Web Appendix

Web Table 1. Odds of Developing Elevated Depressive Symptoms in Women, by Fatness, based on Imputed Analyses, Aerobics

Center Longitudinal Study, Dallas, TX, 1990, 1995 or 1999

		Model 1[a]		Model 2[b]		Model 3[c]	
	N	OR	95% CI	OR	95% CI	OR	95% CI
BMI (kg/m^2)							
<25.0	1,932	1.00	Referent	1.00	Referent	1.00	Referent
25.0-29.9	306	1.00	0.63, 1.57	0.93	0.58, 1.50	0.76	0.47, 1.25
≥ 30.0	77	1.01	0.40, 2.60	0.84	0.31, 2.32	0.66	0.22, 1.70
Waist (cm)							
≤88	2,193	1.00	Referent	1.00	Referent	1.00	Referent

>88	122	1.14	0.56, 2.32	1.21	0.55, 2.66	1.01	0.46, 2.24
% body fat							
<30	1,658	1.00	Referent	1.00	Referent	1.00	Referent
≥30	657	1.23	0.90, 1.68	1.17	0.84, 1.62	0.96	0.67, 1.37

Abbreviations: BMI, body mass index; CI, Confidence interval; OR, odds ratio.

[a] Adjusted for age and baseline examination year.

[b] Adjusted for the above covariates plus survey response year(s), current smoking (yes or no), heavy alcohol intake (yes or no), physical activity (active or sedentary), and personal history of hypertension, diabetes, and hypercholesterolemia.

[c] Adjusted for the above covariates plus cardiorespiratory fitness (maximal treadmill time).

Web Table 2. Odds of Developing Elevated Depressive Symptoms in Men, by Fatness, based on Imputed Analyses, Aerobics Center Longitudinal Study, Dallas, TX, 1990, 1995 or 1999

		Model 1[a]		Model 2[b]		Model 3[c]	
	N	OR	95% CI	OR	95% CI	OR	95% CI
BMI (kg/m^2)							
<25	4,622	1.00	Referent	1.00	Referent	1.00	Referent
25≤ BMI < 30	4,517	1.25	1.04, 1.49	1.22	1.02, 1.47	1.06	0.87, 1.28
≥ 30	1,145	1.54	1.17, 2.03	1.56	1.16, 2.10	1.12	0.81, 1.54
Waist (cm)							
≤102	8,734	1.00	Referent	1.00	Referent	1.00	Referent
>102	1,550	1.38	1.10, 1.74	1.36	1.07, 1.74	1.06	0.82, 1.38

% body fat							
<25	7,786	1.00	Referent	1.00	Referent	1.00	Referent
≥25	2,498	1.53	1.27, 1.85	1.53	1.25, 1.87	1.22	0.97, 1.52

Abbreviations: BMI, body mass index; CI, Confidence interval; OR, odds ratio.

[a] Adjusted for age and baseline examination year.

[b] Adjusted for the above covariates plus survey response year(s), current smoking (yes or no), heavy alcohol intake (yes or no), physical activity (active or sedentary), and personal history of hypertension, diabetes, and hypercholesterolemia.

[c] Adjusted for the above covariates plus cardiorespiratory fitness (maximal treadmill time).

Web Table 3. Odds of Developing Elevated Depressive Symptoms in Women and Men, by Cardiorespiratory Fitness, based on

Imputed Analyses, Aerobics Center Longitudinal Study, Dallas, TX, 1990, 1995 or 1999

			Model 1[a]		Model 2[b]		Model 3[c]	
	N	No. Cases	OR	95% CI	OR	95% CI	OR	95% CI
Women								
CRF								
Q1 (low)	154	30	1.00	Referent	1.00	Referent	1.00	Referent
Q2	324	41	0.58	0.35, .99	0.62	0.36, 1.09	0.63	0.36, 1.11
Q3	401	41	0.46	0.27, 0.78	0.49	0.28, 0.87	0.51	0.29, 0.91
Q4	590	43	0.36	0.21, 0.59	0.36	0.20, 0.63	0.38	0.21, 0.67
Q5 (high)	846	73	0.50	0.31, 0.81	0.45	0.26, 0.78	0.49	0.27, 0.88

Men

CRF

Q1 (low)	838	70	1.00	Referent	1.00	Referent	1.00	Referent
Q2	1540	112	0.85	0.62, 1.17	0.84	0.60, 1.17	0.86	0.61, 1.2
Q3	1941	123	0.75	0.55, 1.02	0.64	0.46, 0.90	0.67	0.48, 0.95
Q4	2575	129	0.60	0.44, 0.81	0.52	0.37, 0.73	0.55	0.39, 0.80
Q5 (high)	3390	169	0.61	0.45, 0.81	0.48	0.35, 0.68	0.54	0.36, 0.79

Abbreviations: CI, confidence interval; CRF, cardiorespiratory fitness; OR, odds ratio.

[a] Adjusted for age and baseline examination year.

[b] Adjusted for the above covariates plus survey response year(s), current smoking (yes or no), alcohol intake (≥5 drinks/wk, or no),

physical activity (active or sedentary), and personal history of hypertension, diabetes, and hypercholesterolemia.

[c] Adjusted for the above covariates plus % bodyfat