

Supplemental table 1. Characteristics of the study sample according to level of psychological distress: UK Biobank (N=308,721)

	Psychological distress categories			P value ^a
	1	2	3	
Number	128,505	112,635	67,581	
Age (yr), mean (SD)	57.6 (7.80)	55.7 (8.12)	54.4 (7.99)	<0.0001
Female, N (%)	62,339 (48.5)	63,762 (56.6)	39,637 (58.7)	<0.0001
University/college degree, no (%)	45,035 (35.1)	41,868 (37.2)	21,294 (31.5)	<0.0001
Neuroticism, mean (SD)	2.08 (2.11)	3.65 (2.53)	6.27 (2.88)	<0.0001
Current smoker, N (%)	9,857 (7.67)	10,303 (9.15)	9,723 (14.4)	<0.0001
<5 fruit or vegetables per day, N (%)	74,903 (58.3)	69,570 (61.8)	43,400 (64.2)	<0.0001
Drinks alcohol daily or almost daily, N (%)	29,525 (23.0)	24,036 (21.3)	12,924 (19.1)	<0.0001
Number of types of physical activity in last 4 weeks ^b , mean (SD)	2.44 (1.14)	2.33 (1.15)	2.03 (1.18)	<0.0001
BMI (kg/m ²), mean (SD)	26.9 (4.23)	27.3 (4.71)	27.9 (5.22)	<0.0001
Systolic blood pressure (mmHg), mean (SD)	137.4 (18.5)	134.6 (18.3)	133.0 (18.0)	<0.0001
Grip strength (kg), mean (SD)	34.2 (11.2)	32.8 (11.2)	31.7 (11.3)	<0.0001
FEV1 (litre), mean (SD)	2.89 (0.79)	2.85 (0.80)	2.80 (0.80)	<0.001
Reaction time (milliseconds), mean (SD)	555.5 (112.2)	549.0 (109.8)	556.9 (119.3)	<0.001
Diagnosed with diabetes, N (%)	4,995 (3.89)	5,148 (4.57)	4,189 (6.20)	<0.0001
Diagnosed with vascular disease, N (%)	33,753 (26.3)	31,001 (27.5)	20,718 (30.7)	<0.0001
Diagnosed with chronic lung disease, N (%)	922 (0.72)	1,248 (1.11)	1,345 (1.99)	<0.0001
Diagnosed with asthma, N (%)	11,661 (9.07)	12,785 (11.3)	9,050 (13.4)	<0.0001
Diagnosed with deep vein thrombosis or pulmonary embolism, N (%)	2,733 (2.12)	2,788 (2.47)	2,195 (3.23)	<0.0001

^a p-value indicates significance of test for linearity in the case of continuous variables and chi-square tests in the case of categorical variables. Higher distress scores indicate a greater degree of distress.

^b Based on walking for pleasure, heavy do-it-yourself (e.g. weeding, lawn mowing, carpentry, digging), light do-it-yourself (e.g. pruning, watering the lawn), strenuous sports, and other exercise).