**Supplementary Table 2** Weighted odds ratios (95% confidence intervals) of depressive symptoms across quartiles of protein intakes in US adults aged 18 and older after logistic regression imputation, NHANES 2007–2014

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Range of intake | Cases/particiants | Crude | Model I\* | Model II† |
| **Total protein intake (g/kg·d)** |  |  |  |  |  |
| Q1(low) | < 0.66 | 725/6023 | 1.00 (Ref.) | 1.00 (Ref.) | 1.00 (Ref.) |
| Q2 | 0.66-0.91 | 509/6023 | 0.63 (0.54-0.72) | 0.64 (0.55-0.75) | 0.74 (0.58-0.95) |
| Q3 | 0.91-1.23 | 402/6023 | 0.45 (0.36-0.56) | 0.48 (0.38-0.59) | 0.55 (0.39-0.78) |
| Q4 (high) | 1.23 | 334/6023 | 0.38 (0.32-0.45) | 0.41 (0.34-0.49) | 0.46 (0.31-0.68) |
| *P* trend |  |  | <0.001 | <0.001 | <0.001 |

NHANES, National Health and Nutrition Examination Survey.

\* Model I: adjusted for age (continuous) and gender.

† Model II: adjusted for age (continuous) and gender, race, marital status, educational level, annual household income, BMI (continuous), diabetes, hypertension, smoking, alcohol, total energy intake (continuous), fruit intake (continuous), vegetable intake (continuous), magnesium intake (continuous), zinc intake (continuous), saturated fatty acids intake (continuous), monounsaturated fatty acids intake (continuous), polyunsaturated fatty acids intake (continuous) and total physical activity.