

Supplementary 3-1. Association between Depressive symptoms and subject demographic

Variables	Depressive symptoms (PHQ-9)					
	Male			Female		
	β	S.E	P-value	β	S.E	P-value
Work- related Physical Activity						
MET < 1	Ref.			Ref.		
MET $\geq$ 1	0.789	0.121	<.0001	1.260	0.203	<.0001
Leisure Physical Activity						
MET < 1	Ref.			Ref.		
MET $\geq$ 1	-0.229	0.073	0.002	-0.016	0.099	0.873