

Intergenerational Social Mobility and Allostatic Load in Great Britain*

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Abstract

Background Intergenerational social mobility is hypothesized to be a stressful process that has a negative effect on health. By examining the relationship between own socioeconomic position, parental socioeconomic position, and allostatic load in a representative sample of the British population, we test this hypothesis.

Methods Our study uses cross-sectional data from 9,851 adult participants of waves 2 and 3 of Understanding Society. The relationship between parental occupational class at age 14, respondents' social class at the time of the interview, and allostatic load (AL) is explored by means of diagonal reference models (DRM), which allow us to disentangle the effects of parental social class, own social class, and the mobility process. The AL score comprises the biomarkers 1) total cholesterol, 2) HDL cholesterol, 3) triglycerides, 4) glycated haemoglobin, 5) C-reactive protein, 6) fibrinogen, 7) systolic blood pressure, 8) diastolic blood pressure, 9) resting heart rate, 10) BMI, and 11) waist circumference.

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Results Our models show that AL is particularly high among the stable working class and low among the stable upper class. On average, current social class and origin social class exert about equal weight on current AL. However, social mobility—regardless of whether upwards or downwards—is not detrimental for AL. Further, we find evidence that class of origin may be less important among those outside of the labour market for reasons other than retirement.

Conclusion Both own social class and parental social class influence AL to a similar extent. However, we find no evidence that mobility trajectories exert any effects, good or bad, on allostatic load.

What is already known on the topic

- Socioeconomic position exerts a powerful effect on individual health and wellbeing. The socioeconomic conditions of adulthood and childhood have separable and additive effects.
- However, research on the effects of intergenerational social mobility has shown mixed and sometimes contradictory results. Studies of the health effects of social mobility so far have focused on subjective or self-rated outcomes.

What this study adds

- We look at allostatic load, an objective gauge of the ‘wear and tear’ that stress exerts on the body, which follows a pronounced social gradient. Better outcomes are seen among those experiencing socio-economic advantage during childhood as well as in adulthood.
- Diagonal reference models allow us to discern the relative importance of origin and destination social class for allostatic load, as well as independent effects of specific mobility trajectories
- We find that, on average, both origin and destination socio-economic position exert about equal influence on current allostatic load. This is a stronger influence of origin than previous studies have suggested.
- Having accounted for socioeconomic position, however, social mobility per se, regardless of direction, has no influence on allostatic load

Introduction

Socioeconomic position (SEP) is a powerful predictor of individual health and wellbeing. Next to one’s own position, the SEP of one’s parents has separable and independent effects. These effects might be thought of in terms of cumulative advantage: the longer an individual spends in a high position, the longer the time without the stresses and strains associated with low SEP (Gustafsson *et al.*, 2011; Niedzwiedz *et al.*, 2018). Such life course approaches are effective

in explaining all-cause mortality and mortality related to cardiovascular disease (Stringhini *et al.*, 2018) as well as psychosocial functioning (Harper *et al.*, 2002) and self-rated health (Lindström *et al.*, 2012) in adulthood.

However, while the socially stratified nature of health is well-established, there is a separate and unresolved question of whether intergenerational social mobility has an effect on health and wellbeing. To answer this question social mobility must be considered in terms of its constituent parts of SEP in childhood (origin), SEP in adulthood (destination) and the *trajectory* of movement between the two. Research has shown that those in a lower SEP than their parents do poorly on outcomes including depressive symptoms and multi-systemic dysregulation, and those in a higher SEP do well (Dolan and Lordan, 2013; Na-Ek and Demakakos, 2017). However, these studies have generally not attempted to separate the effect of low SEP from the effect of downward mobility. Moreover, it has long been hypothesized that upward mobility can also be a stressful experience that is disruptive to social connections and attachments as individuals leave behind the norms and networks of their social milieu (Sorokin, 1927), in turn having negative health effects.

There is mixed evidence for this *dissociative thesis*, with some studies demonstrating a negative effect of upward mobility after controlling for current position (Friedman, 2014; Gaydosch *et al.*, 2018; Hadjar and Samuel, 2015) while others have shown that upward mobility is conducive to higher wellbeing (Chan, 2018; Dolan and Lordan, 2013). However, others suggest both upward and downward are beneficial (Goldthorpe, 1987), while some suggest that both upward and downward mobility have psychological costs (Friedman, 2014) or that only downward mobility is detrimental (Daenekindt, 2017). Further, mobility effects may also be asymmetrical. For example, the magnitude of losses to mental health of downward mobility are greater than the magnitude of the gains of upward mobility (Dolan and Lordan, 2013). In contrast, several studies find that any effect of mobility itself is absent or weak (Iveson and Deary, 2017; Marshall and Firth, 1999), or depends on the context (Gugushvili *et al.*, 2018; Hadjar and Samuel, 2015; Houle and Martin, 2011).

We identify two not mutually exclusive reasons for these discrepancies: the first is methodological—on which there is more discussion to follow. The second is that there is no agreed-upon standard about how the presence of dissociation should be inferred. While Daenekindt (2017) tackles the issue directly with a questionnaire instrument created to measure different facets of dissociation, most other studies rely on self-reported summary measures of mental and physical well-being, such as life satisfaction (Hadjar and Samuel, 2015), happiness (Zang and De Graaf, 2016; Zhao *et al.*, 2017), or self-rated health (Monden and De Graaf, 2013) and interpret a significant effect of mobility parameters as an indicator of the presence of dissociation. Next to validity concerns about self-

reported outcome variables (Harris and Schorpp, 2018), the problem of adaptation or ‘entrenched deprivation’ (Sen, 1992) may come into play. Qualitative research supports this latter point (Friedman, 2014), perhaps implying that self-reported outcomes are subject to a cognitive bias. Our main aim in this study is to add to this debate by examining an objective indicator of wellbeing.

One framework within which to understand the effects of social mobility on health is the conceptual model of allostatis (McEwen and Stellar, 1993). Allostasis is a compensatory physiological mechanism that enables adaptation to psychosocial stressors to be able to re-gain physiological balance (homeostatis). The repeated activation of the stress response can however lead to a multi-system pre-disease state, characterized by the dysregulation of neuroendocrine, metabolic, inflammatory, or cardiovascular systems. Allostatic load (AL) is thus the ‘wear and tear’ exacted on the body over time by efforts to adapt to life experiences. AL is strongly correlated with subclinical conditions as well as morbidity and mortality and is seen as a useful summary measure of overall health (Juster *et al.*, 2010). Our study explores whether upward and/or downward social mobility affects AL. Previous studies of the dissociative thesis have focused on preventive healthcare use (Missinne *et al.*, 2015) or self-reported measures of health and wellbeing (Hadjar and Samuel, 2015; Zang and De Graaf, 2016; Zhao *et al.*, 2017). Ours is the first to examine the effect of class dissociation on allostatic load, an objective indicator of wellbeing.

Distinguishing the health effect of the actual mobility experience from the health conditions characteristic of the early-life SEP and the later-life SEP is not possible with conventional regression models and for this reason we make use of diagonal reference models (DRM). A secondary aim of our study is to understand the relative influences exerted by early-life SEP and the later-life SEP on AL. Further, we will explore the heterogeneity of class origin effects by mobility status. Since class is intertwined with labour market status we also explore heterogeneous effects by working status, by age and by sex.

Methods

Data source and study population

Understanding Society, the UK Household Longitudinal Study (UKHLS, University of Essex *et al.*, 2016) is a prospective, nationally representative study, which incorporated the earlier British Household Panel Survey (BHPS). In waves 2 (2010–12 for the UKHLS main sample) and 3 (2011–12 for the BHPS), a large share of the study participants was sampled for nurse interviews, where physical measures, blood samples, and other health-related information were collected. The National Research Ethics Service approved the collection of biosocial data and informed consent was obtained from all participants. We

analyze a sample of 9,851 complete cases. Table A1 presents how these cases were selected.

Measurements

Social mobility

We measure social mobility based on two indicators: own class and parental class. Respondents' own social class is based on either current or, if not on the labour market, last occupation. Respondents were asked about the occupations held by their parents at the time respondents were 14 years old. Occupation was coded according to the National Statistics Socio-economic classification (NS-SEC) and collapsed to three classes: (i) working class, (ii) intermediate classes, and (iii) salariat. Typical working class occupations comprise among others cleaning, driving a bus, or working as a shop assistant. Being a plumber or airline cabin crew are examples of intermediate occupations, as are own account workers such as taxi drivers. Positions such as teacher, lawyer, or journalist are examples of salariat occupations. For determining origin class, we rely on fathers' class and use mothers' class only in case father's class information is missing. As we interested in destination class effects, we drop young people (under 25) from the analysis since they are unlikely to have reached occupational maturity.

Allostatic load

Our measure of allostatic load (AL) comprises biomarkers that relate to secondary and tertiary stress responses. Primary responses such as cortisol could not be collected in the study context due to measurement difficulties, e.g. time-of-day effects. Specifically, we make use of eleven biomarkers, categorized into five physiological systems: 1) Lipid metabolism (total cholesterol, HDL cholesterol (values reversed), and triglycerides), 2) Glucose metabolism (glycated haemoglobin HbA1c), 3) Inflammation (C-reactive protein (CRP) and fibrinogen), 4) Body fat deposition (BMI and waist circumference), and 5) Cardiovascular (systolic and diastolic blood pressure and resting heart rate). Despite wide variation in the operationalization of AL in previous studies ([Johnson *et al.*, 2017](#)), our items cover the most frequently included measures.

As there is currently no agreement as to how AL should comprehensively be measured, we make use of two approaches. Our main approach is similar to [Vie *et al.* \(2014\)](#), which is based on a mean of the biomarker scores. We first z-transform our biomarkers, then calculate the mean score of the transformed biomarkers, and lastly z-transform that resulting score. For robustness checks, we use a more conventional approach where we dichotomize the biomarkers once they surpass a clinically relevant, high-risk cutoff value (cutoff values reported

in Table A2, see also (Davillas and Pudney, 2017)). Our main measure captures greater variation as it is not reliant upon clinical cut-offs, thereby accounting for the full range of pre-disease states, not just the ‘elevated risk zone.’ In both approaches, indicators are weighted by the number of parameters in the physiological system. The two AL measures correlate at $r = 0.74$.

Covariates

We account for age (centered around the sample mean of 52.6 years), sex (0 = male, 1 = female), ethnicity (0 = non-white, 1 = white), partnership status (0 = married/partnered, 1 = single/ never married, 2 = divorced, separated, or widowed), and labour market status (0 = working, 1 = retired, 2 = not in the labour market for another reason). Descriptive statistics for the covariates are presented in Table A3.

Statistical analysis

We make use of diagonal reference models (DRM, Sobel, 1981, 1985) for the reason that conventional regression models are unable to identify social mobility effects. Being the difference between class of origin and destination, social mobility effects linearly depend on both of these parameters, leading to an identification problem. DRM has been used in health research before (Claussen *et al.*, 2005; Monden and De Graaf, 2013) and Van der Waal *et al.* (2017) recently provided an important illustration for its value, but often other models are still used (Na-Ek and Demakakos, 2017).

DRMs estimate the effects of origin and destination social class on allostatic load using a single vector of coefficients for both class positions along with weighting parameters representing the relative importance of the origin and destination classes:

$$Y = a + p * \mu_{ii} + q * \mu_{jj} + bX$$

a is the model intercept. Subscript i and j represent the social position of origin and destination, respectively. μ_{ii} and μ_{jj} are both estimates of Y in the diagonal cells. p represents the relative importance of the class of origin, and q the relative importance of the destination class. X is a vector of covariates that can be interpreted like regression coefficients. The guiding assumption of DRM is that socially immobile individuals represent the most suitable point of reference, representing the true characteristics of that given class.

Analyses were conducted with the ‘diagref’ command in Stata 13 (Lizardo, 2007). A Stata do-file that replicates analyses in this study is available [on-line](#).

Results

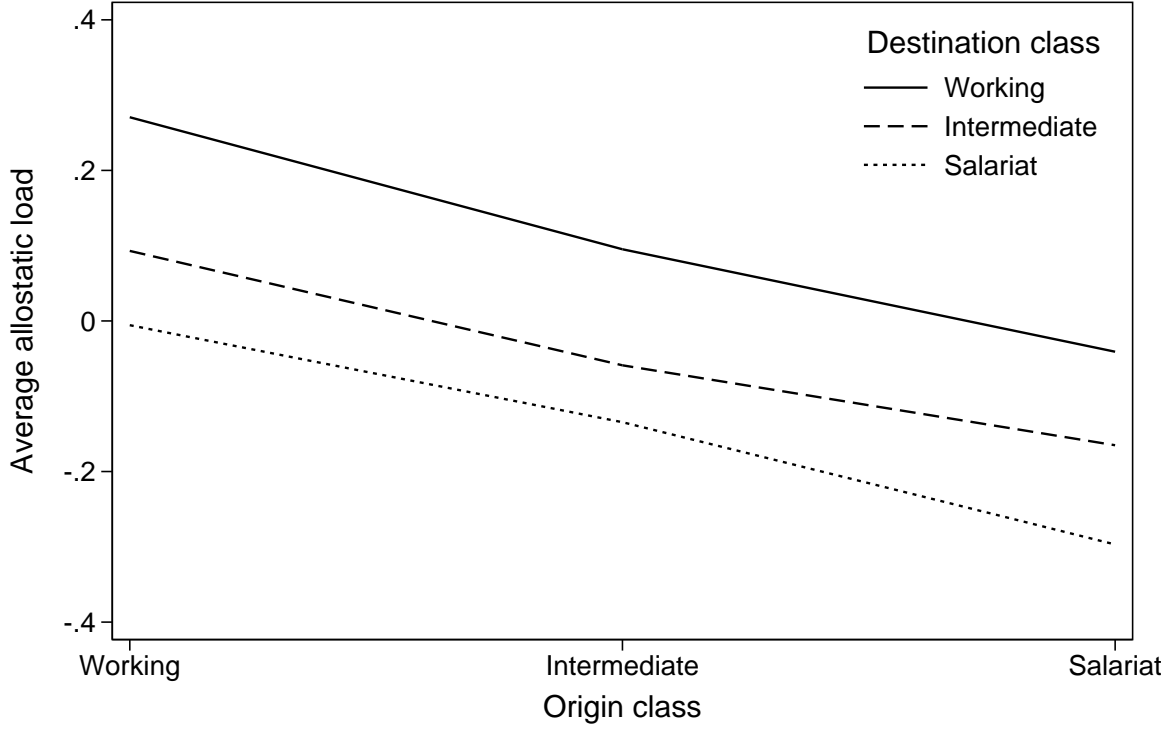


Figure 1: Arithmetic mean of allostatic load (score of standardized means) by origin and destination class

Note: Table A4 shows number of observations per group.

Figure 1 presents the average AL score by origin and destination class. The diagonal of the Table reveals a social gradient of allostatic load for the socially immobile. The allostatic load for the stably working class respondents is more than a quarter (.27) of a standard deviation higher than the average (which is .00 due to the standardization), for those from the intermediate classes it is around average (−.06), and −.30 standard deviations lower for the stable salariat. For the socially mobile, Figure 1 shows that their AL scores range in size between the scores of their counterparts who are stably in their classes of origin and destination.

Table 1 presents the results of diagonal reference models, regressing AL onto the covariates. The Table can be interpreted as follows. The constant denotes the average AL who has a 0 on all covariates, i.e. is male, of average age, non-white, married, and working. The class coefficients indicate the class-specific deviations from the constant. The origin weight ranges between 0 and 1, with 0

Table 1: DRM predicting allostatic load (score of standardized means)

	(1)	(2)	(3)	(4)	(5)	(6)
Working class	0.22*** [0.19,0.26]	0.22*** [0.19,0.26]	0.22*** [0.19,0.25]	0.22*** [0.19,0.26]	0.22*** [0.19,0.25]	0.23*** [0.19,0.26]
Intermediate class	-0.02 [-0.06,0.02]	-0.02 [-0.06,0.02]	-0.02 [-0.06,0.02]	-0.02 [-0.07,0.02]	-0.02 [-0.06,0.02]	-0.03 [-0.08,0.02]
Salariat	-0.20*** [-0.23,-0.17]	-0.20*** [-0.23,-0.17]	-0.20*** [-0.23,-0.17]	-0.20*** [-0.23,-0.16]	-0.20*** [-0.24,-0.17]	-0.20*** [-0.23,-0.16]
Origin weight	0.49*** [0.41,0.58]	0.50*** [0.41,0.58]	0.47*** [0.35,0.59]	0.47*** [0.31,0.63]	0.47*** [0.35,0.60]	0.49*** [0.32,0.66]
Sex (1 = female)	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]
Age (centered)	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]
Ethnicity (1 = white)	-0.15** [-0.24,-0.05]	-0.15** [-0.24,-0.05]	-0.15** [-0.24,-0.05]	-0.15** [-0.24,-0.05]	-0.15** [-0.24,-0.05]	-0.15** [-0.25,-0.05]
Marital status (ref. married)						
Single/never married (1 = yes)	-0.08** [-0.14,-0.03]	-0.08** [-0.14,-0.03]	-0.08** [-0.14,-0.03]	-0.08** [-0.14,-0.03]	-0.08** [-0.14,-0.03]	-0.08** [-0.14,-0.03]
Divorced/widowed (1 = yes)	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]
Labor market status (ref. working)						
Retired (1 = yes)	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]
Other labour market status (1 = yes)	0.21*** [0.14,0.28]	0.21*** [0.14,0.28]	0.21*** [0.14,0.28]	0.21*** [0.14,0.28]	0.21*** [0.14,0.28]	0.21*** [0.14,0.28]
Mobility in any direction (1 = yes)		-0.00 [-0.04,0.04]				
Downward mobility (1 = yes)			-0.02 [-0.08,0.05]			
Upward mobility (1 = yes)				0.01 [-0.06,0.09]		
One-step downward mobility (1 = yes)					-0.02 [-0.09,0.05]	
Two-step downward mobility (1 = yes)					-0.01 [-0.12,0.10]	
One-step upward mobility (1 = yes)						0.02 [-0.06,0.09]
Two-step upward mobility (1 = yes)						-0.01 [-0.11,0.09]
Constant	0.27*** [0.17,0.37]	0.27*** [0.17,0.38]	0.28*** [0.17,0.38]	0.27*** [0.16,0.37]	0.28*** [0.17,0.38]	0.27*** [0.16,0.37]
Observations	9,851	9,851	9,851	9,851	9,851	9,851
AIC	26592.48	26594.46	26594.19	26594.36	26596.15	26595.93
BIC	26678.82	26688.00	26687.73	26687.90	26696.89	26696.67

Notes: 95% confidence intervals in brackets.

* p <.05, ** p <.01, p <.001.

Destination parameters (which equal $-1 \times$ origin parameters) and destination weight (which equals $1 -$ origin weight) not displayed.

indicating that the origin class plays no role for determining current AL and 1 indicating that it is only the origin (and not the destination) class that governs current AL. The coefficients for the covariates can be interpreted like regular OLS coefficients.

The class coefficients in Model (1) of Table 1 confirm the social gradient in AL found in Table A4, even after control variables are accounted for. Working class respondents fare worse (.22, 95% CI: .19–.26) than those from the intermediate class (−.02, −.06–.02) and the salariat (−.20, −.24–.17). The origin weight is .49 (.41–.58), indicating that origin class is roughly as important in determining AL as is destination class. The coefficients for the control variables reveal that AL is lower among women (−.21, −.25–.18), increases with age (.02, .02–.02), and is lower among whites (−.15, −.24–.05). Singles have lower AL than the married and cohabiting (−.08, −.13–.05), and the divorced and the widowed have higher AL than them (.08, .03–.13). The retired have lower AL than those working (−.11, −.17–.05), those with another labor market status (unemployed, not active) exhibit a higher AL (.21, .14–.28).

Models (2) to (6) investigate how far social mobility is associated with AL. Model (2) shows that mobility in any direction is not associated with AL (−.00, −.04–.04). Models (3) and (4) distinguish between upward and downward mobility and reveal that coefficients are close to 0 and have wide confidence intervals that include 0. Models (4) and (5) further distinguish between long- and short-range mobility, which yield similar results, namely no mobility coefficients that reach conventional levels of statistical significance. Both the Akaike Information Criterion (AIC) and Bayesian Information Criterion (BIC) suggest that the best-fitting model is the parsimonious Model (1), lending further weight to our conclusion that specific trajectories of class mobility provide no additional explanatory power after accounting for origin and destination position.

The analyses in Table 2 further explore the great importance of the class of origin for different subgroups in our sample by interacting the origin weight with different covariates. Models (1) and (2) show that there are no differences in the importance of origin class for AL between men and women and for different age groups. Models (3) to (5) show that class of origin is just as important for the socially mobile as for the immobile, regardless of whether it is upward or downward mobility. Models (6) and (7) reveal a difference in the importance of origin weight when it comes to labor market status. The AL of those who are inactive or unemployed is determined to a much greater extent by the destination weight (.19 = .53 + −.34) than the AL of those who are retired or active on the labor market (.53, .44–.61).

Table 2: DRM predicting allostatic load (score of standardized means), interactions only

	(1) Female	(2) Age	(3) Mobile	(4) Downwardly mobile	(5) Upwardly mobile	(6) Retired	(7) Other job status
Interaction term	0.09 [-0.08,0.26]	-0.00 [-0.01,0.00]	-0.00 [-0.09,0.08]	0.04 [-0.19,0.28]	-0.04 [-0.28,0.19]	-0.05 [-0.24,0.14]	-0.34* [-0.67,-0.02]
Origin weight	0.44*** [0.32,0.57]	0.49*** [0.41,0.58]	0.50 [0.50,0.50]	0.48*** [0.35,0.60]	0.52*** [0.35,0.68]	0.51*** [0.41,0.60]	0.53*** [0.44,0.61]
Observations	9,851	9,851	9,851	9,851	9,851	9,851	9,851
<i>AIC</i>	26863.75	26862.65	26862.85	26864.73	26864.73	26864.61	26858.44
<i>BIC</i>	26957.28	26956.19	26949.19	26958.27	26958.27	26958.15	26951.98

Notes: 95% confidence intervals in brackets.

* $p < .05$, ** $p < .01$, $p < .001$.

Origin parameters, destination parameters, and control variables not displayed.

Full models displayed in Table A5.

Sensitivity analyses

To assess the robustness of our findings, we conducted a number of sensitivity analyses, the coding details and tables for which are in the Appendix to this manuscript. Firstly, we ran the analysis with our alternative measure of AL (Table A6). Second, we calculated class using the household dominance approach (Table A8). Third, we stratified our analyses by sex (Table A11) and age (Tables A14, A15). Fourthly, we add controls for health behaviors (Table A12) and educational attainment (Präg *et al.*, 2017; Präg and Subramanian, 2017) (Table A10). We also re-ran analyses excluding the unemployed (Table A13). Across all of these checks our findings prove robust, though we find the AL gradient is steeper for women than for men. Further we examined the effect of mobility based on a five-class schema (Table A9) showing substantively similar findings. Lastly, we examined the physiological systems separately (Table A7). All five systems are stratified though with some differences regarding the importance of origin class. For lipid metabolism, inflammation, and body fat deposition the origin weight is similar to the main analysis. For the cardiovascular system (.27, -.00-.54) and glucose metabolism (.39, .23-.55), however, it is markedly lower, yet confidence intervals are wide for these indicators.

Discussion

Our study has confirmed that the lowest allostatic load (AL) is found among the stable salariat and the highest among the stable working class. Further, we have shown that, on average, origin class and destination class exert equal influence on one’s current AL, thus we suggest that the influence of childhood socioeconomic position is both substantial and higher than many previous studies have suggested (Monden and De Graaf, 2013; Schuck and Steiber, 2018; Zang and De Graaf, 2016). However, once accounting for origin and destination position, we find that social mobility itself, in terms of the direction or distance travelled between childhood and adulthood, has no influence on AL. From this, we are able to surmise that the AL of an individual who starts out in the working class and ends up in the salariat will be equal to an individual who starts out in the salariat and ends up in the working class. Further, since there is no effect of long-range or short-range mobility compared to stable class membership, our findings counter Sorokin’s ‘dissociative thesis’ which postulated that social mobility—both upwards and downwards—is straining for individuals, causing ‘mental diseases and nervousness, psychoses, and neuroses’ (Sorokin, 1927). Instead, our results are compatible with cumulative advantage theory (Gustafsson *et al.*, 2011; Harper *et al.*, 2002). The more of the life course spent in high socio-economic position, with the material advantage that brings, the lower the AL.

Nonetheless, we also find that the weight of origin appears to be weaker for those outside the labor market, a pattern for which the mechanism is unclear though it has been noted elsewhere that employment status matters more for mental health than SEP, with the best outcomes seen among those in the workforce (Richards and Paskov, 2016). We can speculate that individuals outside of the labor market are particularly vulnerable to effects of low income and social isolation, thus current social position has elevated significance.

Limitations

The length of time spent in both the class of origin and class of destination is likely to be important, but we are limited in ways to test this hypothesis. We find that the origin effect does not vary with age, but this may be a poor proxy for length of time in class. A second limitation is that with our research design we cannot account for AL baselines, or individual processes of adaptation, or disease and so forth. The ‘toxic stress’ model (McEwen and McEwen, 2017), for example, postulates that adversity (including poverty) in childhood will influence occupational attainment and health independently. Addressing unmeasured heterogeneity of this sort may well be a fruitful direction for future research. Finally, with our summary measure of health we cannot be certain that there were no losses due to dissociation but only that they were outweighed by benefits.

Methodological considerations

A consensus is emerging in the literature that the diagonal reference model is superior to other modeling approaches and results based on other approaches are questionable at best (Daenekindt, 2017; Houle and Martin, 2011; Van der Waal *et al.*, 2017). It allows for an empirical breakdown of the components of social mobility, namely the starting position (origin), the finishing position (destination), as well as the particular trajectory of movement between the two. Previous studies have tended to apply an imperfect workaround. Examples include, firstly, including both origin and destination in a single model where significant origin estimates suggest lingering effects of childhood SEP. A second approach has been to create a series of dummy variables that capture mobility trajectories (e.g. working class to salariat). This approach has illuminated the accentuated advantage of spending both childhood and adulthood in a high SEP but has not been able to disentangle the relative effects of childhood and adulthood positions.

An additional advantage of DRM is that it provides a means of explicitly estimating the relative influence of origin and destination on the outcome. In view of the known strong association between current SEP and health outcomes,

our finding that the effect childhood SEP is just as strong, is both significant and consequential.

Appendix

This Appendix includes additional information and robustness checks to the analyses of the manuscript ‘Intergenerational Social Mobility and Allostatic Load in Great Britain.’

Background information

Data selection Table A1 shows the selection process of cases from the UKHLS data ([University of Essex *et al.*, 2016](#); [University of Essex and Institute for Social and Economic Research, 2014](#)) that went into the analyses. More information on the participant selection process for the nurse interviews and the biomarker measurements can be found in [Benzeval *et al.* \(2014\)](#) and [McFall *et al.* \(2014\)](#).

Cut-off values for elevated risk-zone of biomarkers Table A2 reports the clinical cutoff values chosen to calculate allostatic load as the sum of risk factors as well as references to the literature on which these cutoff values are based on. We use these cut-off values to conduct the robustness check shown in Table A6.

Descriptive statistics Table A3 presents descriptive statistics for the control variables in the models, Table A4 presents the average allostatic load measures shown in Figure 1 as well as the group sizes.

Full tables of interaction models Table A5 presents the full tables to the interaction models presented in Table 2 of the main text. While the Table 2 only shows the interaction terms for a more parsimonious presentation, Table A5 reports all parameters estimated in the models for the sake of completeness.

Table A1: Data selection

	<i>N</i>
Adult respondents	48,328
Not eligible (Northern Ireland, incomplete interview, different language, not selected in PSU year)	−12,452
Eligible for the nurse visit	35,937
Pregnant, ill, died, out of scope	−349
No contact	−5,534
Refusal nurse visit	−9,354
Not eligible for blood sample	−1,579
No consent to give or store blood sample or reported inability to give blood	−4,688
Unable to give blood sample	−1,105
Unable to process samples	−221
Less than five biomarkers	−957
Origin or destination class missing	−2,292
Control variables missing	−7
Cases for analysis	9,851

Table A2: Clinical cutoff values for calculating allostatic load sum of risk factors

Measure	Cutoff value	Reference
Systolic blood pressure (SBP)	140	Chobanian <i>et al.</i> (2003)
Diastolic blood pressure (DBP)	90	Chobanian <i>et al.</i> (2003)
Resting heart rate (HR)	90	Chobanian <i>et al.</i> (2003)
Total cholesterol (TC)	6.2	NCEP Expert Panel (2001)
HDL cholesterol	1	NCEP Expert Panel (2001)
Triglycerides (TG)	2	Kolovou <i>et al.</i> (2011)
HbA1c	48	WHO (2011)
C-reactive protein (CRP)	3	Pearson <i>et al.</i> (2003)
Fibrinogen	Men: 3.2, women: 3.1	—
BMI	25	WHO (2017)
Waist circumference	Men: 98.2, women: 107	—

Note: Due to a lack of an established clinical standard for high fibrinogen and waist circumference, we used the sex-specific 75th percentile as cutoff values.

Robustness checks

Elevated risk-zone version of allostatic load Table A6 reports the analyses of Table 1 from the main text using a different way of calculating the allostatic load outcome. We do this to assess the robustness of our findings with respect to the way we conceptualized allostatic load. For Table A6, we

Table A3: Descriptive statistics

	Percentage
Sex (1 = female)	55.6
Ethnicity (1 = white)	95.9
Married (1 = yes)	62.6
Single/never married (1 = yes)	16.0
Divorced/widowed (1 = yes)	21.4
Employed/self-employed (1 = yes)	63.3
Retired (1 = yes)	25.2
Other labour market status (1 = yes)	11.5
Observations	9851

Table A4: Arithmetic mean of allostatic load (score of standardized means) by origin and destination class (N in parentheses)

Origin class	Destination class			Total
	Working	Intermediate	Salariat	
Working	.27 (2,080)	.09 (1,050)	-.01 (1,444)	.14 (4,574)
Intermediate	.10 (894)	-.06 (750)	-.13 (1,053)	-.04 (2,697)
Salariat	-.04 (540)	-0.17 (574)	-0.30 (1,466)	-.21 (,580)
Total	.18 (3,514)	-.02 (2,374)	-.15 (3,963)	.00 (9,851)

Table A5: DRM of allostatic load, interactions—full models

	(1) Female	(2) Age	(3) Mobile	(4) Downwardly mobile	(5) Upwardly mobile	(6) Retired	(7) Other job status
Working class	0.22*** [0.19,0.26]	0.22*** [0.19,0.26]	0.22*** [0.19,0.26]	0.22*** [0.19,0.26]	0.22*** [0.19,0.26]	0.22*** [0.19,0.26]	0.23*** [0.19,0.26]
Intermediate class	-0.02 [-0.06,0.02]	-0.02 [-0.06,0.02]	-0.02 [-0.06,0.02]	-0.02 [-0.06,0.02]	-0.02 [-0.06,0.02]	-0.02 [-0.06,0.02]	-0.03 [-0.07,0.01]
Salariat	-0.20*** [-0.24,-0.17]	-0.20*** [-0.24,-0.17]	-0.20*** [-0.24,-0.17]	-0.20*** [-0.24,-0.17]	-0.20*** [-0.24,-0.17]	-0.20*** [-0.24,-0.17]	-0.20*** [-0.23,-0.16]
Interaction term	0.09 [-0.08,0.26]	-0.00 [-0.01,0.00]	-0.00 [-0.09,0.08]	0.04 [-0.19,0.28]	-0.04 [-0.28,0.19]	-0.05 [-0.24,0.14]	-0.34* [-0.67,-0.02]
Origin weight	0.44 [0.32,0.57]	0.49 [0.41,0.58]	0.50 [0.50,0.50]	0.48 [0.35,0.60]	0.52 [0.35,0.68]	0.51 [0.41,0.60]	0.53 [0.44,0.61]
Sex (1 = female)	-0.22*** [-0.26,-0.18]	-0.21*** [-0.25,-0.18]	-0.21*** [-0.25,-0.18]	-0.21*** [-0.25,-0.18]	-0.21*** [-0.25,-0.18]	-0.21*** [-0.25,-0.18]	-0.21*** [-0.25,-0.17]
Age (centered)	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]
Ethnicity (1 = white)	-0.15** [-0.25,-0.05]	-0.15** [-0.25,-0.05]	-0.15** [-0.25,-0.05]	-0.15** [-0.25,-0.05]	-0.15** [-0.25,-0.05]	-0.15** [-0.25,-0.05]	-0.15** [-0.25,-0.05]
Marital status (ref. married)							
Single/never married (1 = yes)	-0.08** [-0.14,-0.03]	-0.08** [-0.14,-0.03]	-0.08** [-0.14,-0.03]	-0.08** [-0.14,-0.03]	-0.08** [-0.14,-0.03]	-0.08** [-0.14,-0.03]	-0.08** [-0.14,-0.03]
Divorced/widowed (1 = yes)	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]
Labor market status (ref. working)							
Retired (1 = yes)	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.04]	-0.11*** [-0.17,-0.05]
Other labour market status (1 = yes)	0.21*** [0.14,0.28]	0.21*** [0.14,0.28]	0.21*** [0.14,0.28]	0.21*** [0.14,0.28]	0.21*** [0.14,0.28]	0.21*** [0.14,0.28]	0.21*** [0.13,0.28]
Constant	0.24*** [0.14,0.35]	0.24*** [0.14,0.34]	0.24*** [0.14,0.34]	0.24*** [0.14,0.35]	0.24*** [0.14,0.35]	0.24*** [0.14,0.34]	0.24*** [0.14,0.34]
Observations	9,851	9,851	9,851	9,851	9,851	9,851	9,851
AIC	26863.7	26862.6	26862.8	26864.7	26864.7	26864.6	26858.4
BIC	26957.3	26956.2	26949.2	26958.3	26958.3	26958.2	26952.0

Notes: 95% confidence intervals in brackets.

* p < .05, ** p < .01, *** p < .001.

Destination parameters (which equal -1 × origin parameters) and destination weight (which equals 1 − origin weight) not displayed.

make use of the ‘elevated risk zone’ approach (Singer *et al.*, 2004). For this, we use cut-off values listed in Table A2, count cases beyond the cut-off values as 1, adding up all high-risk biomarkers, and standardizing the sum of high-risk biomarkers. This approach has the additional benefit that we can account for prescribed medications which may be suppressing allostatic load. Respondents taking blood pressure medications are considered to be at high risk in terms of systolic blood pressure, statins are deemed to indicate high risk on total cholesterol, anti-inflammatories indicate high risk on CRP, and antifibrinolytic or haemostatics deemed indicative of high risk on fibrinogen (following Benzeval *et al.*, 2014; Seeman *et al.*, 2014).

Separate dimensions of allostatic load Table A7 reports the analyses of Table 1 from the main text, using the single dimensions of allostatic load as outcomes.

Dominance approach to social class Table A8 presents the analyses of Table 2 from the main text using a different way of calculating the social class variables. We do this to assess the robustness of our findings with respect to the way we operationalized social class. In Table A8, we calculated class using the dominance approach (Erikson, 1984) in which class of origin was determined as the highest class reported for father or mother and class of destination as the highest of the respondent and the respondent’s co-resident partner.

Expanded social class scheme Table A9 presents the analyses of Table 2 from the main text, including a greater number of occupational classes. Rather than just distinguishing between working class (35%), intermediate class (24%), and salariat (40%) like we did in Table 2, we make use of a five-class scheme based on NS-SEC. The five-class scheme further differentiates between routine (e.g. cleaner or truck driver) and semi-routine jobs (e.g. sales and retail assistant) in the working class as well as between a higher (e.g. CEO or stock broker) and a lower salariat (e.g. teacher or IT consultant).

Education Table A10 presents the analyses of Table 2 from the main text, controlling for educational attainment. Education is an important pathway variable of the social mobility trajectories of individuals (Blau and Duncan, 1967; Breen and Jonsson, 2005; Torche, 2015). Educational attainment is coded as University (comprising respondents with a Degree or an Other higher degree, 37% of the sample), and No qualifications (13%); Secondary education (i.e. A-level etc., GCSE etc., and Other qualifications, 49%) serving as the reference category.

Gender differences Table A11 reports the analyses of Table 2 from the main text stratified by sex to examine the robustness of our findings with regards to gender differences.

Health behaviors Table A12 shows the analyses of Table 2 from the main text controlling for health behaviors measured in Wave 2 of UKHLS. If the respondent had eaten (9%), smoked (6%), consumed alcohol (1%), or exercised (1%) in the 30 minutes before the nurse visit, cardiovascular measures were invalidated. Thus, this is an essential robustness check. Health behaviors were only collected in Wave 2 but for this subset we account for sport activity, smoking status, and fruit and vegetable consumption.

Unemployment Table A13 shows the analyses of Table 2 from the main text excluding 244 respondents who were unemployed at the time of the interview.

Age Table A14 presents the analyses of Table 2 from the main text, stratifying the sample by respondents younger and older than the average age of 52.3 years. (Median age in the sample is 52 years.) Table A15 stratifies results for two important age groups, namely young (25–39 years) and old (60–79 years) participants.

Table A6: DRM of allostatic load (elevated risk zone version)

	(1)	(2)	(3)	(4)	(5)	(6)
Working class	0.23*** [0.20,0.27]	0.23*** [0.19,0.26]	0.23*** [0.20,0.26]	0.23*** [0.20,0.27]	0.23*** [0.20,0.27]	0.24*** [0.20,0.27]
Intermediate class	-0.03 [-0.07,0.01]	-0.03 [-0.07,0.02]	-0.03 [-0.07,0.01]	-0.03 [-0.07,0.02]	-0.03 [-0.07,0.01]	-0.04 [-0.09,0.01]
Salariat	-0.20*** [-0.24,-0.17]	-0.20*** [-0.24,-0.17]	-0.20*** [-0.24,-0.17]	-0.20*** [-0.24,-0.17]	-0.20*** [-0.24,-0.17]	-0.20*** [-0.23,-0.16]
Origin weight	0.50 [0.42,0.58]	0.50 [0.42,0.59]	0.46 [0.35,0.58]	0.48 [0.32,0.64]	0.45 [0.33,0.58]	0.52 [0.35,0.69]
Sex (1 = female)	-0.24*** [-0.28,-0.21]	-0.24*** [-0.28,-0.21]	-0.24*** [-0.28,-0.21]	-0.24*** [-0.28,-0.21]	-0.24*** [-0.28,-0.21]	-0.25*** [-0.28,-0.21]
Age (centered)	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]
Ethnicity (1 = white)	-0.03 [-0.13,0.07]	-0.03 [-0.13,0.07]	-0.03 [-0.13,0.07]	-0.03 [-0.13,0.07]	-0.03 [-0.13,0.07]	-0.03 [-0.13,0.07]
Marital status (ref. married)						
Single/never married (1 = yes)	-0.06* [-0.12,-0.01]	-0.06* [-0.12,-0.01]	-0.06* [-0.12,-0.01]	-0.06* [-0.12,-0.01]	-0.06* [-0.12,-0.01]	-0.06* [-0.12,-0.01]
Divorced/widowed (1 = yes)	0.06* [0.01,0.11]	0.06* [0.01,0.11]	0.06* [0.01,0.11]	0.06* [0.01,0.11]	0.06* [0.01,0.11]	0.06* [0.01,0.11]
Labor market status (ref. working)						
Retired (1 = yes)	-0.00 [-0.06,0.06]	-0.00 [-0.06,0.06]	-0.00 [-0.07,0.06]	0.00 [-0.06,0.06]	-0.00 [-0.07,0.06]	0.00 [-0.06,0.06]
Other labour market status (1 = yes)	0.25*** [0.19,0.32]	0.25*** [0.19,0.32]	0.25*** [0.19,0.32]	0.25*** [0.19,0.32]	0.25*** [0.19,0.32]	0.25*** [0.19,0.32]
Mobility in any direction (1 = yes)		-0.01 [-0.05,0.03]				
Downward mobility (1 = yes)			-0.03 [-0.09,0.04]			
Upward mobility (1 = yes)				0.01 [-0.07,0.08]		
One-step downward mobility (1 = yes)					-0.02 [-0.09,0.05]	
Two-step downward mobility (1 = yes)					-0.05 [-0.16,0.06]	
One-step upward mobility (1 = yes)						0.02 [-0.06,0.09]
Two-step upward mobility (1 = yes)						-0.04 [-0.13,0.06]
Constant	0.11* [0.01,0.22]	0.12* [0.01,0.22]	0.12* [0.02,0.23]	0.11* [0.01,0.21]	0.12* [0.02,0.23]	0.11* [0.01,0.22]
Observations	9,851	9,851	9,851	9,851	9,851	9,851
AIC	26782.9	26784.8	26784.3	26784.8	26786.0	26785.0
BIC	26869.2	26878.3	26877.8	26878.3	26886.7	26885.7

Notes: 95% confidence intervals in brackets.

* p < .05, ** p < .01, *** p < .001.

Destination parameters (which equal -1 × origin parameters) and destination weight (which equals 1 – origin weight) not displayed.

Table A7: DRM of components of allostatic load

	(1) Cardiovascular	(2) Lipid metabolism	(3) Inflammation	(4) Body fat deposition	(5) Glucose metabolism
Working class	0.10*** [0.06,0.13]	0.10*** [0.06,0.13]	0.10*** [0.06,0.13]	0.20*** [0.17,0.24]	0.13*** [0.10,0.17]
Intermediate class	-0.04 [-0.08,0.00]	0.03 [-0.01,0.07]	0.03 [-0.01,0.07]	-0.02 [-0.06,0.02]	-0.03 [-0.08,0.01]
Salariat	-0.06** [-0.09,-0.02]	-0.13*** [-0.17,-0.09]	-0.13*** [-0.17,-0.09]	-0.18*** [-0.22,-0.15]	-0.10*** [-0.13,-0.06]
Origin weight	0.26 [-0.00,0.52]	0.57 [0.42,0.73]	0.57 [0.42,0.73]	0.57 [0.47,0.67]	0.39 [0.23,0.55]
Sex (1 = female)	-0.19*** [-0.24,-0.15]	-0.51*** [-0.55,-0.47]	-0.51*** [-0.55,-0.47]	-0.41*** [-0.45,-0.38]	-0.11*** [-0.14,-0.07]
Age (centered)	0.01*** [0.01,0.01]	0.00* [0.00,0.00]	0.00* [0.00,0.00]	0.01*** [0.01,0.01]	0.02*** [0.02,0.02]
Ethnicity (1 = white)	-0.04 [-0.15,0.06]	0.08 [-0.01,0.17]	0.08 [-0.01,0.17]	0.09 [-0.00,0.18]	-0.34*** [-0.45,-0.22]
Marital status (ref. married)					
Single/never married (1 = yes)	-0.03 [-0.09,0.03]	-0.12*** [-0.18,-0.07]	-0.12*** [-0.18,-0.07]	-0.15*** [-0.21,-0.09]	-0.04 [-0.08,0.01]
Divorced/widowed (1 = yes)	0.09** [0.03,0.14]	0.04 [-0.01,0.09]	0.04 [-0.01,0.09]	0.01 [-0.04,0.06]	0.06* [0.00,0.11]
Labor market status (ref. working)					
Retired (1 = yes)	-0.18*** [-0.25,-0.11]	-0.16*** [-0.23,-0.09]	-0.16*** [-0.23,-0.09]	-0.05 [-0.11,0.01]	-0.02 [-0.09,0.04]
Other labour market status (1 = yes)	0.05 [-0.02,0.12]	0.05 [-0.02,0.12]	0.05 [-0.02,0.12]	0.15*** [0.08,0.23]	0.20*** [0.12,0.28]
Constant	0.19*** [0.08,0.31]	0.29*** [0.19,0.38]	0.29*** [0.19,0.38]	0.19*** [0.10,0.28]	0.35*** [0.23,0.47]
Observations	8,195	9,726	9,726	9,796	9,202
AIC	22993.2	27209.3	27209.3	26578.5	24696.1
BIC	23077.4	27295.5	27295.5	26664.8	24781.6

Notes: 95% confidence intervals in brackets.

* p < .05, ** p < .01, *** p < .001.

Destination parameters (which equal -1 × origin parameters) and destination weight (which equals 1 – origin weight) not displayed.

Table A8: DRM of allostatic load, social class determined by dominance principle

	(1)	(2)	(3)	(4)	(5)	(6)
Working class	0.22*** [0.18,0.25]	0.22*** [0.18,0.26]	0.22*** [0.18,0.25]	0.22*** [0.18,0.26]	0.21*** [0.18,0.25]	0.22*** [0.18,0.26]
Intermediate class	0.00 [-0.04,0.04]	-0.00 [-0.04,0.04]	0.00 [-0.04,0.04]	-0.00 [-0.04,0.04]	0.01 [-0.04,0.05]	0.00 [-0.04,0.05]
Salariat	-0.22*** [-0.25,-0.19]	-0.22*** [-0.25,-0.18]	-0.22*** [-0.25,-0.18]	-0.22*** [-0.25,-0.18]	-0.22*** [-0.26,-0.19]	-0.22*** [-0.25,-0.18]
Origin weight	0.49 [0.41,0.57]	0.47 [0.39,0.56]	0.54 [0.42,0.66]	0.40 [0.25,0.55]	0.56 [0.43,0.68]	0.38 [0.20,0.55]
Sex (1 = female)	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]
Age (centered)	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]
Ethnicity (1 = white)	-0.14** [-0.24,-0.04]	-0.14** [-0.24,-0.04]	-0.14** [-0.24,-0.04]	-0.14** [-0.24,-0.04]	-0.14** [-0.24,-0.04]	-0.14** [-0.24,-0.04]
Marital status (ref. married)						
Single/never married (1 = yes)	-0.10*** [-0.15,-0.04]	-0.10*** [-0.15,-0.04]	-0.10*** [-0.15,-0.04]	-0.10*** [-0.15,-0.04]	-0.10*** [-0.15,-0.04]	-0.10*** [-0.15,-0.04]
Divorced/widowed (1 = yes)	0.07** [0.02,0.12]	0.07* [0.02,0.12]	0.07** [0.02,0.12]	0.07** [0.02,0.12]	0.07** [0.02,0.12]	0.07** [0.02,0.12]
Labor market status (ref. working)						
Retired (1 = yes)	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]	-0.11*** [-0.17,-0.05]
Other labour market status (1 = yes)	0.20*** [0.13,0.28]	0.20*** [0.13,0.28]	0.20*** [0.13,0.28]	0.20*** [0.13,0.28]	0.20*** [0.13,0.28]	0.20*** [0.13,0.28]
Mobility in any direction (1 = yes)		0.03 [-0.01,0.07]				
Downward mobility (1 = yes)			0.04 [-0.03,0.11]			
Upward mobility (1 = yes)				0.05 [-0.02,0.12]		
One-step downward mobility (1 = yes)					0.03 [-0.04,0.11]	
Two-step downward mobility (1 = yes)					0.08 [-0.03,0.19]	
One-step upward mobility (1 = yes)						0.05 [-0.02,0.12]
Two-step upward mobility (1 = yes)						0.08 [-0.03,0.18]
Constant	0.27*** [0.17,0.37]	0.25*** [0.15,0.36]	0.26*** [0.15,0.36]	0.26*** [0.15,0.36]	0.26*** [0.15,0.36]	0.25*** [0.15,0.36]
Observations	9,851	9,851	9,851	9,851	9,851	9,851
AIC	26862.4	26862.3	26863.1	26862.5	26864.3	26864.1
BIC	26948.7	26955.9	26956.6	26956.0	26965.0	26964.8

Notes: 95% confidence intervals in brackets.* p <.05, ** p <.01, *** p <.001.

Destination parameters (which equal -1 × origin parameters) and destination weight (which equals 1 – origin weight) not displayed.

Table A9: DRM of allostatic load, five classes

	(1)	(2)	(3)	(4)	(5)	(6)
Routine	0.23*** [0.17,0.29]	0.23*** [0.17,0.29]	0.23*** [0.17,0.30]	0.23*** [0.17,0.29]	0.23*** [0.16,0.29]	0.24*** [0.17,0.30]
Semi-routine	0.21*** [0.15,0.27]	0.21*** [0.15,0.27]	0.21*** [0.15,0.27]	0.21*** [0.15,0.28]	0.22*** [0.16,0.29]	0.21*** [0.15,0.27]
Intermediate	-0.01 [-0.05,0.04]	-0.01 [-0.05,0.04]	-0.01 [-0.06,0.04]	-0.01 [-0.05,0.04]	-0.02 [-0.07,0.03]	-0.01 [-0.06,0.04]
Lower salariat	-0.15*** [-0.21,-0.09]	-0.15*** [-0.21,-0.09]	-0.15*** [-0.21,-0.09]	-0.15*** [-0.21,-0.09]	-0.14*** [-0.20,-0.09]	-0.16*** [-0.22,-0.09]
Higher salariat	-0.29*** [-0.34,-0.23]	-0.29*** [-0.34,-0.24]	-0.29*** [-0.34,-0.23]	-0.29*** [-0.35,-0.24]	-0.29*** [-0.34,-0.23]	-0.28*** [-0.34,-0.22]
Origin weight	0.44 [0.34,0.53]	0.44 [0.35,0.53]	0.43 [0.26,0.59]	0.46 [0.30,0.62]	0.40 [0.22,0.58]	0.51 [0.33,0.68]
Sex (1 = female)	-0.23*** [-0.27,-0.19]	-0.23*** [-0.27,-0.19]	-0.23*** [-0.27,-0.19]	-0.23*** [-0.27,-0.19]	-0.23*** [-0.27,-0.19]	-0.23*** [-0.27,-0.19]
Age (centered)	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]
Ethnicity (1 = white)	-0.14** [-0.25,-0.04]	-0.14** [-0.25,-0.04]	-0.15** [-0.25,-0.04]	-0.14** [-0.25,-0.04]	-0.14** [-0.25,-0.04]	-0.15** [-0.25,-0.04]
Marital status (ref. married)						
Single/never married (1 = yes)	-0.09** [-0.14,-0.03]	-0.09** [-0.14,-0.03]	-0.09** [-0.14,-0.03]	-0.09** [-0.14,-0.03]	-0.09** [-0.14,-0.03]	-0.09** [-0.14,-0.03]
Divorced/widowed (1 = yes)	0.08** [0.03,0.14]	0.08** [0.03,0.13]	0.08** [0.03,0.14]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]
Labor market status (ref. working)						
Retired (1 = yes)	-0.09** [-0.15,-0.02]	-0.09** [-0.15,-0.02]	-0.09** [-0.15,-0.02]	-0.09** [-0.15,-0.02]	-0.09** [-0.15,-0.02]	-0.09** [-0.15,-0.02]
Other labour market status (1 = yes)	0.21*** [0.13,0.28]	0.21*** [0.13,0.28]	0.21*** [0.13,0.28]	0.21*** [0.13,0.28]	0.21*** [0.13,0.28]	0.21*** [0.13,0.28]
Mobility in any direction (1 = yes)		-0.01 [-0.05,0.04]				
Downward mobility (1 = yes)			-0.01 [-0.08,0.07]			
Upward mobility (1 = yes)				-0.01 [-0.08,0.06]		
One-step downward mobility (1 = yes)					-0.03 [-0.10,0.05]	
Two-step downward mobility (1 = yes)					0.02 [-0.08,0.12]	
Three-step upward mobility (1 = yes)					-0.10 [-0.26,0.07]	
Four-step downward mobility (1 = yes)					-0.04 [-0.31,0.23]	
One-step upward mobility (1 = yes)						-0.01 [-0.08,0.06]
Two-step upward mobility (1 = yes)						-0.04 [-0.12,0.05]
Three-step upward mobility (1 = yes)						-0.04 [-0.16,0.08]
Four-step upward mobility (1 = yes)						-0.13 [-0.31,0.06]
Constant	0.27*** [0.16,0.37]	0.27*** [0.16,0.39]	0.27*** [0.16,0.38]	0.27*** [0.16,0.38]	0.28*** [0.16,0.39]	0.28*** [0.17,0.39]
Observations	9,566	9,566	9,566	9,566	9,566	9,566
AIC	26128.2	26130.1	26130.2	26130.1	26133.5	26134.4
BIC	26228.5	26237.6	26237.7	26237.6	26262.5	26263.4

Notes: 95% confidence intervals in brackets.

* p < .05, ** p < .01, *** p < .001.

Destination parameters (which equal -1 × origin parameters) and destination weight (which equals 1 – origin weight) not displayed.

Table A10: DRM of allostatic load, controlling for education

	(1)	(2)	(3)	(4)	(5)	(6)
Working class	0.17*** [0.14,0.21]	0.17*** [0.14,0.21]	0.17*** [0.14,0.21]	0.18*** [0.14,0.22]	0.17*** [0.13,0.21]	0.18*** [0.14,0.22]
Intermediate class	-0.03 [-0.07,0.02]	-0.03 [-0.07,0.02]	-0.03 [-0.07,0.02]	-0.03 [-0.08,0.02]	-0.03 [-0.07,0.02]	-0.04 [-0.09,0.01]
Salariat	-0.15*** [-0.19,-0.11]	-0.15*** [-0.19,-0.11]	-0.15*** [-0.19,-0.11]	-0.14*** [-0.18,-0.10]	-0.15*** [-0.19,-0.11]	-0.14*** [-0.18,-0.10]
Origin weight	0.56 [0.44,0.68]	0.56 [0.43,0.68]	0.54 [0.38,0.71]	0.49 [0.26,0.72]	0.55 [0.36,0.73]	0.51 [0.27,0.74]
Sex (1 = female)	-0.21*** [-0.25,-0.18]	-0.21*** [-0.25,-0.18]	-0.21*** [-0.25,-0.18]	-0.21*** [-0.25,-0.18]	-0.21*** [-0.25,-0.18]	-0.21*** [-0.25,-0.18]
Age (centered)	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]
Ethnicity (1 = white)	-0.16** [-0.26,-0.06]	-0.16** [-0.26,-0.06]	-0.16** [-0.26,-0.06]	-0.16** [-0.26,-0.06]	-0.16** [-0.26,-0.06]	-0.16** [-0.26,-0.06]
Marital status (ref. married)						
Single/never married (1 = yes)	-0.09** [-0.14,-0.03]	-0.09** [-0.14,-0.03]	-0.09** [-0.14,-0.03]	-0.09** [-0.14,-0.03]	-0.09** [-0.14,-0.03]	-0.09** [-0.14,-0.03]
Divorced/widowed (1 = yes)	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]
Labor market status (ref. working)						
Retired (1 = yes)	-0.12*** [-0.18,-0.06]	-0.12*** [-0.18,-0.06]	-0.12*** [-0.18,-0.06]	-0.12*** [-0.18,-0.06]	-0.12*** [-0.18,-0.06]	-0.12*** [-0.18,-0.06]
Other labour market status (1 = yes)	0.19*** [0.12,0.27]	0.19*** [0.12,0.27]	0.19*** [0.12,0.27]	0.19*** [0.12,0.26]	0.19*** [0.12,0.27]	0.19*** [0.12,0.26]
University (1 = yes)	-0.12*** [-0.16,-0.07]	-0.12*** [-0.16,-0.07]	-0.12*** [-0.16,-0.07]	-0.12*** [-0.16,-0.07]	-0.12*** [-0.16,-0.07]	-0.12*** [-0.16,-0.07]
No qualifications (1 = yes)	0.12*** [0.06,0.19]	0.12*** [0.06,0.19]	0.12*** [0.06,0.19]	0.13*** [0.06,0.19]	0.12*** [0.06,0.19]	0.12*** [0.06,0.19]
Mobility in any direction (1 = yes)		0.00 [-0.04,0.05]				
Downward mobility (1 = yes)			-0.01 [-0.08,0.06]			
Upward mobility (1 = yes)				0.03 [-0.05,0.11]		
One-step downward mobility (1 = yes)					-0.01 [-0.08,0.06]	
Two-step downward mobility (1 = yes)					-0.01 [-0.12,0.11]	
One-step upward mobility (1 = yes)						0.03 [-0.05,0.11]
Two-step upward mobility (1 = yes)						0.02 [-0.08,0.11]
Constant	0.29*** [0.18,0.39]	0.29*** [0.18,0.39]	0.29*** [0.18,0.40]	0.28*** [0.17,0.39]	0.29*** [0.18,0.40]	0.28*** [0.17,0.39]
Observations	9,814	9,814	9,814	9,814	9,814	9,814
AIC	26726.3	26728.3	26728.3	26727.8	26730.3	26729.6
BIC	26827.0	26836.1	26836.1	26835.7	26845.3	26844.7

Notes: 95% confidence intervals in brackets.

* p < .05, ** p < .01, *** p < .001.

Destination parameters (which equal -1 × origin parameters) and destination weight (which equals 1 – origin weight) not displayed.

Table A11: DRM of allostatic load, stratified by sex

	(1) Men	(2) Women	(3) Men	(4) Women	(5) Men	(6) Women	(7) Men	(8) Women	(9) Men	(10) Women	(11) Men	(12) Women
Working class	0.15*** [0.10,0.21]	0.27*** [0.23,0.32]	0.16*** [0.11,0.21]	0.27*** [0.22,0.32]	0.16*** [0.11,0.21]	0.27*** [0.23,0.32]	0.16*** [0.10,0.21]	0.26*** [0.19,0.33]	0.16*** [0.11,0.21]	0.28*** [0.23,0.32]	0.16*** [0.09,0.23]	0.26*** [0.19,0.33]
Intermediate class	-0.00 [-0.06,0.06]	-0.05 [-0.11,0.01]	-0.01 [-0.07,0.05]	-0.04 [-0.10,0.03]	-0.01 [-0.08,0.06]	-0.05 [-0.11,0.01]	0.00 [-0.06,0.06]	-0.03 [-0.14,0.08]	-0.00 [-0.07,0.06]	-0.06 [-0.13,0.00]	-0.01 [-0.10,0.08]	-0.02 [-0.13,0.08]
Salariat	-0.15*** [-0.20,-0.10]	-0.22*** [-0.27,-0.17]	-0.15*** [-0.20,-0.10]	-0.23*** [-0.28,-0.18]	-0.15*** [-0.20,-0.09]	-0.22*** [-0.27,-0.17]	-0.16*** [-0.20,-0.11]	-0.24*** [-0.30,-0.17]	-0.15*** [-0.21,-0.10]	-0.21*** [-0.27,-0.16]	-0.15*** [-0.21,-0.10]	-0.24*** [-0.30,-0.17]
Origin weight	0.47 [0.30,0.64]	0.51 [0.40,0.61]	0.44 [0.27,0.62]	0.52 [0.41,0.64]	0.55 [0.28,0.82]	0.44 [0.29,0.59]	0.24 [-0.09,0.56]	0.61 [0.25,0.96]	0.57 [0.30,0.83]	0.42 [0.26,0.58]	0.30 [-0.21,0.81]	0.59 [0.25,0.93]
Age (centered)	0.01*** [0.01,0.02]	0.02*** [0.02,0.02]	0.01*** [0.01,0.02]	0.02*** [0.02,0.02]	0.01*** [0.01,0.02]	0.02*** [0.02,0.02]	0.01*** [0.01,0.02]	0.02*** [0.02,0.02]	0.01*** [0.01,0.02]	0.02*** [0.02,0.02]	0.01*** [0.01,0.02]	0.02*** [0.02,0.02]
Ethnicity (1 = white)	-0.22** [-0.38,-0.06]	-0.09 [-0.21,0.03]	-0.22** [-0.38,-0.05]	-0.09 [-0.21,0.03]	-0.22** [-0.38,-0.06]	-0.09 [-0.22,0.03]	-0.22** [-0.38,-0.05]	-0.09 [-0.21,0.03]	-0.22** [-0.38,-0.06]	-0.09 [-0.21,0.03]	-0.22** [-0.38,-0.06]	-0.09 [-0.21,0.03]
Marital status (ref. married)												
Single/never married (1 = yes)	-0.14*** [-0.22,-0.06]	-0.05 [-0.12,0.03]	-0.14*** [-0.22,-0.06]	-0.05 [-0.12,0.03]	-0.14*** [-0.22,-0.06]	-0.05 [-0.12,0.03]	-0.15*** [-0.23,-0.07]	-0.05 [-0.12,0.03]	-0.14*** [-0.22,-0.06]	-0.05 [-0.12,0.03]	-0.14*** [-0.22,-0.06]	-0.05 [-0.12,0.03]
Divorced/widowed (1 = yes)	0.07 [-0.01,0.14]	0.07* [0.01,0.13]	0.07 [-0.01,0.14]	0.07* [0.01,0.13]	0.07 [-0.01,0.14]	0.07* [0.01,0.13]	0.07 [-0.01,0.15]	0.07* [0.01,0.13]	0.07 [-0.01,0.14]	0.07* [0.01,0.13]	0.07 [-0.01,0.14]	0.07* [0.01,0.14]
Labor market status (ref. working)												
Retired (1 = yes)	-0.23*** [-0.32,-0.14]	-0.01 [-0.10,0.08]	-0.23*** [-0.32,-0.14]	-0.01 [-0.10,0.08]	-0.23*** [-0.32,-0.14]	-0.01 [-0.10,0.08]	-0.23*** [-0.32,-0.14]	-0.01 [-0.10,0.08]	-0.23*** [-0.32,-0.14]	-0.01 [-0.10,0.07]	-0.23*** [-0.32,-0.14]	-0.01 [-0.10,0.08]
Other labour market status (1 = yes)	0.34*** [0.20,0.49]	0.20*** [0.11,0.28]	0.35*** [0.20,0.49]	0.20*** [0.12,0.28]	0.34*** [0.20,0.49]	0.20*** [0.11,0.28]	0.35*** [0.20,0.49]	0.20*** [0.12,0.28]	0.34*** [0.20,0.49]	0.20*** [0.11,0.28]	0.35*** [0.20,0.49]	0.20*** [0.12,0.28]
Mobility in any direction (1 = yes)			0.04 [-0.01,0.10]	-0.03 [-0.09,0.02]								
Downward mobility (1 = yes)					0.05 [-0.07,0.16]	-0.06 [-0.15,0.04]						
Upward mobility (1 = yes)							0.10 [-0.01,0.21]	-0.06 [-0.23,0.12]				
One-step downward mobility (1 = yes)									0.04 [-0.08,0.15]	-0.05 [-0.14,0.04]		
Two-step downward mobility (1 = yes)									0.08 [-0.08,0.24]	-0.11 [-0.27,0.05]		
One-step upward mobility (1 = yes)											0.10 [-0.02,0.21]	-0.06 [-0.23,0.11]
Two-step upward mobility (1 = yes)											0.06 [-0.16,0.28]	-0.03 [-0.22,0.16]
Constant	0.35*** [0.19,0.52]	-0.06 [-0.18,0.07]	0.33*** [0.16,0.50]	-0.04 [-0.17,0.09]	0.34*** [0.17,0.51]	-0.04 [-0.17,0.09]	0.33*** [0.16,0.49]	-0.04 [-0.17,0.09]	0.34*** [0.17,0.51]	-0.04 [-0.17,0.09]	0.33*** [0.16,0.50]	-0.04 [-0.17,0.09]
Observations	4,376	5,475	4,376	5,475	4,376	5,475	4,376	5,475	4,376	5,475	4,376	5,475
AIC	11691.0	15066.5	11690.7	15067.2	11692.3	15067.0	11689.5	15067.6	11694.0	15068.3	11691.2	15069.4
BIC	11761.2	15139.2	11767.3	15146.5	11768.9	15146.3	11766.1	15146.9	11776.9	15154.2	11774.2	15155.3

Notes: 95% confidence intervals in brackets.

* p < .05, ** p < .01, *** p < .001.

Destination parameters (which equal -1 × origin parameters) and destination weight (which equals 1 – origin weight) not displayed.

Table A12: DRM of allostatic load, controlling for health behaviors in Wave 2

	(1)	(2)	(3)	(4)	(5)	(6)
Working class	0.16*** [0.13,0.20]	0.16*** [0.13,0.20]	0.16*** [0.13,0.20]	0.16*** [0.13,0.20]	0.16*** [0.13,0.20]	0.17*** [0.13,0.20]
Intermediate class	-0.01 [-0.05,0.03]	-0.01 [-0.05,0.03]	-0.01 [-0.05,0.03]	-0.01 [-0.06,0.03]	-0.01 [-0.05,0.03]	-0.02 [-0.06,0.03]
Salariat	-0.15*** [-0.19,-0.12]	-0.15*** [-0.19,-0.12]	-0.15*** [-0.19,-0.12]	-0.15*** [-0.19,-0.12]	-0.15*** [-0.19,-0.12]	-0.15*** [-0.19,-0.11]
Origin weight	0.58 [0.47,0.69]	0.58 [0.47,0.70]	0.57 [0.41,0.73]	0.56 [0.34,0.78]	0.57 [0.40,0.74]	0.58 [0.34,0.81]
Sex (1 = female)	-0.23*** [-0.27,-0.19]	-0.23*** [-0.27,-0.19]	-0.23*** [-0.27,-0.19]	-0.23*** [-0.27,-0.19]	-0.23*** [-0.27,-0.19]	-0.23*** [-0.27,-0.19]
Age (centered)	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]	0.02*** [0.01,0.02]
Ethnicity (1 = white)	-0.14** [-0.24,-0.04]	-0.14** [-0.24,-0.04]	-0.14** [-0.24,-0.04]	-0.14** [-0.24,-0.04]	-0.14** [-0.24,-0.04]	-0.14** [-0.24,-0.04]
Marital status (ref. married)						
Single/never married (1 = yes)	-0.11*** [-0.17,-0.06]	-0.11*** [-0.17,-0.06]	-0.11*** [-0.17,-0.06]	-0.11*** [-0.17,-0.06]	-0.11*** [-0.17,-0.06]	-0.11*** [-0.17,-0.06]
Divorced/widowed (1 = yes)	0.05* [0.00,0.10]	0.05* [0.00,0.10]	0.05* [0.00,0.10]	0.05* [0.00,0.10]	0.05* [0.00,0.10]	0.05* [0.00,0.10]
Labor market status (ref. working)						
Retired (1 = yes)	-0.10** [-0.16,-0.04]	-0.10** [-0.16,-0.04]	-0.10** [-0.16,-0.04]	-0.10** [-0.16,-0.04]	-0.10** [-0.16,-0.04]	-0.10** [-0.16,-0.04]
Other labour market status (1 = yes)	0.12** [0.04,0.19]	0.12** [0.04,0.19]	0.12** [0.04,0.19]	0.12** [0.04,0.19]	0.12** [0.04,0.19]	0.12** [0.04,0.19]
Sport activity ranking	-0.07*** [-0.07,-0.06]	-0.07*** [-0.07,-0.06]	-0.07*** [-0.07,-0.06]	-0.07*** [-0.07,-0.06]	-0.07*** [-0.07,-0.06]	-0.07*** [-0.07,-0.06]
Ex-smoker	0.03 [-0.01,0.07]	0.03 [-0.01,0.07]	0.03 [-0.01,0.07]	0.03 [-0.01,0.07]	0.03 [-0.01,0.07]	0.03 [-0.01,0.07]
Current smoker	0.19*** [0.13,0.25]	0.19*** [0.13,0.25]	0.19*** [0.13,0.25]	0.19*** [0.14,0.25]	0.19*** [0.13,0.25]	0.19*** [0.13,0.25]
Fruit/Veg. 1-3 d./w.	0.04 [-0.05,0.13]	0.04 [-0.05,0.13]	0.04 [-0.05,0.13]	0.04 [-0.05,0.13]	0.04 [-0.05,0.13]	0.04 [-0.05,0.13]
Fruit/Veg. 4-6 d./w.	0.05 [-0.05,0.15]	0.05 [-0.05,0.15]	0.05 [-0.05,0.15]	0.05 [-0.05,0.15]	0.05 [-0.05,0.15]	0.05 [-0.05,0.15]
Fruit/Veg. every day	-0.03 [-0.12,0.07]	-0.03 [-0.12,0.07]	-0.03 [-0.12,0.07]	-0.03 [-0.12,0.07]	-0.03 [-0.12,0.07]	-0.03 [-0.12,0.07]
Mobility in any direction (1 = yes)		-0.00 [-0.04,0.04]				
Downward mobility (1 = yes)			-0.01 [-0.07,0.06]			
Upward mobility (1 = yes)				0.01 [-0.07,0.09]		
One-step downward mobility (1 = yes)					-0.01 [-0.08,0.06]	
Two-step downward mobility (1 = yes)					-0.01 [-0.12,0.10]	
One-step upward mobility (1 = yes)						0.01 [-0.07,0.09]
Two-step upward mobility (1 = yes)						-0.01 [-0.10,0.09]
Constant	0.21** [0.07,0.35]	0.21** [0.07,0.35]	0.21** [0.07,0.35]	0.21** [0.07,0.35]	0.21** [0.07,0.35]	0.21** [0.07,0.35]
Observations	9,727	9,727	9,727	9,727	9,727	9,727
AIC	26070.3	26072.3	26072.3	26072.3	26074.3	26074.1
BIC	26199.6	26208.8	26208.8	26208.7	26217.9	26217.7

Notes: 95% confidence intervals in brackets. * p <.05, ** p <.01, *** p <.001.

Destination parameters (which equal -1 × origin parameters) and destination weight (which equals 1 - origin weight) not displayed.

Table A13: DRM predicting allostatic load, excluding unemployed respondents

	(1)	(2)	(3)	(4)	(5)	(6)
Working class	0.23*** [0.19,0.26]	0.23*** [0.19,0.26]	0.23*** [0.19,0.26]	0.23*** [0.20,0.27]	0.23*** [0.19,0.26]	0.23*** [0.20,0.27]
Intermediate class	-0.03 [-0.07,0.01]	-0.03 [-0.07,0.01]	-0.03 [-0.07,0.01]	-0.04 [-0.08,0.01]	-0.03 [-0.07,0.02]	-0.04 [-0.09,0.01]
Salariat	-0.20*** [-0.23,-0.16]	-0.20*** [-0.23,-0.16]	-0.20*** [-0.23,-0.16]	-0.20*** [-0.23,-0.16]	-0.20*** [-0.24,-0.16]	-0.19*** [-0.23,-0.16]
Origin weight	0.49 [0.41,0.58]	0.49 [0.40,0.58]	0.48 [0.35,0.60]	0.45 [0.28,0.61]	0.48 [0.35,0.61]	0.47 [0.30,0.64]
Sex (1 = female)	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]	-0.21*** [-0.25,-0.17]
Age (centered)	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]	0.02*** [0.02,0.02]
Ethnicity (1 = white)	-0.16** [-0.27,-0.06]	-0.16** [-0.27,-0.06]	-0.16** [-0.27,-0.06]	-0.16** [-0.27,-0.06]	-0.17** [-0.27,-0.06]	-0.17** [-0.27,-0.06]
Marital status (ref. married)						
Single/never married (1 = yes)	-0.08** [-0.14,-0.02]	-0.08** [-0.14,-0.02]	-0.08** [-0.14,-0.02]	-0.08** [-0.14,-0.02]	-0.08** [-0.14,-0.02]	-0.08** [-0.14,-0.02]
Divorced/widowed (1 = yes)	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]	0.08** [0.03,0.13]
Labor market status (ref. working)						
Retired (1 = yes)	-0.11*** [-0.17,-0.04]	-0.11*** [-0.17,-0.04]	-0.11*** [-0.17,-0.04]	-0.11*** [-0.17,-0.04]	-0.11*** [-0.17,-0.04]	-0.11*** [-0.17,-0.04]
Other labour market status (1 = yes)	0.21*** [0.13,0.30]	0.21*** [0.13,0.30]	0.21*** [0.13,0.30]	0.21*** [0.13,0.30]	0.21*** [0.13,0.30]	0.21*** [0.13,0.30]
Mobility in any direction (1 = yes)		0.00 [-0.04,0.04]				
Downward mobility (1 = yes)			-0.01 [-0.08,0.05]			
Upward mobility (1 = yes)				0.03 [-0.05,0.10]		
One-step downward mobility (1 = yes)					-0.02 [-0.09,0.05]	
Two-step downward mobility (1 = yes)					-0.00 [-0.11,0.11]	
One-step upward mobility (1 = yes)						0.03 [-0.05,0.11]
Two-step upward mobility (1 = yes)						0.00 [-0.09,0.10]
Constant	0.25*** [0.15,0.36]	0.25*** [0.14,0.36]	0.26*** [0.15,0.36]	0.25*** [0.14,0.35]	0.26*** [0.15,0.36]	0.25*** [0.14,0.36]
Observations	9,611	9,611	9,611	9,611	9,611	9,611
AIC	26176.7	26178.7	26178.6	26178.2	26180.4	26179.7
BIC	26262.8	26271.9	26271.8	26271.4	26280.8	26280.1

Notes: 95% confidence intervals in brackets.

* p < .05, ** p < .01, *** p < .001.

Destination parameters (which equal -1 × origin parameters) and destination weight (which equals 1 – origin weight) not displayed.

Table A14: DRM of allostatic load, stratified by age groups: below and above average age (52.2 years)

	(1) <52 y.	(2) >52 y.	(3) <52 y.	(4) >52 y.	(5) <52 y.	(6) >52 y.	(7) <52 y.	(8) >52 y.	(9) <52 y.	(10) >52 y.	(11) <52 y.	(12) >52 y.
Working class	0.23*** [0.18,0.28]	0.22*** [0.17,0.27]	0.23*** [0.18,0.28]	0.21*** [0.17,0.26]	0.23*** [0.18,0.28]	0.22*** [0.17,0.26]	0.24*** [0.19,0.29]	0.22*** [0.17,0.26]	0.23*** [0.17,0.28]	0.22*** [0.17,0.26]	0.24*** [0.19,0.29]	0.22*** [0.17,0.27]
Intermediate class	-0.05 [-0.11,0.01]	0.01 [-0.05,0.07]	-0.06 [-0.12,0.00]	0.01 [-0.05,0.07]	-0.05 [-0.11,0.01]	0.01 [-0.05,0.07]	-0.07* [-0.13,-0.01]	0.01 [-0.05,0.07]	-0.05 [-0.11,0.02]	0.01 [-0.05,0.07]	-0.06* [-0.13,-0.00]	0.00 [-0.06,0.07]
Salariat	-0.18*** [-0.23,-0.13]	-0.23*** [-0.28,-0.18]	-0.17*** [-0.22,-0.13]	-0.23*** [-0.28,-0.18]	-0.18*** [-0.23,-0.13]	-0.23*** [-0.28,-0.18]	-0.17*** [-0.22,-0.12]	-0.23*** [-0.28,-0.18]	-0.18*** [-0.23,-0.13]	-0.22*** [-0.27,-0.17]	-0.17*** [-0.22,-0.12]	-0.22*** [-0.28,-0.17]
Origin weight	0.52 [0.39,0.65]	0.48 [0.37,0.59]	0.51 [0.37,0.64]	0.49 [0.38,0.61]	0.54 [0.35,0.73]	0.44 [0.28,0.60]	0.40 [0.20,0.60]	0.53 [0.32,0.74]	0.55 [0.34,0.77]	0.43 [0.26,0.60]	0.39 [0.18,0.61]	0.57 [0.33,0.82]
Sex (1 = female)	-0.38*** [-0.43,-0.33]	-0.07* [-0.12,-0.01]	-0.38*** [-0.43,-0.33]	-0.06* [-0.12,-0.01]	-0.38*** [-0.43,-0.33]	-0.07* [-0.12,-0.01]	-0.38*** [-0.43,-0.33]	-0.06* [-0.12,-0.01]	-0.38*** [-0.43,-0.33]	-0.06* [-0.12,-0.01]	-0.38*** [-0.43,-0.33]	-0.06* [-0.12,-0.01]
Age (centered)	0.03*** [0.03,0.03]	-0.00* [-0.01,-0.00]	0.03*** [0.03,0.03]	-0.00* [-0.01,-0.00]	0.03*** [0.03,0.03]	-0.00* [-0.01,-0.00]	0.03*** [0.03,0.03]	-0.00* [-0.01,-0.00]	0.03*** [0.03,0.03]	-0.00* [-0.01,-0.00]	0.03*** [0.03,0.03]	-0.00* [-0.01,-0.00]
Ethnicity (1 = white)	-0.16** [-0.28,-0.05]	-0.16 [-0.36,0.03]	-0.16** [-0.28,-0.05]	-0.16 [-0.36,0.03]	-0.16** [-0.28,-0.05]	-0.16 [-0.36,0.03]	-0.16** [-0.28,-0.05]	-0.16 [-0.36,0.04]	-0.16** [-0.28,-0.05]	-0.16 [-0.36,0.03]	-0.16** [-0.28,-0.05]	-0.16 [-0.36,0.03]
Marital status (ref. married)												
Single/never married (1 = yes)	-0.01 [-0.08,0.05]	-0.05 [-0.16,0.05]	-0.01 [-0.08,0.05]	-0.05 [-0.16,0.05]	-0.01 [-0.08,0.05]	-0.05 [-0.16,0.05]	-0.01 [-0.08,0.05]	-0.05 [-0.16,0.05]	-0.01 [-0.08,0.05]	-0.05 [-0.16,0.05]	-0.01 [-0.08,0.05]	-0.05 [-0.16,0.05]
Divorced/widowed (1 = yes)	0.08 [-0.00,0.15]	0.09** [0.03,0.16]	0.07 [-0.00,0.15]	0.09** [0.03,0.16]	0.07 [-0.00,0.15]	0.09** [0.03,0.16]	0.07 [-0.00,0.15]	0.09** [0.03,0.16]	0.08 [-0.00,0.15]	0.09** [0.03,0.16]	0.07 [-0.00,0.15]	0.09** [0.03,0.16]
Labor market status (ref. working)												
Retired (1 = yes)	0.13 [-0.44,0.70]	0.10** [0.03,0.17]	0.13 [-0.44,0.70]	0.10** [0.03,0.17]	0.13 [-0.44,0.70]	0.10** [0.03,0.17]	0.13 [-0.45,0.70]	0.10** [0.03,0.17]	0.13 [-0.44,0.70]	0.10** [0.03,0.17]	0.13 [-0.45,0.70]	0.10** [0.03,0.17]
Other labour market status (1 = yes)	0.24*** [0.15,0.33]	0.22*** [0.09,0.35]	0.24*** [0.15,0.33]	0.22*** [0.09,0.35]	0.24*** [0.15,0.33]	0.22*** [0.09,0.35]	0.24*** [0.15,0.33]	0.22*** [0.09,0.35]	0.24*** [0.15,0.33]	0.22*** [0.09,0.35]	0.24*** [0.15,0.33]	0.22*** [0.09,0.35]
Mobility in any direction (1 = yes)			0.03 [-0.03,0.08]	-0.02 [-0.08,0.04]								
Downward mobility (1 = yes)					0.02 [-0.08,0.11]	-0.04 [-0.13,0.06]						
Upward mobility (1 = yes)							0.07 [-0.03,0.16]	-0.03 [-0.13,0.08]				
One-step downward mobility (1 = yes)									0.01 [-0.08,0.11]	-0.03 [-0.13,0.07]		
Two-step downward mobility (1 = yes)									0.04 [-0.13,0.21]	-0.07 [-0.22,0.09]		
One-step upward mobility (1 = yes)											0.06 [-0.03,0.16]	-0.03 [-0.13,0.08]
Two-step upward mobility (1 = yes)											0.07 [-0.05,0.20]	-0.07 [-0.21,0.08]
Constant	0.46*** [0.33,0.58]	0.36*** [0.16,0.56]	0.44*** [0.31,0.57]	0.37*** [0.17,0.58]	0.45*** [0.32,0.58]	0.37*** [0.17,0.58]	0.44*** [0.31,0.56]	0.37*** [0.16,0.57]	0.45*** [0.32,0.58]	0.37*** [0.17,0.58]	0.44*** [0.31,0.56]	0.37*** [0.17,0.57]
Observations	5,069	4,782	5,069	4,782	5,069	4,782	5,069	4,782	5,069	4,782	5,069	4,782
AIC	13761.2	12880.2	13762.3	12881.7	13763.1	12881.7	13761.3	12881.9	13765.0	12883.5	13763.3	12883.4
BIC	13839.6	12957.9	13847.2	12965.8	13848.0	12965.8	13846.2	12966.1	13856.4	12974.1	13854.7	12974.1

Notes: 95% confidence intervals in brackets.

* p < .05, ** p < .01, *** p < .001.

Destination parameters (which equal -1 × origin parameters) and destination weight (which equals 1 – origin weight) not displayed.

Table A15: DRM of allostatic load, stratified by age groups: age groups 25–39 years and 60–79 years

	(1) 25–39 y.	(2) 60–79 y.	(3) 25–39 y.	(4) 60–79 y.	(5) 25–39 y.	(6) 60–79 y.	(7) 25–39 y.	(8) 60–79 y.	(9) 25–39 y.	(10) 60–79 y.	(11) 25–39 y.	(12) 60–79 y.
Working class	0.23*** [0.15,0.30]	0.20*** [0.14,0.25]	0.23*** [0.16,0.30]	0.19*** [0.13,0.25]	0.23*** [0.15,0.30]	0.18*** [0.12,0.24]	0.23*** [0.16,0.31]	0.20*** [0.14,0.25]	0.23*** [0.15,0.30]	0.18*** [0.12,0.24]	0.23*** [0.15,0.31]	0.20*** [0.14,0.26]
Intermediate class	-0.01 [-0.09,0.07]	0.05 [-0.03,0.12]	-0.02 [-0.11,0.06]	0.05 [-0.03,0.13]	-0.01 [-0.09,0.06]	0.06 [-0.02,0.13]	-0.02 [-0.11,0.07]	0.05 [-0.03,0.12]	-0.01 [-0.10,0.07]	0.06 [-0.02,0.14]	-0.02 [-0.11,0.07]	0.03 [-0.06,0.12]
Salariat	-0.22*** [-0.28,-0.15]	-0.24*** [-0.31,-0.18]	-0.21*** [-0.28,-0.14]	-0.24*** [-0.31,-0.18]	-0.21*** [-0.28,-0.14]	-0.24*** [-0.30,-0.18]	-0.21*** [-0.28,-0.14]	-0.24*** [-0.31,-0.18]	-0.21*** [-0.28,-0.14]	-0.25*** [-0.31,-0.18]	-0.21*** [-0.28,-0.14]	-0.23*** [-0.31,-0.15]
Origin weight	0.54 [0.36,0.71]	0.54 [0.39,0.68]	0.52 [0.34,0.70]	0.55 [0.40,0.70]	0.62 [0.36,0.88]	0.44 [0.23,0.66]	0.43 [0.13,0.73]	0.53 [0.28,0.79]	0.62 [0.34,0.90]	0.46 [0.25,0.67]	0.41 [0.09,0.74]	0.60 [0.26,0.94]
Sex (1 = female)	-0.35*** [-0.44,-0.27]	0.01 [-0.06,0.07]	-0.35*** [-0.44,-0.27]	0.01 [-0.06,0.07]	-0.35*** [-0.44,-0.27]	0.01 [-0.06,0.07]	-0.35*** [-0.44,-0.27]	0.01 [-0.06,0.07]	-0.35*** [-0.44,-0.27]	0.01 [-0.06,0.07]	-0.35*** [-0.44,-0.27]	0.01 [-0.06,0.07]
Age (centered)	0.03*** [0.02,0.05]	-0.01* [-0.01,-0.00]	0.03*** [0.02,0.05]	-0.01* [-0.01,-0.00]	0.04*** [0.02,0.05]	-0.01* [-0.01,-0.00]	0.03*** [0.02,0.05]	-0.01* [-0.01,-0.00]	0.04*** [0.02,0.05]	-0.01* [-0.01,-0.00]	0.03*** [0.02,0.05]	-0.01* [-0.01,-0.00]
Ethnicity (1 = white)	-0.11 [-0.28,0.06]	-0.29 [-0.59,0.01]	-0.11 [-0.28,0.06]	-0.29 [-0.59,0.01]	-0.11 [-0.28,0.06]	-0.30 [-0.60,0.01]	-0.11 [-0.28,0.06]	-0.29 [-0.59,0.01]	-0.11 [-0.28,0.06]	-0.30 [-0.60,0.00]	-0.11 [-0.28,0.06]	-0.29 [-0.60,0.01]
Marital status (ref. married)												
Single/never married (1 = yes)	0.01 [-0.08,0.10]	-0.09 [-0.23,0.06]	0.01 [-0.08,0.10]	-0.09 [-0.23,0.06]	0.01 [-0.08,0.10]	-0.09 [-0.23,0.06]	0.01 [-0.08,0.10]	-0.09 [-0.23,0.06]	0.01 [-0.08,0.10]	-0.09 [-0.23,0.06]	0.01 [-0.08,0.10]	-0.09 [-0.23,0.06]
Divorced/widowed (1 = yes)	-0.02 [-0.19,0.16]	0.11** [0.03,0.18]	-0.02 [-0.19,0.16]	0.11** [0.03,0.18]	-0.02 [-0.19,0.16]	0.11** [0.03,0.19]	-0.02 [-0.19,0.16]	0.11** [0.03,0.18]	-0.02 [-0.19,0.16]	0.11** [0.03,0.19]	-0.02 [-0.19,0.16]	0.11** [0.03,0.18]
Other labour market status (1 = yes)	0.20** [0.07,0.33]	0.26* [0.04,0.48]	0.20** [0.07,0.33]	0.26* [0.04,0.48]	0.20** [0.07,0.33]	0.26* [0.05,0.48]	0.20** [0.07,0.33]	0.26* [0.04,0.48]	0.20** [0.07,0.33]	0.26* [0.05,0.48]	0.20** [0.07,0.33]	0.26* [0.04,0.48]
Labor market status (ref. working)												
Retired (1 = yes)		0.05 [-0.04,0.13]		0.05 [-0.04,0.13]		0.05 [-0.04,0.13]		0.05 [-0.04,0.13]		0.05 [-0.03,0.13]		0.05 [-0.04,0.13]
Mobility in any direction (1 = yes)			0.04 [-0.04,0.12]	-0.03 [-0.10,0.05]								
Downward mobility (1 = yes)					0.07 [-0.08,0.21]	-0.08 [-0.20,0.05]						
Upward mobility (1 = yes)							0.06 [-0.08,0.21]	0.00 [-0.12,0.12]				
One-step downward mobility (1 = yes)									0.07 [-0.08,0.21]	-0.09 [-0.22,0.04]		
Two-step downward mobility (1 = yes)									0.06 [-0.15,0.28]	-0.03 [-0.23,0.17]		
One-step upward mobility (1 = yes)											0.06 [-0.09,0.21]	0.00 [-0.12,0.12]
Two-step upward mobility (1 = yes)											0.08 [-0.12,0.28]	-0.05 [-0.26,0.15]
Constant	0.48*** [0.22,0.75]	0.55*** [0.24,0.87]	0.46*** [0.19,0.73]	0.57*** [0.25,0.89]	0.47*** [0.20,0.73]	0.58*** [0.26,0.90]	0.46*** [0.20,0.73]	0.55*** [0.23,0.87]	0.47*** [0.20,0.73]	0.58*** [0.26,0.91]	0.46*** [0.20,0.73]	0.56*** [0.24,0.88]
Observations	2,004	2,955	2,004	2,955	2,004	2,955	2,004	2,955	2,004	2,955	2,004	2,955
AIC	5308.0	7852.7	5309.1	7854.2	5309.2	7853.0	5309.3	7854.7	5311.2	7854.6	5311.3	7856.2
BIC	5369.6	7924.6	5376.3	7932.1	5376.4	7930.9	5376.6	7932.6	5384.0	7938.5	5384.1	7940.1

Notes: 95% confidence intervals in brackets.

* p < .05, ** p < .01, *** p < .001.

Destination parameters (which equal -1 × origin parameters) and destination weight (which equals 1 – origin weight) not displayed.

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