

Supplemental Table 2. Computer use at home before retirement (wave -1) and mean changes in computer use during the retirement transition period (from wave -1 to wave +1) by pre-retirement characteristics of the population. All models adjusted for age, sex and occupational status.

	Before retirement			During retirement transition			
	Total sedentary time (h)	95% CI		Mean change (h)	95% CI		P-value ¹
Total	0.79	0.74	0.85	0.32	0.29	0.37	
Sex							0.87
Men	0.89	0.79	0.98	0.32	0.23	0.42	
Women	0.69	0.65	0.73	0.33	0.29	0.38	
Occupational status							0.08
Upper grade, non-manual	0.87	0.80	0.94	0.32	0.25	0.39	
Lower grade, non-manual	0.75	0.68	0.83	0.39	0.32	0.45	
Manual	0.73	0.66	0.80	0.29	0.23	0.35	
Workstatus							0.21
Full-time	0.77	0.71	0.82	0.35	0.30	0.39	
Part-time	0.83	0.76	0.91	0.30	0.23	0.36	
Marital status							0.06
Married or cohabiting	0.78	0.72	0.83	0.31	0.26	0.35	
Not married or other	0.82	0.73	0.91	0.31	0.31	0.47	
Heavy physical work							0.29
No	0.78	0.72	0.83	0.34	0.29	0.38	
Yes	0.84	0.73	0.95	0.28	0.19	0.38	
Occupational sedentary time							<0.0001
0-<4 h	0.78	0.71	0.85	0.28	0.23	0.34	
4-<6 h	0.81	0.72	0.89	0.33	0.25	0.41	
6-<8 h	0.70	0.62	0.78	0.48	0.41	0.55	
≥8h	0.61	0.45	0.76	0.54	0.33	0.74	
Physical activity							0.76
Low	0.86	0.79	0.93	0.32	0.26	0.39	
Moderate	0.75	0.68	0.82	0.35	0.28	0.42	
High	0.73	0.66	0.80	0.32	0.26	0.38	
Body mass index							0.77

Underweight	0.57	0.04	1.12	NA			
Normal weight	0.72	0.65	0.79	0.34	0.28	0.40	
Overweight	0.77	0.71	0.83	0.30	0.25	0.36	
Obese	0.95	0.85	1.05	0.33	0.24	0.43	
Heavy alcohol use							0.11
No	0.78	0.73	0.83	0.32	0.28	0.36	
Yes	0.87	0.74	1.00	0.43	0.30	0.56	
Current smoking							0.15
No	0.80	0.74	0.85	0.32	0.28	0.36	
Yes	0.72	0.59	0.84	0.42	0.29	0.56	
Sleep difficulties							0.01
No	0.78	0.72	0.85	0.28	0.23	0.33	
Moderate	0.78	0.71	0.86	0.34	0.27	0.41	
Severe	0.80	0.72	0.88	0.41	0.34	0.49	
Number of chronic diseases							0.17
0	0.78	0.71	0.86	0.29	0.22	0.36	
1	0.78	0.71	0.84	0.31	0.25	0.37	
≥2	0.83	0.75	0.90	0.37	0.31	0.44	
Mental disorders							0.64
No	0.77	0.72	0.82	0.33	0.28	0.37	
Yes	0.90	0.78	1.02	0.35	0.25	0.45	
Self-reported health							0.30
Good	0.77	0.72	0.83	0.31	0.27	0.36	
Average	0.81	0.74	0.89	0.38	0.30	0.46	
Poor	0.91	0.70	1.11	0.39	0.17	0.60	
Psychological distress							0.009
No	0.79	0.74	0.84	0.31	0.27	0.35	
Yes	0.76	0.66	0.86	0.46	0.35	0.57	

¹P-value for interaction with time