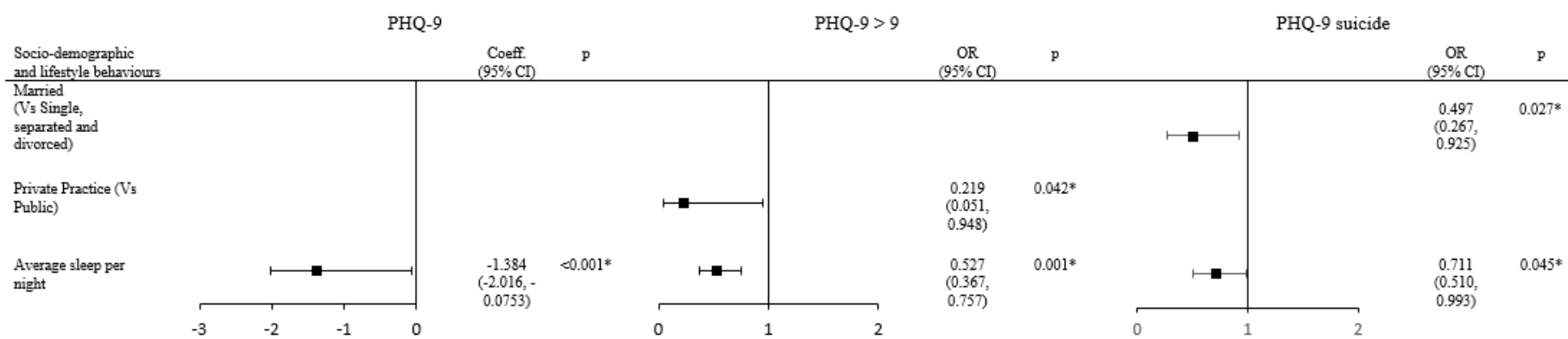


Prevalence of depression and suicide ideation in Hong Kong doctors: a cross-sectional study

Supplementary Information

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Supplementary Fig. 1 Sociodemographic, professional satisfaction and lifestyle behaviours associated with PHQ-9 score by regression with forward stepwise selection for complete cases.

PHQ-9, Patient Health Questionnaire-9, CI = Confidence Interval; Coeff = Coefficient; OR = Odds Ratio

* Significant with p-value < 0.05

Supplementary Table 1. Data completion rate for sociodemographic status, professional satisfaction, health status

Total	Doctors (N =393)
Socio-demographic	
Age	100.0% (393)
Gender	100.0% (393)
Marital Status	99.7% (392)
Having Children	100.0% (393)
Current specialty	100.0% (393)
Setting of practice	100.0% (393)
Professional satisfaction	
Satisfied with present job position	99.7% (392)
Satisfied with being a medical doctor	100.0% (393)
Health status	
Average sleep per night	99.2% (390)
Hours of work per week	98.5% (387)
Regular exercise	100.0% (393)
At-risk drinker	89.8% (353)
Current Smoker	100.0% (393)
Depression	100.0% (393)
PHQ-9 Suicide	100.0% (393)
PHQ-9 Total Score	100.0% (393)

Notes:

PHQ = Patient Health Questionnaire

Supplementary Table 2: Sociodemographic, professional satisfaction and lifestyle behaviours associated with PHQ-9 total score by regression analysis for complete cases.

Factor†	PHQ-9 score (N = 328)					
	Coeff.	Univariate 95% CI	P-value	Forward stepwise selection		
				Coeff.	95% CI	P-value
Socio-demographic						
Age	-0.093	(-0.205, 0.020)	0.106			
Female (Vs Male)	0.212	(-1.030, 1.454)	0.738			
Married (Vs Single, separated and divorced)	-1.440*	(-2.668, -0.211)	0.022*		NA	
Having children (Vs No children)	-1.441*	(-2.745, -0.138)	0.030*			
Private setting of your Practice (Vs Public)	-1.562	(-3.234, 0.109)	0.067			
Current specialty						
Anaesthesiology/ Emergency Medicine/ Intensive Care	1.924	(-0.435, 4.283)	0.110			
Clinical Oncology/ Dermatology and Venerology/ Internal Medicine	0.639	(-1.415, 2.693)	0.541		NA	
Pathology/ Radiology	0.456	(-2.126, 3.037)	0.729			
Family Medicine/ General Practice/ Community Medicine		reference group				
Obstetrics & Gynaecology	1.318	(-1.448, 4.083)	0.349			
Orthopaedic Surgery/ Otorhinolaryngology/ Surgery/ Ophthalmology	0.926	(-1.026, 2.878)	0.351			
Paediatrics	1.539	(-1.319, 4.397)	0.290			
Psychiatry	0.839	(-1.926, 3.604)	0.551			
Professional satisfaction						
Satisfied your present job position (Vs Not satisfied)	-0.362	(-1.904, 1.181)	0.645			
Satisfied with being a medical doctor (Vs Not satisfied)	-2.000	(-4.863, 0.863)	0.170		NA	
Lifestyle behaviours						
Average sleep per night	-1.384*	(-2.016, -0.753)	<0.001*	-1.384*	(-2.016, -0.753)	<0.001*
Hours of work per week	0.045*	(0.006, 0.085)	0.025*			
Current Smoker (VS non-smoker/ex-smoker)	5.687	(-2.233, 13.608)	0.159			
Regular exercise (Vs no regular exercise)	-1.710*	(-3.171, -0.249)	0.022*		NA	
At-risk drinker	1.089	(-0.312, 2.490)	0.127			

Notes:

CI = Confidence Interval; Coeff = Coefficient; NA = Not Applicable

Current Smoker (Current smoker vs Non-smoker/ex-smoker)

Regular exercise (5 or more days per week for at least 10 minutes per day / Any vigorous and moderate physical activities)

Private Practice (Private Solo/ Private Hospital/Non-government organisation)

Public Practice (University/Government/Hospital Authority/Not applicable)

At-risk drinkers were defined if the doctors had 3 or more in AUDIT-C score.

* Significant with p-value < 0.05

† Variable in brackets is the reference category for independent variables

Supplementary Table 3. Sociodemographic, professional satisfaction and lifestyle behaviours associated with PHQ-9 >9 by regression analysis for complete cases.

Factor†	PHQ-9 >9 (N = 328)					
	OR	Univariate 95% CI	P-value	Forward stepwise selection		
				OR	95% CI	P-value
Socio-demographic						
Age	0.954	(0.902, 1.010)	0.105		NA	
Female (Vs Male)	0.896	(0.491, 1.637)	0.721			
Married (Vs Single, separated and divorced)	0.436*	(0.234, 0.811)	0.009*			
Having children (Vs No children)	0.502	(0.247, 1.023)	0.058			
Private setting of your Practice (Vs Public)	0.181*	(0.043, 0.768)	0.020*	0.219*	(0.051, 0.948)	0.042*
Current specialty						
Anaesthesiology/ Emergency Medicine/ Intensive Care	2.839	(0.917, 8.789)	0.070			
Clinical Oncology/ Dermatology and Venerology/ Internal Medicine	1.333	(0.433, 4.107)	0.616		NA	
Pathology/ Radiology	1.920	(0.532, 6.933)	0.319			
Family Medicine/ General Practice/ Community Medicine		reference group				
Obstetrics & Gynaecology	1.325	(0.302, 5.811)	0.709			
Orthopaedic Surgery/ Otorhinolaryngology/ Surgery/	1.338	(0.457, 3.920)				
Ophthalmology			0.595			
Paediatrics	3.533	(0.994, 12.563)	0.051			
Psychiatry	1.860	(0.473, 7.314)	0.375			
Professional satisfaction						
Satisfied your present job position (Vs Not satisfied)	0.901	(0.434, 1.869)	0.779			
Satisfied with being a medical doctor (Vs Not satisfied)	0.788	(0.216, 2.869)	0.718		NA	
Lifestyle behaviours						
Average sleep per night	0.507*	(0.356, 0.722)	<0.001*	0.527*	(0.367, 0.757)	0.001*
Hours of work per week	1.015	(0.996, 1.035)	0.114			
Current Smoker (VS non-smoker/ex-smoker)	5.520	(0.340, 89.703)	0.230			
Regular exercise (Vs no regular exercise)	0.592	(0.307, 1.143)	0.118		NA	
At-risk drinker	1.861	(0.990, 3.497)	0.054			

Notes:

CI = Confidence Interval; Coeff = Coefficient; OR = Odds Ratio; NA = Not Applicable

Current Smoker (Current smoker vs Non-smoker/ex-smoker)

Regular exercise (5 or more days per week for at least 10 minutes per day / Any vigorous and moderate physical activities)

Private Practice (Private Solo/ Private Hospital/Non-government organisation)

Public Practice (University/Government/Hospital Authority/Not applicable)

At-risk drinkers were defined if the doctors had 3 or more in AUDIT-C score.

* Significant with p-value < 0.05

† Variable in brackets is the reference category for independent variables

Supplementary Table 4. Sociodemographic, professional satisfaction and lifestyle behaviours associated with PHQ-9 suicide score by regression analysis for complete cases.

Factor†	PHQ-9 suicide (N = 328)					
	OR	Univariate 95% CI	P-value	Forward stepwise selection		
				OR	95% CI	P-value
Socio-demographic						
Age	0.976	(0.924 , 1.030)	0.374			
Female (Vs Male)	0.754	(0.414 , 1.372)	0.355		NA	
Married (Vs Single, separated and divorced)	0.446*	(0.242 , 0.820)	0.009*	0.497*	(0.267, 0.925)	0.027*
Having children (Vs No children)	0.537	(0.270 , 1.070)	0.077			
Private setting of your Practice (Vs Public)	0.493	(0.186 , 1.302)	0.153		NA	
Current specialty						
Anaesthesiology/ Emergency Medicine/ Intensive Care	2.388	(0.803 , 7.097)	0.117			
Clinical Oncology/ Dermatology and Venerology/ Internal Medicine	1.286	(0.445 , 3.711)	0.642		NA	
Pathology/ Radiology	0.891	(0.212 , 3.741)	0.875			
Family Medicine/ General Practice/ Community Medicine		reference group				
Obstetrics & Gynaecology	2.063	(0.581 , 7.323)	0.262			
Orthopaedic Surgery/ Otorhinolaryngology/ Surgery/ Ophthalmology	1.677	(0.630 , 4.466)	0.301			
Paediatrics	1.748	(0.455 , 6.709)	0.416			
Psychiatry	0.707	(0.136 , 3.688)	0.681			
Professional satisfaction						
Satisfied your present job position (Vs Not satisfied)	0.735	(0.367 , 1.470)	0.384			
Satisfied with being a medical doctor (Vs Not satisfied)	0.400	(0.133 , 1.203)	0.103		NA	
Lifestyle behaviours						
Average sleep per night	0.668*	(0.483 , 0.926)	0.015*	0.711*	(0.510, 0.993)	0.045*
Hours of work per week	1.015	(0.996 , 1.034)	0.114			
Current Smoker (VS non-smoker/ex-smoker)	5.269	(0.324 , 85.584)	0.243			
Regular exercise (Vs no regular exercise)	1.331	(0.634 , 2.796)	0.450		NA	
At-risk drinker	1.410	(0.745 , 2.668)	0.291			

Notes:

CI = Confidence Interval; Coeff = Coefficient; OR = Odds Ratio; NA = Not Applicable

Current Smoker (Current smoker vs Non-smoker/ex-smoker)

Regular exercise (5 or more days per week for at least 10 minutes per day / Any vigorous and moderate physical activities)

Private Practice (Private Solo/ Private Hospital/Non-government organisation)

Public Practice (University/Government/Hospital Authority/Not applicable)

At-risk drinkers were defined if the doctors had 3 or more in AUDIT-C score.

* Significant with p-value < 0.05

† Variable in brackets is the reference category for independent variables