**STROBE-MR checklist of recommended items to address in reports of Mendelian randomization studies**12

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| **Item No.** | **Section** | **Checklist item**  | **Page No.** | **Relevant text from manuscript** |
| 1 | **TITLE and ABSTRACT** | Indicate Mendelian randomization (MR) as the study’s design in the title and/or the abstract if that is a main purpose of the study | 1-2 | Title and abstract |
|  | **INTRODUCTION** |  | 3-4 | Introduction |
| 2 | **Background** | Explain the scientific background and rationale for the reported study. What is the exposure? Is a potential causal relationship between exposure and outcome plausible? Justify why MR is a helpful method to address the study question | 3-4 | Line 69- Line 113 |
| 3 | **Objectives** | State specific objectives clearly, including pre-specified causal hypotheses (if any). State that MR is a method that, under specific assumptions, intends to estimate causal effects | 3-4 | Line 102- Line 113 |
|  | **METHODS** |  |  |  |
| 4 | **Study design and data sources** | Present key elements of the study design early in the article. Consider including a table listing sources of data for all phases of the study. For each data source contributing to the analysis, describe the following:  |  |  |
|  | a) | Setting: Describe the study design and the underlying population, if possible. Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection, when available. | 4 | Line 117 - Line 128; Table 1 |
|  | b) | Participants: Give the eligibility criteria, and the sources and methods of selection of participants. Report the sample size, and whether any power or sample size calculations were carried out prior to the main analysis  | 4-5 | Line 133 - Line 154; Table 1; Supplementary table 2 |
|  | c) | Describe measurement, quality control and selection of genetic variants | 5 | Line 155- Line 176; Supplementary table 1. |
|  | d) | For each exposure, outcome, and other relevant variables, describe methods of assessment and diagnostic criteria for diseases | / | Original GWAS study for frailty and mental disorders |
|  | e) | Provide details of ethics committee approval and participant informed consent, if relevant | / | Not applicable |
| 5 | **Assumptions** | Explicitly state the three core IV assumptions for the main analysis (relevance, independence and exclusion restriction) as well assumptions for any additional or sensitivity analysis | 4 | Line 119- Line 128; Figure 1 |
| 6 | **Statistical methods: main analysis** | Describe statistical methods and statistics used |  |  |
|  | a) | Describe how quantitative variables were handled in the analyses (i.e., scale, units, model) | / | Not applicable |
|  | b) | Describe how genetic variants were handled in the analyses and, if applicable, how their weights were selected | 5 | Line 178 - Line 200 |
|  | c) | Describe the MR estimator (eg. two-stage least squares, Wald ratio) and related statistics. Detail the included covariates and, in case of two-sample MR, whether the same covariate set was used for adjustment in the two samples | / | Not applicable |
|  | d) | Explain how missing data were addressed | / | Not applicable |
|  | e) | If applicable, indicate how multiple testing was addressed | 6 | Line 201-Line 216 |
| 7 | **Assessment of assumptions** | Describe any methods or prior knowledge used to assess the assumptions or justify their validity  | 6 | Line 201-Line 216 |
| 8 | **Sensitivity analyses and additional analyses** | Describe any sensitivity analyses or additional analyses performed (eg. comparison of effect estimates from different approaches, independent replication, bias analytic techniques, validation of instruments, simulations) | 6 | Line 201-Line 216 |
| 9 | **Software and pre-registration** |  |  |  |
|  | a) | Name statistical software and package(s), including version and settings used  | 6 | Line 217-219 |
|  | b) | State whether the study protocol and details were pre-registered (as well as when and where) | / | Not applicable |
|  | **RESULTS** |  |  |  |
| 10 | **Descriptive data** |  |  |  |
|  | a) | Report the numbers of individuals at each stage of included studies and reasons for exclusion. Consider use of a flow diagram | / | Not applicable |
|  | b) | Report summary statistics for phenotypic exposure(s), outcome(s), and other relevant variables (e.g. means, SDs, proportions) | / | Table 1  |
|  | c) | If the data sources include meta-analyses of previous studies, provide the assessments of heterogeneity across these studies | / | Not applicable |
|  | d) | For two-sample MR: i.  Provide justification of the similarity of the genetic variant-exposure associations between the exposure and outcome samples ii.  Provide information on the number of individuals who overlap between the exposure and outcome studies | / | Table 1  |
| 11 | **Main results** |  |  |  |
|  | a) | Report the associations between genetic variant and exposure, and between genetic variant and outcome, preferably on an interpretable scale | 6-7 | Line 234- Line 264, Table 2 and 3, Figure 2 |
|  | b) | Report MR estimates of the relationship between exposure and outcome, and the measures of uncertainty from the MR analysis, on an interpretable scale, such as odds ratio or relative risk per SD difference | 6-7 | Line 234- Line 264, Table 2 and 3, Figure 2 |
|  | c) | If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period | / | Not applicable |
|  | d) | Consider plots to visualize results (e.g. forest plot, scatterplot of associations between genetic variants and outcome versus between genetic variants and exposure) | / | Supplementary Figure 1 |
| 12 | **Assessment of assumptions** |  |  |  |
|  | a) | Report the assessment of the validity of the assumptions | 7 | Line 266-Line 282, Table 4 |
|  | b) | Report any additional statistics (e.g., assessments of heterogeneity across genetic variants, such as *I2*, Q statistic or E-value) | 7 | Line 266-Line 282, Table 4 |
| 13 | **Sensitivity analyses and additional analyses** |  |  |  |
|  | a) | Report any sensitivity analyses to assess the robustness of the main results to violations of the assumptions | 7 | Line 266-Line 282, Table 4, Supplementary table 5 |
|  | b) | Report results from other sensitivity analyses or additional analyses | / | Supplementary table 3-5 |
|  | c) | Report any assessment of direction of causal relationship (e.g., bidirectional MR) | 6-7 | Line 234- Line 264, Table 2 and 3, Figure 2 |
|  | d) | When relevant, report and compare with estimates from non-MR analyses | / | Not applicable |
|  | e) | Consider additional plots to visualize results (e.g., leave-one-out analyses) | / | Supplementary figure 2. |
|  | **DISCUSSION** |  |  |  |
| 14 | **Key results** | Summarize key results with reference to study objectives | 7-8 | Line 285- Line 292 |
| 15 | **Limitations** | Discuss limitations of the study, taking into account the validity of the IV assumptions, other sources of potential bias, and imprecision. Discuss both direction and magnitude of any potential bias and any efforts to address them  | 9 | Line 376- Line 392 |
| 16 | **Interpretation** |  |  |  |
|  | a) | Meaning: Give a cautious overall interpretation of results in the context of their limitations and in comparison with other studies | 8-9 | Line 293- Line 344 |
|  | b) | Mechanism: Discuss underlying biological mechanisms that could drive a potential causal relationship between the investigated exposure and the outcome, and whether the gene-environment equivalence assumption is reasonable. Use causal language carefully, clarifying that IV estimates may provide causal effects only under certain assumptions  | 9 | Line 345- Line 359 |
|  | c) | Clinical relevance: Discuss whether the results have clinical or public policy relevance, and to what extent they inform effect sizes of possible interventions | 9 | Line 360 - Line 367 |
| 17 | **Generalizability**   | Discuss the generalizability of the study results (a) to other populations, (b) across other exposure periods/timings, and (c) across other levels of exposure | / | Not applicable |
|  | **OTHER INFORMATION** |  |  |  |
| 18 | **Funding** | Describe sources of funding and the role of funders in the present study and, if applicable, sources of funding for the databases and original study or studies on which the present study is based | 11 | Line 418-Line 421 |
| 19 | **Data and data sharing** | Provide the data used to perform all analyses or report where and how the data can be accessed, and reference these sources in the article. Provide the statistical code needed to reproduce the results in the article, or report whether the code is publicly accessible and if so, where | 10 | Line 408-Line 410 |
| 20 | **Conflicts of Interest** | All authors should declare all potential conflicts of interest | 11 | Line 423-Line 424 |

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1. Skrivankova VW, Richmond RC, Woolf BAR, Yarmolinsky J, Davies NM, Swanson SA, et al. Strengthening the Reporting of Observational Studies in Epidemiology using Mendelian Randomization (STROBE-MR) Statement. JAMA. 2021; 326(16):1614-1621.

2. Skrivankova VW, Richmond RC, Woolf BAR, Davies NM, Swanson SA, VanderWeele TJ, et al. Strengthening the Reporting of Observational Studies in Epidemiology using Mendelian Randomisation (STROBE-MR): Explanation and Elaboration. BMJ. 2021;375:n2233.