

Supplementary data

Supplemental Table 5 Association between ultra-processed food intake (% of energy) and incident depressive symptoms, NutriNet-Santé study ^a

	Quartile 1	Quartile 2	Quartile 3	Quartile 4	P-trend	Continuous ^b	P ^c
UPF_EI, range	0%-24%	24%-31%	31%-39%	39%-83%			
UPF_EI, median (IQR)	19% (6%)	27% (3%)	35% (4%)	46% (9%)			
n	6,682	6,683	6,683	6,682		26730	
Number of cases	444	493	552	732		2,221	
Model 1 ^d	1 (ref)	1.06 (0.93; 1.21)	1.11 (0.97; 1.26)	1.36 (1.19; 1.55)	<0.0001	1.12 (1.08; 1.17)	<0.0001
Model 2 ^e	1 (ref)	1.07 (0.94; 1.21)	1.11 (0.98; 1.26)	1.32 (1.15; 1.50)	<0.0001	1.10 (1.06; 1.15)	<0.0001
Model 3 ^f	1 (ref)	1.07 (0.94; 1.22)	1.12 (0.98; 1.28)	1.33 (1.15; 1.54)	0.0001	1.11 (1.06; 1.16)	<0.0001
Model 4 ^g	1 (ref)	1.07 (0.94; 1.22)	1.12 (0.98; 1.27)	1.32 (1.16; 1.51)	<0.0001	1.10 (1.06; 1.15)	<0.0001
Model 5 ^h	1 (ref)	1.02 (0.90; 1.16)	1.07 (0.94; 1.22)	1.15 (1.01; 1.32)	0.02	1.06 (1.02; 1.10)	0.004
Model 6 ⁱ	1 (ref)	1.03 (0.91; 1.17)	1.08 (0.95; 1.23)	1.28 (1.12; 1.46)	0.0001	1.10 (1.06; 1.14)	<0.0001
Model 7 ^j	1 (ref)	1.00 (0.88; 1.14)	1.06 (0.93; 1.21)	1.15 (1.01; 1.31)	0.02	1.06 (1.02; 1.11)	0.003

^a Values are hazard ratios (95% confidence intervals). *CDS* Cognitive Difficulties Scale; *CES-D* Center for Epidemiologic Studies Depression Scale; *IQR* Interquartile Range; *UPF* Proportion of ultra-processed food intake

^b Hazard ratios for 10% increase in the proportion of ultra-processed food intake

^c P for continuous variable

^d Adjusted for age, sex and body mass index

^e Adjusted for all variables in model 1 + marital status, educational level, occupational categories, household income per consumption unit, residential area, number of 24h-dietary records, inclusion month, energy intake without alcohol, alcohol intake, smoking status and physical activity (main model)

^f Adjusted for all variables in model 2 + dietary patterns derived from the factor analysis ("Healthy" and "Western" dietary pattern) and intakes of lipids, sodium, and carbohydrates

^g Adjusted for all variables in model 2 + health events during follow-up (cancer, Type 2 diabetes, hypertension and cardiovascular events)

^h Adjusted for all variables in model 2 + use of antidepressants during follow-up and baseline CES-D score

ⁱ Adjusted for all variables in model 2 + CDS score

^j Adjusted for all variables in model 2 + use of antidepressants during follow-up, baseline CES-D score and CDS score