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| Supplementary Table S2: Longitudinal association of COVID-19 status with depressive symptomatology in the PREDIMED-Plus cohort, stratified by time of post-COVID-19 depression assessment |
|  | Post-COVID-19 assessment <= 12 weeks(n = 1,025) | Post-COVID-19 assessment > 12 weeks(n = 4,461) |
|  | Effect size | 95% CI | P value | Effect size | 95% CI | P value |
| Post COVID BDI-II scores (β [95%CI]) # |
| Unadjusted Crude Model | -0.10 | (-1.45 to 1.25) | 0.88 | 0.22 | (-0.51 to 0.96) | 0.55 |
| Model 1 | 0.31 | (-0.83 to 1.45) | 0.60 | 0.79 | (0.25 to 1.32) | <0.001 |
| Model 2 | 0.38 | (- 0.79 to 1.56) | 0.52 | 0.70 | (0.15 to 1.24) | 0.01 |
| Model 3  | 0.41 | (- 0.77 to 1.58) | 0.50 | 0.71 | (0.17 to 1.25) | 0.01 |
| Elevated depression risk symptomatology Post-COVID19 (OR [95%CI]) δ |
| Unadjusted Crude Model | 1.33 | (0.77 to 2.82) | 0.30 | 1.15 | (0.82 to 1.64) | 0.40 |
| Model 1 | 1.65 | (0.81 to 3.35) | 0.17 | 1.65 | (1.13 to 2.43) | 0.01 |
| Model 2 | 1.74 | (0.85 to 3.59) | 0.13 | 1.53 | (1.02 to 2.30) | 0.04 |
| Model 3 | 1.67 | (0.82 to 3.43) | 0.16 | 1.56 | (1.04 to 2.34) | 0.03 |

#β coefficient (95% CI) was calculated using linear regression models. Exposure= COVID-19 status (Positive or negative); Outcome: Post COVID BDI-II scores

δOR: Odds Ratio (95% CI) was calculated using logistic regression models. Exposure= COVID-19 status (Positive or negative); Outcome: elevated depression risk symptomatology Post COVID-19 (yes/no).

Elevated depression risk symptomatology is defined as BDI-II score ≥ 14, absence of elevated depression risk symptomatology as BDI-II score < 14. Depression assessment from the first scheduled follow-up visit after the COVID-19 infection was used to evaluate post-COVID-19 depressive symptomatology

Reference category: COVID-19 negative status.

**\*Model 1:** Adjusted for age, sex, education, marital status, intervention group, cluster randomisation, recruitment centre size, pre-COVID-19 BDI-II scores, time since infection for post-COVID-19 depression assessments

**\*Model 2:** Model 1, additionally adjusted for the presence of obesity, diabetes mellitus, hypertension, hypercholesterolemia, and baseline cognition (MMSE scores)

**\*Model 3:** Model 2, additionally adjusted for adherence to Mediterranean diet scores, smoking status, physical activity, and alcohol consumption