

1 Supplementary table 1 – Univariate analyses to explain anxiety and depression symptoms.

	Anxiety	Depression
	crude OR (95% CI)	crude OR (95% CI)
Age	1.02 (1.01-1.03)	1.05 (1.03-1.06)
Age group		
Adolescent	0.39 (0.26-0.59)	0.39 (0.19-0.78)
Adult	Reference	Reference
Gender		
Females	2.44 (1.68-3.53)	1.64 (0.95-2.85)
Males	Reference	Reference
Educational level		
No education completed/Primary school	0.99 (0.71-1.39)	1.67 (1.01-2.74)
High school/Qualification above high school (but not university)/University/Other	Reference	Reference
Marital status		
Single/ Separated/Divorced/Widowed	0.72 (0.52-1.02)	0.45 (0.27-0.74)
Married/Living as a couple	Reference	Reference
Current occupation		
Employed/Student/Other	0.55 (0.35-0.87)	0.25 (0.14-0.43)
Unemployed/Retired	Reference	Reference
BMI	1.03 (0.99-1.06)	1.08 (1.04-1.13)
Smoking status		
Non-smokers	0.56 (0.31-1.02)	0.92 (0.37-2.24)
Smokers	Reference	Reference
Setting		
Primary care	1.60 (1.09-2.35)	1.04 (0.58-1.86)
Secondary care	Reference	Reference
Age of asthma diagnosis	1.02 (1.01-1.03)	1.04 (1.03-1.06)
Number of physician-reported comorbidities	1.32 (1.14-1.53)	1.55 (1.29-1.87)
Number of prescribed inhalers	1.29 (0.97-1.71)	1.29 (0.87-1.91)
GINA assessment symptom control		
Well controlled	0.61 (0.44-0.85)	0.51 (0.30-0.85)
Partly controlled/Uncontrolled	Reference	Reference
CARAT T	0.93 (0.91-0.96)	0.91 (0.88-0.95)
Quality of life (EQ-5D total)	0.94 (0.92-0.95)	0.94 (0.93-0.96)
Perception of better health (EQ-5D VAS)	0.96 (0.95-0.97)	0.96 (0.95-0.97)

2 OR = Odds ratio; CI= Confidence interval; BMI=body mass index; GINA = Global Initiative for Asthma; CARAT-T=Control of Allergic Rhinitis
3 and Asthma Test total score; EQ-5D= European Quality of Life Five Dimension Questionnaire.