point for each exposure