

Supplemental Table 1. Incidence of depression according to the main baseline characteristics of the participants.

	Depression incidence	P*
Sex		<0.001
Males	3.5	
Females	5.9	
Unemployment		0.009
No	4.8	
Yes	7.2	
Marital status		0.819
Single	4.8	
Married	5.0	
Other	5.4	
Special diets		0.060
No	4.8	
Yes	6.3	
Smoking status		0.001
Never smoker	4.5	
Ex-smoker	4.5	
Current smoker	6.0	
CVD		0.310
No	5.0	
Yes	3.9	

Cancer		0.250
No	4.9	
Yes	6.0	
Hypertension		0.834
No	4.9	
Yes	5.1	
Dyslipemia		0.691
No	4.9	
Yes	5.1	
Body weight		0.391
Normal	5.1	
Overweight	4.5	
Obesity	4.9	
Adherence to the MDS		0.001
Low (1-3)	5.8	
Medium (4-5)	4.5	
High (6 or more)	4.4	

*Chi-squared test. CVD: Cardiovascular disease; MDS: Mediterranean Diet Score