

Data supplement

Table DS1 Baseline characteristics of patients with major depressive disorder in the Vantaa Depression Study with an indication for and either receiving or not receiving maintenance antidepressant treatment at some point during the 5-year follow-up

Variable	Maintenance (n=49)	No maintenance (n=37)	Total (n=86)	Test statistic ^a	P
<i>Sociodemographic features</i>					
Female, n (%)	36 (73.5)	26 (70.3)	62 (72.1)	0.11	0.740
Age, years: mean (s.d.)	40.1 (10.9)	37.7 (11.5)	39.1 (11.2)	-0.98	0.329
<i>Clinical features of major depressive disorder</i>					
Age at onset, years: mean (s.d.)	27.3 (12.8)	26.9 (12.3)	27.1 (12.6)	-0.14	0.888
No. of previous episodes, median (s.d.)	3.1 (3.1)	2.5 (3.6)	2.9 (3.3)	-2.04	0.041
Out-patient status at baseline, n (%)	40 (81.6)	31 (83.8)	71 (82.6)	0.07	0.800
<i>Symptoms and functional ability</i>					
HRSD, mean (s.d.)	19.1 (5.8)	18.9 (5.9)	19.1 (5.8)	0.18	0.859
BDI, mean (s.d.)	27.3 (7.1)	29.0 (8.4)	28.0 (7.7)	1.04	0.302
BAI, mean (s.d.)	23.8 (10.7)	18.9 (9.4)	21.7 (10.4)	-2.23	0.029
SOFAS, mean (s.d.)	52.7 (9.9)	49.6 (10.6)	51.3 (10.3)	-1.40	0.166
<i>Comorbidity</i>					
Axis I disorders, n (%)	36 (73.5)	22 (59.5)	58 (67.4)	1.88	0.170
Anxiety disorders	33 (67.3)	17 (45.9)	50 (58.1)	3.97	0.046
Alcohol use disorders	12 (24.5)	8 (21.6)	20 (23.3)	0.97	0.755
Axis II disorders, n (%)	27 (55.1)	16 (43.2)	43 (50.0)	1.19	0.280
No. of psychiatric disorders, mean (s.d.)	3.7 (2.1)	2.9 (1.7)	3.3 (2.0)	-1.91	0.059
No. of current somatic diseases, mean (s.d.)	0.8 (1.4)	0.4 (1.0)	0.6 (1.1)	1.73	0.084
No. of all Axis I–III disorders, mean (s.d.)	4.5 (2.5)	3.2 (1.9)	3.9 (2.3)	-2.58	0.012
<i>Major depressive disorder subtype features</i>					
Melancholic, n (%)	20 (40.8)	14 (37.8)	34 (39.5)	0.08	0.780
Psychotic, n (%)	3 (6.1)	3 (8.1)	6 (7.0)	0.13	0.720
<i>Psychosocial factors</i>					
Married or cohabiting, n (%)	33 (67.3)	18 (48.6)	51 (59.3)	3.05	0.081
Size of social network, mean (s.d.)	7.8 (3.7)	6.5 (3.4)	7.3 (3.6)	-1.66	0.100
Family net income/month, mean (s.d.)	9681 (6029)	7192 (4091)	8692 (5453)	-2.01	0.048
<i>Treatment-related factors</i>					
Length of maintenance indication, mean (s.d.)	40.2 (18.1)	26.7 (20.2)	34.4 (20.1)	-3.25	0.002
Positive attitude towards antidepressants, n (%)	38 (77.6)	19 (51.4)	57 (66.3)	6.48	0.011
Good adherence to antidepressants, ^b n (%)	33 (71.7)	14 (45.2)	47 (61.0)	5.50	0.019

BAI, Beck Anxiety Inventory; BDI, Beck Depression Inventory; HRSD, Hamilton Rating Scale for Depression; SOFAS, Social and Occupational Functioning Assessment Scale of DSM-IV.

a. χ^2 -, t- and Mann-Whitney U-tests; test statistics χ^2 , t and z.

b. Investigated at 6 months (n=77 because of nine patients missing this interview).