Table 1. Summary of overall evidence for the association between systemic inflammation and individual symptoms of depression

DEPRESSIVE SYMPTOM	PREVAL-ENCE (%)	DOMAIN	STRENGTH OF OVERALL EVIDENCE	EFFECT SIZE*	ROBUST TO MULTI-VARIABLE ADJUST-MENT	SUPPORT FOR TEMPO-RALITY	CONSISTENT ACROSS INFLAMM-ATORY MARKERS	HETERO-GENEITY OF META-ANALYSIS (I^2, τ^2)†	GENERAL-ISABLE ACROSS SUBGROUPS
SUPPORT FOR AN ASSOCIATION									
1. Changes in appetite	7.4	Physical symptom	STRONG	LARGE	YES	YES	YES	LOW (0%, 0.0003)	YES
2. Felt everything was an effort	16	Physical symptom	STRONG	LARGE	YES	YES	YES	HIGH (79%, 0.0142)	YES
3. Could not get going/energy	19.6	Physical symptom	STRONG	LARGE	YES	YES	YES	LOW (21%, 0.0023)	YES
4. Little interest in doing things/ unmotivated	11.2	Cognitive symptom	MODERATE	LARGE	YES	YES‡	MISSING DATA	LOW (22%, 0.0010)	YES
5. Sleep was restless	21.5	Physical symptom	MODERATE	MODERATE	YES	YES	YES	HIGH (67%, 0.0031)	YES
EVIDENCE AGAINST AN ASSOCIATION									
6. Bothered by things	6.7	Emotional symptom	STRONG	NO ASSOCIATION	NO	NO	YES	LOW (14%, 0.0027)	N/A
7. Felt hopeless about the future	18.2	Emotional symptom	STRONG	NO ASSOCIATION	NO	NO	YES	LOW (0%, 0.0016)	N/A
8. Felt fearful	3.8	Emotional symptom	MODERATE	NO ASSOCIATION	NO	NO	YES	HIGH (61%, 0.0131)	N/A
9. Life had been a failure	3.5	Emotional symptom	MODERATE	NO ASSOCIATION	NO	NO	YES	HIGH (62%, 0.0160)	N/A

Table 1. *(continued)*

DEPRESSIVE SYMPTOM	PREVAL-ENCE (%)	DOMAIN	STRENGTH OF OVERALL EVIDENCE	EFFECT SIZE*	ROBUST TO MULTI-VARIABLE ADJUST-MENT	SUPPORT FOR TEMPO-RALITY	CONSISTENT ACROSS INFLAMM-ATORY MARKERS	HETERO-GENEITY OF META-ANALYSIS (I^2, τ^2)†	GENERAL-ISABLE ACROSS SUBGROUPS
UNCERTAIN EVIDENCE									
10. Difficulties concentrating	8.7	Cognitive symptom	MODERATE	MODERATE	YES	YES	YES	MODERATE (47%, 0.0031)	NO
11. Could not shake off the blues	4.3	Perception of self	MIXED	MODERATE	NO	NO	NO	LOW (0%, 0.0016)	N/A
12. Felt worse than others	13.6	Perception of self	MIXED	NO ASSOCIATION	NO	YES	NO	LOW (0%,0.0016)	N/A
13. Felt depressed	10.2	Emotional symptom	MIXED	MODERATE	YES	YES	NO	MODERATE (43%, 0.0026)	N/A
14. Felt unhappy	12.5	Emotional symptom	MIXED	MODERATE	NO	YES	YES	MODERATE (49%, 0.0068)	N/A
15. Talked less than usual	7	Physical symptom	MIXED	NO ASSOCIATION	NO	YES	NO	LOW (0%, < 0.0001)	N/A
16. Felt lonely	11.5	Emotional symptom	MIXED	MODERATE	NO	YES	NO	LOW (0%, 0.0002)	N/A
17. People were unfriendly	3.1	Cognitive symptom	MIXED	NO ASSOCIATION	NO	NO	YES	MODERATE (36%, 0.0189)	N/A
18. Did not enjoy life	10.6	Emotional symptom	MIXED	MODERATE	NO	NO	NO	MODERATE (29%, 0.0028)	N/A
19. Had crying spells	2.5	Physical symptom	MIXED	LARGE	NO	NO	NO	MODERATE (36%, 0.0180)	N/A
20. Felt sad	14.1	Emotional symptom	MIXED	SMALL	NO	NO	NO	LOW (21%, 0.0017)	N/A
21. People dislike me	2.4	Perception of self	MIXED	NO ASSOCIATION	NO	NO	NO	HIGH (57%, 0.0326)	N/A
22. Feeling bad about yourself	5.3	Perception of self	MIXED & LACKING	MODERATE	NO	MISSING DATA	MISSING DATA	LOW (0%, 0.0002)	N/A
23. Moving or speaking slowly/ too fast	3.6	Physical symptom	MIXED & LACKING	MODERATE	NO	MISSING DATA	MISSING DATA	LOW (0%, 0.0015)	N/A

24. **Thought you would be better off dead**	1.1	Self-harm symptom	MIXED & LACKING	LARGE	NO	MISSING DATA	MISSING DATA	LOW (19%, 0.0095)	N/A

*Large, odds ratio ≥ 1.20 and $P < 0.05$; Moderate, odds ratio between 1.10 and 1.19 and $P < 0.05$; Small, odds ratio <1.10, but $P < 0.05$; No association, $P > 0.05$.

†Low, $I^2 < 25\%$; Moderate, I^2 25% - 50%; High, $I^2 > 50\%$; ‡ Results limited to Health and Retirement Study (HRS)