

Supplementary Table 1. Main socio-demographic and clinical characteristics of the sample

Variable	Bipolar disorder (N=40)	Schizophrenia (N =36)	Major depressive disorder (N = 19)	Healthy controls (N = 28)	Total (N = 123)
Women, N (%)	23 (57.5)	23 (57.5)	12 (63.2)	11 (39.3)	50 (40.7)
Men, N (%)	17 (42.5)	32 (88.9)	6 (31.6)	17 (60.7)	72 (58.5)
Age (mean ± SD)	51.5±10.7	46.7±12.4	56.1±7.9	42.5±11.6	48.7±11.9
Age of onset (mean ± SD)	25.3±9.4	25.6±7.4	33.8±12.0		27.1±9.7
Paternal age at conception (mean ± SD)	33.8±5.9	33.2±6.5	33.8±4.7	33.4±5.7	33.5±5.8
History of suicide attempt, N (%)	11(27.5)	8 (22.5)	2 (16.7)		22
History of violent attempt, N (%)	4 (10.0)	1 (2.8)	2 (11.1)		7
Vegan diet, N (%)	2 (5.0)	1 (2.9)	0 (0.0)	0 (0.0)	3 (2.5)
Physical activity, N (%)	18 (45.0)	15 (41.7)	5 (27.8)	20 (71.4)	58 (47.5)
Metabolic co-morbidity, N (%)	13 (32.5)	12 (38.7)	5 (27.8)	1 (3.6)	31 (25.4)
Cardiovascular co-morbidity, N (%)	6 (15.0)	5 (13.9)	3 (16.7)	7 (25)	21(17.2)
Current treatment – lithium, N (%)	40 (100)	1 (2.8)	1 (5.6)		
Current treatment – antipsychotics, N (%)	19 (47.5)	36 (100)	4 (22.2)		
Current treatment – general, N (%)	40 (100)	36 (100)	17 (94.4)		

SD: standard deviation