**Appendix 2**. *Post-hoc analysis. Total and specific* *indirect effects from multiple mediation analyses of diet quality (Mediterranean Diet Score) and diet quantity (total energy intake; kCal/d) in the associations of four mindful eating domains with 3-year change in depressive symptoms in a sample of people aged 55 years and older from the Longitudinal Aging Study Amsterdam (n=929)*

|  |  |  |  |
| --- | --- | --- | --- |
|  | B | Lower percentile bootstrap 95% CI | Upper percentile bootstrap 95% CI |
| Focused Eating |  |  |  |
| Total | 0.006 | -0.014 | 0.025 |
| Food quality | 0.003 | -0.015 | 0.021 |
| Food quantity | 0.003 | -0.005 | 0.013 |
| Eating in response to Hunger and Satiety Cues |  |  |  |
| Total | 0.002 | -0.004 | 0.009 |
| Food quality | -0.0004 | -0.005 | 0.004 |
| Food quantity | 0.002 | -0.002 | 0.009 |
| Eating with Awareness |  |  |  |
| Total | -0.017 | -0.042 | 0.004 |
| Food quality | 0.0002 | -0.011 | 0.013 |
| Food quantity | **-0.018** | -0.039 | -0.001 |
| Eating without Distraction |  |  |  |
| Total | **-0.016** | -0.036 | -0.001 |
| Food quality | 0.0003 | -0.004 | 0.007 |
| Food quantity | **-0.0167** | -0.036 | -0.002 |

*Notes:* Depressive symptoms = Center for Epidemiologic Studies Depression Scale continuous score; B = unstandardized regression coefficients; CI = confidence interval. Bootstrap sample size = 5,000.

Analyses are adjusted for baseline depressive symptoms, sex, age, educational level, smoking status, physical activity level, alcohol consumption, body mass index.

Bold values indicate statistically significant results.