

Table S1 Association of different indicators of sugar-sweetened beverage consumption and TV viewing with severe depressive symptoms according to sex

| | Men | Women |
|-------------------------|-------------------|-------------------|
| Number of glasses/week | | |
| None | Ref | Ref |
| 1-5 glasses/week | 0.80 (0.63-1.01) | 0.92 (0.81-1.05) |
| 6-10 glasses/week | 0.88 (0.65-1.19) | 1.06 (0.90-1.24) |
| 11-15 glasses/week | 0.75 (0.54-1.04) | 0.96 (0.78-1.19) |
| 16 or more glasses/week | 1.00 (0.70-1.42) | 1.67 (1.35-2.07)* |
| TV-viewing | | |
| < 5 h/day | Ref | Ref |
| ≥ 5 h/day | 1.59 (1.22-2.06)* | 1.27 (1.10-1.46)* |
| Weekly frequency | | |
| 1-6 days/week | Ref | Ref |
| 7 days/week | 1.18 (0.89-1.55) | 1.32 (1.14-1.54)* |
| TV viewing | | |
| < 5 h/day | Ref | Ref |
| ≥ 5 h/day | 1.88 (1.39-2.54)* | 1.37 (1.06-1.53)* |
| Number of glasses/day | | |
| 1 glass | Ref | Ref |
| 2 or more glasses | 1.04 (0.83-1.31) | 1.20 (1.05-1.36)* |
| TV-viewing | | |
| < 5 h/day | Ref | Ref |
| ≥ 5 h/day | 1.86 (1.38-2.49)* | 1.29 (1.08-1.54)* |

Data presented as prevalence ratio (95% confidence interval).

Adjusted for chronological age, ethnicity, educational status, employment status, smoking, consumption of alcohol, fruit, sweets/candy, multimorbidity, and weight status.

* $p < 0.05$.

Table S2 Association of different indicators of sugar-sweetened beverage consumption and physical activity with severe depressive symptoms according to sex

| | Men | Women |
|-------------------------|-------------------|-------------------|
| Number of glasses/week | | |
| None | Ref | Ref |
| 1-5 glasses/week | 0.80 (0.63-1.01) | 0.92 (0.81-1.04) |
| 6-10 glasses/week | 0.88 (0.65-1.20) | 1.07 (0.91-1.25) |
| 11-15 glasses/week | 0.76 (0.55-1.06) | 0.98 (0.79-1.21) |
| 16 or more glasses/week | 1.05 (0.74-1.49) | 1.71 (1.38-2.11)* |
| Physical activity | | |
| Active | Ref | Ref |
| Inactive | 2.00 (1.54-2.59)* | 1.31 (1.11-1.55)* |
| Weekly frequency | | |
| 1-6 days/week | Ref | Ref |
| 7 days/week | 1.19 (0.91-1.57) | 1.34 (1.16-1.56)* |
| Physical activity | | |
| Active | Ref | Ref |
| Inactive | 1.81 (1.35-2.43)* | 1.23 (1.01-1.56)* |
| Number of glasses/day | | |
| 1 glass | Ref | Ref |
| 2 or more glasses | 1.06 (0.85-1.33) | 1.21 (1.06-1.37)* |
| Physical activity | | |
| Active | Ref | Ref |
| Inactive | 1.83 (1.36-2.45)* | 1.23 (1.01-1.52)* |

Data presented as prevalence ratio (95% confidence interval).

Adjusted for chronological age, ethnicity, educational status, employment status, smoking, consumption of alcohol, fruit, sweets/candy, multimorbidity, weight status.

* $p < 0.05$.