

Supplement for “Inflammation predicts new onset of depression in men, but not in women within a prospective, representative community cohort”

Authors: Mareike Ernst, Elmar Brähler, Daniëlle Otten, Antonia M. Werner, Ana N. Tibubos, Iris Reiner, Felix Wicke, Jörg Wiltink, Matthias Michal, Markus Nagler, Thomas Münzel, Philipp S. Wild, Jochem König, Norbert Pfeiffer, Andreas Borta, Karl J. Lackner, Manfred E. Beutel

Supplementary Table 1. Baseline participant characteristics (stratified by PHQ-9≥10 at follow-up) by gender

Variable	Men				Women			
	All (N=5,450)	PHQ-9≥10 at FU (N=210)	PHQ-9≤9 at FU (N=5,240)	<i>p</i>	All (N=4,670)	PHQ-9≥10 at FU (N=238)	PHQ-9≤9 at FU (N=4,432)	<i>p</i>
<i>Inflammation</i>								
CRP ≥ 3 mg/l (%)	21.6% (1,177)	29.0% (61)	21.3% (1,116)	.010	26.6% (1,240)	27.0% (64)	26.6% (1,176)	.88
WBC	6.73 (5.69/8.01)	7.20 (6.08/8.97)	6.71 (5.68/7.99)	<.001	6.90 (5.84/8.20)	7.09 (5.70/8.55)	6.90 (5.85/8.18)	.42
<i>Sociodemographic</i>								
Age	54.6 (11.0)	52.5 (10.8)	54.7 (11.0)	.005	54.0 (10.9)	50.1 (9.8)	54.2 (10.9)	<.001
Living with partner (%)	87.0% (4,742)	81.0% (170)	87.3% (4,572)	.012	81.5% (3,805)	78.6% (187)	81.7% (3,618)	.23
Socioeconomic status	14.15 (4.48)	13.42 (4.42)	14.18 (4.48)	.017	12.64 (4.13)	12.52 (4.09)	12.64 (4.13)	.66
<i>Physical health and health behavior</i>								
Diabetes (%)	9.2% (499)	12.9% (27)	9.0% (472)	.066	5.1% (240)	4.2% (10)	5.2% (230)	.65
CVD (%)	10.4% (561)	11.7% (24)	10.3% (537)	.56	5.9% (275)	4.6% (11)	6.0% (264)	.48
Cancer (%)	7.2% (390)	6.2% (13)	7.2% (377)	.68	8.8% (410)	11.3% (27)	8.6% (383)	.16
Obesity (%)	24.3% (1,325)	28.6% (60)	24.2% (1,266)	.16	20.8% (973)	21.4% (51)	20.8% (973)	.81
Smoker (%)	18.0% (981)	27.5% (57)	17.6% (924)	<.001	16.2% (757)	21.4% (51)	15.9% (706)	.030
Physical activity	7,350.00 (5,031.67)	7,665.00 (5,476.67)	7,320.00 (4,995.00)	.035	7,499.96 (3,438.69)	7,906.16 (3,845.06)	7,478.01 (3,414.59)	.13

Alcohol (% > recom. limit)	30.7% (1,669)	29.0% (60)	30.7% (1,609)	.76	25.0% (1,167)	17.2% (41)	25.4% (1,126)	.007
Mental distress								
Loneliness (%)	5.6% (300)	17.4% (36)	5.1% (264)	<.001	7.9% (366)	20.2% (47)	7.3% (319)	<.001
PHQ-9 sum at baseline	2.89 (2.27)	5.58 (2.40)	2.79 (2.20)	<.001	3.41 (2.31)	5.39 (2.34)	3.31 (2.26)	<.001

Note. Participant characteristics are shown as mean values and standard deviations, medians with interquartile ranges (if not fulfilling normal distribution) or as percentages and absolute numbers. Abbreviations: CRP=C-reactive protein; CVD=Cardiovascular disease; FU=follow-up; PHQ-9=Patient Health Questionnaire-9; WBC=White blood cell count.