Supplementary Materials

Association between dietary patterns and depressive symptoms in Chinese adults

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Supplementary Table 1. Food grouping used in dietary pattern analysis

Food or food group	Food items included
Refined grains	Rice, wheat
Whole grains and starchy foods	Coarse grains (millet, sorghum, corn), starchy roots and tubers (sweet potato, yam, taro, potato)
Fried foods	Fried pastries (fried dough sticks, fried flatbread)
Meat (poultry and livestock)	Pork, beef, lamb, poultry meat
Organ meats	Animal offal
Seafood	Marine fish, shellfish, marine mollusks
Freshwater products	Freshwater fish, freshwater shellfish
Eggs	Eggs
Legumes and soy products	Tofu, dried tofu strips, tofu skin, soy milk, fermented soy products
Fresh vegetables	All types of fresh vegetables
Dried and pickled vegetables	Dried vegetables, salted vegetables, pickled vegetables, fermented vegetables (e.g., sauerkraut)
Dairy and dairy products	Dairy and dairy products
Fresh fruits	All types of fresh fruits
Nuts	Walnuts, almonds, common edible nuts
Alcoholic beverages	Low-alcohol liquor, high-alcohol liquor, beer, fruit wine
Sugary drinks and desserts	Fruit juice drinks, other sweetened beverages, pastries

Food items came from the semi-quantitative food frequency questionnaire.

Supplementary Table 2. The factor loading matrix for the four dietary patterns identified from the responses to the Food Frequency Questionnaire

Food Group	Balanced dietary pattern	Animal-Pickled vegetables pattern	High sugar-Alcohol pattern	Animal-Seafood-Egg pattern
Refined grains	0.84			
Whole grains and starchy foods	0.79			
Fried foods	0.38			
Meat (poultry and livestock)	0.38	0.61		0.31
Organ meats	0.30	0.58		
Seafood	0.53			0.45
Freshwater products	0.31	0.57		
Eggs	0.34			0.70
Legumes and soy products	0.70			
Fresh vegetables	0.81			
Dried and pickled vegetables	0.36	0.44		
Dairy and dairy products			0.68	
Fresh fruits	0.81			
Nuts	0.73			
Alcoholic beverages			0.37	
Sugary drinks and desserts	0.25	0.37	0.52	

The KMO value was 0.798, and Bartlett's test of sphericity was significant ($p < 0.001$).
|Loading| ≥ 0.30 indicates primary loadings used to define the core food groups of each dietary pattern; values < 0.30 were considered secondary contributions.

Supplementary Table 3. Sensitivity analysis of the associations between dietary patterns and depressive symptoms after additional adjustment for physical activity (n = 2,897)

Dietary pattern	OR (95% CI)	*p* value
Balanced dietary pattern	0.54(0.33,0.87)	0.011
Animal-Pickled vegetables dietary pattern	1.10(0.99,1.23)	0.080
High sugar-Alcohol dietary pattern	1.00(0.89,1.12)	0.988
Animal-Seafood-Egg dietary pattern	0.74(0.64,0.85)	<0.001