**Supplementary Table S1.** *Incidence rate ratios for any autoimmune disease in relation to numbers of depressive episodes, stratified by age and gender*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Age groups (years):1** | | **Cases** | **IRa** | | **IRRb** | **CI (95%)** | |
| **≤29 years** |  |  |  | |  |  |  |
| Depressive episode: | 1 | 634 | 292.1 | | **1.38** | 1.26 | 1.50 |
| ≥2 | 93 | 484.7 | | **1.48** | 1.18 | 1.86 |
| **30-49 years** |  |  |  | |  |  |  |
| Depressive episode: | 1 | 1016 | 306.2 | | **1.25** | 1.16 | 1.33 |
| ≥2 | 262 | 488.9 | | **1.36** | 1.19 | 1.55 |
| **50-69 years** |  |  |  | |  |  |  |
| Depressive episode: | 1 | 580 | 273.4 | | **1.20** | 1.10 | 1.31 |
| ≥2 | 137 | 306.5 | | 0.93 | 0.78 | 1.11 |
| **≥70 years** |  |  |  | |  |  |  |
| Depressive episode: | 1 | 98 | 90.4 | | 0.83 | 0.67 | 1.02 |
| ≥2 | 32 | 140.0 | | 0.80 | 0.55 | 1.16 |
| **Gender:2** |  |  |  | |  |  |  |
| **Male** |  |  |  | |  |  |  |
| Depressive episode: | 1 | 705 | 277.0 | | **1.31** | 1.21 | 1.42 |
| ≥2 | 151 | 357.0 | | **1.33** | 1.11 | 1.58 |
| **Female** |  |  |  | |  |  |  |
| Depressive episode: | 1 | 1623 | 289.9 | | **1.22** | 1.16 | 1.29 |
| ≥2 | 373 | 384.5 | | **1.13** | 1.01 | 1.26 |
|  | |  | |  |  |  |  |
| 1adjusted for gender and psychiatric comobidities. 2adjusted for age and psychiatric comobidities. aincidence rates per 100.000 person-years. bboldface is p<0.05 and underlined is p<0.01. | | | | | | | |

**Supplementary Table S2.** *Incidence rate ratios for autoimmune diseases divided into immunopathology in relation to numbers of depressive episodes*1

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Immunopathology2:** | | **Cases** | **IRa** | **IRRb** | **CI (95%)** | |
| **Cell-mediated, Th1-type** | |  |  |  |  |  |
| Depressive episode: | 1 | 768 | 101.49 | **1.30** | 1.20 | 1.40 |
| ≥2 | 279 | 123.60 | **1.46** | 1.28 | 1.67 |
| **Mixed Th1/ Th2 responses** | |  |  |  |  |  |
| Depressive episode: | 1 | 386 | 50.94 | **1.33** | 1.19 | 1.49 |
| ≥2 | 152 | 67.26 | **1.45** | 1.21 | 1.73 |
| **Th2-type immunopathology** | |  |  |  |  |  |
| Depressive episode: | 1 | 272 | 35.88 | **1.19** | 1.05 | 1.36 |
| ≥2 | 90 | 39.80 | 0.99 | 0.79 | 1.23 |
| **Th2-type subgroup (rheumatic diseases)** | |  |  |  |  |  |
| Depressive episode: | 1 | 419 | 55.31 | 1.11 | 1.00 | 1.23 |
| ≥2 | 138 | 61.07 | 0.85 | 0.71 | 1.01 |
|  |  |  |  |  |  |  |
| 1adjusted for age and gender. 2Immunopathology: Cell-mediated, Th1-type: Type 1 Diabetes Mellitus, Crohn’s disease, Ulcerative colitis, Ankylosing spondylitis; Mixed Th1/Th2 responses: Primary adrenocortical insufficiency (Addison), Multiple Sclerosis, Celiac disease, Psoriasis vulgaris; Th2-type immunopathology: Idiopathic thrombocytopenic purpura, Thyrotoxicosis (Graves’ disease), Autoimmune thyroiditis; Th2-type subgroup (rheumatic diseases): Rheumatoid arthritis, Systemic lupus erythematosus, Sjögren syndrome. aincidence rates per 100.000 person-years. bboldface is p<0.05. | | | | | | |