**Supplemental Table S1. Mediation analysis for the association of sugar intake and GAD-2 and PHQ-2, by the type of soft drink**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Total effect of soft drink | |  | Direct effect of soft drink | |  | Mediation effect of BMI | | |
| Outcome | Factor | *β* | *P* |  | *β* | *P* |  | *β* | % | *P* |
| GAD-2 | Coke | 0.065 | <0.001 |  | 0.059 | <0.001 |  | 0.029×0.034 | 1.5 | 0.002 |
| GAD-2 | Tea | 0.041 | <0.001 |  | 0.037 | 0.020 |  | 0.029×0.059 | 4.2 | <0.001 |
| GAD-2 | Juice | 0.047 | <0.001 |  | 0.031 | 0.006 |  | 0.031×0.003 | <1% | 0.786 |
| PHQ-2 | Coke | 0.104 | <0.001 |  | 0.102 | <0.001 |  | 0.003×0.034 | <1% | 0.804 |
| PHQ-2 | Tea | 0.084 | <0.001 |  | 0.084 | <0.001 |  | 0.001×0.059 | <1% | 0.702 |
| PHQ-2 | Juice | 0.080 | <0.001 |  | 0.075 | <0.001 |  | 0.001×0.003 | <1% | 0.943 |

*β*: standardized regression coefficient. All coefficients were adjusted for demographic variables (age, gender, ethnicity, and annual household income).