**Supplementary Table 1. Multivariable- adjusted odds ratio for anxiety, depression and distress across quartiles of methyl donor intake, after excluding those with top 10% of each outcome score 1**

|  |  |  |
| --- | --- | --- |
|  | Quartiles of energy-adjusted MDMS | Ptrend |
|  | Q1 | Q2 | Q3 | Q4 |
| Anxiety |  |  |  |  |  |
| Participants (n)/ Cases (n) | 784/33 | 689/31 | 724/28 | 768/22 |  |
| Crude | 1.00 | 1.07 (0.65 – 1.77) | 0.92 (0.55 – 1.53) | 0.67 (0.39 – 1.16) | 0.14 |
| Model 1 | 1.00 | 0.87 (0.51 – 1.48) | 0.73 (0.42 – 1.26) | 0.58 (0.33 – 1.04) | 0.05 |
| Model 2 | 1.00 | 0.92 (0.53 – 1.59) | 0.81 (0.46 – 1.43) | 0.66 (0.36 – 1.21) | 0.16 |
| Depression |  |  |  |  |  |
| Participants (n)/ Cases (n) | 791/165 | 697/146 | 713/153 | 767/150 |  |
| Crude | 1.00 | 1.01 (0.78 – 1.29) | 1.04 (0.81 – 1.33) | 0.92 (0.72 – 1.18) | 0.60 |
| Model 1 | 1.00 | 1.01 (0.77 – 1.33) | 1.10 (0.84 – 1.44) | 0.92 (0.70 – 1.21) | 0.69 |
| Model 2 | 1.00 | 0.98 (0.74 – 1.31) | 1.00 (0.75 – 1.34) | 0.83 (0.62 – 1.12) | 0.28 |
| Distress |  |  |  |  |  |
| Participants (n)/ Cases (n) | 778/139 | 704/124 | 743/111 | 766/94 |  |
| Crude | 1.00 | 0.98 (0.75 – 1.28) | 0.81 (0.62 – 1.06) | 0.64 (0.48 – 0.85)  | 0.001 |
| Model 1 | 1.00 | 1.00 (0.75 – 1.34) | 0.76 (0.56 – 1.03) | 0.66 (0.49 – 0.91) | 0.003 |
| Model 2 | 1.00 | 1.01 (0.74 – 1.37) | 0.74 (0.53 – 1.02) | 0.60 (0.43 – 0.84) | 0.001 |

1All values are odds ratios and 95% confidence intervals. Model 1: Adjusted for age, gender, energy intake, education, house possession, physical activity, diabetes, intake of Anti-psychotic medications. Model 2: More adjustments for dietary intakes of iron, thiamin, fat and BMI.