Supplementary Table 1: Reliability measures

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| Test Retest reliability  | female | male |
|  PAHD-1: physical well-being  | .782 (.633 - .887) | .756 (.505 - .910) |
|  PAHD-2: social life | .799 (.654 - .902) | .627 (.282 - .853) |
|  PAHD-3: sexuality  | .831 (.679 .918) | .811 (.620 - .919) |
|  PAHD-4: mental well-being | .751 (.595 - .858) | .818 (.634 - .927) |
|  PAHD-5: sleep | .846 (.731 - .919) | .890 (.717 - .963) |
|  PAHD-6: working ability/performance | .796 (.677 - .879) | .611 (.284 - .838) |
| Cronbach’s alpha | .770 | .785 |