

## A Systematic Review of Intervention Studies to Foster Sustainable Employability Core Components: Implications for Workplace

### Promotion

**Table S2.** Data extraction of quantitative (QT) studies covering all SE core components in intervention content.

Study reference, type, and quality	Study Population	Intervention content	SE Core Components in Intervention Content	Outcome Measures				Effectiveness
				Health Outcome Measures	Productivity Outcome Measures	Valuable Work Outcome Measures	Long-term Perspective	
Schelvis et al., 2017  QT  Moderate overall quality	356 Dutch educational workers	A participatory approach, with two 12-months phases: 1) a need assessment phase and 2) an implementation phase.	Health  Valuable work  Productivity  Long-term perspective	Need for recovery (self-rated evaluation)  Vitality (self-rated evaluation)  Work ability (self-rated evaluation)	Organizational efficacy (quality of services, self-rated evaluation)	Occupational self-efficacy (self-rated evaluation)	12, 24 months (after baseline) follow-up	No effect on Need for recovery, Vitality, Work ability and Occupational self-efficacy  Negative effect on Organizational efficacy
Anderzén & Arnetz, 2005  QT  Moderate overall quality	303 white-collar employees in 22 work units, representing 5 offices of the Swedish Internal Revenue Service	Based on a baseline assessment, a maximum of three specific enhancement areas for each work unit is identified. In each work unit, the managers and the workers make an action plan. All workers also took part	Health  Valuable work  Productivity  Long-term perspective	Employee well-being (self-rated evaluation)  Work-related exhaustion (self-rated evaluation)  Self-rated health	Employeeeship (openness to and initiation of changes, self-rated evaluation)  Efficiency (self-rated evaluation)	Skills development (self-rated evaluation)	1 year (at the end of the intervention) follow-up	Positive effect on Employee well-being, Work-related exhaustion, Self-rated health, Sleep quality, serum lipids, testosterone, Employeeeship, Efficiency, Sickness absenteeism,

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		in a general presentation about how psychosocial work factors and biologic stress markers are related.		Sleep quality (self-rated evaluation)  Lipids and stress-related hormones, serum lipids, cortisol, prolactin, and testosterone (blood samples)	Sickness absenteeism (company data)  Productivity (company data)			Productivity, and Skills development  Negative effect on cortisol and prolactin