

**Table 1. Characteristics of different variables for the Greek and Scandinavian samples.**

<b>Variables</b>	<b>Greek N=84 n (%)</b>	<b>Scandinavia N=140 n (%)</b>	<b>p-value</b>
<b>Gender:</b>			
Male:	18 (21)	32 (23)	0.87
Female:	66 (79)	108 (77)	
<b>Age: *</b>			
18-29y	14 (17)	27 (21)	0.09
30-49y	48 (58)	56 (43)	
50-65y	21 (25)	48 (37)	
<b>Smoker:</b>			
Yes	31 (37)	20 (15)	<0.0001
<b>Unemployed:</b>			
yes	17 (21)	6 (4)	<0.0001
<b>Longstanding illness</b>			
yes	20 (25)	40 (29)	0.28
<b>Medication with glucocorticoids:</b>			
yes	4 (5)	8 (6)	0.99
<b>Serious life-events:</b>			
Yes	55 (65)	36 (26)	<0.0001
<b>Perceived health:</b>			
Good	29 (35)	110 (83)	<0.0001
Bad	53 (65)	23 (17)	
<b>Hope for the future:</b>			
Hopeful	43 (52)	131 (97)	<0.0001
Hopeless	39 (48)	4 (3)	
<b>Perceived stress:</b>			
Low	7 (8.3)	40 (29.2)	<0.0001
Moderately	39 (46.4)	63 (46.0)	
High /very high	38 (45.2)	34 (24.8)	
<b>HAD depression:</b>			
None	46 (55)	123 (87)	<0.0001
Moderate	22 (26)	11 (8)	
high	16 (19)	2 (2)	
<b>HAD Anxiety:</b>			
None	37 (44)	90 (66)	0.002
Moderately	22 (26)	29 (21)	
High	25 (30)	18 (13)	

\* Missing data for Age: Greece n=1, Scandinavian n=9

**Table 2. Correlations between different variables and perceived health.**

Variable	Total population N=224		Greece N=84		Scandinavia N=140	
	r-value	p-value	r-value	p-value	r-value	p-value
Sex	-.070	0.31	.064	0.57	-.187	0.03
Age	-.176	0.001	-.219	0.05	-.140	0.12
Unemployment	.023	0.73	-.160	0.15	.023	0.73
Smoking	-.284	<0.0001	-.261	0.02	.097	0.27
Longstanding illness	-.133	0.05	-.487	<0.0001	.140	0.11
Self-reported stress	.226	0.001	-.157	0.16	.293	<0.0001
Serious life events	.147	0.03	-.284	0.01	.124	0.16
Self-reported economic crisis	.112	0.10	-.322	0.03	.119	0.17
Hope for the future	.475	<0.0001	-.289	<0.009	.385	<0.0001
HAD: Anxiety	.165	0.002	-.114	0.28	.283	0.001
HAD: Depression	.113	0.003	-.255	<0.05	.370	<0.0001
Cortisol value	-.084	0.32	.093	0.41	-.024	0.78

(r-value measured by Spearman's rho)

**Table 3. Correlations between different variables and Perceived Stress levels.**

Variable	Total population N=224		Greece N=84		Scandinavia N=140	
	r-value	p-value	r-value	p-value	r-value	p-value
Sex	-.030	0.66	.065	0.55	-.092	0.28
Age	-.124	0.007	-.033	0.77	-.151	0.08
Unemployment	.107	0.11	.157	0.15	.040	0.97
Smoking	.043	0.53	-.065	0.56	.016	0.85
Longstanding illness	.045	0.51	.095	0.40	-.161	0.61
Serious life events	.401	<0.0001	.427	<0.0001	-.014	0.87
Self-reported health	.234	<0.0001	-.157	0.16	.293	0.001
Self-reported economic crisis	.288	0.0001	.269	0.01	.071	0.41
Hope for the future	.014	0.84	-.472	<0.0001	.239	<0.005
HAD: Anxiety	.585	<0.0001	.644	<0.0001	.517	<0.0001
HAD: Depression	.501	<0.0001	.510	<0.0001	.406	<0.0001
Cortisol value	-.012	0.86	-.013	0.91	0.094	0.30

(r-value measured by Spearman's rho)

**Table 4. Logistic regression of possible factors explaining low perceived health.**

	Model 1		Model 2		Model 3		Final model	
Factors	OR (95% CI)	p-value	OR (95% CI)	p-value	OR (95% CI)	p-value	OR (95% CI)	p-value
Scandinavian	Reference		Reference		Reference		Reference	
Greek	5.51 (2.15-14.14)	<0.0001*	8.07 (3.96-16.50)	<0.0001*	8.57 (4.06-18.09)	<0.0001*	3.94 (1.81-8.60)	0.001*
Female	Reference		Reference		Reference		Reference	
Male	0.69 (0.27-1.75)	0.44	0.62 (0.26-1.51)	0.30	0.65 (0.28-1.56)	0.34	0.71 (0.29-1.75)	0.45
Age (18-29Y)	Reference		Reference		Reference		Reference	
Age (30-49 y)	1.34 (0.50-3.55.)	0.56	1.54 (0.63-3.78)	0.34	1.66 (0.68-4.09)	0.26	1.24 (0.51-3.04)	0.64
Age (50-65 Y)	0.35 (0.16-1.05)	0.06	0.39 (0.14-1.19)	0.07	0.48 (0.16-1.47)	0.20	0.32 (0.11-0.92)	0.03*
Employed	Reference		-	-	-	-	-	-
Unemployed	1.21 (0.50-2.94)	0.70	-	-	-	-	-	-
Not smoking	Reference		-	-	-	-	Reference	
Smoker	2.24 (1.00-5.39.76)	0.07	-	-	-	-	2.37 (1.00-5.62)	0.05*
No experience of economic crisis	Reference		-	-	-	-	-	-
Experience of conomic crisis	0.50 (0.15-1.46)	0.20	-	-	-	-	-	-
No Serious life events	Reference		-	-	-	-	Reference	
Yes serious life events	1.00 (0.37-2.39)	0.90	-	-	-	-	2.12 (1.05-4.27)	0.04*
Hope for the future	Reference		-	-	-	-	Reference	
Hopeless about the future	5.39 (1.97-14.75)	0.001*	-	-	-	-	6.00 (2.10-14.88)	0.001*
Cortisol medium	-	-	Reference		-	-	-	-
Cortisol low	-	-	2.71 (0.31-23.76)	0.37	-	-	-	-

Cortisol high	-	-	3.50 (0.40- 1.43)	0.26	-	-	-	-
Low perceived stress	-	-	Reference		-	-	-	-
High perceived Stress	-	-	1.76 (0.85- 3.65)	0.13	-	-	-	-
No longstanding illness	-	-	-	-	Reference			
Yes longstanding illness	-	-	-	-	0.68 (0.30- 1.60)	0.38	-	-
No Anxiety	-	-	-	-	Reference			
Anxiety medium	-	-	-	-	1.30 (0.55- 3.06)	0.55	-	-
Anxiety high	-	-	-	-	2.02 (0.67- 6.05)	0.21		
No Depression	-	-	-	-	Reference		-	-
Depression medium	-	-	-	-	0.95 (0.33- 2.779)	0.93		
Depression high	-	-	-	-	0.66 (0.15- 2.90)	0.58	-	-

Model 1 includes background factors and socioeconomic and psychosocial factors, model 2 includes background factors and stress indicators, model 3 includes background factors and indicator of illness. The final model only includes the background factors and significant indicators from the models. The model was significant, p-value 0.0001, Cox&Snell R Square 0.316 and Nagelkerke R Square 0.435.

**Table 5. Logistic regression of possible factors explaining high perceived stress.**

	Model 1		Model 2		Model 3		Final model	
Factors	OR (95% CI)	p-value	OR (95% CI)	p-value	OR (95% CI)	p-value	OR (95% CI)	p-value
Scandinavian	Reference		Reference		Reference		Reference	
Greek	1.20 (0.50-2.90)	0.70	1.62 (0.78-3.36)	0.20	1.01 (0.46-2.22)	0.98	0.84 (0.36-1.95)	0.68
Female	Reference		Reference		Reference		Reference	
Male	0.84 (0.37-1.89)	0.67	0.89 (0.40-1.96)	0.78	0.80 (0.34-1.90)	0.60	0.77 (0.33-1.81)	0.55
Age (18-29 Y)	Reference		Reference		Reference		Reference	
Age (30-49 y)	1.01 (0.43-2.66)	0.90	1.38 (0.54-3.52)	0.45	1.61 (0.54-4.83)	0.40	1.30 (0.46-3.64)	0.62
Age (50-65 Y)	0.66 (0.25-1.73)	0.40	1.39 (0.64-3.00)	0.40	1.86 (0.75-4.61)	0.20	1.55 (0.70-3.52)	0.30
Employed	Reference		-	-	-	-	-	-
Unemployment	1.00 (0.42-2.04)	0.84	-	-	-	-	-	-
Not smoking	Reference		-	-	-	-	-	-
Smoker	1.25 (0.57-2.76)	0.60						
No experience of economic crisis	Reference		-	-	-	-	-	-
Experience of economic crisis	1.60 (0.60-4.20)	0.35	-	-	-	-	-	-
No Serious life events	Reference		-	-	-	-	Reference	
Yes serious life events	2.18 (1.00-4.76)	0.05*	-	-	-	-	1.64 (0.77-3.52)	0.21
Hope for the future	Reference		-	-	-	-	-	-
Hopeless about the future	1.00 (0.37-2.22)	0.84	-	-	-	-	-	-
Cortisol medium	-	-	Reference		-	-	-	-
Cortisol low	-		1.27 (0.60-2.47)	0.58	-	-	-	-
Cortisol high	-	-	1.67	0.41	-	-	-	-

			(0.39-7.17)					
Good perceived health	-	-	Reference		-	-	-	-
Bad perceived health	-	-	1.70 (0.81-3.53)	0.16	-	-	-	-
No longstanding illness	-	-	-	-	Reference			
Yes longstanding illness	-	-	-	-	1.32 (0.57-3.08)	0.51	-	-
No Anxiety	-	-	-	-	Reference		Reference	
Anxiety medium	-	-	-	-	5.06 (2.20-11.63)	0.0001*	4.90 (2.10-11.31)	0.0001*
Anxiety high	-	-	-	-	5.61 (1.95-16.17)	<0.001*	3.79 (1.80-7.96)	<0.0001*
No Depression	-	-	-	-	Reference		Reference	
Depression Medium	-	-	-	-	3.58 (1.29-9.94)	0.01*	3.32 (1.20-9.29)	0.02*
Depression high	-	-	-	-	1.56 (0.38-6.43)	0.54	1.49 (0.36-6.16)	0.21

Model 1 includes background factors and socioeconomic and psychosocial factors, model 2 includes background factors and stress indicators, model 3 includes background factors and indicator of illness. The final model only includes the background factors and significant indicators from the models. The model was significant, p-value 0.0001, Cox& Snell 0.204 and Nagelkerke 0.300.