**Supplementary Table**

*Hierarchical Linear Mixed-Effects Model of ARFS Total Score on CESD-10a (Unstandardised Beta Coefficients)*

|  | Step1 | Step 2 | Step 3 | Step 4 | Step 5 | Step 6 | Step 7 |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ARFSb total score | -0.06\*\* | -0.05\*\* | -0.05\*\* | -0.04\*\* | -0.04\*\* | -0.03\*\* | -0.03\*\* |
| Year |  |  |  |  |  |  |  |
| 2003 |  |  |  |  |  |  |  |
| 2009 | -0.23\*\* | -0.38\*\* | -0.55\*\* | -0.26\*\* | -0.27\*\* | -0.23\*\* | -0.21\*\* |
| Anxiety |  | 3.91\*\* | 3.85\*\* | 1.90\*\* | 1.88\*\* | 1.82\*\* | 1.81\*\* |
| BMIc |  |  | 0.12\*\* | 0.09\*\* | 0.09\*\* | 0.08\*\* | 0.08\*\* |
| Social function |  |  |  | -0.13\*\* | -0.13\*\* | -0.13\*\* | -0.13\*\* |
| Alcohol status |  |  |  |  |  |  |  |
| Non-drinker |  |  |  |  |  |  |  |
| Low-risk drinker |  |  |  |  | -0.03 | -0.08 | -0.04 |
| Rarely drinks |  |  |  |  | 0.27\* | 0.24 | 0.24 |
| Risky drinker |  |  |  |  | 0.84\*\* | 0.62\*\* | 0.67\*\* |
| High-risk drinker |  |  |  |  | 1.66\*\* | 1.32\* | 1.33\* |
| Smoking status |  |  |  |  |  |  |  |
| Never smoked |  |  |  |  |  |  |  |
| Ex-smoker |  |  |  |  |  | 0.31\*\* | 0.26\* |
| Smokes <10 day |  |  |  |  |  | 0.36\* | 0.31\* |
| Smokes 10-19 day |  |  |  |  |  | 0.91\*\* | 0.80\*\* |
| Smokes >= 20 day |  |  |  |  |  | 1.11\*\* | 0.98\*\* |
| Education |  |  |  |  |  |  |  |
| No qualification |  |  |  |  |  |  |  |
| Year 10 |  |  |  |  |  |  | -0.49 |
| Year 12 |  |  |  |  |  |  | -0.57 |
| Trade certificate |  |  |  |  |  |  | -0.72 |
| Diploma |  |  |  |  |  |  | -0.65 |
| Undergraduate |  |  |  |  |  |  | -0.95\* |
| Postgraduate |  |  |  |  |  |  | -0.89\* |
| N | 14,791 | 14,791 | 14,791 | 14,791 | 14,791 | 14,791 | 14,791 |
| AICd | 89,862.46 | 89,042.38 | 88,818.91 | 83,353.91 | 83,315.68 | 83,257.67 | 83,246.28 |
| Logs-ratio test |  | 642.09\*\* | 225.46\*\* | 5,466.94\*\* | 46.30\*\* | 66.00\*\* | 23.39\*\* |

*Note.* \* p < .05 \*\* p < .001 aCESD-10, Centre for Epidemiological Studies Depression Score. bARFS, Australian Recommended Food Score. cBMI, Body Mass Index. d AIC, Akaike Information Criterion