

**Online Appendix Table A1: Linear Regression Analysis of the Association Between Glycaemic Indices and Depressive Symptoms (CES-D Score) in the Total Cohort and Subgroups**

Glycaemic index Predictors*	Beta coefficient (standard error) for CES-D score					
	All	Men	Women	White	Non-white	All (repeat measures)†
<b>Fasting glucose</b>						
Age	-0.09 (0.02), p<0.0001	-0.11 (0.02), p<0.0001	-0.03 (0.04), p=0.49	-0.10 (0.02), p<0.0001	0.01 (0.08), p=0.89	-0.08 (0.02), p<0.0001
Sex	1.93 (0.24), p<0.0001	—	—	1.90 (0.24), p<0.0001	2.51 (0.92), p=0.007	1.95 (0.25), p<0.0001
Ethnicity	-3.32 (0.40), p<0.0001	-3.17 (0.50), p<0.0001	-3.57 (0.70), p<0.0001	—	—	-3.30 (0.42), p<0.0001
fGluc	-1.11 (0.41), p=0.007	-0.86 (0.47), p<0.0001	-1.67 (0.84), p=0.05	-0.84 (0.45), p=0.06	-2.12 (1.23), p=0.09	-2.89 (1.09), p=0.008
fGluc squared‡	0.08 (0.03), p=0.001	0.06 (0.03), p=0.04	0.13 (0.05), p=0.01	0.06 (0.02), p=0.03	0.15 (0.07), p=0.03	0.24 (0.09), p=0.01
	n = 3986	n = 2924	n = 1062	n = 3704	n = 282	n = 3763
<b>Postload glucose</b>						
Age	-0.11 (0.02), p<0.0001	-0.12 (0.02), p<0.0001	-0.07 (0.04), p=0.09	-0.11 (0.02), p<0.0001	-0.03 (0.09), p=0.70	-0.10 (0.02), p<0.0001
Sex	2.05 (0.25), p<0.0001	—	—	2.01 (0.26), p<0.0001	2.70 (0.99), p=0.007	2.29 (0.26), p<0.0001
Ethnicity	-3.18 (0.43), p<0.0001	-3.03 (0.53), p<0.0001	-3.36 (0.78), p<0.0001	—	—	-0.65 (0.29), p=0.03
2hGluc	-0.20 (0.16), p=0.20	-0.29 (0.16), p=0.07	-0.21 (0.53), p=0.69	-0.10 (0.17), p=0.56	-0.83 (0.51), p=0.11	-0.65 (0.29), p=0.03
2hGluc squared‡	0.02 (0.01), p=0.049	0.02 (0.01), p=0.03	0.03 (0.03), p=0.36	0.02 (0.01), p=0.25	0.04 (0.02), p=0.06	0.05 (0.02), p=0.01
	n = 3455	n = 2580	n = 875	n = 3220	n = 235	n = 3146
<b>HbA1c</b>						
Age	-0.09 (0.02), p<0.0001	-0.12 (0.02), p<0.0001	-0.02 (0.04), p=0.55	-0.10 (0.02), p<0.0001	-0.02 (0.08), p=0.82	Data not available
Sex	2.10 (0.23), p<0.0001	—	—	2.04 (0.24), p<0.0001	2.91 (0.89), p=0.001	
Ethnicity	-3.07 (0.39), p<0.0001	-2.89 (0.48), p<0.0001	-3.34 (0.70), p<0.0001	—	—	
HbA1c	-1.12 (0.84), p=0.19	-0.70 (1.02), p=0.49	-1.38 (1.56), p=0.38	-0.42 (0.97), p=0.67	-3.79 (2.27), p=0.10	
HbA1c squared‡	0.13 (0.06), p=0.04	0.09 (0.08), p=0.27	0.18 (0.11), p=0.12	0.08 (0.07), p=0.30	0.31 (0.16), p=0.047	
	n = 4160	n = 3046	n = 1114	n = 3849	n = 311	

\*Age in years, sex (1=men, 2=women), ethnicity (1=White, 0=non-White), fasting glucose and 2-hour postload glucose in mmol/L, HbA1c in percentages.

†Analysis is based on average glucose levels in 1997/1999 and 2003/2004. CES-D was measured in 2003/2004.

‡This parameter tests curvilinear trend (the U-shape).