**Depressive symptoms predict the incidence of common chronic diseases in women and men in a representative community sample**

Daniëlle Otten1, Mareike Ernst1, Antonia M. Werner1, Ana N. Tibubos1, Iris Reiner1, Elmar Brähler1, Jörg Wiltink1, Matthias Michal1, Markus Nagler2, Philipp S. Wild2,3,7, Thomas Münzel4,7, Jochem König5, Karl J. Lackner6,7, Norbert Peiffer8, Manfred E. Beutel1  
  
1 Department of Psychosomatic Medicine and Psychotherapy, University Medical Center of the Johannes Gutenberg-University Mainz, Mainz, Germany

2 Preventive Cardiology and Preventive Medicine – Department of Cardiology, University Medical Center of the Johannes Gutenberg-University Mainz, Mainz, Germany

3 Center for Thrombosis and Hemostasis (CTH), University Medical Center of the Johannes Gutenberg-University Mainz, Mainz, Germany

4 Department of Cardiology – Cardiology I, University Medical Center of the Johannes Gutenberg-University Mainz, Mainz, Germany

5 Institute of Medical Biostatistics, Epidemiology and Informatics (IMBEI), University Medical Center of the Johannes Gutenberg-University Mainz

6 Institute of Clinical Chemistry and Laboratory Medicine, University Medical Center of the Johannes Gutenberg-University Mainz, Mainz, Germany

7 German Center for Cardiovascular Research (DZHK), partner site Rhine-Main, Mainz, Germany

8 Department of Ophthalmology, University Medical Center of the Johannes Gutenberg-University Mainz, Mainz, Germany

*Correspondence:*   
M.Sc. Daniëlle Otten  
Department of Psychosomatic Medicine and Psychotherapy  
University Medical Center of the Johannes Gutenberg-University Mainz  
Langenbeckstraße 1, 55131 Mainz, Germany  
Phone: +49 (0)6131 17-7643  
E-Mail: [Danielle.Otten@unimedizin-mainz.de](mailto:Danielle.Otten@unimedizin-mainz.de)

Supplementary Table 2b. Multiple logistic regression models of new onset of CVD, chronic obstructive lung disease, diabetes mellitus, cancer, and migraine on depressive symptoms at baseline for men.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | CVD | | | | Chronic obstructive  lung disease | | | Diabetes mellitus | | | Cancer | |  | Migraine | | |
|  |  | OR | CI | p | OR | CI | p | OR | CI | p | OR | CI | p | OR | CI | p |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Depressive symptoms |  | 1.04 | 1.00-1.09 | .065 | **1.07** | 1.02-1.12 | .008 | 1.03 | 0.99-1.08 | .170 | 1.03 | 0.99-1.08 | .110 | **1.07** | 1.02-1.13 | .010 |
| *Sociodemographic* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Age |  | **1.08** | 1.06-1.10 | <.001 | 1.02 | 1.00-1.04 | .070 | **0.98** | 0.96-1.00 | .021 | **1.08** | 1.06-1.10 | <.001 | **0.96** | 0.94-0.98 | .001 |
| SES |  | 1.00 | 0.97-1.04 | .850 | 0.98 | 0.94-1.02 | .360 | 0.97 | 0.93-1.00 | .051 | 1.02 | 0.99-1.06 | .130 | 0.98 | 0.93-1.03 | .400 |
| Living with partner |  | 0.73 | 0.33-1.62 | .440 | 1.57 | 0.38-6.51 | .540 | 0.55 | 0.24-1.25 | .150 | 2.40 | 0.58-9.84 | .230 | 0.74 | 0.26-2.09 | .560 |
| Living alone |  | 0.68 | 0.28-1.65 | .390 | 1.64 | 0.37-7.26 | .520 | 0.57 | 0.23-1.42 | .230 | 3.35 | 0.78-14.32 | .100 | 0.89 | 0.29-2.75 | .840 |
| *Psychological* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Loneliness |  | 1.25 | 0.73-2.15 | .410 | 1.59 | 0.87-2.92 | .130 | 0.95 | 0.51-1.77 | .880 | 0.78 | 0.44-1.40 | .400 | 1.48 | 0.77-2.86 | .240 |
| *Metabolic* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BMI |  | **1.09** | 1.04-1.14 | <.001 | 1.02 | 0.96-1.10 | .490 | **1.06** | 1.01-1.11 | .024 | 1.02 | 0.97-1.07 | .500 | 1.07 | 0.99-1.15 | .095 |
| Dyslipidemia |  | 1.21 | 0.92-1.61 | .180 | 1.46 | 1.00-2.14 | .053 | **1.41** | 1.03-1.92 | .032 | 1.11 | 0.85-1.45 | .450 | 0.88 | 0.56-1.39 | .580 |
| Obesity |  | 0.80 | 0.50-1.27 | .340 | 0.96 | 0.51-1.82 | .900 | 1.39 | 0.86-2.25 | .170 | 0.97 | 0.62-1.53 | .910 | 0.58 | 0.27-1.26 | .170 |
| Blood glucose |  | 1.13 | 0.93-1.37 | .220 | 0.87 | 0.64-1.19 | .390 | **57.28** | 33.83-96.99 | <.001 | 0.96 | 0.79-1.17 | .700 | **0.52** | 0.34-0.80 | .003 |
| Hypertension |  | 0.98 | 0.72-1.34 | .890 | 1.17 | 0.77-1.77 | .470 | **1.75** | 1.22-2.51 | .002 | 1.20 | 0.89-1.62 | .220 | 0.84 | 0.52-1.34 | .460 |
| *Lifestyle* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Physical activity |  | 1.01 | 0.98-1.05 | .530 | 1.02 | 0.98-1.07 | .350 | **0.96** | 0.92-1.00 | .031 | 1.00 | 0.96-1.04 | .980 | 1.00 | 0.95-1.06 | .890 |
| Smoking |  | **1.79** | 1.26-2.53 | .001 | 1.52 | 0.97-2.37 | .067 | 1.05 | 0.72-1.55 | .790 | 0.86 | 0.58-1.28 | .460 | 1.17 | 0.72-1.92 | .520 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | Nagelkerke *R2*=.320 | | | Nagelkerke *R2*=.220 | | | Nagelkerke *R2*=.470 | | | Nagelkerke *R2*=.310 | | | Nagelkerke *R2*=.230 | | |

Note: OR=odds ratio; CI=confidence interval (2,5%-97,5%). For statistically significant predictors, the OR is printed in bold.