

Table DS1 Risk factors for onset and recovery from major depression

Risk factor ^a	Onset						Recovery					
	<i>n</i>	Prevalence of risk factor	HR	95% CI	HR adjusted ^b	95% CI	<i>n</i>	Prevalence of risk factor	1/HR (rank)	95% CI	1/HR adjusted ^b	95% CI
Anxiety	7464	0.04	9.48	7.32–12.26	5.59	4.17–7.49	1178	0.21	3.05 (1)	2.55–3.64	2.85	2.36–3.44
SF–12 mental health below median	7540	0.45	8.58	6.45–11.41	6.57	4.83–8.94	1186	0.79	2.34 (2)	1.85–2.95	2.24	1.75–2.87
Panic	7495	0.04	5.76	4.50–7.37	3.09	2.40–3.97	1180	0.17	2.24 (3)	1.75–2.88	2.02	1.56–2.64
Difficulties in getting along with people	7472	0.05	3.24	2.28–4.61	2.36	1.67–3.34	1182	0.13	1.73 (4)	1.36–2.20	1.66	1.30–2.13
Discrimination	7502	0.07	2.99	2.27–3.93	1.94	1.46–2.58	1182	0.18	1.48 (10)	1.22–1.80	1.42	1.16–1.73
Distress at work without respect	7423	0.08	2.99	2.28–3.92	2.02	1.56–2.63	1173	0.22	1.56 (7)	1.28–1.89	1.53	1.24–1.89
Life events	7523	0.53	2.93	2.27–3.78	2.30	1.77–2.99	1185	0.71	1.51 (9)	1.29–1.78	1.48	1.24–1.76
Lifetime depression ^a	7546	0.34	2.92	2.41–3.53	2.41	1.98–2.94	1186	0.79	1.58 (6)	1.29–1.93	1.51	1.21–1.88
SF–12 physical health below median	7540	0.48	2.77	2.20–3.50	2.19	1.65–2.90	1186	0.61	1.62 (5)	1.41–1.85	1.56	1.31–1.85
Not emotionally satisfied with partner	5812	0.10	2.77	2.14–3.57	1.96	1.47–2.60	868	0.22	1.35 (15)	1.09–1.68	1.36	1.09–1.70
Difficulties at work without support	7461	0.09	2.74	2.01–3.74	2.01	1.49–2.72	1176	0.20	1.52 (8)	1.22–1.90	1.41	1.12–1.78
Childhood abuse: physical/emotional ^a	7501	0.18	2.68	2.26–3.18	1.61	1.35–1.93	1182	0.36	1.23 (23)	1.09–1.39	1.16	1.01–1.34
Childhood abuse: sexual ^a	7483	0.05	2.57	2.01–3.30	1.40	1.07–1.83	1178	0.10	1.24 (22)	0.98–1.56	1.07	0.84–1.36
Neighbourhood perceived not safe	7520	0.07	2.41	1.79–3.24	1.71	1.28–2.28	1182	0.12	1.22 (25)	1.00–1.49	1.17	0.94–1.44
Harmful alcohol consumption	7512	0.02	2.40	1.32–4.38	1.27	0.63–2.56	1178	0.03	0.88 (37)	0.58–1.32	0.95	0.60–1.52
Not satisfied with living condition	7504	0.18	2.31	1.90–2.81	1.68	1.37–2.06	1183	0.40	1.42 (12)	1.19–1.68	1.37	1.14–1.63
Lack of control in unpaid work	7451	0.04	2.27	1.66–3.12	2.09	1.44–3.02	1177	0.08	1.14 (28)	0.81–1.60	1.04	0.73–1.47
Financial strain	7518	0.30	2.26	1.82–2.80	1.59	1.29–1.95	1185	0.50	1.40 (14)	1.16–1.70	1.35	1.09–1.67
Longstanding illness ^a	7507	0.44	2.22	1.87–2.64	1.89	1.56–2.28	1184	0.56	1.33 (17)	1.15–1.53	1.25	1.07–1.47
Lack of control in paid work	3814	0.16	2.19	1.40–3.45	2.10	1.32–3.34	579	0.22	1.23 (24)	0.98–1.54	1.23	0.97–1.55
Psychological problem first-degree relative ^a	7461	0.30	2.16	1.88–2.49	1.60	1.35–1.89	1174	0.42	1.15 (27)	1.03–1.28	1.11	0.98–1.25
Dissatisfied with sex life	7385	0.12	2.16	1.71–2.72	1.57	1.22–2.02	1162	0.21	1.43 (11)	1.19–1.71	1.33	1.10–1.62
Gender: female ^a	7553	0.67	1.94	1.56–2.42	1.65	1.29–2.11	1186	0.81	0.97 (36)	0.77–1.22	1.01	0.82–1.24
Ethnicity: non-European ^a	7494	0.29	1.82	0.99–3.37	1.41	0.75–2.67	1178	0.38	0.73 (39)	0.40–1.35	0.51	0.24–1.08
Social support below median	7483	0.38	1.76	1.42–2.17	1.41	1.11–1.78	1179	0.49	1.24 (20)	1.03–1.49	1.18	0.97–1.43
Lifetime alcohol problem ^a	7502	0.06	1.74	1.33–2.27	1.47	1.07–2.02	1183	0.08	1.41 (13)	1.10–1.81	1.28	0.99–1.65
Suicide in first degree relative ^a	7463	0.03	1.73	1.15–2.60	0.92	0.58–1.46	1175	0.04	1.24 (21)	0.82–1.87	1.03	0.66–1.61
Primary education only ^a	7489	0.32	1.65	1.38–1.97	1.53	1.26–1.85	1181	0.35	1.20 (26)	1.03–1.39	1.12	0.94–1.32
Unemployed	7524	0.51	1.62	1.32–1.99	1.58	1.18–2.10	1184	0.54	1.34 (16)	1.13–1.59	1.30	1.07–1.56
Immigrant ^a	7474	0.05	1.58	1.11–2.25	1.42	0.99–2.04	1178	0.05	0.97 (35)	0.71–1.33	1.23	0.84–1.81
Physical/mental problem in someone close	7506	0.36	1.58	1.27–1.98	1.10	0.86–1.42	1181	0.49	1.25 (19)	1.07–1.46	1.16	0.98–1.38
Lifetime recreational drug use ^a	7476	0.06	1.51	1.13–2.02	1.13	0.79–1.61	1173	0.13	1.30 (18)	1.05–1.60	1.33	1.06–1.66
Living alone	7539	0.09	1.49	1.08–2.06	1.24	0.89–1.71	1185	0.10	1.14 (29)	0.89–1.45	1.13	0.86–1.49
Not satisfied with neighbourhood	7519	0.15	1.41	1.02–1.97	1.08	0.79–1.46	1182	0.25	1.12 (30)	0.93–1.36	1.10	0.90–1.35
Not married or living with partner	7526	0.32	1.34	1.13–1.59	1.21	1.00–1.46	1183	0.39	1.04 (32)	0.92–1.19	1.06	0.90–1.25
Religious or spiritual beliefs	7470	0.75	1.32	0.96–1.81	1.17	0.83–1.65	1182	0.80	1.00 (34)	0.78–1.30	0.94	0.73–1.21
Age: under 50 ^a	7388	0.49	0.97	0.82–1.15	1.09	0.93–1.28	1169	0.58	0.86 (38)	0.74–1.01	0.87	0.71–1.07
Occupation: non-professional ^a	7439	0.17	0.79	0.62–1.01	0.93	0.70–1.22	1174	0.11	1.05 (31)	0.85–1.29	1.11	0.90–1.37
Accommodation: not owned	7507	0.77	0.70	0.55–0.89	0.83	0.65–1.06	1185	0.68	1.04 (33)	0.87–1.25	1.06	0.88–1.28

HR, hazard ratio.

a. Time-independent variable (all other risk factors are time-dependent).

b. The adjusted hazard ratio is based on a model that includes, in addition to the risk factor of interest, all time-independent variables.