

Table S1. Details of studies included in the review.

Study title Author(s) and year of publication/ author(s) disciplinary background Article/report type	Country (origin/focus)	Purpose	Description of sample	Study Design	Main findings
Health and wellbeing of Nepalese migrant workers abroad  Adhikary et al. 2018/ Health Sciences  Journal article	UK/Nepal	Assessment of the health and mental wellbeing of Nepalese construction workers	Male migrant Nepalese construction workers in Malaysia, Qatar, and Saudi Arabia  N=403  Age: range (20-58 years)/ 85.1%*	Quantitative (cross-sectional)	Key PRFs: <ul style="list-style-type: none"><li>• Age</li><li>• Poor work environment</li><li>• Perceived health risks</li></ul>
Prevalence of work-related musculoskeletal pain in masonry apprentices  Anton et al. 2020/ Health Sciences  Journal Article	USA	Evaluate the prevalence of musculoskeletal symptoms (MSS), time loss, and healthcare use among construction apprentices	First to fourth-year brick and block masonry apprentices  N=183  Age: mean 29.07 (SD=7.2)	Quantitative (cross-sectional)	MSS is a key PRF significantly associated with poorer mental health, especially among those who were prevented from going to work
Report on the Construction Industry Apprentices’ Focus Groups  AISRAP 2018/ Health Sciences  Industry/organizational report	Australia	Identify problems experienced by young people both in and outside of work, and the types of support required to help them during distress	Young construction industry apprentices  N=57  Age: Not provided but discusses the case of young people	Qualitative (cross-sectional)	Key PRFs: <ul style="list-style-type: none"><li>• Workplace culture that tolerates bullying and substance abuse</li><li>• Poor relationship with superiors and others at the workplace</li><li>• Poor employer support at work</li><li>• Low compensation</li><li>• Inadequate knowledge of mental health symptoms</li></ul>
Suicide in Queensland's Commercial Building and Construction Industry: An investigation of factors associated with suicide and recommendations for the prevention of suicide  AISRAP 2006/ Health Sciences  Industry/organizational report	Australia	Understand the individual, industry, and work-home interface factors relevant in construction industry suicides	General construction workers  N=22  Age: range (20-55 years)/ 36.3%	Qualitative (longitudinal)	Key PRFs: <ul style="list-style-type: none"><li>• Age</li><li>• Family relationship problems (divorce, separation)</li><li>• Prior psychiatric illness</li><li>• Industry culture that promotes substance abuse (alcohol and illicit drugs)</li><li>• Long working hours</li><li>• Lack of job security</li><li>• Financial management problems</li></ul>

Structural Equation Modeling of Occupational Stress in the Construction Industry	South Africa	Assessment of stress and its impacts on the health of construction industry workers	Construction professionals (architects, civil engineers, quantity surveyors, and project and construction managers)	Quantitative (cross-sectional)	Key PRFs: <ul style="list-style-type: none"> <li>• Age</li> <li>• Perceptions of job demands</li> <li>• Job control factors</li> <li>• Perceptions of organizational climate</li> <li>• Workplace discrimination</li> </ul>
Bowen et al. 2014/Built Environment and Social Sciences			N=676 Age: range (25-50 years approximately)		
Journal article					
Psychological distress in remote mining and construction workers in Australia	Australia	Assessment of the prevalence and correlates of psychological distress among remote mining and construction workers	Remote mining and construction workers, mostly FIFO	Quantitative (cross-sectional)	Psychological distress significantly higher in workers aged 25-34 years.
Bowers et al. 2018/ Health Sciences			N=1124  Age: mean 37.30 (SD=10.7); range (24-71 years)/ 48%		Key PRFs: <ul style="list-style-type: none"> <li>• Stigmatization</li> <li>• Relationship problems</li> <li>• Financial stress</li> <li>• Compressed roster swings</li> <li>• Social isolation</li> </ul>
Journal article					
Working at heights: patterns and predictors of illicit drug use in construction workers	Australia	Assessment of the prevalence rates and predictors of Australian construction workers' use of drugs (cannabis, cocaine and meth/amphetamine), general and mental health, job stress and workplace cultural norms for drugs	Male construction workers in Australia who had undertaken drug and alcohol impairment training	Quantitative (cross-sectional)	Significant risk factors of drug use include: <ul style="list-style-type: none"> <li>• Higher alcohol consumption (all drug types)</li> <li>• Younger age and poorer general health (cannabis and cocaine)</li> <li>• Higher psychological distress (cannabis)</li> <li>• Workplace availability</li> <li>• Descriptive and injunctive norms (cocaine)</li> </ul>
Chapman et al.2020/ Health Sciences			N=511  Age: mean 35.10 (SD=11.76); range (15-68 years)		
Journal article					
Impact of individual resilience and safety climate on safety performance and psychological stress of construction workers: A case study of the Ontario construction industry	Canada	Examination of the role of safety climate and individual resilience in safety performance and job stress in the Canadian construction industry	Male construction workers employed in different sizes of firms (micro to large scale)	Quantitative (cross-sectional)	Organizational and individual factors interact to affecting individual psychological well-being
Chen et al. 2017/Built Environment			N=837  Age: mean 37.11 (SD=12); range (16-67 years)/ 69%		Strong correlation between job stress and physical safety outcomes
Journal article					Key PRF: <ul style="list-style-type: none"> <li>• Poor safety climate</li> </ul>
Study on Mental Health Status and Life Quality of Migrant Workers in Construction Industry	China	Examination of the quality of life of migrant workers	Migrant workers in China's construction industry	Quantitative (cross-sectional)	Key PRFs: <ul style="list-style-type: none"> <li>• Frustration, adversity, and setbacks</li> <li>• Job satisfaction</li> <li>• Family support</li> <li>• Present illness Discrimination</li> <li>• Lack of sleep/ poor sleeping habits</li> </ul>
Dong 2018/ Built Environment			N=867  Age: mean 36.4 (SD=10.2); range (31-45 years)/35.9%		
Journal article					

Long-Term Health Outcomes of Work-Related Injuries Among Construction Workers—Findings from the National Longitudinal Survey of Youth	USA	Examination of the relationship between work-related injuries and health outcomes among a (measurement of respondents’ overall health as they turned 40 years old)	Young male blue-collar construction workers who had sustained workplace injuries  N=1435	Quantitative (longitudinal)	Workers with DAFW injuries were more likely to report mental health issues and emotional problems  At age 40, an average of 10 years after injury, those with DAFW injury had worse self-reported general and mental health
Dong et al. 2015/ Built Environment			Age: range (14-22 years at the time of initial survey)		
Journal article					
A review of the evidence related to the impacts of and interventions for workplace bullying in the Construction Industry	Australia/ Global	Examination of the impact of bullying on workplace physical and mental health and safety in the construction industry interventions against bullying	Published bullying literature on young construction workers in general  N= Not provided	Systematic review	Bullying is a key PRF and has a high level of prevalence.  Rates: <ul style="list-style-type: none"><li>• Global (15%)</li><li>• Australia (10% average, with FIFO workers being 56%)</li></ul>
Doran et al. 2020/ Health Sciences			Age: Not provided but discusses the case of young people		
Industry/organizational report					
Alcohol and substance misuse in the construction industry	UK	Investigation of the factors contributing to the menace of alcohol and substance misuse (ASM) in the construction industry, and its mitigation	General construction workers and professionals  N=18 (Qual)/ 142 (Quant)	Mixed methods (cross-sectional)	On-site workers use alcohol to improve their daily routines or numb the physical pain  Key PRFs: <ul style="list-style-type: none"><li>• Mental strain</li><li>• Site working conditions</li><li>• Male dominance</li><li>• Ineffective human resource management</li><li>• Transient work</li></ul>
Flannery et al. 2019/ Built Environment			Age: Not provided but discusses the case of young people		
Journal article					
FIFI/DIDO Mental Health Research Report 2013	Australia	Identification of the stressors associated with FIFO work and the ways in which FIFO workers cope with these stressors. Identifications of services which would best meet the needs of FIFO workers	FIFO/DIDO construction workers  N=18 (Qual)/ 924 (Quant)	Mixed methods (cross-sectional)	Key PRFs: <ul style="list-style-type: none"><li>• Minimal knowledge of the realities of FIFO work before starting work</li><li>• Family/home separation</li><li>• Adjusting to long day/night shifts</li><li>• Disrupted sleep leading to fatigue</li><li>• Accommodation problems</li><li>• On-site work conditions</li></ul>
Henry et al. 2013/ Social Sciences			Age: Not provided but discusses the case of young people (about 80% of sample less than 49 years)		
Industry/organizational report					
Posttraumatic Stress Disorder in Co-workers following Exposure to a Fatal Construction Accident in China	China	Assessment of stress-induced PTSD and associated depression induced by accidents among construction workers	On-site male construction workers  N1=41 / N2 = 47	Quantitative (cross-sectional)	Fatal construction accidents is a significant stressor (this is strongly associate with PTSD and depressive symptoms)
Hu et al. 2000/ Health Sciences			Age: range (18-35 years) (mean N1 = 25.36 years SD [4.72]; mean N2 = 24.46 years SD [3.59])		Fundamental (i.e., depression, anxiety, fearfulness, irritability, panic attacks, psychic numbness, apathy) and specific (i.e., reexperiencing, avoidance, and hyperarousal) symptoms
Journal article					

Workers' Age and the Impact of Psychological Factors on the Perception of Safety at Construction Sites	Pakistan	Comparison of the effect of psychological factors for different ages of workers regarding their perception of safety in the construction industry	General construction workers  N= 265 (145 for Group 1 and 120 for Group 2)  Age: range (18-35 years for Group 1 [54.70%] and above 35 years for Group 2)	Quantitative (cross-sectional)	Workload and job satisfaction are significantly dominant factors on workers' perception of safety in older workers  Organizational relationships, mental stress, and job security are dominant factors for younger workers at construction sites
Idrees et al./2017/Built environment (Engineering)					
Journal Article					
Are Young Men Getting the Message? Age Differences in Suicide Prevention Literacy among Male Construction Workers	Australia	Examination of age differences in help-seeking (beliefs related to suicide prevention literacy and attitudes to the workplace in addressing mental health) among male construction workers; and age differences in response to a workplace suicide prevention program	Young male construction workers  N=19917  Age: range (15-35 years) 46.50%. More than half aged 25-44 years	Quantitative (cross-sectional)	Young male construction workers demonstrated poorer baseline suicide prevention literacy  Young men employed in manual occupations had poorer suicide prevention literacy than older men, and young men employed in professional/managerial roles
King et al. 2019/ Health Sciences					
Journal Article					
Impacts of Stressors and Stress on the Injury Incidents of Construction Workers in Hong Kong	Hong Kong	Identification of the different stressors affecting two types of stress of construction workers (i.e., job stress and emotional stress), and to explore the impacts of the two types of stress on construction workers' injury incidents in Hong Kong	General construction workers  N=142  Age: range (under 20-40 years) 53.20%	Quantitative (cross-sectional)  Conceptual framework	Key PRFs: <ul style="list-style-type: none"> <li>• Work overload</li> <li>• Role ambiguity</li> <li>• Lack of autonomy</li> <li>• Unfair reward and treatment</li> <li>• Inappropriate safety equipment</li> <li>• Low optimism</li> <li>• Interrole conflict</li> <li>• Poor workgroup relationship</li> <li>• Lack of feedback</li> <li>• Poor physical environment</li> <li>• Unsafe environment</li> </ul>
Leung et al./2010/Built Environment					
Journal Article					
Improving the health of male, blue collar construction workers: a social ecological perspective	Australia	Understanding workers' health, the impact of health promotion measures, and participants' experiences of a health promotion planning model	Blue collar construction workers  N=90  Age: below 39 years (52.2%); below 30 years (32.2%)	Mixed methods (cross-sectional)  Theoretical framework: Social Ecology	Long working hours is a major PRF. This leads to limited time outside work, which is a significant barrier to engaging in healthy behaviour  Social factors (e.g., ridicule) prevent workers from utilizing on-site support
Lingard and Turner 2015/ Built Environment					
Journal Article					

Extrinsic psychosocial stressors and workers' productivity: impact of employee age and industry experience	Pakistan and Hong Kong/ Pakistan	Exploring the impact of employee age and industrial experience on extrinsic psychosocial stressors that may influence the productivity of workers (young workers compared with old ones)	Workers of different ages in the Pakistani construction industry  N=163  Age: Not provided but discusses the case of young people	Quantitative (cross-sectional)  Conceptual framework and integrated theory (Social support theory; Coping theory; and Self-Efficacy theory)	Key PRFs: <ul style="list-style-type: none"> <li>• High temperature</li> <li>• Workspace atmosphere</li> <li>• Discontinuity in work schedule</li> <li>• Sudden illness of worker</li> <li>• Abrupt schedule compression</li> <li>• Delay in salaries</li> <li>• Economic situation in country</li> <li>• Financial instability</li> <li>• Wars and natural disasters</li> </ul>
Maqsoom et al. 2020/ Built Environment  Journal Article					
Young workers and mental health: A systematic review of the effect of employment and transition into employment on mental health	Australia	Review of current research on the effects of employment on the mental health of young people	Literature on general youth population below 30 years  N=47  Age: Not provided but discusses the case of young people exclusively	Systematic review (PRISMA)	Key PRFs: <ul style="list-style-type: none"> <li>• Low job control</li> <li>• Higher psychological demands from work tasks</li> <li>• Harassment</li> <li>• Job insecurity (i.e., unemployment and/or the threat of unemployment)</li> </ul>
Milner et al. 2019/ Health Sciences  Industry/organizational report					
Male suicide among construction workers in Australia: a qualitative analysis of the major stressors precipitating death	Australia	Examination of work and non-work-related influences on suicide	Male construction workers  N=34  Age: range (15-69 years). Majority of sample under 35 years.	Qualitative (cross-sectional)	Work and non-work factors were often interrelated and were significantly linked with pressures that occurred prior to death  Key PRFs: <ul style="list-style-type: none"> <li>• Mental health issues prior to death</li> <li>• Transient working experiences</li> <li>• Workplace injury</li> <li>• Chronic illness</li> <li>• Low job control</li> <li>• High job demands</li> <li>• Long working hours driven by industry-related timelines</li> </ul>
Milner et al. 2017/ Health Sciences  Journal article					
Young construction workers: substance use, mental health, and workplace psychosocial factors	Australia	Examination of the relationship between alcohol and drug (AOD) use, psychological wellbeing, and the workplace psychosocial environment	Young construction apprentices  N=169  Age: 71.3% under 21 years. Exclusively discusses the case of young people,	Quantitative (cross-sectional)	Key PRFs: <ul style="list-style-type: none"> <li>• Lack of general and workplace social support</li> <li>• Poor work engagement</li> <li>• Poor communication with supervisors, work colleagues, family, and friends</li> <li>• Job stress</li> <li>• Workplace bullying</li> </ul>
Pidd et al. 2017/ Health Sciences  Journal article					

Physical and cognitive demands of work in building construction	Germany	Assessment of the physical and cognitive demands experienced by construction workers	Workers in small German construction firms	Mixed methods (cross-sectional)	The highest levels of cognitive demands were related to reliability, friendliness, assertiveness, and motivation. Lowest levels of cognitive demand were related to originality and auditory attention required to perform tasks.
Rodriguez et al. 2020/ Health Sciences			N=35 (Qual)/ 30 (Quant)		
Journal article			Age: Qual [range (19-49 years); mean 33.2 years (SD: 9.8)]/ Quant [range (18-60 years); mean 34.79 years (SD: 11.83)]		Time and effort-related demands were relatively high while performance-related demands were relatively low
Construction workers' alcohol use, knowledge, perceptions of risk and workplace norms	Australia	Investigation of the patterns, prevalence, and predictors of risky drinking among construction workers	Male construction workers in Australia	Quantitative (cross-sectional)	Prevalence of alcohol use was higher than the national average, particularly for workers below the age of 25 years.
Roche et al. 2020/ Health Sciences			N=511		Key PRFs:
Journal article			Age: range (15-68 years); mean = 35.1 years; 57.60%		<ul style="list-style-type: none"> <li>• Perception of alcohol-related risks in connection with workplace safety</li> <li>• Poor general health</li> <li>• Low alcohol knowledge</li> <li>• Descriptive norms regarding workmates' support for alcohol use</li> </ul>
The Impact of Workplace Bullying on Mental Health and Suicidality in Queensland Construction Industry Apprentices	Australia	Estimation of the prevalence of bullying among apprentices; exploration of apprentices' mental health and well-being, perceptions of quality supervision, and exposure to suicidal behaviours	Registered construction industry apprentices	Quantitative (cross-sectional)	Key PRFs:
Ross et al. 2020/ Health Sciences			N= 1483		<ul style="list-style-type: none"> <li>• Age</li> <li>• Working for a large employer</li> <li>• Unemployment</li> <li>• Alternative lifestyles</li> <li>• Financial insecurity</li> <li>• Bullying and harassment</li> <li>• High levels of exposure to suicidal behaviour</li> <li>• Work pressures</li> <li>• Poor support for education</li> <li>• Stigma</li> </ul>
Journal article			Age: range (14-65 years). Discusses the case of young people exclusively		
Psychological challenges confronting graduate construction students in Australia	Australia	Identification of the stressors and assesses the mental health symptoms of graduate students	Graduate students pursuing construction-related coursework degrees	Quantitative (cross-sectional)	Most significant category of PRFs are academic stressors
Sunindijo and Kamardeen 2020/ Built Environment			N=107	Theoretical framework: U theory; Drive theory	High self-expectations and worrying about under-performing in studies are the most frequent
Journal article			Age: range (20- above 60 years); 40.19%-75.70%		

Using a stress audit: The construction site manager experience in the UK	UK	Conducting a stress audit among construction industry site managers as a precursor to a stress management intervention programme	Middle-aged construction managers	Mixed methods (cross-sectional)	Key PRFs: <ul style="list-style-type: none"> <li>• Role ambiguity at work</li> <li>• Work overload</li> <li>• Staff shortages</li> <li>• Strains from organization culture and climate</li> <li>• Managerial role insecurity</li> <li>• Working within ‘boundary relationships’ and new technology</li> <li>• Time-pressure overspill into home and leisure environment</li> </ul>
Sutherland and Davidson 1993/ Business Management			N=36 (Qual)/ 561 (Quant)		
Journal article			Age: range (19-above 60 years); 37% below 36 years		
The social contexts of drinking among Irish men in London	UK	Exploration of health beliefs and behaviors that cause alcohol use among middle-aged Irish men and their implications for the issue of alcohol misuse and mental health among younger Irish groups in the UK	Young Irish men undertaking construction work in Britain	Qualitative (cross-sectional)	Excessive drinking of alcohol is culturally acceptable as part of being Irish in four different dimensions – approved as a facilitator of social engagement; approved sub-culture among Irish construction workers; demonstration of masculinity; used as a coping mechanism by young people dealing with institutional and family abuse
Tilki 2006/ Health Sciences and Social Sciences			Sample size and age not mentioned; discussion is applied exclusively to the case of young people		
Journal article					
A qualitative study of factors affecting mental health amongst low-income working mothers in Bangalore, India	India	Exploration of the relationship between work, caring for family, spousal support, stress relief strategies and mental health amongst working mothers	Low-income working mothers working in construction and residing in urban slums	Qualitative (cross-sectional)	Alcoholic and/or abusive husband, intimate partner violence, raising special needs children, and lack of adequate childcare support (severe depression and suicide attempts)
Travasso et al. 2014/ Health Sciences			N=12 (construction sub-sample)		
Journal article			Age: range (20-35 years); mean = 25 years		Concerns about welfare of pre-school kids and absence of spousal support (anxiety)
Examining the interaction between bodily pain and mental health of construction workers	Australia	Exploration of the impact of musculoskeletal bodily pain on construction workers’ mental health	Site-based manual workers in the commercial construction sector	Mixed methods (cross-sectional)	Pain can lead directly to poor mental health and impact work ability
Turner and Lingard 2020/ Built Environment			N=18 (Qual)/ 67 (Quant)	Theoretical framework: Ilmarinen et al.’s (2005, 2015) model of work ability	Pain can trigger various pressures and stressors for workers which may lead to poor mental health
Journal article			Age: range (20-57 years); mean = 35.9 years; median = 34 years; 25.40%-70.20%		Pressures and stressors present as psychological demands for workers
Relating Age, Decision Authority, Job Satisfaction, and Mental Health: A Study of Construction Workers	USA	Examining how age interacts with decision authority, a dimension of job control and a type of autonomy, to affect job satisfaction which in turn affects mental health in construction workers	Construction workers in the US	Quantitative (cross-sectional)	The indirect effect of decision authority on mental health through job satisfaction is significant at all age levels and increases in a positive way with age, such that it is stronger for older than for younger construction workers
Zaniboni et al./2016/Health Sciences			N=528	Theoretical framework: selective optimization and compensation [SOC] theory	
Journal article			Age: range (24-77 years); mean = 44.56 years; 35.9% of sample below 40 years; specific discussion on young people		

**Note:** Studies are arranged by author(s) names in alphabetical order.

\*Percentages represent minimum proportion of young construction workers in a sample.

N= sample size; PRF = psychosocial risk factor; PTSD = post-traumatic stress disorder; MSS: musculoskeletal symptoms; FIFO = fly-in-fly-out; DIDO = drive-in-drive-out; AISRAP = Australian Institute of Suicide Research and Prevention; DAFW = days away from work; Qual = qualitative; Quant = quantitative