

Supplementary 2. Association between Depression and subject demographic

Variables	Depressive symptoms (PHQ-9)					
	Male			Female		
	β	S.E	P-value	β	S.E	P-value
Work- related Physical Activity						
No	Ref.			Ref.		
Yes	0.789	0.121	<.0001	1.306	0.206	<.0001
Leisure Physical Activity						
No	Ref.			Ref.		
Yes	-0.229	0.073	0.002	-0.019	0.099	0.846
Age						
19-29	Ref.			Ref.		
30-39	0.242	0.169	0.152	-0.067	0.209	0.748
40-49	0.166	0.175	0.341	-0.483	0.217	0.026
50-59	0.012	0.178	0.944	-0.342	0.229	0.136
60≤	0.283	0.187	0.130	-0.068	0.266	0.800
Region						
Urban	Ref.			Ref.		
Rural	-0.101	0.070	0.151	0.139	0.088	0.116
Education Level						
Under middle school	0.238	0.131	0.068	0.300	0.183	0.102
High school	0.105	0.087	0.229	0.037	0.116	0.748
University and over	Ref.			Ref.		
Marital state						
Married	Ref.			Ref.		
Single	0.633	0.137	<.0001	0.495	0.187	0.008
Job						
White collar	Ref.			Ref.		
Pink collar	0.085	0.109	0.436	0.329	0.124	0.008
Blue collar	-0.128	0.094	0.171	0.273	0.138	0.048
Working hours /week						
low(>40)	0.188	0.079	0.018	0.077	0.111	0.488
average(41-52)	Ref.			Ref.		
over(<52)	0.197	0.099	0.047	0.213	0.162	0.190
Income						
Low	0.419	0.111	0.000	0.594	0.131	<.0001
Middle	0.105	0.081	0.195	0.293	0.096	0.002
High	Ref.			Ref.		
BMI¹⁾						
Low	0.463	0.328	0.158	0.219	0.207	0.291
Middle	Ref.			Ref.		
High	-0.064	0.076	0.398	-0.062	0.097	0.524
Smoking						
Yes	0.316	0.076	<.0001	1.781	0.274	<.0001
No	Ref.			Ref.		
Drinking						
Yes	Ref.			Ref.		
No	0.029	0.184	0.874	-0.235	0.160	0.142
Stress Recognition Level						
Low	Ref.			Ref.		
Middle	0.728	0.060	<.0001	0.930	0.097	<.0001
High	2.835	0.106	<.0001	3.690	0.139	<.0001
Year						
2014	Ref.			Ref.		
2016	-0.222	0.102	0.030	-0.118	0.134	0.377
2018	-0.328	0.103	0.002	-0.424	0.133	0.001
2020	-0.180	0.114	0.113	-0.570	0.136	<.0001

BMI body mass index;

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