# Supplement

Contents

[Figure S1 Kaplan-Meier plot for relapse in relation to the age of onset 2](#_Toc105663593)

[Figure S2 Kaplan-Meier plot for relapse in relation to the duration of the current episode 2](#_Toc105663594)

[Figure S3 Kaplan-Meier plot for relapse in relation to the residual symptoms of anxiety measured by GAD-7 at baseline 3](#_Toc105663595)

[Table S1 Age of onset of depression in relation to baseline characteristics and possible confounding factors 3](#_Toc105663596)

[Table S2 Duration of current episode in relation to baseline characteristics and possible confounding factors 5](#_Toc105663597)

[Table S3 Residual symptoms of anxiety in relation to baseline characteristics and possible confounding factors 6](#_Toc105663598)

## Figure S1 Kaplan-Meier plot for relapse in relation to the age of onset



## Figure S2 Kaplan-Meier plot for relapse in relation to the duration of the current episode



## Figure S3 Kaplan-Meier plot for relapse in relation to the residual symptoms of anxiety measured by GAD-7 at baseline



Tables S1 - S3 each clinical factor in relation to demographic and baseline characteristics and the other four clinical factors. For example, Table S1 demonstrates that those with a younger age of onset were more likely to be female, better educated, in employment, homeowners and married. The younger age of onset of depression was also associated with antidepressant medication and higher number of previous episodes of depression.

## Table S1 Age of onset of depression in relation to baseline characteristics and possible confounding factors

|  |  |  |
| --- | --- | --- |
|  | Age at onset of depression |  |
| Characteristic | Between 18 and 22 n=155 (%) | Between 23 and 39 n=163 (%) | Between 40 and 75 n=158 (%) |  p-value |
| Age at baseline |  |  |  | <0.001 |
|  Below and incl. median  | 53 (34) | 72 (44) | 113 (72) |  |
|  Above median (55 years old) | 102 (66) | 91 (56) | 45 (28) |  |
| Gender |  |  |  | 0.027 |
|  Male  | 35 (23) | 39 (24) | 55 (35) |  |
|  Female  | 120 (77) | 124 (76) | 103 (65) |  |
| Ethnicity |  |  |  | 0.191 |
|  White  | 144 (94) | 150 (93) | 153 (97) |  |
|  Not white | 9 (6) | 11 (7) | 4 (3) |  |
| Highest educational qualification\* |  |  |  | <0.001 |
|  Degree/ higher degree | 73 (48) | 58 (36) | 47 (30) |  |
|  Diploma/ A Levels or equivalent | 43 (28) | 61 (38) | 44 (28) |  |
|  GCSE or equivalent/ other/ none | 37 (24) | 41 (26) | 66 (42) |  |
| Employment status |  |  |  | <0.001 |
|  Employed | 102 (66) | 114(70) | 75 (47) |  |
|  Retired | 30 (19) | 33(20) | 75 (47) |  |
|  Other | 23 (15) | 16 (10) | 8 (5) |  |
| Tenancy |  |  |  | <0.001 |
|  Home owner | 107 (69) | 127 (78) | 136(86) |  |
|  Renting | 31 (20) | 28 (17) | 21 (14) |  |
|  Other | 17 (11) | 8 (5) | 1 (1) |  |
| Marital Status |  |  |  | <0.001 |
|  Married | 94 (61) | 111 (68) | 102 (65) |  |
|  Single | 34 (22) | 18 (11) | 9 (6) |  |
|  Separated or divorced | 20 (13) | 26 (16) | 25 (16) |  |
|  Widowed | 7 (4) | 8 (5) | 22 (14) |  |
| Site |  |  |  | 0.464 |
|  London  | 65 (42) | 61 (37) | 72 (45) |  |
|  Bristol | 30 (19) | 34 (21) | 38 (24) |  |
|  Southampton | 35 (23) | 36 (22) | 25 (16) |  |
|  York | 25 (16) | 32 (20) | 23 (15) |  |
| Antidepressant |  |  |  | 0.034 |
|  Sertraline | 29 (19) | 30 (18) | 19 (12) |  |
|  Citalopram | 56 (36) | 80 (49) | 85 (54) |  |
|  Fluoxetine | 65 (42) | 46 (28) | 49 (31) |  |
|  Mirtazapine | 5 (3) | 7 (4) | 5 (3) |  |
| Alcohol\*\* |  |  |  | 0.245 |
|  Once a month or less or never | 44 (29) | 53 (33) | 46 (29) |  |
|  Up to 3 times per week | 89 (59) | 75 (47) | 81 (52) |  |
|  Four or more times per week | 19 (12) | 32 (20) | 29 (19) |  |
| Money\*\* |  |  |  | 0.346 |
|  Living comfortably  | 64 (42) | 62 (39) | 73 (47) |  |
|  Doing alright | 57 (38) | 64 (40) | 62 (30) |  |
|  Struggling  | 31 (20) | 34 (21) | 21 (13) |  |
| Number of episodes |  |  |  | <0.001 |
|  Up to 2 episodes | 14 (9) | 32 (20) | 56 (35) |  |
|  Between 3 to 5 episodes  | 54 (35) | 68 (42) | 44 (28) |  |
|  More than 5 | 87 (56) | 63 (34) | 58 (37) |  |
| Duration of the current episode |  |  |  | 0.123 |
|  Last two years | 52 (34) | 38 (23) | 39 (25) |  |
|  Three to five years | 45 (29) | 59 (36) | 55 (35) |  |
|  Six to 10 years | 35 (23) | 28 (17) | 37 (23) |  |
|  11 years or more | 23 (15) | 38 (23) | 27 (17) |  |
| Residual symptoms of depression |  |  |  | 0.808 |
|  PHQ-9 score of 3 and under | 85 (55) | 92 (56) | 91 (58) |  |
|  PHQ-9 score between 4 and 8 | 50 (33) | 57 (35) | 49 (31) |  |
|  PHQ-9 score of 9 and above | 19 (12) | 14 (9) | 18 (11) |  |
| Residual symptoms of anxiety |  |  |  | 0.228 |
|  GAD-7 score of 2 and under | 80 (52) | 82 (50) | 97 (61) |  |
|  GAD-7 score between 3 and 6 | 51 (33) | 58 (36) | 47 (30) |  |
|  GAD-7 score of 7 and above | 23 (15) | 23 (14) | 14 (9) |  |
| Psychological therapies |  |  |  | 0.001 |
|  Had psychotherapy at baseline | 21 (14) | 19 (12) | 4 (3) |  |
|  Did not have psychotherapy | 134 (86) | 144 (88) | 154 (97) |  |

\* n=470

\*\*n=468

Table S2 shows that those with shorter duration of the current episode were younger, in employment and with higher consumption of alcohol. There was strong evidence of a positive association between the duration of the current episode and the number of previous episodes.

## Table S2 Duration of current episode in relation to baseline characteristics and possible confounding factors

|  |  |  |  |
| --- | --- | --- | --- |
| Characteristic | Between 2 to 10 years, n=288 (%) | Over 10 years, n=188 (%) |  p-value |
| Age |  |  | <0.001 |
|  Below median (55 years old) | 115 (40) | 123 (65) |  |
|  Above median | 173 (60) | 65 (35) |  |
| Gender |  |  | 0.393 |
|  Male  | 74 (26) | 55 (29) |  |
|  Female  | 214 (74) | 133 (71) |  |
| Ethnicity |  |  | 0.838 |
| White  | 270 (95) | 177 (95) |  |
| Not white | 15 (5) | 9 (5) |  |
| Highest educational qualification\* |  |  | 0.098 |
| Degree/ higher degree | 116 (41) | 62 (33) |  |
| Diploma/ A Levels or equivalent | 91 (32) | 57 (31) |  |
| GCSE or equivalent/ other/ none | 77 (27) | 67 (36) |  |
| Employment status |  |  | 0.003 |
| Employed | 193 (67) | 98 (52) |  |
| Retired | 68 (24) | 70 (37) |  |
| Other | 27 (9) | 20 (11) |  |
| Tenancy |  |  | 0.231 |
| Home owner | 217 (75) | 153 (81) |  |
| Renting | 52 (18) | 28 (15) |  |
| Other | 19 (7) | 7 (4) |  |
| Marital Status |  |  | 0.045 |
| Married | 179 (62) | 128 (68) |  |
| Single | 47 (16) | 14 (7) |  |
| Separated or divorced | 41 (14) | 30 (16) |  |
| Widowed | 21 (7) | 16 (9) |  |
| Site |  |  | 0.971 |
| London  | 121 (42) | 77 (41) |  |
| Bristol | 62 (22) | 40 (21) |  |
| Southampton | 56 (19) | 40 (21) |  |
| York | 49 (17) | 31 (17) |  |
| Antidepressant |  |  | 0.124 |
| Sertraline | 54 (19) | 24 (13) |  |
| Citalopram | 138 (48) | 83 (44) |  |
| Fluoxetine | 87 (30) | 73 (39) |  |
| Mirtazapine | 9 (3) | 8 (4) |  |
| Alcohol\*\* |  |  | 0.026 |
| Once a month or less or never | 86 (31) | 57 (31) |  |
| Up to 3 times per week | 158 (56) | 87 (47) |  |
| Four or more times per week | 38 (13) | 42 (23) |  |
| Money\*\* |  |  | 0.274 |
| Living comfortably  | 114 (40) | 85 (46) |  |
| Doing alright | 110 (39) | 73 (39) |  |
| Struggling  | 58 (21) | 28 (15) |  |
| Number of episodes |  |  | 0.016 |
|  Up to 2 episodes | 58 (20) | 44 (23) |  |
|  Between 3 to 5 episodes  | 115 (40) | 51 (27) |  |
|  More than 5 | 115 (40) | 93 (49) |  |
| Age of onset |  |  | 0.813 |
|  Between 18 and 22 | 97 (34) | 58 (31) |  |
|  Between 23 and 39 | 97 (34) | 66 (35) |  |
|  Between 40 and 75 | 94 (33) | 64 (34) |  |
| Residual symptoms of depression |  |  | 0.931 |
|  PHQ-9 score of 3 and under | 160 (56) | 108 (57) |  |
|  PHQ-9 score between 4 and 8 | 96 (33) | 60 (32) |  |
|  PHQ-9 score of 9 and above | 31 (11) | 20 (11) |  |
| Residual symptoms of anxiety |  |  | 0.995 |
|  GAD-7 score of 2 and under | 157 (55) | 102 (54) |  |
|  GAD-7 score between 3 and 6 | 94 (33) | 62 (33) |  |
|  GAD-7 score of 7 and above | 36 (13) | 24 (13) |  |
| Psychological therapies  |  |  |  |
|  Had psychotherapy at baseline | 32 (11) | 12 (6) | 0.082 |
|  Did not have psychotherapy | 256 (89) | 176 (94) |  |

\* n=470

\*\*n=468

## Table S3 Residual symptoms of anxiety in relation to baseline characteristics and possible confounding factors

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Characteristic | GAD-7 score of 2 and under, n=260 (%) | GAD-7 score between 3 and, n=156 (%) | GAD-7 score of 7 and above, n=60 (%) | P value |
| Age |  |  |  | 0.711 |
|  Below median (55 years old) | 141 (54) | 83 (53) | 29 (48) |  |
|  Above median | 119 (46) | 73 (47) | 31 (52) |  |
| Gender |  |  |  | 0.296 |
|  Male  | 65 (25) | 43 (28) | 21 (35) |  |
|  Female  | 194 (75) | 113 (72) | 39 (65) |  |
| Ethnicity |  |  |  | 0.157 |
|  White  | 239 (94) | 152 (97) | 55 (92) |  |
|  Not white | 15 (6) | 4 (3) | 5 (8) |  |
| Highest educational qualification\* |  |  |  | 0.513 |
|  Degree/ higher degree | 98 (38) | 52 (33) |  27 (45) |  |
|  Diploma/ A Levels or equivalent | 81 (32) | 49 (32) | 18 (30) |  |
|  GCSE or equivalent/ other/ none | 75 (30) | 54 (35) | 15 (25) |  |
| Employment status |  |  |  | 0.078 |
|  Employed | 157 (61) | 100 (64) | 33 (55) |  |
|  Retired | 79 (30) | 44 (28) | 15 (25) |  |
|  Other | 23 (9) | 12 (8) | 12 (20) |  |
| Tenancy |  |  |  | 0.039 |
|  Homeowner | 209 (81) | 120 (77) | 40 (67) |  |
|  Renting | 40 (15) | 28 (18) | 12 (20) |  |
|  Other | 10 (4) | 8 (5) | 8 (13) |  |
| Marital Status |  |  |  | 0.011 |
|  Married | 165 (64) | 111 (71) | 30 (50) |  |
|  Single | 36 (14) | 11 (7) | 14 (23) |  |
|  Separated or divorced | 34 (13) | 24 (15) | 13 (22) |  |
|  Widowed | 24 (9) | 10 (7) | 3 (5) |  |
| Site |  |  |  | 0.573 |
|  London  | 112 (43) | 60 (38) | 26 (43) |  |
|  Bristol | 54 (21) | 39 (25) | 9 (15) |  |
|  Southampton | 51 (20) | 28 (18) | 16 (27) |  |
|  York | 43 (16) | 29 (19) | 9 (15) |  |
| Antidepressant |  |  |  | 0.073 |
|  Sertraline | 36 (14) | 25 (16) | 17 (28) |  |
|  Citalopram | 123 (47) | 77 (49) | 21 (35) |  |
|  Fluoxetine | 91 (35) | 51 (33) | 18 (30) |  |
|  Mirtazapine | 10 (4) | 3 (2) | 4 (7) |  |
| Alcohol\*\* |  |  |  | 0.030 |
|  Once a month or less or never | 70 (28) | 46 (30) | 27 (47) |  |
|  Up to 3 times per week | 144 (57) | 80 (51) | 20 (34) |  |
|  Four or more times per week | 40 (16) | 29 (19) | 11 (19) |  |
| Money\*\* |  |  |  | 0.166 |
|  Living comfortably  | 114 (45) | 69 (45) | 16 (28) |  |
|  Doing alright | 96 (38) | 59 (38) | 27 (47) |  |
|  Struggling  | 44 (17) | 27 (17) | 15 (26) |  |
| Duration of the current episode |  |  |  | 0.999 |
|  Last two years | 69 (27) | 44 (28) | 16 (27) |  |
|  Three to five years | 88 (34) | 50 (32) | 20 (33) |  |
|  Six to 10 years | 54 (21) | 34 (22) | 12 (20) |  |
|  11 years or more | 48 (18) | 28 (18) | 12 (20) |  |
| Age of onset of depression |  |  |  | 0.228 |
|  Between 18 and 22 | 80 (31) | 51 (33) | 23 (38) |  |
|  Between 23 and 39 | 82 (32)  | 58 (37) | 23 (38) |  |
|  Between 40 and 75 | 97 (37) | 47 (30) | 14 (23) |  |
| Number of episodes |  |  |  | 0.001 |
|  Up to 2 episodes | 70 (27) | 21 (14) | 11 (18) |  |
|  Between 3 to 5 episodes  | 96 (37) | 49 (31) | 21 (35) |  |
|  More than 5 | 94 (36) | 86 (55) | 28 (47) |  |
| Residual symptoms of depression |  |  |  | <0.001 |
|  PHQ-9 score of 3 and under | 202 (78) | 59 (38) | 7 (12) |  |
|  PHQ-9 score between 4 and 8 | 53 (20) | 80 (51) | 24 (40) |  |
|  PHQ-9 score of 9 and above | 5 (2) | 17 (11) | 29 (48) |  |
| Psychological therapies |  |  |  | 0.001 |
|  Had psychotherapy at baseline | 19 (7) | 11 (7) | 13 (22) |  |
|  Did not have psychotherapy | 241 (93) | 145 (93) | 47 (78) |  |

\*n=468

\*\*n=470