

Data supplement

Table DS1 Characteristics of men in each country									
Demographic	All (n=2344)	UK (n=441)	Spain (n=375)	Slovenia (n=409)	Estonia (n=291)	The Netherlands (n=446)	Portugal (n=446)	χ^2	P
Age, years: mean (s.d.)	50.86 (15.61)	55.36 (13.81)	52.79 (16.21)	48.91 (15.00)	42.90 (16.31)	50.47 (14.51)	52.26 (15.85)	26.91	<0.001
Marital status, n (%)								236.57	<0.001
Married	1566 (66.8)	314 (71.2)	269 (71.7)	262 (64.1)	146 (50.2)	295 (66.1)	280 (73.3)		
Living with partner	252 (10.8)	33 (7.5)	14 (3.7)	47 (11.5)	82 (28.2)	61 (13.7)	15 (3.9)		
Separated	46 (2.0)	13 (2.9)	8 (2.1)	9 (2.2)	9 (3.1)	1 (0.2)	6 (1.6)		
Widowed	57 (2.4)	14 (3.2)	9 (2.4)	14 (3.4)	3 (1.0)	11 (2.5)	6 (1.6)		
Divorced	69 (2.9)	17 (3.9)	4 (1.1)	5 (1.2)	14 (4.8)	18 (4.0)	11 (2.9)		
Single/never married	343 (14.6)	50 (11.3)	71 (18.9)	70 (17.1)	37 (12.7)	52 (11.7)	63 (16.5)		
Missing	11 (0.5)	0	0	2 (0.5)	0	8 (1.8)	1 (0.3)		
Household status, n (%)								38.33	<0.001
Not living alone	2113 (90.1)	380 (86.2)	358 (95.5)	371 (90.7)	261 (89.7)	382 (85.7)	361 (94.5)		
Living alone	23 (19.9)	61 (13.8)	17 (4.5)	38 (9.3)	30 (10.3)	64 (14.3)	21 (5.5)		
Missing	0	0	0	0	0	0	0		
Education, n (%)								1174.21	<0.001
Higher education	494 (21.1)	157 (35.6)	57 (15.2)	58 (14.2)	79 (27.1)	106 (23.8)	37 (9.7)		
Primary and secondary	1268 (54.1)	155 (35.1)	241 (64.3)	199 (48.7)	126 (43.3)	226 (50.7)	321 (84.0)		
Higher professional	203 (8.7)	16 (3.6)	0 (0)	0 (0)	86 (29.6)	87 (19.5)	14 (3.7)		
Trade and nursing	236 (10.1)	93 (21.1)	0 (0)	132 (32.3)	0 (0)	3 (0.7)	8 (2.1)		
No education	104 (4.4)	0 (0)	76 (20.3)	19 (4.6)	0 (0)	9 (2.0)	0 (0)		
Other	15 (0.6)	11 (2.5)	1 (0.3)	1 (0.2)	0 (0)	0 (0)	2 (0.5)		
Missing	24 (1.0)	9 (2.0)	0	0	0	15 (3.4)	0		
Employment, n (%)								359.45	<0.001
Unpaid employment	1208 (51.5)	215 (48.8)	132 (35.2)	212 (51.8)	196 (67.4)	266 (59.6)	187 (49.0)		
Unemployed	100 (4.3)	10 (2.3)	15 (4.0)	22 (5.4)	8 (2.7)	12 (2.7)	33 (8.6)		
Retired	706 (30.1)	150 (34.0)	133 (35.5)	144 (35.2)	38 (13.1)	95 (21.3)	146 (38.2)		
Long-term sickness	195 (8.4)	49 (11.1)	80 (21.3)	10 (2.4)	20 (6.9)	22 (4.9)	14 (3.7)		
Looking after home	12 (0.5)	6 (1.4)	0 (0)	1 (0.2)	3 (1.0)	2 (0.4)	0 (0)		
Full-time education	73 (3.1)	1 (0.2)	14 (3.7)	17 (4.2)	24 (8.2)	16 (3.6)	1 (0.3)		
Other	37 (1.6)	10 (2.3)	0 (0)	1 (0.2)	2 (0.7)	24 (5.4)	0 (0)		
Missing	13 (0.6)	0	1 (0.3)	2 (0.5)	0	9 (2.0)	1 (0.3)		
Professional, n (%)								235.12	<0.001
Yes	577 (24.6)	140 (31.7)	42 (11.2)	62 (15.2)	82 (28.2)	207 (46.4)	44 (11.5)		
No	1711 (73.0)	289 (65.5)	331 (88.3)	347 (84.8)	183 (62.9)	223 (50.0)	338 (88.5)		
Missing	56 (2.4)	12 (2.7)	2 (0.5)	0 (0)	26 (8.9)	16 (3.6)	0		
Immigrant, n (%)								154.03	<0.001
No	2131 (91.0)	419 (95.0)	357 (95.2)	318 (77.8)	261 (89.7)	407 (91.3)	369 (96.6)		
Yes	172 (7.3)	22 (5.0)	17 (4.5)	90 (22.0)	5 (1.7)	25 (5.6)	13 (3.4)		
Missing	41 (1.7)	0	1 (0.3)	1 (0.2)	25 (8.6)	14 (3.1)	0		

Table DS2 Characteristics of women in each country									
Demographic	All (n=4865)	UK (n=884)	Spain (n=895)	Slovenia (n=710)	Estonia (n=803)	The Netherlands (n=775)	Portugal (n=798)	χ^2	P
Age, years: mean (s.d.)	47.30 (15.17)	49.58 (14.60)	48.89 (14.96)	48.61 (14.16)	40.67 (15.48)	47.13 (14.90)	48.65 (15.03)	40.51	<0.001
Marital status, n (%)								577.25	<0.001
Married	2757 (56.7)	533 (60.3)	559 (62.5)	412 (68.0)	298 (37.1)	436 (56.3)	519 (65.0)		
Living with partner	565 (11.6)	92 (10.4)	32 (3.6)	69 (9.7)	203 (25.3)	126 (16.3)	43 (5.4)		
Separated	131 (2.7)	32 (3.6)	32 (3.6)	24 (3.4)	25 (3.1)	4 (0.5)	14 (1.8)		
Widowed	400 (8.2)	59 (6.7)	82 (9.2)	95 (13.4)	54 (6.7)	43 (5.5)	67 (8.4)		
Divorced	296 (6.1)	71 (8.0)	30 (3.4)	21 (3.0)	60 (7.5)	58 (7.5)	56 (7.0)		
Single/never married	703 (14.5)	96 (10.9)	159 (17.8)	88 (12.4)	163 (20.3)	98 (12.6)	99 (12.4)		
Missing	13 (0.3)	1 (0.1)	1 (0.1)	1 (0.1)	0	10 (1.3)	0		
Household status, n (%)								75.21	<0.001
Not living alone	4250 (87.4)	761 (86.1)	832 (93.0)	613 (86.3)	704 (87.7)	618 (79.7)	722 (90.5)		
Living alone	615 (12.6)	123 (13.9)	63 (7.0)	97 (13.7)	99 (12.3)	157 (20.3)	76 (9.5)		
Missing	0	0	0	0	0	0	0		
Education, n (%)								2439.62	<0.001
Higher education	965 (19.8)	282 (31.9)	107 (12.0)	130 (18.3)	208 (25.9)	163 (21.0)	75 (9.4)		
Primary and secondary	2809 (57.7)	409 (46.3)	547 (61.1)	421 (59.3)	350 (43.6)	408 (52.6)	674 (84.5)		
Higher professional	427 (8.8)	29 (3.3)	0 (0)	0 (0)	244 (30.4)	138 (17.8)	16 (2.0)		
Trade and nursing	249 (5.1)	74 (8.4)	0 (0)	127 (17.9)	1 (0.1)	21 (2.7)	26 (3.3)		
No education	290 (6.0)	0 (0)	240 (26.8)	29 (4.1)	0 (0)	21 (2.7)	0 (0)		
Other	84 (1.7)	73 (8.3)	1 (0.1)	3 (0.4)	0 (0)	0 (0)	7 (0.9)		
Missing	41 (0.8)	17 (1.9)	0	0	0	24 (3.1)	0		
Employment, n (%)								1374.53	<0.001
Unpaid employment	2266 (46.6)	450 (50.9)	261 (29.2)	46 (48.7)	496 (61.8)	354 (45.7)	359 (45.0)		
Unemployed	277 (5.7)	19 (2.1)	66 (7.4)	37 (5.2)	21 (2.6)	31 (4.0)	103 (12.9)		
Retired	874 (18.0)	192 (21.7)	74 (8.3)	256 (36.1)	113 (14.1)	64 (8.3)	175 (21.9)		
Long-term sickness	281 (5.8)	81 (9.2)	83 (9.3)	8 (1.1)	23 (2.9)	44 (5.7)	42 (5.3)		
Looking after home	783 (16.1)	103 (11.7)	377 (42.1)	21 (3.0)	42 (5.2)	142 (18.3)	98 (12.3)		
Full-time education	225 (4.6)	15 (1.7)	28 (3.1)	31 (4.4)	95 (11.8)	36 (4.6)	201 (25.5)		
Other	125 (2.6)	24 (2.7)	6 (0.7)	6 (0.8)	13 (1.6)	75 (9.7)	0 (0.1)		
Missing	34 (0.7)	0	0	5 (0.7)	0	29 (3.7)	0		
Professional, n (%)								232.97	<0.001
Yes	913 (18.8)	217 (24.5)	87 (9.7)	112 (15.8)	221 (27.5)	211 (27.2)	65 (8.2)		
No	3833 (78.8)	645 (73.0)	806 (90.1)	596 (83.9)	537 (66.9)	516 (66.6)	733 (91.8)		
Missing	119 (2.5)	22 (2.5)	2 (0.2)	2 (0.3)	45 (5.6)	48 (6.2)	0		
Immigrant, n (%)								199.71	<0.001
No	4447 (91.3)	808 (91.4)	852 (95.2)	570 (80.3)	730 (90.9)	713 (92.0)	774 (97.0)		
Yes	351 (7.3)	72 (8.1)	41 (4.6)	138 (19.4)	29 (3.6)	47 (6.1)	24 (3.0)		
Missing	67 (1.4)	4 (0.5)	2 (0.2)	2 (0.3)	44 (5.5)	15 (1.9)	0		

Table DS3 Common mental disorder and age							
Age band, years	Major depression ^a n (%)		Anxiety disorder ^b n (%)		Panic syndrome ^c n (%)		Total
	Present	Missing	Present	Missing	Present	Missing	
Men							
18–29	26 (8.8) ^d	7 (2.3)	19 (6.3)	2 (0.7)	12 (4.0)	1 (0.3)	303
30–39	39 (12.5)	8 (2.5)	11 (3.4)	1 (0.3)	21 (6.6)	1 (0.3)	321
40–49	48 (12.8)	4 (1.1)	29 (7.8)	5 (1.3)	38 (10.1)	2 (0.5)	378
50–59	49 (9.5)	8 (1.5)	29 (5.6)	8 (1.5)	35 (6.8)	5 (1.0)	522
60–69	32 (6.2)	5 (1.0)	18 (3.5)	10 (1.9)	21 (4.1)	7 (1.3)	524
70–76	5 (1.7)	4 (1.4)	11 (3.8)	4 (1.3)	5 (1.7)	3 (1.0)	296
Women							
18–29	126 (17.0)	14 (1.9)	65 (8.7)	7 (0.9)	63 (8.4)	4 (0.5)	756
30–39	137 (15.8)	11 (1.3)	82 (9.4)	8 (0.9)	83 (9.6)	10 (1.1)	877
40–49	144 (15.2)	24 (2.5)	112 (11.6)	8 (0.8)	119 (12.3)	6 (0.6)	972
50–59	139 (14.1)	26 (2.6)	117 (11.8)	17 (1.7)	100 (9.9)	6 (0.6)	1012
60–69	100 (11.7)	24 (2.7)	78 (9.1)	19 (2.2)	56 (6.4)	10 (1.1)	880
70–76	31 (8.6)	8 (2.2)	31 (8.7)	10 (2.7)	24 (6.6)	2 (0.5)	368

a. Men $\chi^2=36.49$, $P<0.001$; women $\chi^2=20.99$, $P=0.001$.
b. Men $\chi^2=12.44$, $P=0.03$; women $\chi^2=9.39$, $P=0.095$.
c. Men $\chi^2=28.18$, $P<0.001$; women $\chi^2=23.63$, $P<0.001$.
d. Percentage calculated after participants with missing data are removed from the denominator.

Table DS4 Mean (s.d.) consultation rates in attendees with and without common mental disorders					
Country ^a	UK	Spain	Slovenia	The Netherlands	Portugal
Major depression	7.5 (5.8)	11.5 (9.3)	8.6 (6.2)	7.5 (5.5)	4.4 (3.0)
No major depression	5.6 (4.5)	8.8 (6.8)	5.2 (4.4)	5.9 (4.9)	3.5 (2.4)
Anxiety syndrome	7.3 (4.9)	13.1 (9.9)	11.3 (7.7)	9.1 (6.8)	4.2 (3.0)
No anxiety syndrome	5.7 (4.8)	8.6 (6.5)	5.3 (0.5)	6.0 (5.0)	3.6 (2.5)
Panic syndrome	7.5 (5.4)	11.6 (7.7)	8.3 (6.5)	8.8 (6.2)	4.3 (2.8)
No panic syndrome	5.8 (4.8)	9.1 (7.3)	5.2 (4.4)	6.0 (5.0)	3.6 (2.5)
Any common mental disorder	7.2 (5.4)	11.6 (8.9)	8.1 (6.0)	8.0 (5.8)	4.3 (2.9)
No common mental disorder	5.6 (4.6)	8.5 (6.5)	5.1 (4.3)	5.8 (5.0)	3.5 (2.4)
All attendees ^b	5.9 (4.9)	9.4 (7.4)	5.4 (4.7)	6.1 (5.1)	3.7 (2.5)

a. It was not possible to collect consultation rates in Estonia.
b. Comparison between countries for all attendees, $F=191.33$, $d.f.=4$, $P<0.0001$.