

1 Table S1. The relevant original questionnaire items (in Japanese) and their English version (translated by the authors) in the Comprehensive Survey of Living Conditions
2 of Japan in 2016.

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4 *Demographic variables*

| 2016 年国民生活基礎調査 | | Comprehensive Survey of Living Conditions in 2016 | |
|----------------|--------|---|--|
| 質問 | 選択肢 | Questionnaire items | Answer option |
| 性 | | Sex | |
| | 男 | | Male |
| | 女 | | Female |
| 出生年月 | | Month of birth | |
| | 年 | | Year |
| | 月 | | Month |
| 教育 | | Educational qualification | |
| | 小学・中学 | | Primary and junior high school |
| | 高校・旧性中 | | High school |
| | 専門学校 | | Vocational school |
| | 短大・高専 | | Community college or technical college |
| | 大学 | | University |
| | 大学院 | | Post graduate school |
| 配偶者の有無 | | Marital status | |
| | 配偶者あり | | Married |
| | 未婚 | | Single |
| | 死別 | | Widowed |
| | 離別 | | Divorced |

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| 2016 年国民生活基礎調査 | | Comprehensive Survey of Living Conditions in 2016 | |
|---|----------|--|-------------------------------|
| 質問 | 選択肢 | Questionnaire items | Answer option |
| あなたは現在、傷病（病気やけが）で病院や診療所（医院、歯科医院）、あんま・はり・きゅう・柔道整復師（施術所）に通っていますか？ | 通っている | Do you, currently, have a constant visit to hospital, clinic, acupuncture, moxibustion, Japanese massage, or Judo therapy for your health conditions (diseases or injuries)? † | Yes, I do |
| | 通っていない | | No, I do not |
| あなたの現在の健康状態はいかがですか？ | よい | What do you think of your general health condition? | Very good |
| | まあよい | | Good |
| | ふつう | | Not good not bad |
| | あまりよくない | | Bad |
| | よくない | | Very bad |
| a) あなたは週に何日くらいお酒(清酒、焼酎、ビール、洋酒など)を飲みますか？ | 毎日 | a) How often do you drink alcohol? † | Every day |
| | 週 5-6 日 | | Five to six days per week |
| | 週 3-4 日 | | Three to four days per week |
| | 週 1-2 日 | | One to two days per week |
| | 月 1-3 日 | | One to three days per a month |
| | ほとんど飲まない | | I seldom drink alcohol |
| | やめた | | I quit drinking alcohol |

| | |
|---|--|
| <p>飲まない</p> <p>b)お酒を飲む日は1日あたり、どのくらいの量を飲みますか。</p> | <p>I do not drink alcohol</p> <p>b) How much alcohol do you drink in a day? † †</p> |
| <p>1 合 (180ml) 未満</p> <p>1 合以上 2 合 (360ml) 未満</p> <p>2 合以上 3 合 (540ml) 未満</p> <p>3 合以上 4 合 (720ml) 未満</p> <p>4 合以上 5 合 (900ml) 未満</p> <p>5 合 (900ml) 以上</p> | <p>Less than 180 ml</p> <p>180ml ≦ alcohol drink < 360ml</p> <p>360ml ≦ alcohol drink < 540ml</p> <p>540ml ≦ alcohol drink < 720ml</p> <p>720ml ≦ alcohol drink < 900ml</p> <p>900ml ≦ alcohol drink</p> |
| <p>あなたはたばこを吸いますか？</p> <p>毎日吸っている</p> <p>時々吸う日がある</p> <p>以前は吸っていたが1か月以上吸っていない</p> <p>吸わない</p> | <p>Do you smoke?</p> <p>Every day</p> <p>Sometimes</p> <p>I quit smoking for more than a month</p> <p>I do not smoke</p> |

† No clear definition regarding the frequency of visit is provided in the questionnaire.

† † There are two kinds of questions regarding alcohol consumptions: a) frequency and b) amount of drinking. For calculating the amount of ethyl alcohol consumptions (g) per week, we equivalized 180ml alcohol drink with 20g ethyl alcohol. Furthermore, we interpreted each answer option as followed:

Question a) (frequency): every day; 7 days/week, five to six days per week; 6 days/week, three to four days per week; 4 days/week; one to two days per week; 2 days/week; one to three days per a month; 0.7 days/week and, I seldom drink alcohols, or I quit drinking alcohols or I do not drink alcohols; 0 day/week

Question b) (amount): less than 180 ml; 90 ml/day, 180ml ≦ alcohols < 360ml; 270ml/day, 360ml ≦ alcohols < 540ml; 450ml/day, 540ml ≦ alcohols < 720ml; 630ml/day, 720ml ≦ alcohols < 900ml; 810ml/day and, 900ml ≦ alcohols; 990ml/day

We calculated weekly ethyl alcohol consumption by multiplying the frequency and amount of alcohol consumption.

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|---|----------|--|----------------------|
| 質問 | 選択肢 | Questionnaire items | Answer option |
| 現在の暮らしの状況を総合的にみて、 どう感じていますか。 | | What do you think your current general economic situation? | |
| | 大変苦しい | | Very poor |
| | やや苦しい | | Poor |
| | 普通 | | Not poor not wealthy |
| | ややゆとりがある | | Wealthy |
| | 大変ゆとりがある | | Very wealthy |
| 次の(ア)から(カ)の質問について、過去 1 か月の間どうでしたか？ | | The following questions are about how you have been feeling during the past 30 days. | |
| ア)神経過敏に感じましたか | | 1) How often did you feel nervous? | |
| イ) 絶望的だと感じましたか | | 2) How often did you feel hopeless? | |
| ウ) そわそわ、落ち着かなく感じまし たか | | 3) How often did you feel restless or fidgety? | |
| エ) 気分が沈み込んで、何が起こって も気が 晴れないように感じました か | | 4) How often did you feel so depressed that nothing could cheer you up? | |
| オ) 何をするのも骨折りだと感じまし たか | | 5) How often did you feel everything was an effort? | |
| カ) 自分は価値のない人間だと感じま したか | | 6) How often did you feel worthless? | |
| いつも | | All | |

たいてい
ときどき
少しだけ
まったくない

Most
Some
A little
None

医療保険の加入状況

Health insurance

国民健康保険（市町村か組合）
被用者保険（加入者本人か家族（被扶養者））
後期高齢者医療制度
その他

National Health Insurance
Employee insurance
Medical care system for older adults in the latter stage of life (over 75 years)
Other

a)仕事の状況††

Working situation

仕事あり（主に仕事をしている、主に家事で仕事あり、主に通学で仕事あり、その他）
仕事なし（通学、家事、その他）

Working (mainly working, housework, schooling or others)
Not-working (housework, schooling or others)

b)勤めか自営かの別††

Types of work

一般常勤者（契約期間の定めのない雇用者）
一般常勤者（契約期間が1か月以上の雇用者）
1月以上1年未満の契約の雇用者
日々又は1月未満の契約の雇用者
会社・団体等の役員

1)Employee (contract period: permanent)
2) Employee (contract period: more than a month)
3) Contract employee(1 month \leq contract period \leq 1 year)
4) Contract employee (contract period < 1 month)
5) Executive of company or corporation

| | |
|-----------------|-------------------------------------|
| 自営業者（雇人あり） | 6) Self-employed (with employee) |
| 自営業者（雇人なし） | 7) Self-employed (without employee) |
| 家族従業者（自家営業の手伝い） | 8) Family worker |
| 内職 | 9) Doing piecework at home |
| その他 | 10) Other |

21 † † There are two questions regarding employment status: a) working situation and b) types of work. We considered employment status as:

22 Unemployed : a) Answer; Not-working

23 Employed : a) Answer; Working AND b) Answer; 1–4)

24 Self- employed : a) Answer; Working AND b) Answer; 6 or 7)

25 Employed(others): a) Answer; Working AND b) Answer; 5 or 8–10)

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