

Supplementary Table 1. Relationship of exposure and covariate variables with change in Geriatric Depression Scale score (complete cases: n = 1,449)

	n	r	P (Pearson's correlation)	
Change in group exercise participation	1,449	-0.060	0.024	
Change in walking habit	1,449	-0.053	0.083	
Age	1,449	0.075	0.004	
Educational attainment	1,449	0.039	0.143	
Change in equivalent income	1,449	-0.005	0.857	
Change in IADL score	1,449	-0.199	<0.001	
	n	Mean	SD	P (One-way ANOVA)
Sex				
Male	827	0.1	2.6	0.255
Female	622	0.0	2.6	
Psychological disorder				
No	1,441	0.1	2.6	0.304
Yes	8	-0.9	1.9	
Disease status (other than psychological disorder)				
No disease	371	0.2	2.5	0.418
One or more disease(s)	1,078	0.0	2.6	
Activities of daily living				
Maintain ADL	1,394	0.0	2.5	<0.001
Impaired ADL after the	55	2.0	3.7	
Change in drinking habit				
Drink. → Drink.	580	0.1	2.2	0.055
Non → Drink.	33	-0.6	2.9	
Drink. → Non	122	0.5	3.0	
Non → Non	714	0.0	2.7	
Change in smoking habit				
Non → Non	1,261	0.0	2.6	0.001
Smok. → Non	55	1.4	2.8	
Non → Smok.	7	0.9	3.6	
Smok. → Smok.	126	-0.2	2.4	
Change in job status				
Working → Working	196	-0.3	2.2	0.276
No → Working	40	0.1	3.1	
Working → No	118	0.2	2.6	
No → No	1,095	0.1	2.6	
Dwelling house damage				
No damage	627	-0.1	2.5	0.004
Some damage	640	0.1	2.6	
Partial destruction	93	0.2	3.0	
Almost destruction	42	0.3	2.6	
Complete destruction	47	1.4	2.8	
Lost family member(s)				
No	1,079	0.1	2.6	0.838
Yes	370	0.1	2.6	

SD: standard deviation, ANOVA: analysis of variance, ADL: activities of daily living, IADL: instrumental activities of daily living.