**Supplemental Table 6** Association between the dietary scores and incident depressive symptoms using a cut-off value of 19 to def**i**ne depressive symptoms, NutriNet-Santé study

(Hazard ratios and 95% confidence intervals, *n* 25,125)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Tertile 1** | | **Tertile 2** | | **Tertile 3** | |  | **Continuous** † | | |
|  | **HR** | **95% CI** | **HR** | **95% CI** | **HR** | **95% CI** | **P-trend** | **HR** | **95% CI** | **P** ‡ |
| **mPNNS-GS** |  | |  | |  | |  |  | |  |
| **Range** | 0.1-7.5 | | 7.6-9.0 | | 9.0-13.0 | |  |  | |  |
| Model 1 § | 1.00 | - | 0.90 | 0.82, 0.98 | 0.88 | 0.80, 0.97 | 0.01 | 0.93 | 0.89, 0.97 | 0.001 |
| Model 2 || | 1.00 | - | 0.90 | 0.82, 0.99 | 0.90 | 0.81, 0.99 | 0.03 | 0.94 | 0.90, 0.98 | 0.003 |
| Model 3 ¶ | 1.00 | - | 0.90 | 0.82, 0.99 | 0.89 | 0.81, 0.98 | 0.02 | 0.94 | 0.90, 0.98 | 0.002 |
| **PANDiet** |  | |  | |  | |  |  | |  |
| **Range** | 36.8-61.6 | | 61.6-68.6 | | 68.6-95.1 | |  |  | |  |
| Model 1 | 1.00 | - | 0.88 | 0.80, 0.97 | 0.89 | 0.81, 0.98 | 0.02 | 0.95 | 0.91, 0.98 | 0.01 |
| Model 2 | 1.00 | - | 0.89 | 0.81, 0.98 | 0.92 | 0.84, 1.01 | 0.08 | 0.96 | 0.92, 1.00 | 0.04 |
| Model 3 | 1.00 | - | 0.89 | 0.81, 0.97 | 0.91 | 0.83, 1.00 | 0.05 | 0.96 | 0.92, 0.99 | 0.02 |
| **DQI-I** |  | |  | |  | |  |  | |  |
| **Range** | 28.4-58.8 | | 58.8-64.1 | | 64.1-87.1 | |  |  | |  |
| Model 1 | 1.00 | - | 0.90 | 0.82, 0.99 | 0.85 | 0.77, 0.94 | 0.001 | 0.92 | 0.89, 0.96 | <0.0001 |
| Model 2 | 1.00 | - | 0.92 | 0.84, 1.01 | 0.88 | 0.79, 0.97 | 0.01 | 0.93 | 0.90, 0.97 | 0.001 |
| Model 3 | 1.00 | - | 0.92 | 0.84, 1.01 | 0.87 | 0.79, 0.96 | 0.01 | 0.93 | 0.90, 0.97 | 0.001 |
| **AHEI-2010** |  | |  | |  | |  |  | |  |
| **Range** | 7.1-43.9 | | 43.9-54.6 | | 54.6-94.4 | |  |  | |  |
| Model 1 | 1.00 | - | 0.91 | 0.83, 1.00 | 0.90 | 0.82, 0.99 | 0.03 | 0.96 | 0.92, 0.99 | 0.03 |
| Model 2 | 1.00 | - | 0.93 | 0.84, 1.02 | 0.94 | 0.85, 1.04 | 0.20 | 0.97 | 0.93, 1.02 | 0.23 |
| Model 3 | 1.00 | - | 0.93 | 0.84, 1.02 | 0.94 | 0.85, 1.04 | 0.23 | 0.98 | 0.94, 1.02 | 0.28 |

*AHEI-2010* Alternative Healthy Eating Index-2010; *DQI-I*Diet Quality Index International; *mPNNS-GS* modified Programme National Nutrition Santé Guideline Score; *PANDiet* Probability of Adequate Nutrient intake Dietary score

† Based on standardised score

‡ P for linear relation (dietary score as a continuous variable)

§ Adjusted for age, sex, marital status, educational level, occupational categories, household income per consumption unit, residential area, energy intake without alcohol, number of recording days and inclusion month

|| Adjusted for all variables in model 1 and smoking status, physical activity and body mass index

¶ Adjusted for all variables in model 2 and health events during follow-up (cancer, type 2 diabetes and cardiovascular events)