**Supplementary Table 1**. Association between baseline quintiles of PDQS and changes in depressive symptomatology after 2 year of follow-up in the PREDIMED-Plus trial (n=4079). (Sensitivity Analysis). (Longitudinal analysis).

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|  | **Q1**  **(n=782)** | **Q2**  **(n=817)** | **Q3**  **(n=836)** | **Q4**  **(n=834)** | **Q5**  **(n=810)** |
| **PDQS** | | | | |  |
| Model 1 | 0 (Ref.) | -0.38 (-0.85,0.08) | -0.17 (-0.64,0.29) | -0.12 (-0.59, 0.34) | **-0.58 (-1.06, -0.11)** |
| Mean **±**SE | -0.92±0.17 | -1.32±0.17 | -1.08±0.16 | -1.04±0.16 | -1.50±0.17 |
| Model 2 | 0 (Ref.) | -0.30 (-0.77,0.17) | -0.04 (-0.51,0.43) | -0.04 (-0.51, 0.44) | -0.38 (-0.87, 0.09) |
| Mean **±**SE | -0.86±0.17 | -1.25±0.17 | -1.00±0.16 | -1.02±0.16 | -1.39±0.17 |

Values are presented as adjusted means±SE, together with β-coefficients and 95%CI for changes in depressive symptomatology after 2-y of follow-up as continuous variable according to PDQS. Sensitivity analysis excluding those subjects with a Beck punctuation higher than 18 points at baseline or with life-time prevalence of depression Model 1: Adjusted for sex and age. Model 2: Additionally adjusted for depressive symptomatology at baseline, smoking habits, physical activity, educational level, BMI, living alone, civil status, sleep duration, presence of chronic diseases, allocation group and recruitment centre. Values presented in bald showed a statistically significant association (p<0.05). Abbreviations: (BMI), body mass index, (PDQS), prime dietary quality score; (Q), quintile.

**Supplementary Table 2.** Multivariable linear regression models for the association between PDQS and symptomatology of depression in the PREDIMED-Plus study participants according to sex and age. Regression coefficients (95% Confidence intervals). (Cross-sectional analysis).

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| --- | --- | --- | --- | --- | --- |
| **PDQS** | **Q1**  **(n=1325)** | **Q2**  **(n=1325)** | **Q3**  **(n=1325)** | **Q4**  **(n=1325)** | **Q5**  **(n=1325)** |
| **Women (60-65 y)** | 0 (Ref.) | **-**1.38 (-2.87, 0.11) | -1.30 (-2.76, 0.16) | **-1.50 (-2.93, -0.07)** | -0.42 (-1.83, 1.00) |
| **Women (>65 y)** | 0 (Ref.) | -0.58 (-1.88, 0.72) | **-1.95 (-3.24, -0.67)** | **-1.36 (-2.60, -0.11)** | **-1.34 (-2.57, -0.11)** |
| **Men (55-65 y)** | 0 (Ref.) | 0.30 (-0.51, 1.12) | -0.03 (-0.86, 0.79) | -0.10 (-0.96, 0.76) | 0.49 (-0.46, 1.43) |
| **Men (>65 y)** | 0 (Ref.) | 0.22 (-0.79, 1.22) | -0.20 (-1.24, 0.84) | -0.09 (-1.15, 0.98) | -0.87 (-1.93, 0.20) |

Values are presented as β-coefficients and 95%CI for symptomatology of depression (Beck Depression Inventory II) as continuous variable according to PDQS. The analysis has been adjusted for smoking habits, physical activity, educational level, BMI, living alone, civil status, sleep duration and presence of chronic diseases. Values presented in bald showed a statistically significant association (p<0.05). Abbreviations: (BMI), Body mass index; (PDQDS), Prime diet quality score; (Q), quintile.

**Supplementary Table 3.** Multivariable logistic regression models for the association between PDQS and prevalence of depression in the PREDIMED-Plus study participants according to sex and age. Odds ratios (95% Confidence intervals). (Cross-sectional analysis).

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| --- | --- | --- | --- | --- | --- | --- |
| **PDQS** | **Q1**  **(n=1325)** | **Q2**  **(n=1325)** | **Q3**  **(n=1325)** | **Q4**  **(n=1325)** | **Q5**  **(n=1325)** | **P for trend** |
| **Women (60-65 y)** | 1 (Ref.) | 0.75 (0.52, 1.10) | 0.69 (0.48, 1.00) | 0.82 (0.57, 1.17) | 0.94 (0.66, 1.34) | 0.684 |
| **Women (>65 y)** | 1 (Ref.) | 0.72 (0.51, 1.03) | **0.67 (0.48, 0.95)** | 0.74 80.53, 1.03) | 0.73 (0.53, 1.01) | **0.004** |
| **Men (55-65 y)** | 1 (Ref.) | 0.89 (0.64, 1.26) | 0.89 (0.62, 1.26) | 0.92 (0.64, 1.32) | 1.02 (0.69, 1.52) | 0.736 |
| **Men (>65 y)** | 1 (Ref.) | 0.66 (0.43, 1.03) | 0.79 (0.50, 1.24) | **0.50 (0.30, 0.83)** | **0.52 (0.31, 0.86)** | 0.103 |

Values are presented as OR and 95%CI for prevalence of depression (≥18p at Beck Depression Inventory II and/or lifetime prevalence of depression) as categorical variable according to PDQS. The analysis has been adjusted for smoking habits, physical activity, educational level, BMI, living alone, civil status, sleep duration and presence of chronic diseases. Values presented in bald showed a statistically significant association (p<0.05). Abbreviations: (BMI), Body mass index; (PDQS), prime dietary quality score; (Q), quintile.

**Supplementary Table 4**. Association between PDQS and concurrent changes in self-reported depressive symptoms after 2 year of follow-up in the PREDIMED-Plus trial according to sex and age (n=5523). (Longitudinal analysis).

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| --- | --- | --- | --- | --- | --- |
| **PDQS** | **Q1**  **(n=1069)** | **Q2**  **(n=1083)** | **Q3**  **(n=1108)** | **Q4**  **(n=1130)** | **Q5**  **(n=1133)** |
| **Women (60-65 y)** | 0 (Ref.) | -0.50 (-1.85, 0.86) | -0.11 (-1.42, 1.20) | -0.05 (-1.35, 1.26) | **-0.50 (-1.82, 0.82)** |
| **Women (>65 y)** | 0 (Ref.) | 0.47 (-0.83, 1.77) | 0.50 (-0.78, 1.78) | 1.05 (-0.19, 2.30) | -0.21 (-1.43, 1.02) |
| **Men (55-65 y)** | 0 (Ref.) | **-0.80 (-1.44, -0.15)** | -0.35 (-1.00, 0.30) | **-0.69 (-1.37, -0.10)** | -0.08 (-0.82, 0.66) |
| **Men (>65 y)** | 0 (Ref.) | 0.41 8-0.44, 1.26) | 0.47 (-0.40, 1.35) | 0.19 (-0.68, 1.05) | -0.02 (-0.90, 0.85) |

The values show the *β*-coefficients (95% CIs) for changes in depressive symptomatology after 2-y of follow-up as continuous variable according to PDQS. Mixed-effects linear models were performed. This analysis has been adjusted for depressive symptomatology at baseline, smoking habits, physical activity, educational level, BMI, living alone, civil status, sleep duration, presence of chronic diseases, allocation group and recruitment centre. Values presented in bald showed a statistically significant association (p<0.05). Abbreviations: (BMI), body mass index, (PDQS), prime dietary quality score; (Q), quintile.