frontiers

Supplementary Material

Supplementary Table 1. Multivariate odds ratios (OR) and 95% confidence intervals (CI) of depressive and social anxiety symptoms for SSB consumption of ≥1 servings /day.

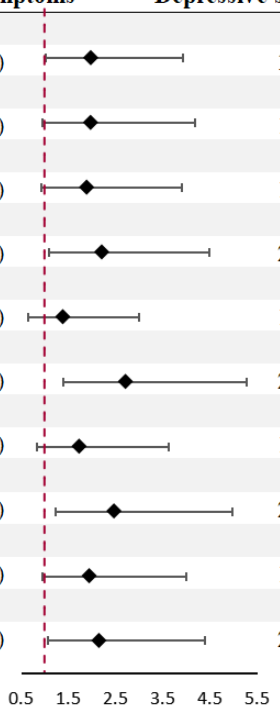
SSB Consumption	None-depressive symptoms	Depressive symptoms	None-social anxiety	Social anxiety symptoms
Model 1				
Total population				
≥1 servings /day	1 (Reference)	**2.06 (1.31-3.26)**	1 (Reference)	1.17 (0.78-1.77)
Boys (n=658)				
≥1 servings /day	1 (Reference)	**3.26 (1.78-5.98)**	1 (Reference)	1.42 (0.82-2.46)
Girls (n=653)				
≥1 servings /day	1 (Reference)	1.20 (0.59-2.43)	1 (Reference)	0.93 (0.50-1.71)
Model 2				
Total population				
≥1 servings /day	1 (Reference)	**2.02 (1.23-3.31)**	1 (Reference)	1.11 (0.72-1.72)
Boys (n=658)				
≥1 servings /day	1 (Reference)	**2.86 (1.45-5.64)**	1 (Reference)	1.20 (0.65-2.20)
Girls (n=653)				
≥1 servings /day	1 (Reference)	1.37 (0.65-2.88)	1 (Reference)	1.00 (0.53-1.89)

Model 1: adjusted for age and sex.

Model 2: additionally adjusted for parental educational attainment, maternal smoking status, single-child status, BMI, incomes, fruit consumption, physical activity, screen time and the frequency of fried food consumption.

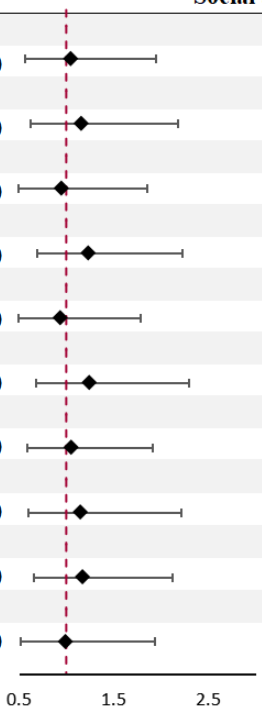
Bold values referred to $P < 0.05$.

Total population	None-depressive symptoms	Depressive symptoms
BFM ≥ median		
SSB≥1 servings /day	1 (Reference)	**1.98 (1.01–3.91)**
BFM <median		
SSB≥1 servings /day	1 (Reference)	1.97 (0.94–4.16)
BF% ≥ median		
SSB≥1 servings /day	1 (Reference)	1.89 (0.92–3.90)
BF%<median		
SSB≥1 servings /day	1 (Reference)	**2.21 (1.09–4.47)**
FFMI ≥ median		
SSB≥1 servings /day	1 (Reference)	1.39 (0.64–2.99)
FFMI <median		
SSB≥1 servings /day	1 (Reference)	**2.71 (1.40–5.27)**
Muscle rate ≥ median		
SSB≥1 servings /day	1 (Reference)	1.73 (0.83–3.61)
Muscle rate <median		
SSB≥1 servings /day	1 (Reference)	**2.47 (1.23–4.96)**
FFM/FM ≥ median		
SSB≥1 servings /day	1 (Reference)	1.95 (0.95–3.99)
FFM/FM <median		
SSB≥1 servings /day	1 (Reference)	**2.15 (1.06–4.38)**



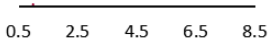
A

Total population	None-social anxiety	Social anxiety
BFM ≥ median		
SSB≥1 servings /day	1 (Reference)	1.05 (0.56–1.94)
BFM <median		
SSB≥1 servings /day	1 (Reference)	1.16 (0.62–2.17)
BF% ≥ median		
SSB≥1 servings /day	1 (Reference)	0.95 (0.49–1.85)
BF%<median		
SSB≥1 servings /day	1 (Reference)	1.23 (0.68–2.22)
FFMI ≥ median		
SSB≥1 servings /day	1 (Reference)	0.94 (0.49–1.78)
FFMI <median		
SSB≥1 servings /day	1 (Reference)	1.24 (0.68–2.29)
Muscle rate ≥ median		
SSB≥1 servings /day	1 (Reference)	1.05 (0.58–1.91)
Muscle rate <median		
SSB≥1 servings /day	1 (Reference)	1.15 (0.60–2.21)
FFM/FM ≥ median		
SSB≥1 servings /day	1 (Reference)	1.17 (0.65–2.12)
FFM/FM <median		
SSB≥1 servings /day	1 (Reference)	0.99 (0.51–1.93)



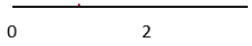
B

Boys	None-depressive symptoms	Depressive symptoms
BFM ≥ median		
SSB≥1 servings /day	1 (Reference)	**4.28 (1.62–11.30)**
BFM <median		
SSB≥1 servings /day	1 (Reference)	2.09 (0.77–5.66)
BF% ≥ median		
SSB≥1 servings /day	1 (Reference)	**3.08 (1.08–8.76)**
BF%<median		
SSB≥1 servings /day	1 (Reference)	**2.93 (1.16–7.45)**
FFMI ≥ median		
SSB≥1 servings /day	1 (Reference)	**3.56 (1.24–10.21)**
FFMI <median		
SSB≥1 servings /day	1 (Reference)	2.40 (0.95–6.10)
Muscle rate ≥ median		
SSB≥1 servings /day	1 (Reference)	2.37 (0.89–6.27)
Muscle rate <median		
SSB≥1 servings /day	1 (Reference)	**3.96 (1.47–10.63)**
FFM/FM ≥ median		
SSB≥1 servings /day	1 (Reference)	2.54 (0.96–6.70)
FFM/FM <median		
SSB≥1 servings /day	1 (Reference)	**3.72 (1.38–10.06)**



C

Boys	None-social anxiety	Social anxiety
BFM ≥ median		
SSB≥1 servings /day	1 (Reference)	1.32 (0.54–3.20)
BFM <median		
SSB≥1 servings /day	1 (Reference)	1.14 (0.49–2.66)
BF% ≥ median		
SSB≥1 servings /day	1 (Reference)	1.01 (0.38–2.69)
BF%<median		
SSB≥1 servings /day	1 (Reference)	1.39 (0.63–3.08)
FFMI ≥ median		
SSB≥1 servings /day	1 (Reference)	1.30 (0.52–3.22)
FFMI <median		
SSB≥1 servings /day	1 (Reference)	1.11 (0.48–2.57)
Muscle rate ≥ median		
SSB≥1 servings /day	1 (Reference)	1.15 (0.51–2.60)
Muscle rate <median		
SSB≥1 servings /day	1 (Reference)	1.29 (0.51–3.24)
FFM/FM ≥ median		
SSB≥1 servings /day	1 (Reference)	1.19 (0.53–2.70)
FFM/FM <median		
SSB≥1 servings /day	1 (Reference)	1.24 (0.49–3.16)



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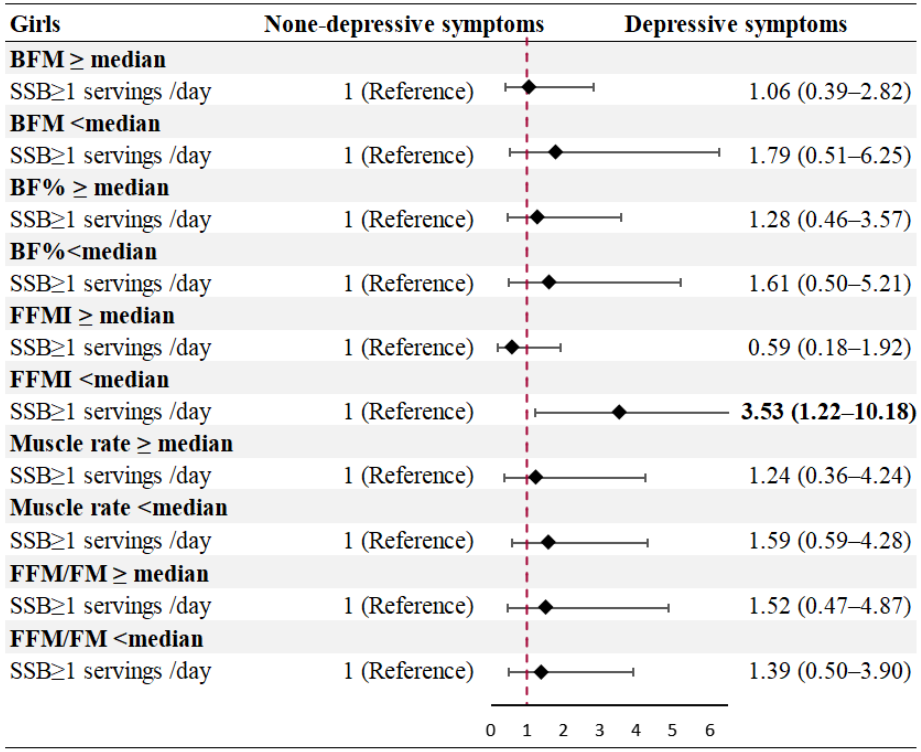

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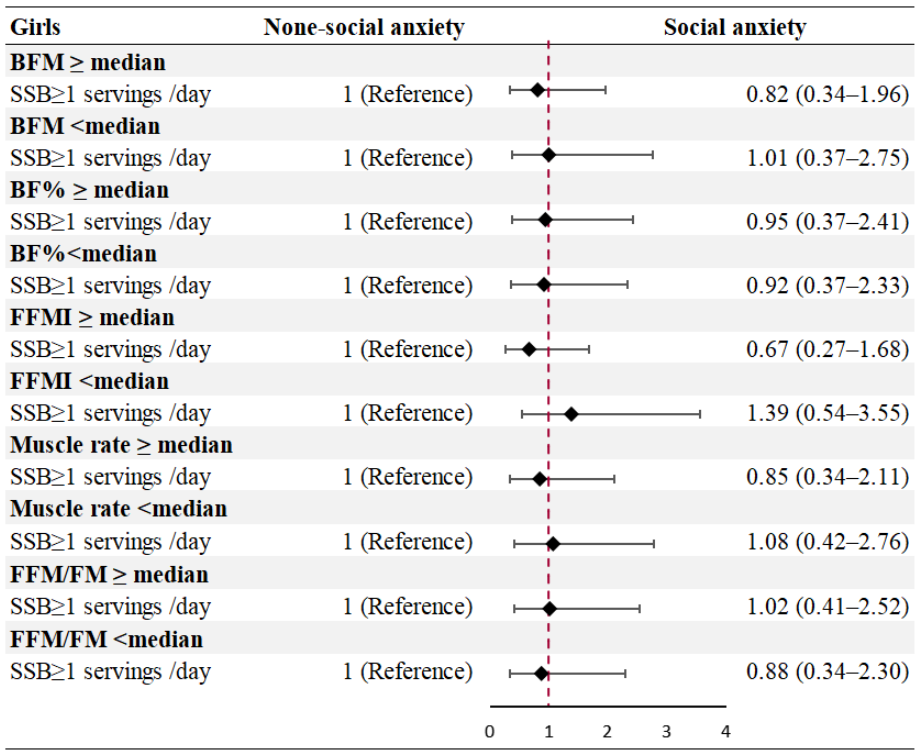

F

Supplementary Figure 1. Multivariate odds ratios (OR) and 95% confidence intervals (CI) of depressive (panel A, C, E) and social anxiety (panel B, D, F) symptoms for SSB consumption ≥1 servings /day among the total population and the each sex groups, stratified by body composition (Model was adjusted for age, sex, parental educational attainment, maternal smoking status, single-child status, BMI, incomes, fruit consumption, physical activity, screen time and the frequency of fried food consumption).