

Supplementary Table S1. Baseline characteristics of participants who completed the five-year follow-up and those lost to follow-up

Variable		Completed (n = 106)	Lost (n = 111)	P value
Age, years (mean $\pm$ SD)		48.42 $\pm$ 12.11	50.31 $\pm$ 14.09	0.291
Sex	Male	47 (44.3%)	53 (47.7%)	0.615
	Female	59 (55.7%)	58 (52.3%)	
Marital status	Single	8 (7.5%)	10 (9.0%)	0.926
	Married	93 (87.7%)	96 (86.5%)	
	Widowed	5 (4.7%)	5 (4.5%)	
Education	$\leq$ 12 years	66 (62.3%)	61 (55.0%)	0.275
	> 12 years	40 (37.7%)	50 (45.0%)	
Occupational status	Employed	41 (38.7%)	39 (35.1%)	0.264
	Unemployed	24 (22.6%)	36 (32.4%)	
	Homemaker	41 (38.7%)	36 (32.4%)	
Supplementary insurance	Yes	56 (52.8%)	73 (65.8%)	0.052
	No	50 (47.2%)	38 (34.2%)	
Cigarette smoking	Yes	11 (10.4%)	8 (7.2%)	0.409
	No	95 (89.6%)	103 (92.8%)	

Supplementary Table S2. Univariable linear regression analyses of factors associated with changes in total, physical, and mental HRQoL.

Changes in HRQoL	Changes in Total HRQoL		Changes in PCS		Changes in MCS	
	Coefficient	P value (95% CI)	Coefficient	P value (95% CI)	Coefficient	P value (95% CI)
Age	0.02	0.87 (−0.27, 0.32)	−0.13	0.35 (−0.41, 0.15)	0.24	0.15 (−0.09, 0.57)
Gender ^a	0.25	0.94 (−7.05, 7.57)	1.30	0.71 (−5.61, 8.21)	−0.49	0.90 (−8.71, 7.72)
Marital status (reference group: remained in married life)						
Remained in single life	−14.74	0.02 (−27.58, −1.91)	−11.13	0.07 (−23.39, 1.12)	−15.9	0.03 (−30.28, −1.52)
Changed from married life to single life	−3.08	0.77 (−24.63, 18.47)	2.31	0.82 (−18.26, 22.88)	−11.01	0.36 (−35.15, 13.13)
Changed from single life to married life	−9.58	0.31 (−28.34, 9.18)	−8.44	0.35 (−26.35, 9.47)	−13.59	0.20 (−34.61, 7.42)

Changes in education status ^b	-2.11	0.72 (-14.02, 9.79)	-3.10	0.58 (-14.36, 8.15)	-0.72	0.91 (-14.11, 12.66)
Occupational status (reference group: remained employed)						
Remained unemployed	6.33	0.14 (-2.16, 14.81)	1.81	0.65 (-6.26, 9.89)	11.50	0.01 (2.15, 20.85)
Changed from employed to unemployed	6.03	0.38 (-7.74, 19.81)	5.47	0.41 (-7.64, 18.58)	6.20	0.42 (-8.99, 21.39)
Changed from unemployed to employed	4.87	0.56 (-12.01, 21.74)	5.97	0.46 (-10.09, 22.02)	2.50	0.79 (-16.10, 21.10)
Supplementary insurance status (reference group: remained insured)						
Remained uninsured	6.84	0.11 (-1.80, 15.49)	5.34	0.20 (-2.93, 13.60)	7.25	0.14 (-2.48, 16.98)
Changed from insured to uninsured	1.17	0.86 (-12.55, 14.89)	3.81	0.56 (-9.31, 16.93)	0.71	0.92 (-14.73, 16.15)
Changed from uninsured to insured	16.20	0.001 (6.80, 25.60)	14.38	0.002 (5.39, 23.37)	17.96	0.001 (7.38, 28.54)
Cigarette smoking status (reference group: remained non-smoker)						
Remained smoker	6.37	0.31 (-6.15, 18.88)	3.77	0.53 (-8.25, 15.79)	9.39	0.18 (-4.66, 23.45)
Started smoking	-1.52	0.93 (-37.54, 34.50)	0.33	0.98 (-34.27, 34.92)	-4.16	0.83 (-44.63, 36.30)
Quit smoking	-5.02	0.69 (-30.63, 20.58)	1.83	0.88 (-22.77, 26.42)	-11.16	0.44 (-39.93, 17.60)
Alcohol drinking status (reference group: remained non-drinker)						
Remained drinker	16.56	0.11 (-4.21, 37.32)	5.13	0.61 (-14.86, 25.13)	24.14	0.04 (0.99, 47.29)
Started drinking	-1.03	0.85 (-11.90, 9.85)	2.63	0.61 (-7.84, 13.10)	-5.77	0.34 (-17.89, 6.35)
Opium use status (reference group: remained non-user)						
Started using	-0.21	0.98 (-18.45, 18.03)	-2.28	0.79 (-19.68, 15.12)	-0.94	0.92 (-21.52, 19.64)
Stopped using	10.29	0.57 (-25.66, 46.24)	3.97	0.81 (-30.33, 38.27)	15.56	0.44 (-25.01, 56.13)
Changes in self-health assessment scores	-3.53	0.01 (-6.39, -0.66)	-2.51	0.07 (-5.26, 0.22)	-4.49	0.006 (-7.68, -1.29)
ΔBMI	-0.86	0.37 (-2.79, 1.06)	-0.77	0.40 (-2.60, 1.06)	-1.30	0.23 (-3.47, 0.86)
ΔWaist circumference	-0.29	0.23 (-0.77, 0.19)	-0.17	0.46 (-0.63, 0.29)	-0.34	0.21 (-0.89, 0.20)

ΔSystolic blood pressure	-0.09	0.53 (-0.38, 0.19)	-0.12	0.37 (-0.40, 0.15)	-0.08	0.61 (-0.41, 0.24)
ΔDiastolic blood pressure	0.24	29 (-0.21, 0.69)	0.24	0.26 (-0.18, 0.67)	0.18	0.46 (-0.32, 0.70)
ΔFBS	-0.009	0.90 (-0.14, 0.12)	-0.01	0.86 (-0.14, 0.12)	-0.009	0.91 (-0.16, 0.14)
ΔTG	0.01	0.72 (-0.04, 0.06)	0.01	0.60 (-0.03, 0.06)	0.004	0.90 (-0.05, 0.06)
ΔLDL	0.01	0.77 (-0.07, 0.10)	-0.009	0.84 (-0.09, 0.07)	0.03	0.46 (-0.06, 0.13)
ΔHDL	-0.001	0.99 (-0.22, 0.22)	-0.06	0.52 (-0.28, 0.14)	0.08	0.50 (-0.16, 0.32)
Metabolic syndrome status (based on ATPIII criteria) (reference group: constantly non-MetS)						
Constantly MetS	-1.61	0.74 (-11.56, 8.34)	-1.77	0.70 (-11.19, 7.64)	-0.53	0.92 (-11.72, 10.66)
Developed MetS	3.00	0.56 (-7.30, 13.30)	2.13	0.66 (-7.62, 11.87)	3.55	0.54 (-8.04, 15.13)
Recovered from MetS	-1.33	0.79 (-11.28, 8.62)	-1.82	0.70 (-11.24, 7.59)	1.99	0.72 (-9.20, 13.18)
Metabolic syndrome status (based on IDF criteria) (reference group: constantly non-MetS)						
Constantly MetS	2.70	0.55 (-6.35, 11.75)	1.82	0.67 (-6.78, 10.43)	4.86	0.34 (-5.34, 15.05)
Developed MetS	9.43	0.08 (-1.17, 20.04)	6.93	0.17 (-3.16, 17.01)	11.21	0.06 (-0.74, 23.16)
Recovered from MetS	-1.60	0.76 (-12.03, 8.84)	-2.63	0.60 (-12.55, 7.30)	2.04	0.73 (-9.72, 13.79)

(Reference group: a = male; b = with educational advancement; MCS: Mental Component Summary; PCS: Physical Component Summary)

(HRQoL: Health-related Quality of Life, Δ: Delta (the difference between two figures), BMI: Body Mass Index, kg/ m²: kilogram per square meter, FBS: Fasting Blood Sugar, TG: Triglycerides, HDL: High-density Lipoprotein, LDL: Low-density Lipoprotein, MetSynd: Metabolic Syndrome)