Supplementary tables

Age effect

A mean-centred interaction term using baseline depressive symptoms multiplied by mean centred age was included in Poisson regression models. See Table 4 below. No significant effect for this interaction was found (IRR = 1.00, *p* = 0.38).

Table 4. Depressive symptoms and age interaction effect in a model to predict incident chronic illness burden (N = 2472).

Model	IRR	95% CI Lower	95% CI Upper	*p*
Age	1.02	1.01	1.02	<0.001
Sex				
Male	Reference			
Female	1.04	0.94	1.16	0.45
Ethnicity				
White	Reference			
Non-White	1.05	0.73	1.52	0.79
Cohabitation				
Cohabiting	Reference			
Non-cohabiting	0.95	0.83	1.08	0.41
Wealth				
1 (Poorest)	Reference			
2	0.94	0.77	1.14	0.52
3	0.90	0.75	1.08	0.27
4	0.96	0.80	1.16	0.66
5 (Wealthiest)	0.98	0.82	1.18	0.84
BMI	1.03	1.02	1.04	<0.001
Smoking				
Non-smoker	Reference			
Smoker	1.05	0.89	1.23	0.56
Alcohol consumption				
<3 days a week	Reference			
≥3 days a week	0.97	0.87	1.09	0.65
Regular physical activity				
Light/none weekly	Reference			
Moderate/vigorous ≤1 a week	0.91	0.76	1.09	0.30
Moderate/vigorous >1 a week	0.91	0.77	1.07	0.25

Hypertension				
Not hypertensive	Reference			
Hypertensive	1.18	1.06	1.32	0.003
Cognitive function	0.98	0.87	1.09	0.68
Baseline CES-D	1.05	1.02	1.08	0.003
Baseline CES-D x age interaction	1.00	1.00	1.00	0.38

Sex effect

An interaction term using baseline mean-centred depressive symptoms multiplied by sex was included in Poisson regression models. See Table 5 below. No significant effect for this interaction was found (IRR = 1.03, *p* = 0.42).

Table 5. Depressive symptoms and sex interaction effect in a model to predict incident chronic illness burden (N = 2472).

Model	IRR	95% CI Lower	95% CI Upper	*p*
Age	1.02	1.01	1.02	<0.001
Sex				
Male	Reference			
Female	1.04	0.93	1.16	0.50
Ethnicity				
White	Reference			
Non-White	1.05	0.73	1.51	0.80
Cohabitation				
Cohabiting	Reference			
Non-cohabiting	0.95	0.84	1.08	0.44
Wealth				
1 (Poorest)	Reference			
2	0.94	0.77	1.14	0.50
3	0.89	0.74	1.08	0.24
4	0.96	0.79	1.15	0.64
5 (Wealthiest)	0.98	0.82	1.18	0.83
BMI	1.03	1.02	1.04	<0.001
Smoking				
Non-smoker	Reference			
Smoker	1.05	0.90	1.23	0.54
Alcohol consumption				
<3 days a week	Reference			
≥3 days a week	0.97	0.87	1.09	0.63
Regular physical activity				
Light/none weekly	Reference			
Moderate/vigorous ≤1 a week	0.92	0.77	1.10	0.34
Moderate/vigorous >1 a week	0.92	0.78	1.08	0.30
Hypertension				

Not hypertensive	Reference			
Hypertensive	1.19	1.06	1.33	0.003
Cognitive function	0.98	0.87	1.10	0.69
Baseline CES-D	1.01	0.90	1.12	0.92
Baseline CES-D x sex interaction	1.03	0.96	1.09	0.42

Wealth effect

An interaction term using baseline mean-centred depressive symptoms multiplied by net financial wealth was included in Poisson regression models. See Table 6 below. No significant effect for this interaction was found (IRR = 1.01, *p* = 0.43).

Table 6. Depressive symptoms and wealth interaction effect in a model to predict incident chronic illness burden (N = 2472).

Model	IRR	95% CI Lower	95% CI Upper	*p*
Age	1.02	1.01	1.02	<0.001
Sex				
Male	Reference			
Female	1.04	0.93	1.16	0.49
Ethnicity				
White	Reference			
Non-White	1.05	0.73	1.51	0.81
Cohabitation				
Cohabiting	Reference			
Non-cohabiting	0.95	0.84	1.08	0.43
Wealth				
1 (Poorest)	Reference			
2	0.93	0.76	1.13	0.46
3	0.89	0.73	1.07	0.21
4	0.95	0.78	1.14	0.57
5 (Wealthiest)	0.97	0.81	1.17	0.78
BMI	1.03	1.02	1.05	<0.001
Smoking				
Non-smoker	Reference			
Smoker	1.05	0.89	1.23	0.56
Alcohol consumption				
<3 days a week	Reference			
≥3 days a week	0.97	0.87	1.09	0.64
Regular physical activity				
Light/none weekly	Reference			
Moderate/vigorous ≤1 a week	0.91	0.76	1.09	0.32
Moderate/vigorous >1 a week	0.92	0.78	1.08	0.28
Hypertension				
Not hypertensive	Reference			
Hypertensive	1.18	1.06	1.32	0.003

Cognitive function	0.98	0.87	1.10	0.68
Baseline CES-D	1.02	0.95	1.10	0.55
Baseline CES-D x wealth interaction	1.01	0.99	1.03	0.43