**Supplemental Table 4** Association between the dietary scores and incident depressive symptoms among 25,759 participants not treated with antidepressants during follow-up, NutriNet-Santé study

(Hazard ratios and 95% confidence intervals)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Tertile 1** | | **Tertile 2** | | **Tertile 3** | |  | **Continuous** † | |  |
|  | **HR** | **95% CI** | **HR** | **95% CI** | **HR** | **95% CI** | **P-trend** | **HR** | **95% CI** | **P** ‡ |
| **mPNNS-GS** |  | |  | |  | |  |  | |  |
| **Range** | 0.1-7.5 | | 7.6-9.0 | | 9.0-13.0 | |  |  | |  |
| Model 1 § | 1.00 | - | 0.90 | 0.81, 1.00 | 0.78 | 0.70, 0.88 | <.0001 | 0.91 | 0.87, 0.95 | <0.0001 |
| Model 2 || | 1.00 | - | 0.91 | 0.82, 1.01 | 0.81 | 0.72, 0.91 | 0.0003 | 0.92 | 0.88, 0.96 | 0.001 |
| Model 3 ¶ | 1.00 | - | 0.91 | 0.82, 1.01 | 0.81 | 0.72, 0.90 | 0.0002 | 0.92 | 0.88, 0.97 | 0.001 |
| **PANDiet** |  | |  | |  | |  |  | |  |
| **Range** | 36.8-61.5 | | 61.5-68.6 | | 68.6-95.1 | |  |  | |  |
| Model 1 | 1.00 | - | 0.92 | 0.83, 1.02 | 0.86 | 0.77, 0.95 | 0.005 | 0.94 | 0.90, 0.98 | 0.005 |
| Model 2 | 1.00 | - | 0.93 | 0.84, 1.03 | 0.88 | 0.79, 0.99 | 0.03 | 0.95 | 0.91, 1.00 | 0.03 |
| Model 3 | 1.00 | - | 0.93 | 0.83, 1.03 | 0.87 | 0.78, 0.98 | 0.02 | 0.95 | 0.91, 0.99 | 0.02 |
| **DQI-I** |  | |  | |  | |  |  | |  |
| **Range** | 28.4-58.8 | | 58.8-64.1 | | 64.1-87.1 | |  |  | |  |
| Model 1 | 1.00 | - | 0.86 | 0.78, 0.96 | 0.76 | 0.68, 0.85 | <0.0001 | 0.90 | 0.86, 0.94 | <0.0001 |
| Model 2 | 1.00 | - | 0.88 | 0.79, 0.98 | 0.79 | 0.70, 0.88 | <0.0001 | 0.91 | 0.87, 0.95 | <0.0001 |
| Model 3 | 1.00 | - | 0.88 | 0.79, 0.98 | 0.78 | 0.70, 0.89 | <0.0001 | 0.91 | 0.87, 0.95 | <0.0001 |
| **AHEI-2010** |  | |  | |  | |  |  | |  |
| **Range** | 7.1-43.7 | | 43.7-54.5 | | 54.5-95.9 | |  |  | |  |
| Model 1 | 1.00 | - | 0.91 | 0.82, 1.01 | 0.90 | 0.81, 1.01 | 0.07 | 0.96 | 0.92, 1.01 | 0.13 |
| Model 2 | 1.00 | - | 0.93 | 0.84, 1.03 | 0.94 | 0.84, 1.06 | 0.27 | 0.98 | 0.94, 1.03 | 0.48 |
| Model 3 | 1.00 | - | 0.93 | 0.84, 1.04 | 0.95 | 0.84, 1.06 | 0.34 | 0.99 | 0.94, 1.04 | 0.58 |

*AHEI-2010* Alternative Healthy Eating Index-2010; *DQI-I*Diet Quality Index International; *mPNNS-GS* modified Programme National Nutrition Santé Guideline Score; *PANDiet* Probability of Adequate Nutrient intake Dietary score

† Based on standardised score

‡ P for linear relation (dietary score as a continuous variable)

§ Adjusted for age, sex, marital status, educational level, occupational categories, household income per consumption unit, residential area, energy intake without alcohol, number of recording days and inclusion month

|| Adjusted for all variables in model 1 and smoking status, physical activity and body mass index

¶ Adjusted for all variables in model 2 and health events during follow-up (cancer, type 2 diabetes and cardiovascular events)