

eTable 1. Sex-specific changes in systolic and diastolic blood pressures with time by the frequency of laughter in everyday life according to drinking status

	Men					Women				
	Frequency of laughter					Frequency of laughter				
	Almost everyday (reference)	1 to 5 days per week	1 to 3 days a month or almost never	Almost everyday (reference)	1 to 5 days per week	1 to 3 days a month or almost never	Almost everyday (reference)	1 to 5 days per week	1 to 3 days a month or almost never	
	Non current drinkers									
Number	116	55	21	555	159	40				
		β (95% CI)	<i>p</i> value	β (95% CI)	<i>p</i> value	β (95% CI)	<i>p</i> value	β (95% CI)	<i>p</i> value	
Systolic blood pressure										
Baseline difference	0	-0.59(-5.1, 4.0)	0.80	-3.97(-10.3, 3.0)	0.28	0	1.02(-1.6, 3.7)	0.45	0.03(-4.9, 5.0)	0.99
Time-dependent difference**	0	0.09(-1.1, 1.2)	0.89	0.04(-1.7, 1.9)	0.97	0	-0.24(-0.9, 0.5)	0.49	0.07(-1.2, 1.4)	0.92
Diastolic blood pressure										
Baseline difference	0	1.27(-1.6, 4.5)	0.42	-4.05(-9.0, 0.7)	0.11	0	0.79(-1.1, 2.7)	0.41	-0.19(-3.7, 3.3)	0.91
Time-dependent difference**	0	-0.18(0.9, 0.5)	0.62	0.05(-1.1, 1.2)	0.93	0	-0.37(-0.8, 0.1)	0.09	-0.12(-0.9, 0.7)	0.77
	Current drinkers									
Number	202	109	51	98	31	4				
		β (95% CI)	<i>p</i> value	β (95% CI)	<i>p</i> value	β (95% CI)	<i>p</i> value	β (95% CI)	<i>p</i> value	
Systolic blood pressure										
Baseline difference	0	0.41(-3.1, 4.4)	0.83	-2.04(-7.1, 3.0)	0.43	0	1.17(-5.2, 7.4)	0.71	6.59(-8.5, 21.7)	0.39
Time-dependent difference**	0	-0.49(-1.5, 0.4)	0.29	1.29(-0.1, 2.3)	0.04*	0	0.31(-1.3, 2.0)	0.71	0.78(-4.8, 6.4)	0.78
Diastolic blood pressure										
Baseline difference	0	-1.35(-3.7, 1.3)	0.29	-2.10(-5.3, 1.4)	0.22	0	1.45(-3.3, 5.9)	0.54	-1.49(-12.5, 9.5)	0.79
Time-dependent difference**	0	-0.03(-0.6, 0.5)	0.93	0.96(0.1, 1.6)	0.01*	0	-0.29(-1.3, 0.8)	0.59	0.76(-2.9, 4.5)	0.69

CI, confidence interval; SD, standard deviation.

* *p* value of interaction with time

** Time×the frequency of laughter

eTable 2. Sex-specific changes in systolic and diastolic blood pressures with time by the frequency of laughter in everyday life without controlling for psychological conditions

	Men					Women				
	Frequency of laughter					Frequency of laughter				
	Almost everyday (reference)	1 to 5 days per week	1 to 3 days a month or almost never		Almost everyday (reference)	1 to 5 days per week	1 to 3 days a month or almost never			
Number	318	164	72		653	190	44			
		β (95% CI)	<i>p</i> value	β (95% CI)	<i>p</i> value	β (95% CI)	<i>p</i> value	β (95% CI)	<i>p</i> value	
Systolic blood pressure										
Baseline difference	0	0.72(-2.2, 3.7)	0.62	-3.6(-7.6, 0.4)	0.17	0	0.64(-1.8, 3.1)	0.61	-0.36(-5.1, 4.3)	0.88
Time-dependent difference**	0	-0.39(-1.1, 0.3)	0.34	0.83(-0.1, 1.8)	0.08*	0	-0.14(-0.8, 0.5)	0.65	0.24(-1.0, 1.5)	0.71
Diastolic blood pressure										
Baseline difference	0	-0.08(-0.5, 0.3)	0.73	-2.67(-5.3, 0.1)	0.06	0	0.67(-1.1, 2.4)	0.45	-0.99(-4.3, 2.3)	0.56
Time-dependent difference**	0	-0.07(-0.5, 0.4)	0.74	0.65(0.1, 1.2)	0.03*	0	-0.34(-0.7, 0.4)	0.08	-0.08(-0.8, 0.7)	0.85

CI, confidence interval.

* *p* value of interaction with time

** Time×the frequency of laughter