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Online supplement

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Table DS1 Factor-loading matrix for major dietary patterns identified by principal component analysis[a] ($n = 101\,630$)

	Men ($n = 47\,408$)			Women ($n = 54\,222$)		
	Prudent	Westernised	Traditional	Prudent	Westernised	Traditional
Noodles	0.54			0.53		
Bread	0.35	0.34		0.43	0.35	
Potatoes	0.66			0.71		
Soy products	0.65			0.66		
Green, leafy vegetables	0.70			0.64		
Other green vegetables	0.65			0.64		
Dark-yellow vegetables	0.63			0.53		
Tomatoes	0.44			0.45		
Other vegetables	0.77			0.69		
Pickles	0.43		0.47	0.44		0.39
Other fruits	0.71			0.73		
Citrus fruits	0.57			0.61		
Fruit juice		0.42			0.31	
Mushrooms	0.58			0.63		
Seaweed	0.70			0.71		
Seafood other than fish	0.42		0.40	0.35		0.55
Oily fish	0.45		0.32	0.36		0.47
Salmon			0.62			0.61
Eel		0.44			0.38	
Lean fish	0.30		0.31			0.49
Salty fish			0.72			0.59
Fish products	0.42	0.30		0.33		0.31
Pork		0.40			0.31	0.44
Beef		0.48			0.43	
Chicken		0.41	0.35			0.56
Processed meats		0.51			0.45	0.38
Dairy products		0.45			0.35	
Soup		0.55			0.57	
Confectionaries	0.37	0.35		0.47	0.30	
Coffee		0.39			0.48	
Soft drink		0.43			0.35	
Oolong tea		0.48			0.46	
Black tea		0.48			0.51	
Sauce	0.34	0.47		0.39	0.46	
Mayonnaise	0.33	0.43		0.39	0.38	
Dressing		0.52		0.32	0.53	
Sake			0.53			

a. Factor loadings less than plus or minus 0.30 were not listed for simplicity. Omitted from the table were food items with factor loadings less than plus or minus 0.40 for all dietary patterns in both men and women (rice, miso soup, nuts, liver, eggs, milk, green tea, beer, shochu, whisky, and wine).

Table DS2 Hazard ratios (HRs) and 95% confidence intervals for suicide according to quartiles (Q) of dietary pattern scores

	Quartiles of dietary pattern scores				
	Q1 (low)	Q2	Q3	Q4 (high)	Trend P^a
Men					
Prudent dietary pattern					
Deaths, *n*	35	28	29	15	
Age-adjusted HR (95% CI)	1.00 (ref)	0.80 (0.48–1.31)	0.84 (0.51–1.38)	0.47 (0.26–0.87)	0.03
Multivariate-adjusted[b] HR (95% CI)	1.00 (ref)	0.82 (0.49–1.35)	0.86 (0.52–1.43)	0.47 (0.25–0.89)	0.04
Westernised dietary pattern					
Deaths, *n*	27	28	31	21	
Age-adjusted HR (95% CI)	1.00 (ref)	1.03 (0.61–1.76)	1.18 (0.69–2.02)	0.86 (0.47–1.59)	0.83
Multivariate-adjusted[b] HR (95% CI)	1.00 (ref)	1.04 (0.61–1.78)	1.22 (0.71–2.08)	0.92 (0.49–1.70)	0.98
Traditional Japanese dietary pattern					
Deaths, *n*	24	20	27	36	
Age-adjusted HR (95% CI)	1.00 (ref)	0.73 (0.37–1.46)	0.88 (0.44–1.75)	1.07 (0.54–2.12)	0.45
Multivariate-adjusted[b] HR (95% CI)	1.00 (ref)	0.74 (0.37–1.47)	0.89 (0.45–1.77)	1.09 (0.55–2.15)	0.44
Women					
Prudent dietary pattern					
Deaths, *n*	22	11	14	9	
Age-adjusted HR (95% CI)	1.00 (ref)	0.51 (0.25–1.05)	0.65 (0.33–1.27)	0.42 (0.19–0.93)	0.04
Multivariate-adjusted[b] HR (95% CI)	1.00 (ref)	0.54 (0.26–1.13)	0.70 (0.35–1.41)	0.46 (0.20–1.05)	0.09
Westernised dietary pattern					
Deaths, *n*	19	17	13	7	
Age-adjusted HR (95% CI)	1.00 (ref)	1.07 (0.55–2.08)	1.02 (0.49–2.14)	0.71 (0.28–1.84)	0.59
Multivariate-adjusted[b] HR (95% CI)	1.00 (ref)	1.10 (0.57–2.15)	1.01 (0.48–2.15)	0.71 (0.27–1.84)	0.57
Traditional Japanese dietary pattern					
Deaths, *n*	11	11	18	16	
Age-adjusted HR (95% CI)	1.00 (ref)	0.73 (0.31–1.71)	1.00 (0.46–2.17)	0.74 (0.33–1.65)	0.65
Multivariate-adjusted[b] HR (95% CI)	1.00 (ref)	0.76 (0.33–1.80)	1.03 (0.47–2.26)	0.76 (0.34–1.72)	0.69
Men and women combined[c]					
Prudent dietary pattern					
Age- and gender-adjusted HR (95% CI)	1.00 (ref)	0.69 (0.46–1.03)	0.76 (0.51–1.13)	0.45 (0.28–0.73)	0.003
Multivariate-adjusted[b] HR (95% CI)	1.00 (ref)	0.71 (0.47–1.07)	0.79 (0.53–1.19)	0.46 (0.28–0.75)	0.005
Stratified by mental stress,[d] HR (95% CI)[e]					
Low (n = 16 921)	1.00 (ref)	0.34 (0.09–1.28)	1.05 (0.42–2.62)	0.35 (0.10–1.21)	0.31
Medium (n = 54 294)	1.00 (ref)	0.78 (0.46–1.31)	0.62 (0.35–1.08)	0.47 (0.25–0.89)	0.01
High (n = 15 691)	1.00 (ref)	0.83 (0.35–1.96)	1.17 (0.51–2.69)	0.61 (0.21–1.81)	0.62

a. Based on Cox proportional hazards model, assigning ordinal numbers 0–3 to the quartile categories of each dietary pattern.
b. Adjusted for age (year), body mass index (<21, 21–22.9, 23–24.9, 25–26.9 or ⩾27 kg/m^2), smoking status (never, past, current with a consumption of <20 or ⩾20 cigarettes/day), total physical activity (quartile of metabolic equivalent task h/day), history of diabetes mellitus (yes or no), history of hypertension (yes or no), total energy intake (kcal/day), mental stress (low, medium and high), living status (spouse only, single, child(ren)/parent(s) with spouse, or child(ren)/parent(s) without spouse), history of serious disease (yes or no), occupation (full-time agriculture/forestry/fishery, full-time salaried/self-employed/professional, multiple occupations, full-time housework/unemployed, or other). Study areas were included as strata in the model.
c. Neither the Westernised nor traditional Japanese dietary patterns were associated with suicide risk.
d. Data that included the deaths from suicide during the first 3 years of follow-up was used. The Westernised and traditional Japanese dietary patterns were not associated with suicide risk among any group by mental stress.
e. Adjusted for the same variables as b, except mental stress.