

Supplementary1. Association between Depression and subject demographic

Supplementary 1: Association between Depression and subject demographic						
Variables	Male			Female		
	Depressive symptoms (PHQ-9)			Depressive symptoms (PHQ-9)		
	OR	95% CI		OR	95% CI	
Work- related Physical Activity						
No	1.00			1.00		
Yes	1.71	(1.16	- 2.52)	2.33	(1.66	- 3.29)
Leisure Physical Activity						
No	1.00			1.00		
Yes	0.60	(0.42	- 0.87)	1.06	(0.77	- 1.46)
Age						
19-29	1.00			1.00		
30-39	1.32	(0.74	- 2.38)	0.76	(0.45	- 1.29)
40-49	0.94	(0.49	- 1.79)	0.51	(0.29	- 0.90)
50-59	0.56	(0.27	- 1.17)	0.55	(0.30	- 1.02)
60≤	1.20	(0.57	- 2.53)	1.03	(0.54	- 1.96)
Region						
Urban	1.00			1.00		
Rural	0.86	(0.62	- 1.18)	1.09	(0.85	- 1.41)
Education Level						
Under middle school	1.55	(0.90	- 2.67)	1.64	(1.04	- 2.61)
High school	1.00	(0.69	- 1.45)	1.11	(0.79	- 1.56)
University and over	1.00			1.00		
Marital state						
Married	1.00			1.00		
Single	1.38	(0.89	- 2.14)	0.98	(0.61	- 1.58)
Job						
White collar	1.00			1.00		
Pink collar	1.27	(0.80	- 2.01)	1.39	(0.98	- 1.98)
Blue collar	1.12	(0.73	- 1.71)	1.25	(0.84	- 1.85)
Working hours /week						
low(>40)	1.71	(1.12	- 2.61)	1.01	(0.74	- 1.39)
average(41-52)	1.00			1.00		
over(<52)	1.56	(1.00	- 2.44)	1.14	(0.76	- 1.72)
Income						
Low	1.95	(1.23	- 3.10)	2.23	(1.50	- 3.31)
Middle	1.02	(0.66	- 1.57)	1.95	(1.35	- 2.80)
High	1.00			1.00		
BMI¹⁾						
Low	1.54	(0.72	- 3.27)	1.02	(0.62	- 1.67)
Middle	1.00			1.00		
High	0.89	(0.64	- 1.23)	1.11	(0.85	- 1.44)
Smoking						
Yes	1.52	(1.09	- 2.11)	2.76	(1.91	- 4.00)
No	1.00			1.00		
Drinking						
Yes	1.23	(0.49	- 3.09)	0.82	(0.56	- 1.20)
No	1.00	(0.35	- 0.89)	1.00		
Stress Recognition Level						
Low	1.00			1.00		
Middle	3.60	(0.81	- 16.04)	3.05	(1.18	- 7.86)
High	31.09	(7.07	- 136.62)	30.09	(11.98	- 75.59)
Year						
2014	1.00			1.00		
2016	0.72	(0.46	- 1.12)	0.85	(0.62	- 1.16)
2018	0.54	(0.34	- 0.85)	0.74	(0.52	- 1.05)
2020	0.86	(0.55	- 1.33)	0.62	(0.42	- 0.91)

BMI body mass index;

1) Low <18.5kg/m2; Middle: 18.5–23kg/m2; High, ≥ 23 kg/m2