# Additional file 2. Study population, additional tables

Relative to the total sample (n=7339), the distributions of patient characteristics between users and avoiders did not differ across the sample as stratified by type of heath care service.

### Table 5. Study population, stratified by healthcare service

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Healthcare service: |   | Prescribed medications | Ordered diagnostic tests | Specialist care |
| Group: |   | Users (n=5537) | Avoiders (n=475) | Users (n=4189) | Avoiders (n=738) | Users (n=3603) | Avoiders (n=662) |
| ***Set 1: Personal characteristics*** |  |  |  |  |  |  |
| Age (in years) | Mean (sd) | 63.1 (10.8) | 57.6 (10.9) | 62.9 (10.8) | 57.6 (10.7) | 63.0 (10.7) | 58.0 (10.9) |
| Gender (%) | Male | 49.7 | 42.3 | 47.8 | 40.1 | 48.8 | 39.6 |
|   | Female | 50.3 | 57.7 | 52.2 | 59.9 | 51.2 | 60.4 |
| Household situation (%) | Living alone  | 71.4 | 59.4 | 72.3 | 60.4 | 72.2 | 60.6 |
|  | Married or living together | 27.1 | 38.1 | 26.3 | 36.9 | 26.4 | 36.5 |
|  | Missing | 1.5 | 2.5 | 1.4 | 2.7 | 1.4 | 2.9 |
| ***Set 2: Health*** |  |  |  |  |  |  |  |
| Self-reported health (%) | (Very) poor | 18.7 | 31.8 | 18.2 | 19.9 | 19.5 | 22.8 |
|  | Moderate | 41.7 | 45.5 | 40.8 | 48.5 | 42.3 | 47.1 |
|  | (Very) good | 39.6 | 22.7 | 41.0 | 31.6 | 38.2 | 30.1 |
| Chronic conditions (%) | None | 13.9 | 12.8 | 15.4 | 20.1 | 13.9 | 19.2 |
|  | One or more  | 86.1 | 87.2 | 84.6 | 79.9 | 86.1 | 80.8 |
| ***Set 3: Skills*** |  |  |  |  |  |  |  |
| Education level (%) | Low | 22.7 | 28.5 | 22.1 | 25.6 | 21.7 | 26.1 |
|   | Moderate  | 30.4 | 34.5 | 30.3 | 34.1 | 30.3 | 33.2 |
|   | High  | 42.8 | 33.2 | 43.7 | 36.4 | 44.1 | 36.2 |
|   | Missing | 4.1 | 3.8 | 3.9 | 3.9 | 3.9 | 4.5 |
| Sense of mastery (Pearlin’s scale) A | Mean (sd) | 22.6 (5.7) | 19.5 (5.9) | 22.8 (5.8) | 20.6 (5.9) | 22.4 (5.8) | 20.2 (5.9) |
| ***Set 4: Financial situation*** |  |  |  |  |  |  |
| Monthly net income (%) | < €2000 | 34.3 | 68.7 | 34.5 | 64.1 | 34.9 | 65.4 |
|   | €2001-€3000 | 26.5 | 14.5 | 26.2 | 14.1 | 26.0 | 14.8 |
|   | €3001-€4000 | 13.9 | 3.8 | 13.8 | 5.6 | 13.8 | 4.5 |
|   | >€4000€ | 7.5 | 0.8 | 7.8 | 2.4 | 7.9 | 2.0 |
|   | Not-disclosed | 17.8 | 12.2 | 17.7 | 13.8 | 17.4 | 13.3 |
| Financial leeway (%) | Incurring debts or using savings | 19.6 | 52.6 | 19.4 | 43.9 | 20.6 | 46.5 |
|   | Just enough to live on | 32.4 | 34.3 | 31.5 | 35.0 | 32.3 | 36.4 |
|  | Saving money | 46.3 | 12.0 | 47.4 | 19.5 | 45.3 | 16.0 |
|   | Not-disclosed | 1.7 | 1.1 | 1.7 | 1.6 | 1.8 | 1.1 |
|   |   |  |  |  |  |  |  |

*A = measured by the Pearlin Mastery Scale Test in which the lowest possible summed score of 7 reflected a lacking sense of mastery, while the highest possible score of 35 reflected a complete sense of mastery [1].*

*SD = Standard deviation.*

On average and relative to the total Dutch population, our sample was older, consisted of more females and had attained a higher educational level. No population data was available for other relevant characteristics such as health and sense of mastery.

### Table 6. Study population compared to the total Dutch population

|  |  |  |  |
| --- | --- | --- | --- |
| Group: |   | Total sample (n=7339) | Total Dutch population A |
| ***Set 1: Personal characteristics*** |  |  |  |
| Age (%) | 18-49 years | 15.3 | 50.7 |
|   | 50-64 years | 39.5 | 26.2 |
|   | 65 years and older | 45.2 | 23.1 |
| Gender (%) | Male | 47.7 | 49.6 |
|   | Female | 52.3 | 50.4 |
| ***Set 3: Skills*** |  |  |  |
| Education level (%) | Low | 23.3 | 32.3 |
|   | Moderate | 30.8 | 37.7 |
|   | High | 41.7 | 28.6 |
|   | Missing | 4.2 | 1.4 |
|  |  |  |  |

*A = source [2].*

# References

1. Pearlin LI, Menaghan EG, Lieberman MA, Mullan JT: **The stress process**. *J Health Soc Behav* 1981:337-356. doi:10.2307/2136676

2. Statistics Netherlands: **StatLine**. In*.*; 2021.