

## APPENDIX

Table A1: Associations between fasting glucose, fasting insulin and onset of depressive symptoms over 5-year follow-up in men (N = 2406).

		Odds of new-onset depressive symptoms							
		Model 1		Model 2		Model 3		Model 3_ND	
		OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI
	Q1	1	(ref)	1	(ref)	1	(ref)	1	(ref)
<b>Glucose</b>	Q2	0.73	0.40;1.33	0.73	0.40;1.32	0.73	0.40;1.33	0.69	0.37;1.27
<b>Quintile</b>	Q3	0.87	0.54;1.42	0.87	0.54;1.42	0.85	0.52;1.39	0.83	0.50;1.37
	Q4	0.65	0.37;1.14	0.65	0.37;1.14	0.64	0.36;1.13	0.64	0.36;1.12
	Q5	0.74	0.44;1.24	0.71	0.42;1.21	0.70	0.40;1.21	0.58	0.32;1.05
<i>P-value*</i>			0.57		0.54		0.53		0.34
	Q1	1	(ref)	1	(ref)	1	(ref)	1	(ref)
<b>Insulin</b>	Q2	1.05	0.62;1.78	1.05	0.62;1.78	1.03	0.60;1.77	0.97	0.56;1.68
<b>Quintile</b>	Q3	0.74	0.42;1.31	0.74	0.42;1.30	0.73	0.41;1.30	0.72	0.40;1.28
	Q4	0.92	0.54;1.59	0.92	0.53;1.58	0.96	0.54;1.70	0.90	0.50;1.63
	Q5	0.86	0.50;1.48	0.84	0.49;1.45	0.90	0.48;1.67	0.64	0.32;1.26
<i>P-value*</i>			0.77		0.76		0.40		0.58

Q refers to quintile.

Median and range (mmol/l) for fasting glucose quintiles were for Q1: 4.80 (3.10-4.90), Q2: 5.1 (5.00-5.10), Q3: 5.3 (5.20-5.40), Q4: 5.6 (5.50-5.70) and Q5: 6.1 (5.80-14.9)

Median and range (µU/ml) for fasting insulin quintiles were for Q1: 3.9 (3.10- 4.60), Q2: 5.4 (4.70-6.20), Q3: 7.3 (6.30- 8.40), Q4: 9.8 (8.50- 11.9) and Q5: 16.4 (12.00-62.6)

Model 1: Model adjusted for age and ethnicity

Model 2: Model 1 additionally adjusted for type 2 diabetes prevalence at baseline.

Model 3: Model 2 additionally adjusted for occupational grade, marital status, smoking, stroke, coronary heart disease, hypertension, HDL-cholesterol, use of lipid-lowering drugs, central obesity, and cognitive impairment

Model 3\_ND: Model 3 restricted to non-diabetic participants (n=2242).

\*P-value for tests of overall heterogeneity in odds ratios of new-onset depressive symptoms.

Table A2: Associations between fasting glucose, fasting insulin, and onset of depressive symptoms over 5-year follow-up in women (N = 739).

		<b>Odds of new-onset depressive symptoms by</b>							
		Model 1		Model 2		Model 3		Model 3_ND	
		OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI
	Q1	1	(ref)	1	(ref)	1	(ref)	1	(ref)
<b>Glucose</b>	Q2	1.70	0.89;3.26	1.70	0.89;3.27	1.66	0.86;3.24	1.74	0.90;3.39
<b>Quintile</b>	Q3	1.44	0.77;2.70	1.44	0.77;2.71	1.37	0.72;2.61	1.30	0.67;2.51
	Q4	1.80	0.87;3.73	1.80	0.87;3.75	2.01	0.95;4.25	1.91	0.89;4.10
	Q5	1.01	0.43;2.37	1.04	0.43;2.53	1.20	0.49;2.96	1.20	0.46;3.15
<i>P-value*</i>			<i>0.36</i>		<i>0.37</i>		<i>0.37</i>		<i>0.39</i>
	Q1	1	(ref)	1	(ref)	1	(ref)	1	(ref)
<b>Insulin</b>	Q2	0.56	0.29;1.06	0.56	0.29;1.07	0.49	0.25;0.97	0.49	0.24;0.98
<b>Quintile</b>	Q3	0.48	0.24;0.98	0.48	0.24;0.98	0.44	0.21;0.94	0.48	0.22;1.03
	Q4	0.61	0.31;1.18	0.61	0.31;1.18	0.57	0.27;1.19	0.62	0.29;1.32
	Q5	0.38	0.17;0.85	0.38	0.17;0.86	0.38	0.15;0.96	0.51	0.20;1.30
<i>P-value*</i>			<i>0.09</i>		<i>0.10</i>		<i>0.12</i>		<i>0.23</i>

Q refers to quintile.

Median and range (mmol/l) for fasting glucose quintiles were for Q1: 4.80 (3.10-4.90), Q2: 5.1 (5.00-5.10), Q3: 5.3 (5.20-5.40), Q4: 5.6 (5.50-5.70) and Q5: 6.1 (5.80-14.9)

Median and range (µU/ml) for fasting insulin quintiles were for Q1: 3.9 (3.10- 4.60), Q2: 5.4 (4.70-6.20), Q3: 7.3 (6.30- 8.40), Q4: 9.8 (8.50- 11.9) and Q5: 16.4 (12.00-62.6)

Model 1: Model adjusted for age and ethnicity

Model 2: Model 1 additionally adjusted for type 2 diabetes prevalence at baseline.

Model 3: Model 2 additionally adjusted for occupational grade, marital status, smoking, stroke, coronary heart disease, hypertension, HDL-cholesterol, use of lipid-lowering drugs, central obesity, and cognitive impairment

Model 3\_ND: Model 3 restricted to non-diabetic participants (n=687).

\*P-value for test of overall heterogeneity in odds ratios of new-onset depressive symptoms.