Supplemental materials

Table S1 Sample characteristic by SSRIs use *

	Non-user	1-2 prescriptions/year	>2 prescriptions/year	*P* value
n (%)	2109 (90.4)	114 (4.9)	111 (4.8)	
Age (years)	54.0 (14.3)	55.0 (11.6)	55.4 (12.6)	0.4818
Baseline weight (kg)	79.8 (17.0)	79.7 (18.2)	82.2 (19.1)	0.3717
Follow-up weight (kg)	80.3 (17.3)	81.2 (18.0)	84.9 (21.2)	0.0245
Annual weight gain (kg)	0.1 (1.3)	0.4 (2.1)	0.6 (1.9)	0.0002
Income ($)				
<20000	451 (21.5)	36 (31.6)	41 (36.9)	
20000-60000	981 (46.7)	45 (39.5)	46 (41.4)	
>60000	599 (28.5)	27 (23.7)	20 (18.0)	
Not stated	71 (3.4)	6 (5.3)	4 (3.6)	0.0008
Smoking status				
Non smoker	994 (47.3)	38 (33.3)	54 (48.6)	
Current or ex-smoker	1107 (52.7)	76 (66.7)	57 (51.4)	0.0131
Physical activity				
Sedentary	519 (27.3)	39 (37.1)	39 (37.9)	
Low exercise level	696 (36.7)	38 (36.2)	37 (35.9)	
Moderate exercise level	536 (28.2)	17 (16.2)	23 (22.3)	
High exercise level	147 (7.7)	11 (10.5)	4 (3.9)	0.0130
Depression (baseline)				
No depressive symptoms	1897 (90.7)	70 (63.6)	71 (65.1)	
Mild depression	138 (6.6)	19 (17.3)	26 (23.9)	
Moderate to severe depression	57 (2.7)	21 (19.1)	12 (11.0)	0.0000
Depression (follow-up)				
No depressive symptoms	1745 (85.3)	60 (53.6)	60 (56.1)	
Mild depression	196 (9.6)	27 (24.1)	29 (27.1)	
Moderate to severe depression	104 (5.1)	25 (22.3)	18 (16.8)	0.0000
Any antidepressant †	0.3 (1.5)	1.7 (2.7)	6.5 (3.2)	0.0000
TCAs †	0.1 (1.0)	0.3 (1.6)	0.1 (0.5)	0.0996

SSRIs †	0.0 (0.0)	0.8 (0.5)	5.9 (3.1)	0.0000
Other antidepressant †	0.2 (1.1)	0.6 (2.1)	0.4 (1.3)	0.0001

* Values are n (%) or mean (SD)

† Annual number of prescriptions

Table S2 Intake of macronutrients, dietary patterns and lifestyle factors by antidepressants use

	Non-user	1-2 prescriptions/year	>2 prescriptions/year	*P* value
Energy intake (kJ/d) [*]	8,628.2(62.3)	8,697.3(201.6)	9,160.1(189.4)	0.029
Fat (g/d) [*]	87.3(0.7)	87.3(2.3)	92.6(2.2)	0.064
Protein (g/d) [*]	94.8(0.7)	94.8(2.4)	98.6(2.3)	0.290
Carbohydrate (g/d) [*]	209.5(2.3)	214.0(7.3)	225.3(6.8)	0.085
Prudent pattern score [*]	0.02(0.02)	0.08(0.07)	-0.12(0.07)	0.103
Western pattern score [*]	-0.03(0.02)	-0.04(0.07)	0.14(0.06)	0.037
Sedentary (%)	27.0	34.7	34.5	0.013
Smoking status (%)				
Non-smoker	47.7	36.4	46.2	0.003
Ex-smoker	36.7	48.1	32.6	
Current smoker	15.6	15.5	21.2	

[*] Values are age and gender adjusted mean (SE).

Table S3 Association between antidepressant use and body weight (kg) from mixed linear model *

	Non-user	Low user	High user	*P* value
Any antidepressant	Ref	-0.32(-2.81-2.16)	**4.40(1.97-6.83)**	0.002
TCAs	Ref	-2.81(-6.56-0.94)	0.87(-4.52-6.25)	0.571
SSRIs	Ref	1.45(-1.66-4.56)	**4.20(1.06-7.35)**	0.007
Other	Ref	2.88(-1.43-7.18)	**7.14(3.05-11.23)**	<0.001

* Values represent regression coefficients (95%CI). Results are from mixed linear models adjusted for age, sex, income, depression, smoking, physical activity, dietary patterns (follow-up). In the model, age, income, depression and smoking were treated as time-variant variables.

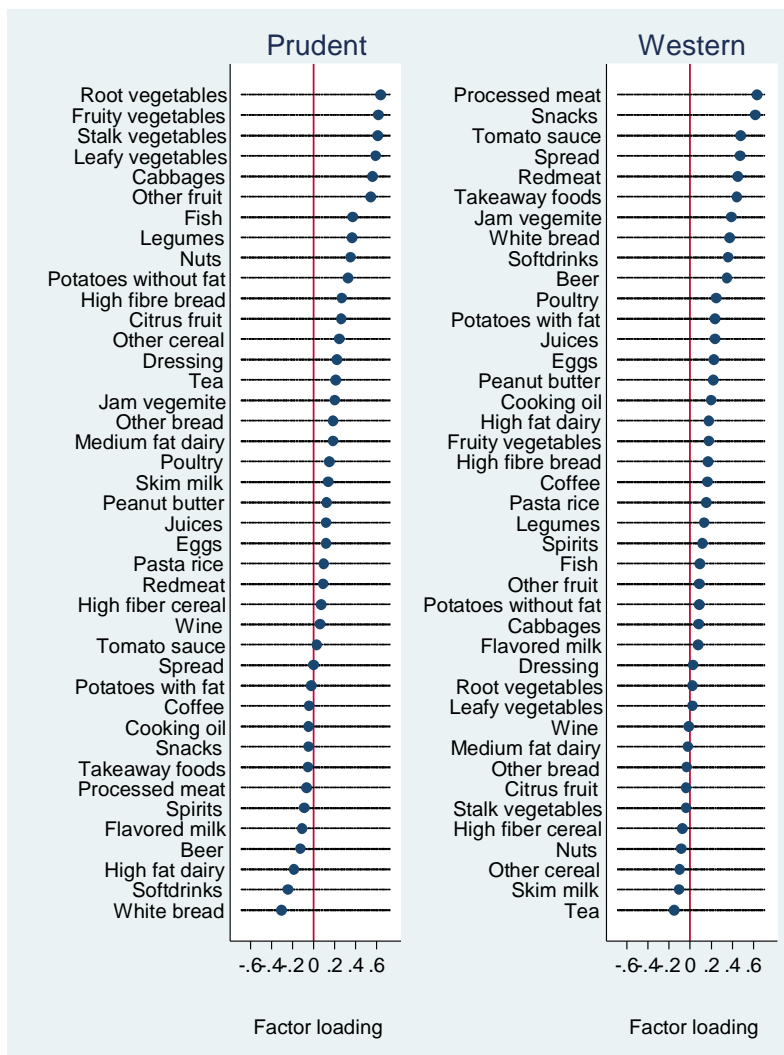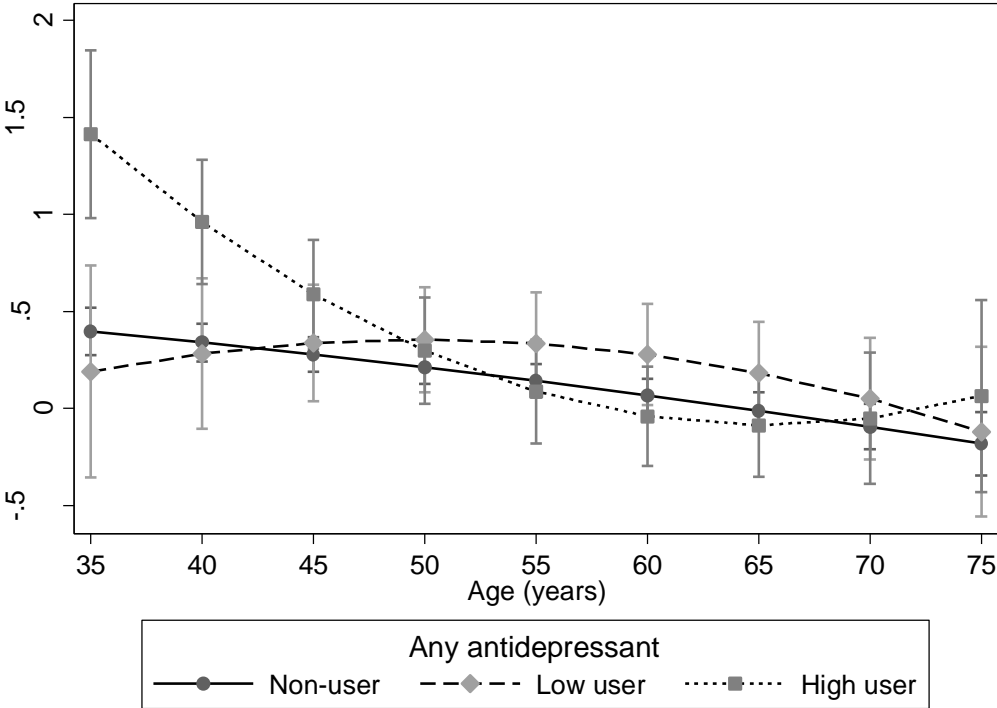**Figure S1** Factor loadings of dietary patterns

Figure S2 Interaction between any antidepressant use and age in relation to weight gain

Values adjusted for covariates included in model 3 of Table 3.