Please consider appendices for online publication only.

Appendix 1.

Factor loadings for items loading >0.2/<-0.2 on either factor.

|  |  |  |
| --- | --- | --- |
| Variable | Factor 1  Modified Mediterranean Pattern | Factor 2  Traditional Australian  Pattern |
| Olive oil | **0.35** | **-0.32** |
| Feta cheese | **0.30** | **-0.20** |
| Pasta dish | **0.25** | -0.19 |
| Beef/veal schnitzel | **0.27** | -0.18 |
| Hard cheese eg parmesan | **0.21** | -0.18 |
| Olives | **0.43** | -0.17 |
| Figs | **0.43** | -0.16 |
| Game meat | **0.20** | -0.14 |
| Ricotta cheese | **0.31** | -0.12 |
| Fried rice | **0.20** | -0.08 |
| Pickled vegetables | **0.22** | -0.06 |
| Watermelon | **0.57** | -0.06 |
| Legume soup | **0.35** | -0.04 |
| Grapes | **0.42** | 0.02 |
| Peaches/nectarines | **0.53** | 0.02 |
| Dip | **0.20** | 0.03 |
| Plums | **0.46** | 0.03 |
| Pears | **0.51** | 0.03 |
| Rice dishes | **0.20** | 0.04 |
| Cantelope/honeydew melon | **0.56** | 0.05 |
| Boiled chicken dish | **0.26** | 0.08 |
| Apricots | **0.46** | 0.08 |
| Steamed fish | **0.30** | 0.09 |
| Herbal tea | **0.20** | 0.10 |
| Water | **0.20** | 0.10 |
| Oranges/mandarines | **0.37** | 0.11 |
| Apples | **0.38** | 0.11 |
| Dried legumes eg chick peas, lentils, beans | **0.40** | 0.12 |
| Tomatoes | **0.41** | 0.12 |
| Boiled rice | **0.21** | 0.13 |
| Cumcumber | **0.54** | 0.13 |
| Strawberries | **0.39** | 0.15 |
| Avocado | **0.24** | 0.15 |
| Grapefruit | **0.25** | 0.16 |
| Salad greens | **0.50** | 0.16 |
| Sausages/frankfurts | **-0.21** | 0.16 |
| Capsicum | **0.43** | 0.17 |
| Soups other than legume/creamed | 0.13 | **0.20** |
| Custard | -0.10 | **0.20** |
| Roast lamb | -0.11 | **0.20** |
| Onions/leeks | **0.36** | **0.20** |
| Sweet corn | 0.19 | **0.21** |
| Cream | -0.14 | **0.21** |
| Mixed vegetable dishes | 0.18 | **0.21** |
| Mushrooms | **0.23** | **0.21** |
| Cheddar cheese | -0.10 | **0.21** |
| Dry biscuits | -0.02 | **0.22** |
| Cake | -0.17 | **0.23** |
| Yoghurt | 0.15 | **0.23** |
| Pineapple | **0.30** | **0.23** |
| Fruit salad | **0.21** | **0.24** |
| Breakfast cereal other than muesli | -0.16 | **0.25** |
| Coleslaw | **0.29** | **0.26** |
| Pudding | -0.17 | **0.27** |
| Zucchini/squash | **0.30** | **0.28** |
| Jam/marmalade | -0.13 | **0.29** |
| Vegemite/Marmite | -0.11 | **0.29** |
| Celery/fennel | **0.46** | **0.30** |
| Wholemeal bread | 0.04 | **0.31** |
| Banana | 0.17 | **0.33** |
| Margarine | **-0.26** | **0.33** |
| Leafy greens | **0.37** | **0.34** |
| Tea | **-0.26** | **0.36** |
| Beetroot | 0.19 | **0.40** |
| Cabbage/Brussel's sprouts | 0.16 | **0.52** |
| Potato cooked in fat | -0.10 | **0.54** |
| Broccoli | **0.24** | **0.54** |
| Green peas/beans | 0.00 | **0.55** |
| Cauliflower | 0.16 | **0.56** |
| Carrot | 0.18 | **0.57** |
| Pumpkin | 0.01 | **0.61** |
| Percent of variance explained | 6.0 | 4.0 |

Appendix 2. Associations between the Mediterranean Diet Score (MDS) at baseline and psychological distress according to K10 score at follow-up1, adjusting for baseline variables as listed in the table and age at follow-up (n=8660).

|  |  |  |
| --- | --- | --- |
|  | K10 <30/>=30 | |
|  | Odds Ratio | 95% Confidence Interval |
| MDS 0-3 | 1.00 |  |
| 4-6 | 0.93 | 0.54-1.61 |
| 7-9 | 0.43 | 0.16-1.19 |
| Female vs male | 1.61 | 0.87-3.00 |
| Age at baseline (yrs) | 0.85 | 0.70-1.02 |
| Age at follow-up (yrs) | 1.15 | 0.96-1.38 |
| Energy intake (MJ/day) | 0.98 | 0.90-1.06 |
| Active vs inactive | 0.96 | 0.57-1.61 |
| **Smoking** |  |  |
| never | 1.00 |  |
| former | 0.98 | 0.55-1.73 |
| current | 1.78 | 0.87-6.67 |
| Asthma vs no asthma | 1.15 | 0.58-2.28 |
| Hypertension vs no hypertension | 1.27 | 0.76-2.14 |
| Arthritis vs no arthritis | 1.95 | 1.20-3.19 |
| Gallstones vs no gallstones | 1.23 | 0.60-2.53 |
| Kidneystones vs no kidney stones | 0.82 | 0.25-2.66 |
| **Education** |  |  |
| primary | 1.00 |  |
| secondary | 0.41 | 0.20-0.87 |
| tertiary | 0.31 | 0.12-0.81 |
| **Quintile of SEIFA index** |  |  |
| 1 (most disadvantaged) | 1.00 |  |
| 2 | 0.83 | 0.40-1.72 |
| 3 | 0.37 | 0.15-0.91 |
| 4 | 0.98 | 0.49-1.95 |
| 5 (least disadvantaged) | 0.52 | 0.23-1.14 |
| **Number of relatives visited at least once a month** |  |  |
| none | 1.00 |  |
| 1-2 | 0.77 | 0.30-1.92 |
| 3-4 | 0.40 | 0.14-1.10 |
| 5-9 | 0.78 | 0.33-1.87 |
| 10+ | 0.48 | 0.19-1.23 |
| **Number of friends could visit without invitation** |  |  |
| none | 1.00 |  |
| 1-2 | 1.00 | 0.30-3.31 |
| 3-4 | 1.03 | 0.33-3.19 |
| 5-9 | 1.45 | 0.49-4.36 |
| 10+ | 0.86 | 0.27-2.72 |
| **Number of people in household** |  |  |
| 1 | 1.00 |  |
| 2 | 0.91 | 0.50-1.66 |
| 3-4 | 0.72 | 0.36-1.47 |
| 5+ | 0.20 | 0.03-1.57 |
| **Social activity (hrs/week)** |  |  |
| 0 | 1.00 |  |
| 1-2 | 0.33 | 0.12-0.93 |
| 3-4 | 0.39 | 0.16-0.93 |
| 5-9 | 0.62 | 0.30-1.28 |
| 10+ | 0.68 | 0.34-1.35 |

1TheK10 categories have been coded so that ORs >1 reflect increased risk of psychological distress.

Appendix 3. Associations between quintiles of the Modified Mediterranean (MMDP) and Australian (ADP) dietary patterns at baseline and psychological distress according to K10 score at follow-up1, adjusting for baseline variables as listed in the table and age at follow-up (both dietary patterns were included in a single model) (n=8660).

|  |  |  |
| --- | --- | --- |
|  | K10 <30/>=30 | |
|  | Odds Ratio | 95% Confidence Interval |
| MDP 1 | 1.00 |  |
| 2 | 0.39 | 0.19-0.81 |
| 3 | 0.76 | 0.40-1.43 |
| 4 | 0.17 | 0.05-0.56 |
| 5 | 0.93 | 0.41-2.09 |
| ADP 1 | 1.00 |  |
| 2 | 0.44 | 0.16-1.18 |
| 3 | 0.52 | 0.20-1.35 |
| 4 | 0.36 | 0.13-1.00 |
| 5 | 0.43 | 0.15-1.25 |
| Female vs male | 2.02 | 1.05-3.89 |
| Age at baseline (yrs) | 0.85 | 0.70-1.03 |
| Age at follow-up (yrs) | 1.15 | 0.96-1.38 |
| Energy intake (MJ/day) | 0.99 | 0.90-1.09 |
| Active vs inactive | 0.98 | 0.58-1.66 |
| **Smoking** |  |  |
| never | 1.00 |  |
| former | 0.94 | 0.53-1.67 |
| current | 1.59 | 0.76-3.34 |
| Asthma vs no asthma | 1.14 | 0.57-2.25 |
| Hypertension vs no hypertension | 1.29 | 0.77-2.18 |
| Arthritis vs no arthritis | 1.99 | 1.22-3.25 |
| Gallstones vs no gallstones | 1.25 | 0.60-2.57 |
| Kidneystones vs no kidney stones | 0.79 | 0.24-2.59 |
| **Education** |  |  |
| primary | 1.00 |  |
| secondary | 0.43 | 0.20-0.91 |
| tertiary | 0.34 | 0.13-0.89 |
| **Quintile of SEIFA index** |  |  |
| 1 (most disadvantaged) | 1.00 |  |
| 2 | 0.82 | 0.40-1.69 |
| 3 | 0.37 | 0.15-0.94 |
| 4 | 0.98 | 0.49-1.97 |
| 5 (least disadvantaged) | 0.52 | 0.24-1.15 |
| **Number of relatives visited at least once a month** |  |  |
| none | 1.00 |  |
| 1-2 | 0.81 | 0.32-2.06 |
| 3-4 | 0.43 | 0.15-1.20 |
| 5-9 | 0.81 | 0.33-1.97 |
| 10+ | 0.48 | 0.18-1.26 |
| **Number of friends could visit without invitation** |  |  |
| none | 1.00 |  |
| 1-2 | 1.06 | 0.32-3.54 |
| 3-4 | 1.10 | 0.35-3.42 |
| 5-9 | 1.56 | 0.52-4.68 |
| 10+ | 0.97 | 0.30-3.10 |
| **Number of people in household** |  |  |
| 1 | 1.00 |  |
| 2 | 0.93 | 0.50-1.70 |
| 3-4 | 0.74 | 0.36-1.51 |
| 5+ | 0.21 | 0.03-1.62 |
| **Social activity (hrs/week)** |  |  |
| 0 | 1.00 |  |
| 1-2 | 0.34 | 0.12-0.96 |
| 3-4 | 0.38 | 0.16-0.93 |
| 5-9 | 0.63 | 0.30-1.31 |
| 10+ | 0.66 | 0.33-1.31 |

1TheK10 categories have been coded so that ORs >1 reflect increased risk of psychological distress.