

APPENDIX

Table A: Characteristics of the 4446 of the Three-City Study participants as a function of metabolic syndrome (MetS) at baseline.

		MetS		
		No (%)	Yes (%)	
		(N=3619)	(N=827)	p
Age-quartile groups	[65.0-69.4]	25.5	21.4	0.20
]69.4-72.8]	24.9	25.8	
]72.8-76.8]	24.8	26.5	
]76.8-91.1]	24.8	26.3	
Sex	Men	44.4	51.2	0.002
	Women	51.6	48.8	
Marital status	Living Alone	30.8	32.1	0.55
	Married or cohabiting	69.2	67.9	
Education	No qualification/primary	30.1	35.9	0.002
	Lower secondary	29.6	31.2	
	≥ Higher secondary	40.2	32.9	
Smoking habit	Never smoker	59.6	50.7	<10 ⁻⁴
	Former smoker	34.5	45.1	
	Current smoker	5.4	4.2	
Alcohol consumption (glass/day)	No drink	17.0	18.5	0.36
	Moderate : ≤ 3 (2) men (women)	63.9	60.8	
	Regular > 3 (2) men (women)	19.2	20.7	
BMI	Normal	51.2	12.9	<10 ⁻⁴
	Overweight	40.2	48.9	
	Obesity	8.6	38.1	
Cognitive deficit (MMSE <24)	No	97.0	94.6	0.002
	Yes	3.0	5.4	
Use of anti-hypertensive drugs	No	59.2	35.9	<10 ⁻⁴
	Yes	40.8	64.1	
Use of lipids lowering drugs	No	69.7	59.1	<10 ⁻⁴
	Yes	30.3	40.9	
Disability (assessed by IADL scale)	No	93.9	91.3	0.02
	Yes	6.1	8.7	
self-report history of stroke and CVD	No	85.8	80.0	0.0003
	Yes	14.2	20.0	
Incident stroke and CVD	No	95.8	93.4	0.009

over the follow-up	Yes	4.2	6.6
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MMSE: Mini Mental state Examination, IADL: Instrumental Activities of Daily Living, BMI: Body Mass Index, CVD: cardiovascular diseases

Table B: Association between metabolic syndrome and each of its component and onset of depressive symptoms over the 4-year follow-up by age-group categorized a priori.

	Without MetS or component (n, % depressed)	With MetS or component (n, % depressed)	OR ^a (95% CI)*	p-value
Overall MetS[†]				
[65-70[1153 (15.2%)	147 (22.4%)	1.82 (1.12; 2.95)	0.02
[71-75[1338 (17.1%)	220 (17.3%)	1.00 (0.65; 1.53)	0.99
[76-80[1013 (21.1%)	151 (21.8%)	1.05 (0.66; 1.67)	0.85
[81-91]	368 (26.1%)	56 (16.1%)	0.53 (0.24; 1.20)	0.13

*OR adjusted for age at baseline (by year), sex, study center, MetS treatment (use of lipid lowering drugs, anti-hypertensive drugs), educational attainment, marital status, smoking, alcohol consumption, cognitive deficit (MMSE<24), disability (assessed by IADL scale), BMI, self-report history of stroke and CVD at baseline. The reference (OR=1) corresponded to the subjects without MetS (or MetS components), for each age group and conditions.

[†]Defined using the National Cholesterol Education Program (NCEP) criteria (11)