

Supplementary Table 2. Multiple linear regression of changes in group exercise participation and walking habit (converted into Z-scores) with change in depressive symptoms by analyzing complete data set (n = 1,449)

	Crude model						Model 1					Model 2					Model 3							
	B	95% CI		β	t	P	B	95% CI		β	t	P	B	95% CI		β	t	P	B	95% CI		β	t	P
Change in group exercise participation	-0.139	-0.276	-0.002	-0.056	-1.99	0.047	-0.125	-0.261	0.010	-0.051	-1.82	0.069	-0.112	-0.241	0.017	-0.045	-1.71	0.088	-0.052	-0.187	0.083	-0.021	-0.75	0.453
Change in walking habit (30.7 mins/day)	-0.108	-0.251	0.035	-0.041	-1.48	0.138	-0.098	-0.241	0.044	-0.037	-1.35	0.176	-0.038	-0.180	0.105	-0.014	-0.52	0.602	-0.029	-0.173	0.115	-0.011	-0.39	0.695
Age (year)							0.033	0.008	0.057	0.070	2.59	0.010	0.011	-0.017	0.039	0.023	0.75	0.455	0.009	-0.019	0.037	0.020	0.66	0.507
Sex (1 men, 2 women)							-0.127	-0.394	0.141	-0.024	-0.93	0.353	0.006	-0.326	0.338	0.001	0.03	0.973	0.004	-0.327	0.336	0.001	0.03	0.979
Psychological disorder (0 no, 1 yes)													-1.131	-2.666	0.403	-0.033	-1.45	0.148	-1.088	-2.588	0.411	-0.031	-1.42	0.155
Disease status (0 no, 1 one or more)*													-0.201	-0.502	0.099	-0.034	-1.31	0.189	-0.208	-0.510	0.093	-0.035	-1.35	0.176
Educational attainment (year)													0.076	0.010	0.142	0.064	2.26	0.024	0.081	0.014	0.147	0.068	2.38	0.018
Impaired ADL (0 no, 1 impaired)													1.115	0.153	2.076	0.083	2.27	0.023	1.124	0.174	2.073	0.083	2.32	0.020
Changes in drinking habits																								
Non→Drink.													-0.638	-1.580	0.303	-0.037	-1.33	0.184	-0.620	-1.556	0.315	-0.036	-1.30	0.193
Drink.→Non													0.195	-0.357	0.746	0.021	0.69	0.488	0.180	-0.372	0.731	0.019	0.64	0.522
Non→Non													-0.266	-0.592	0.059	-0.052	-1.60	0.109	-0.268	-0.594	0.058	-0.052	-1.61	0.107
Changes in smoking habits																								
Smoke.→Non													1.127	0.435	1.819	0.084	3.19	0.001	1.117	0.431	1.803	0.083	3.19	0.001
Non→Smoke.													0.853	-1.665	3.371	0.023	0.66	0.506	0.821	-1.687	3.328	0.022	0.64	0.521
Smoke.→Smoke.													-0.234	-0.690	0.222	-0.026	-1.01	0.315	-0.226	-0.676	0.225	-0.025	-0.98	0.326
Changes in job status																								
No→Working													0.484	-0.502	1.470	0.031	0.96	0.336	0.450	-0.536	1.436	0.029	0.90	0.371
Working→No													0.260	-0.291	0.810	0.028	0.93	0.355	0.259	-0.290	0.808	0.027	0.93	0.354
No→No													0.292	-0.065	0.648	0.049	1.60	0.109	0.289	-0.069	0.646	0.048	1.59	0.113
Dwelling house damage (1 no damage → 5 complete)													0.255	0.096	0.413	0.092	3.15	0.002	0.258	0.098	0.418	0.093	3.16	0.002
Death of family member(s) (0 no, 1 yes)													0.085	-0.223	0.394	0.014	0.54	0.588	0.097	-0.212	0.405	0.016	0.61	0.539
Change in equivalent income (million yen)													-0.025	-0.133	0.082	-0.012	-0.47	0.642	-0.017	-0.125	0.091	-0.008	-0.31	0.759
Change in IADL (score)													-0.243	-0.356	-0.131	-0.156	-4.25	<0.001	-0.244	-0.356	-0.132	-0.156	-4.26	<0.001
Interaction																								
Change in exercise x house damage																			0.200	0.017	0.383	0.061	2.14	0.032
Change in walking time x house damage																			0.091	-0.044	0.226	0.037	1.32	0.189

* other than psychological disorder.

CI: confidence interval, ADL: activities of daily living, IADL: instrumental activities of daily living.