

## SUPPLEMENTAL TABLES

**Supplemental Table 1: PHQ-9 responses by item**

| PHQ-9 item  | Response options <sup>a</sup> | Responses (%)<br>N = 191 (100) |
|---|-------------------------------|--------------------------------|
| Little interest or pleasure in doing things   | Not at all                    | 117 (61.26)                    |
|   | Several days                  | 51 (26.70)                     |
|   | More than half the days       | 20 (10.47)                     |
|   | Nearly every day              | 3 (1.57)                       |
| Feeling down, depressed, or hopeless  | Not at all                    | 115 (60.21)                    |
|   | Several days                  | 59 (30.89)                     |
|   | More than half the days       | 11 (5.76)                      |
|   | Nearly every day              | 6 (3.14)                       |
| Trouble falling or staying asleep, or sleeping too much                                       | Not at all                    | 81 (42.41)                     |
|   | Several days                  | 65 (34.03)                     |
|   | More than half the days       | 30 (15.71)                     |
|   | Nearly every day              | 15 (7.85)                      |
| Feeling tired or having little energy   | Not at all                    | 63 (32.98)                     |
|   | Several days                  | 87 (45.55)                     |
|   | More than half the days       | 21 (10.99)                     |
|   | Nearly every day              | 20 (10.47)                     |
| Poor appetite or overeating   | Not at all                    | 108 (56.54)                    |
|   | Several days                  | 52 (27.23)                     |
|   | More than half the days       | 19 (9.95)                      |
|   | Nearly every day              | 12 (6.28)                      |
| Feeling bad about yourself—or that you are a failure or have let yourself or your family down | Not at all                    | 122 (63.87)                    |
|   | Several days                  | 52 (27.23)                     |
|   | More than half the days       | 11 (5.76)                      |
|   | Nearly every day              | 6 (3.14)                       |

|   |                         |             |
|---|-------------------------|-------------|
| Trouble concentrating on things, such as reading the newspaper or watching television   | Not at all              | 136 (71.20) |
|   | Several days            | 37 (19.37)  |
|   | More than half the days | 9 (4.71)    |
|   | Nearly every day        | 9 (4.71)    |
| Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual      | Not at all              | 160 (83.77) |
|   | Several days            | 24 (12.57)  |
|   | More than half the days | 5 (2.62)    |
|   | Nearly every day        | 2 (1.05)    |
| Thoughts that you would be better off dead or of hurting yourself in some way   | Not at all              | 181 (94.76) |
|   | Several days            | 7 (3.66)    |
|   | More than half the days | 3 (1.57)    |
|   | Nearly every day        | 0 (0.00)    |
| <sup>a</sup> Response option point values for depression score are as follows: “Not at all” = 0, “Several days” = 1, “More than half the days” = 2, “Nearly every day” = 3. |                         |             |

**Supplemental Table 2: Depression by severity**

| Depression category | Participants (%)<br>N = 191 (100) |
|---------------------|-----------------------------------|
| Minimal or absent   | 114 (59.69)                       |
| Mild                | 44 (23.04)                        |
| Moderate            | 22 (11.52)                        |
| Moderately severe   | 7 (3.66)                          |
| Severe              | 4 (2.09)                          |