

Supplementary material

Table S1. Linear regression for Depression Symptoms.

EHIS 2014							
Explanatory variable	Unstandardized Coefficients			Beta	t	Sig.	
	β	95% CI for β	Std. Error				
(Constant)	1.291	1.161 1.421	0.066		19.421	<0.001	
PAF	-0.174	-0.217 -0.131	0.022	-0.216	-7.872	<0.001	
Sex	0.241	0.177 0.305	0.033	0.202	7.378	<0.001	
EHIS 2020							
Explanatory variable	Unstandardized Coefficients			Beta	t	Sig.	
	β	95% CI for β	Std. Error				
(Constant)	1.341	1.275 1.407	0.034		39.795	<0.001	
PAF	-0.083	-0.113 -0.052	0.016	-0.140	-5.326	<0.001	
Sex	0.134	0.081 0.186	0.027	0.131	4.991	<0.001	

EHIS: European Health Survey Spain; B: Beta (Standardized coefficients); CI: Confidence interval; Std. Error: Standard error; t: t statistic; Sig: Significance; PAF: Physical Activity Frequency; Sex (Men=0; Women=1).

Table S2. Linear regression for Self-perceived Health

EHIS 2014							
Explanatory variable	Unstandardized Coefficients			Beta	t	Sig.	
	β	95% CI for β	Std. Error				
(Constant)	1.886	1.719 2.052	0.085		22.278	0.000	
PAF	0.299	0.244 0.355	0.028	0.289	10.619	0.000	
Sex	-0.175	-0.257 -0.094	0.042	-0.115	-4.218	0.000	
EHIS 2020							
Explanatory variable	Unstandardized Coefficients			Beta	t	Sig.	
	β	95% CI for β	Std. Error				
(Constant)	2.683	2.411 2.956	0.139		19.299	0.000	
PAF	0.146	0.101 0.191	0.023	0.166	6.361	0.000	
Sex	-0.171	-0.248 -0.094	0.039	-0.114	-4.360	0.000	
BMI	-0.015	-0.023 -0.007	0.004	-0.097	-3.719	0.000	

EHIS, European Health Survey Spain; β , Beta (Standardized coefficients); CI, Confidence interval; Std. Error, Standard error; t, t statistic; Sig, Significance; PAF: Physical Activity Frequency; Sex (Men=0; Women=1).

Table S3. Educational level of the participants: EHSS2014

			Sex		Overall
			Men	Women	
Educational Level	Cannot read or write	n	9 _a	46 _b	55
		%	1.3%	7.3%	4.2%
	Incomplete primary education (Attended less than 5 years of primary school)	n	111 _a	191 _b	302
		%	16.2%	30.2%	22.9%
	Completed primary education	n	254 _a	249 _a	503
		%	37.0%	39.4%	38.1%
	First stage of Secondary Education, with or without a diploma (2nd year of secondary school)	n	112 _a	69 _b	181
		%	16.3%	10.9%	13.7%
	Post-secondary education	n	64 _a	25 _b	89
		%	9.3%	4.0%	6.7%
	Intermediate professional education or equivalent	n	22 _a	12 _a	34
		%	3.2%	1.9%	2.6%
	Higher professional education or equivalent	n	33 _a	6 _b	39
		%	4.8%	0.9%	3.0%
	University studies or equivalent	n	82 _a	34 _b	116
		%	11.9%	5.4%	8.8%
	Overall	n	687	632	1319
		%	100.0%	100.0%	100.0%

n (participantes); % (percentage); Each subscript letter denotes a subset of Sex categories whose column proportions do not differ significantly from each other at the .05 level.

Table S4. Educational level of the participants: EHSS2020

		Sex		Overall
		Men	Women	
Educational Level	Cannot read or write	n 3 _a	16 _b	19
		% 15.8%	84.2%	100.0%
	Incomplete primary education (Attended less than 5 years of primary school)	n 109 _a	148 _b	257
		% 42.4%	57.6%	100.0%
	Completed primary education	n 243 _a	231 _a	474
		% 51.3%	48.7%	100.0%
	First stage of Secondary Education, with or without a diploma (2nd year of secondary school)	n 188 _a	140 _a	328
		% 57.3%	42.7%	100.0%
	Post-secondary education	n 84 _a	45 _b	129
		% 65.1%	34.9%	100.0%
	Intermediate professional education or equivalent	n 36 _a	29 _a	65
		% 55.4%	44.6%	100.0%
	Higher professional education or equivalent	n 41 _a	15 _b	56
		% 73.2%	26.8%	100.0%
	University studies or equivalent	n 95 _a	57 _b	152
		% 62.5%	37.5%	100.0%
	Overall	n 799	681	1480
		% 54.0%	46.0%	100.0%

n (participantes); % (percentage); Each subscript letter denotes a subset of Sex categories whose column proportions do not differ significantly from each other at the .05 level.