**Supplementary Table 1**: Adjusted mean (95%CI) allostatic load score at 5 years follow-up by baseline depressive symptom category in the Boston Puerto Rican Health Study (n=620)1

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Low**2 | **Subthreshold**2 | **Depression-likely**2 |
|  | (n=132) | (n=112) | (n=376) |
| Crude | 4.6 (4.4 – 4.9) | 5.1 (4.8 – 5.4) | 4.7 (4.6 – 4.9) |
| Model 1 | 4.5 (4.3 – 4.8) | 5.0 (4.7 – 5.3)a | 4.8 (4.6 – 4.9) |
| Model 2 | 4.4 (4.1 – 4.7) | 4.9 (4.6 – 5.2)a | 4.7 (4.5 – 4.9) |
| Model 3 | 4.2 (3.9 – 4.6) | 4.8 (4.4 – 5.1)a | 4.5 (4.2 – 4.8) |
| Model 4 | 4.3 (3.9 – 4.7) | 4.8 (4.5 – 5.2)a | 4.5 (4.2 – 4.9) |

1Crude model is unadjusted, except for controlling for baseline and Year 2 allostatic load. Model 1 adjusted for age (time) and sex; Model 2 further adjusted for baseline 120% of income-to-poverty ratio and educational attainment; Model 3 further adjusted for baseline physical activity level, Alternate Healthy Eating Index-2010, smoking status, and alcohol use; Model 4 further adjusted for baseline language-based acculturation and perceived stress. Tukey’s test adjusted for multiple comparisons.

2Depressive symptoms were assessed using the Center for Epidemiology Studies Depression (CES-D) scale (range: 0-60) and scores categorized according to severity: low (0-7), subthreshold (8-15), and depression-likely (≥16).

aSignificantly different than low category at *P*<0.05.

**Supplementary Table 2**: Adjusted mean (95%CI) allostatic load subsystem scores at 5-year follow-up by baseline depressive symptom category in the Boston Puerto Rican Health Study (n=620)1

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Low**2 | **Subthreshold**2 | **Depression-likely**2 |
|  | (n=132) | (n=176) | (n=312) |
| Hypothalamus-pituitary-adrenal axis | 0.5 (0.3 – 0.6) | 0.6 (0.5 – 0.7) | 0.6 (0.5 – 0.7) |
| Sympathetic nervous | 0.8 (0.7 – 0.9) | 1.0 (0.8 – 1.1)a | 0.9 (0.8 – 1.0) |
| Inflammation | 0.4 (0.3 – 0.5) | 0.4 (0.3 – 0.5) | 0.4 (0.3 – 0.5) |
| Metabolic | 1.0 (0.8 – 1.1) | 1.2 (1.0 – 1.3)a | 1.1 (0.9 – 1.2) |
| Cardiovascular | 1.6 (1.4 – 1.9) | 1.7 (1.5 – 1.9) | 1.6 (1.4 – 1.9) |

1Adjusted for age (time), sex, baseline and Year 2 subsystem scores, and baseline 120% of income-to-poverty ratio, educational attainment, physical activity level, Alternate Healthy Eating Index-2010, smoking status, alcohol use, language-based acculturation, and perceived stress. Tukey’s test adjusted for multiple comparisons.

2Depressive symptoms were assessed using the Center for Epidemiology Studies Depression (CES-D) scale (range: 0-60) and scores categorized according to severity: low (0-7), subthreshold (7-15), and depression-likely (≥16).

aSignificantly different than low category at *P*<0.05.

**Supplementary Table 3**: Mean (95%CI) allostatic load score at 5 years follow-up by baseline depressive symptom category in the Boston Puerto Rican Health Study (n=620)1

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Low**2 | **Subthreshold- revised cut-off**2 | **Depression-likely- revised cut-off**2 |
|  | (n=132) | (n=176) | (n=312) |
| Crude | 4.6 (4.4 – 4.9) | 5.1 (4.9 – 5.3)a | 4.6 (4.4 – 4.8)b |
| Model 1 | 4.5 (4.3 – 4.8) | 5.0 (4.8 – 5.2)a | 4.7 (4.5 – 4.9) |
| Model 2 | 4.4 (4.1 – 4.7) | 4.9 (4.6 – 5.2)c | 4.6 (4.4 – 4.9) |
| Model 3 | 4.2 (3.9 – 4.6) | 4.7 (4.4 – 5.1)c | 4.5 (4.2 – 4.8) |
| Model 4 | 4.3 (3.9 – 4.7) | 4.8 (4.5 – 5.1)a | 4.5 (4.1 – 4.8) |

1Crude model is unadjusted, except for controlling for baseline and Year 2 allostatic load. Model 1 adjusted for age (time) and sex; Model 2 further adjusted for baseline 120% of income-to-poverty ratio and educational attainment; Model 3 further adjusted for baseline physical activity level, Alternate Healthy Eating Index-2010, smoking status, and alcohol use; Model 4 further adjusted for baseline language-based acculturation and perceived stress. Tukey’s test adjusted for multiple comparisons.

2Depressive symptoms were assessed using the Center for Epidemiology Studies Depression (CES-D) scale (range: 0-60) and scores categorized according to severity: low (0-7), subthreshold (8-19), and depression-likely (≥20).

aSignificantly different than low category at *P*<0.05.

bSignificantly different than subthreshold category at *P*<0.01.

cSignificantly different than low category at *P*<0.01.

**Supplementary Table 4**: Adjusted mean (95%CI) depressive symptoms at 5 years follow-up by baseline allostatic load category in the Boston Puerto Rican Health Study (n=620)

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Low AL2** | **Moderate AL2** | **High AL2** |
|  | (n=103) | (n=331) | (n=186) |
| Crude | 20.8 (18.8 – 22.7)b | 17.4 (16.4 – 18.4) | 19.8 (18.5 – 21.1)a |
| Model 1 | 19.4 (17.5 – 21.3) | 17.0 (16.0 – 18.1) | 19.8 (18.4 – 21.1)b |
| Model 2 | 18.6 (16.4 – 20.7) | 16.2 (14.8 – 17.6) | 18.7 (17.0 – 20.5)b |
| Model 3 | 18.1 (15.8 – 20.4) | 16.3 (14.6 – 18.1) | 18.8 (16.7 – 20.8)b |
| Model 4 | 18.5 (16.5 – 20.6) | 16.9 (15.3 – 18.5) | 19.4 (17.6 – 21.2)b |

1Crude model is unadjusted, except for controlling for baseline and Year 2 depressive symptoms. Model 1 additionally adjusted for baseline age (time) and sex; Model 2 further adjusted for baseline 120% of income-to-poverty ratio, educational attainment, and currently working; Model 3 further adjusted for baseline physical activity level, Alternate Healthy Eating Index-2010, smoking status, and alcohol use; Model 4 further adjusted for baseline language-based acculturation and perceived stress at all three waves. Tukey’s test adjusted for multiple comparisons.

2Allostatic load was calculated from 11 parameters of biological functioning, including serum DHEA-S, urinary cortisol, urinary epinephrine, urinary norepinephrine, serum CRP, waist circumference, HbA1c, systolic and diastolic blood pressure, HDL-C, and total cholesterol (range: 0-11). Scores were categorized as low (0-2), moderate (3-5), or high (>6).

aSignificantly different than Moderate AL category at *P*<0.05.

bSignificantly different than Moderate AL category at *P*<0.01.