**Supplemental Table 1**. Folate status and risk of incident depression

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   |   | OR (95% CI) | t | P |
| **Plasma folate category (nmol/L) (ref: (normal: >23.0-45.0)** |  |  |  |
| Deficient-low (<10.0) | 1.30 (0.89-1.89) | 1.37 | 0.171 |
| Low-normal (>10-23.0) | 0.96 (0.73-1.26) | -0.28 | 0.783 |
| High (>45.0) | 0.71 (0.43-1.15) | -1.37 | 0.170 |

Logistic regression models with incident depression as dependent variable.

**Supplemental Table 2**. Exclusion of anti-depressants and folic acid supplement use and the association of folate status with incident depression

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | Model 1 | P | Model 2 | P |
| **Excluding antidepressant users (n = 3,667)** |   |   |   |   |
| Plasma folate category (nmol/L) (ref: Normal (>23.0-45.0)) | Reference  |  | Reference  |  |
|  Deficient-low (≤10.0) | 1.36 (0.89-2.01) | 0.151 | 1.23 (0.78-1.94) | 0.351 |
|  Low normal (>10-23.0) | 1.00 (0.75-1.35) | 0.953 | 0.96(0.70-1.32) | 0.837 |
|  High (>45.0) | 0.65 (0.38-1.11) | 0.122 | 0.65 (0.37-1.13) | 0.134 |
| **Excluding supplement users (n =3,715)** |  |  |  |  |
| Plasma folate category (nmol/L) (ref: Normal (>23.0-45.0)) | Reference  |  | Reference  |  |
|  Deficient-low (≤10.0) | 1.25 (0.85-1.84) | 0.260 | 1.11 (0.73-1.69) | 0.597 |
|  Low normal (>10-23.0) | 0.94 (0.71-1.24) | 0.681 | 0.89 (0.66-1.20) | 0.454 |
|  High (>45.0) | 0.70 (0.41-1.19) | 0.197 | 0.69 (0.41-1.17) | 0.172 |
| **Excluding antidepressant and supplement users (n =3,541)** |  |  |  |  |
| Plasma folate category (nmol/L) (ref: Normal (>23.0-45.0)) | Reference  |  | Reference  |  |
|  Deficient-low (≤10.0) | 1.29 (0.85-1.95) | 0.218 | 1.17 (0.74-1.84) | 0.480 |
|  Low normal (>10-23.0) | 0.99 (0.73-1.34) | 0.991 | 0.96 (0.70-1.32) | 0.842 |
|  High (>45.0) | 0.62 (0.35-1.09) | 0.100 | 0.63 (0.35-1.12) | 0.118 |

Logistic regression models, reporting ORs with 95% CIs for folate status regressed on incident depression. Model 1 is unadjusted; model 2 controls for age, sex, educational attainment, body mass index, smoking status, and alcohol excess, subthreshold depressive symptoms, vitamin D, functional impairment, physical activity, chronic disease burden, cardiovascular disease, cognitive impairment, and antidepressant use.