

SUPPLEMENTAL MATERIAL

Title: Association of major depressive episodes with stroke risk in a prospective study of 0.5 million Chinese adults

Tables:

Supplementary Table I. Hazard ratio (95% confidence intervals) of incident stroke according to baseline characteristics.

Supplementary Table II. Stratification analysis on association between baseline depression status and incident stroke risk.

Supplementary Table I. Hazard ratio (95% confidence intervals) of incident stroke according to baseline characteristics

Characteristic	Total stroke [*]		Hemorrhagic stroke		Ischemic stroke	
	Model 1	Model 2	Model 1	Model 2	Model 1	Model 2
Age at baseline (yr)	1.08(1.08-1.08)	1.07(1.07-1.07)	1.08(1.08-1.08)	1.06(1.05-1.06)	1.08(1.08-1.09)	1.07(1.07-1.07)
Sex						
Male	1.00	1.00	1.00	1.00	1.00	1.00
Female	0.76(0.74-0.77)	0.87(0.84-0.90)	0.63(0.60-0.67)	0.68(0.64-0.73)	0.79(0.77-0.81)	0.93(0.90-0.97)
Region						
Rural area	1.00	1.00	1.00	1.00	1.00	1.00
Urban area	1.27(1.24-1.30)	1.01(0.98-1.04)	0.40(0.38-0.43)	0.42(0.39-0.45)	1.65(1.60-1.69)	1.21(1.18-1.25)
Currently married						
No	1.00	1.00	1.00	1.00	1.00	1.00
Yes	0.53(0.51-0.55)	0.99(0.96-1.03)	0.45(0.42-0.48)	0.85(0.78-0.91)	0.55(0.53-0.57)	1.04(1.00-1.08)
Middle school and above						
No	1.00	1.00	1.00	1.00	1.00	1.00
Yes	0.75(0.73-0.77)	1.31(1.28-1.35)	0.41(0.38-0.43)	0.94(0.88-1.01)	0.87(0.85-0.90)	1.44(1.40-1.49)
Household income \geq 20 000 Yuan/year						
No	1.00	1.00	1.00	1.00	1.00	1.00
Yes	0.78(0.76-0.80)	0.85(0.82-0.87)	0.52(0.49-0.55)	0.70(0.66-0.75)	0.85(0.83-0.88)	0.87(0.84-0.89)
History of diabetes						
No	1.00	1.00	1.00	1.00	1.00	1.00
Yes	2.75(2.65-2.85)	1.62(1.56-1.68)	1.79(1.62-1.98)	1.33(1.20-1.47)	3.04(2.92-3.16)	1.69(1.62-1.76)
History of hypertension						
No	1.00	1.00	1.00	1.00	1.00	1.00

Yes	3.13(3.04-3.21)	1.93(1.88-1.99)	4.83(4.51-5.18)	3.25(3.02-3.50)	2.88(2.79-2.96)	1.74(1.68-1.80)
Current regular smoker						
No	1.00	1.00	1.00	1.00	1.00	1.00
Yes	1.12(1.09-1.15)	1.14(1.10-1.18)	1.39(1.31-1.47)	1.06(0.99-1.14)	1.05(1.02-1.09)	1.16(1.12-1.21)
Current regular drinker						
No	1.00	1.00	1.00	1.00	1.00	1.00
Yes	1.02(0.98-1.05)	0.92(0.89-0.96)	1.07(1.00-1.16)	0.91(0.84-0.99)	1.00(0.97-1.04)	0.93(0.89-0.97)
BMI (kg/m ²)	1.04(1.04-1.05)	1.03(1.02-1.03)	0.97(0.96-0.98)	0.98(0.97-0.99)	1.06(1.06-1.07)	1.04(1.03-1.04)
Physical activity (MET-hr/day)	0.96(0.96-0.96)	0.99(0.98-0.99)	0.97(0.97-0.97)	0.99(0.99-0.99)	0.95(0.95-0.96)	0.98(0.98-0.98)

Model 1: Unadjusted.

Model 2: Adjusted for age, sex, marital status, household income, education, region, smoking status, alcohol consumption, physical activity, BMI, history of hypertension and history of diabetes except for the study variable.

* Including hemorrhagic stroke, ischemic stroke and stroke of unknown type.

BMI, body mass index; and MET, metabolic equivalent of task.

Supplementary Table II. Stratification analysis on association between baseline depression status and incident stroke risk

Subgroup	PYs of follow-up	Incident strokes	Incidence rate (per 1000 PYs) *	HR (95% CI) †	P for heterogeneity
Age at baseline (yr)					0.003
<50	10 715	50	2.85/4.67	1.54 (1.16-2.03)	
≥50	11 233	133	12.90/11.84	0.94 (0.79-1.11)	
Sex					0.766
Male	5985	55	9.41/9.19	1.12 (0.86-1.46)	
Female	15 963	128	7.13/8.02	1.18 (0.99-1.40)	
Region					0.543
Rural	14 650	115	7.28/7.85	1.11 (0.93-1.34)	
Urban	7297	68	9.11/9.32	1.22 (0.96-1.55)	
Marital status					0.906
Married	16 594	123	7.49/7.41	1.14 (0.96-1.36)	
Widowed/Separated/Divorced/Never	5353	60	14.00/11.21	1.16 (0.90-1.50)	
Education					0.047
Illiteracy or primary school	12 425	106	9.20/8.53	1.02 (0.85-1.24)	
Middle school and above	9522	77	6.87/8.09	1.38 (1.10-1.73)	
Household income ≥20 000 Yuan/year					0.490
No	15 365	135	8.92/8.79	1.11 (0.94-1.31)	
Yes	6582	48	6.86/7.29	1.25 (0.94-1.66)	
Smoking status					0.024
Not current	17 370	129	7.82/7.43	1.05 (0.88-1.25)	
Current	4577	54	8.70/11.80	1.51 (1.16-1.98)	
Alcohol consumption					0.081
Not current	19 770	159	8.03/8.04	1.10 (0.94-1.29)	

Physical activity (MET-hr/day)	Current	2177	24	8.17/11.02	1.62 (1.08-2.41)	0.599
	<12.29	7667	89	13.94/11.61	1.06 (0.86-1.31)	
	12.29 to <25.31	7183	58	6.81/8.07	1.25 (0.97-1.62)	
BMI (kg/m ²)	≥25.31	7097	36	4.16/5.07	1.19 (0.86-1.66)	0.552
	<24.0	13 813	109	7.09/7.89	1.23 (1.02-1.49)	
	24.0 to <28.0	6210	54	8.82/8.70	1.05 (0.81-1.38)	
Hypertension	≥28.0	1924	20	10.99/10.39	1.02 (0.66-1.59)	0.834
	No	12 228	54	3.98/4.42	1.17 (0.90-1.53)	
Diabetes	Yes	9719	129	12.38/13.27	1.13 (0.95-1.35)	0.207
	No	20 681	165	7.42/7.98	1.18 (1.02-1.38)	
Stroke subtypes ‡	Yes	1266	18	20.04/14.21	0.86 (0.54-1.38)	0.898
	Hemorrhagic stroke	21 236	40	1.58/1.88	1.16 (0.85-1.58)	
	Ischemic stroke	21 772	135	6.29/6.20	1.13 (0.96-1.34)	

* Individuals without/with major depressive episodes at baseline.

† Adjusted for age, sex, marital status, household income, education, region, smoking status, alcohol consumption, physical activity, BMI, history of hypertension and history of diabetes except for the stratification factor.

‡ Including hemorrhagic stroke, ischemic stroke and stroke of unknown type.

PYs indicates person-years; BMI, body mass index; MET, metabolic equivalent of task; HR, hazard ratio; and CI, confidence interval.