### Supplementary Table 6

Association between ultra-processed food intake and incident depressive symptoms (considering as cases, only the participants who had depressive symptoms and also reported antidepressant treatment during follow-up), NutriNet-Santé study

<table>
<thead>
<tr>
<th>Quartile 1</th>
<th>Quartile 2</th>
<th>Quartile 3</th>
<th>Quartile 4</th>
<th>P-trend</th>
<th>Continuous b</th>
<th>P c</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>UPF_EL, range</strong></td>
<td>0%-24%</td>
<td>24%-31%</td>
<td>31%-39%</td>
<td>39%-83%</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>UPF_EL, median (IQR)</strong></td>
<td>19% (6%)</td>
<td>27% (3%)</td>
<td>35% (4%)</td>
<td>46% (9%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>n</td>
<td>6,682</td>
<td>6,683</td>
<td>6,683</td>
<td>6,682</td>
<td>26,730</td>
<td></td>
</tr>
<tr>
<td>Number of cases</td>
<td>27</td>
<td>22</td>
<td>28</td>
<td>36</td>
<td>113</td>
<td></td>
</tr>
</tbody>
</table>

Model 1

- Adjusted for age, sex and body mass index

Model 2

- Adjusted for all variables in model 1 + marital status, educational level, occupational categories, household income per consumption unit, residential area, number of 24h-dietary records, inclusion month, energy intake without alcohol, alcohol intake, smoking status and physical activity (main model)

Model 3

- Adjusted for all variables in model 2 + dietary patterns derived from the factor analysis (“Healthy” and “Western” dietary pattern) and intakes of lipids, sodium, and carbohydrates

Model 4

- Adjusted for all variables in model 2 + health events during follow-up (cancer, Type 2 diabetes, hypertension and cardiovascular events)

Model 5

- Adjusted for all variables in model 2 + baseline CES-D score

Model 6

- Adjusted for all variables in model 2 + CDS score

Model 7

- Adjusted for all variables in model 2 + baseline CES-D score and CDS score

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a Values are hazard ratios (95% confidence intervals). CDS Cognitive Difficulties Scale; CES-D Center for Epidemiologic Studies Depression Scale; IQR Interquartile Range; UPF Proportion of ultra-processed food intake

b Hazard ratios for 10% increase in the proportion of ultra-processed food intake

c P for continuous variable

d Adjusted for age, sex and body mass index

e Adjusted for all variables in model 1 + marital status, educational level, occupational categories, household income per consumption unit, residential area, number of 24h-dietary records, inclusion month, energy intake without alcohol, alcohol intake, smoking status and physical activity (main model)

f Adjusted for all variables in model 2 + dietary patterns derived from the factor analysis (“Healthy” and “Western” dietary pattern) and intakes of lipids, sodium, and carbohydrates

g Adjusted for all variables in model 2 + health events during follow-up (cancer, Type 2 diabetes, hypertension and cardiovascular events)

h Adjusted for all variables in model 2 + baseline CES-D score

i Adjusted for all variables in model 2 + CDS score

j Adjusted for all variables in model 2 + baseline CES-D score and CDS score