**Supplemental Table 7** Association between the dietary scores and incident depressive symptoms among 23,125 participants with at least 6 24-hour dietary records, NutriNet-Santé study

(Hazard ratios and 95% confidence intervals, *n* 23,125)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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** | 0.9-7.6 | | 7.6-9.0 | | 9.1-13.0 | |  |  | |  |
| Model 1 § | 1.00 | - | 0.87 | 0.78, 0.98 | 0.78 | 0.69, 0.88 | <0.0001 | 0.91 | 0.86, 0.95 | 0.0001 |
| Model 2 || | 1.00 | - | 0.89 | 0.80, 1.00 | 0.81 | 0.72, 0.91 | 0.001 | 0.92 | 0.88, 0.97 | 0.002 |
| Model 3 ¶ | 1.00 | - | 0.89 | 0.80, 0.99 | 0.81 | 0.71, 0.91 | 0.0004 | 0.92 | 0.88, 0.97 | 0.002 |
| **PANDiet** |  | |  | |  | |  |  | |  |
| **Range** | 38.9-61.8 | | 61.8-68.9 | | 68.9-95.1 | |  |  | |  |
| Model 1 | 1.00 | - | 0.95 | 0.85, 1.06 | 0.87 | 0.78, 0.98 | 0.02 | 0.95 | 0.91, 0.99 | 0.03 |
| Model 2 | 1.00 | - | 0.96 | 0.86, 1.08 | 0.91 | 0.81, 1.02 | 0.11 | 0.97 | 0.92, 1.01 | 0.14 |
| Model 3 | 1.00 | - | 0.96 | 0.86, 1.07 | 0.90 | 0.80, 1.01 | 0.08 | 0.96 | 0.92, 1.01 | 0.11 |
| **DQI-I** |  | |  | |  | |  |  | |  |
| **Range** | 29.5-59.0 | | 59.0-64.2 | | 64.2-87.1 | |  |  | |  |
| Model 1 | 1.00 | - | 0.87 | 0.78, 0.97 | 0.76 | 0.68, 0.86 | <0.0001 | 0.90 | 0.86, 0.94 | <0.0001 |
| Model 2 | 1.00 | - | 0.89 | 0.80, 1.00 | 0.80 | 0.71, 0.90 | 0.0002 | 0.92 | 0.87, 0.96 | 0.0002 |
| Model 3 | 1.00 | - | 0.89 | 0.80, 1.00 | 0.79 | 0.70, 0.90 | 0.0002 | 0.92 | 0.87, 0.96 | 0.0002 |
| **AHEI-2010** |  | |  | |  | |  |  | |  |
| **Range** | 10.4-44.3 | | 44.3-55.0 | | 55.0-94.5 | |  |  | |  |
| Model 1 | 1.00 | - | 0.91 | 0.81, 1.02 | 0.90 | 0.80, 1.01 | 0.06 | 0.96 | 0.91, 1.01 | 0.09 |
| Model 2 | 1.00 | - | 0.93 | 0.83, 1.04 | 0.94 | 0.83, 1.06 | 0.27 | 0.98 | 0.93, 1.03 | 0.40 |
| Model 3 | 1.00 | - | 0.93 | 0.83, 1.04 | 0.94 | 0.84, 1.07 | 0.33 | 0.98 | 0.93, 1.03 | 0.49 |

*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)