

Supplementary Materials

Supplementary Table S1. Relapse rate by general and clinical characteristics of participants

	No relapse/recurrence		Relapse/recurrence		<i>P-value</i> ^a
	N	(%)	N	(%)	
Total	13,781	40.09	20,597	59.91	
Continuous pharmacological treatment					
No	10,782	78.24	15,574	75.61	<0.0001
Yes	2,999	21.76	5,023	24.39	
Age (years)					
Mean ± standard deviation	41.40±12.79		41.69±12.42		0.0421
18–29	2,972	21.57	3,962	19.24	<0.0001
30–39	3,109	22.56	5,008	24.31	
40–49	3,470	25.18	5,356	26.00	
50–59	3,073	22.30	4,516	21.93	
60–69	1,157	8.40	1,755	8.52	
Sex					
Male	6,028	43.74	9,382	45.55	0.0009
Female	7,753	56.26	11,215	54.45	
Primary diagnosis during initial treatment period					
F40	1,086	7.88	1,944	9.44	<0.0001
F41	12,695	92.12	18,653	90.56	
Charlson comorbidity index⁹					
0	10,102	73.30	14,737	71.55	0.0052
1	1,956	14.19	3,117	15.13	

2	1,221	8.86	1,934	9.39	
≥3	502	3.64	809	3.93	
Specialty of physician					
Psychiatry	12,695	92.12	18,573	90.17	<0.0001
Non-psychiatry	1,086	7.88	2,024	9.83	
Number of follow-up visits for the first 3 months					
<3 (less than three)	3,471	25.19	7,771	37.73	<0.0001
3≤ (three or more)	10,310	74.81	12,826	62.27	
Initial choice of antidepressants					
No antidepressant medications	1,777	12.89	3,104	15.07	<0.0001
Use of one antidepressant	10,601	76.92	15,699	76.22	
Combined use of antidepressants	1,403	10.18	1,794	8.71	
Initial choice of other psychiatric medication					
No other psychiatric medication	2,526	18.33	3,459	16.79	<0.0001
Use of one other psychiatric medication	9,199	66.75	14,463	70.22	
Combined use of other psychiatric medication	2,056	14.92	2,675	12.99	
Last antidepressant prescription of initial treatment period					
No antidepressants medications	683	4.96	1,846	8.96	<0.0001
Use of one antidepressant	10,958	79.52	16,334	79.30	
Combined use of antidepressants	2,140	15.53	2,417	11.73	
Last other psychiatric medication prescription of initial treatment period					
No other psychiatric medication	3,713	26.94	4,922	23.90	<0.0001
Use of one other psychiatric medication	7,831	56.82	12,959	62.92	

Combined use of other psychiatric medication	2,237	16.23	2,716	13.19
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Number of used categories of antidepressant during initial treatment period

0	-	0.00	917	4.45	<0.0001
1	8,294	60.18	13,407	65.09	
2	3,785	27.47	4,475	21.73	
≥3	1,702	12.35	1,798	8.73	

^a. p-value were obtained using chi-square tests and Student's t-tests.

Supplementary Table S2. Sensitivity analysis concerning definitions of the participant with continuous pharmacological treatment (>365 days).

Cox proportional hazard regression for the relapse/recurrence of anxiety disorders

	Unadjusted HR (95% CI)	p-value	Adjusted HR (95% CI)	p-value
Continuous antidepressant treatment				
No				
Yes	1.436 (1.377-1.497)	<0.0001	1.681 (1.609-1.757)	<0.0001
Age (years)				
18–29				
30–39	1.139 (1.093–1.188)	<0.0001	1.129 (1.082–1.177)	<0.0001
40–49	1.117 (1.072–1.163)	<0.0001	1.098 (1.054–1.145)	<0.0001
50–59	1.07 (1.026–1.117)	0.0018	1.038 (0.994–1.085)	0.0917
60–69	1.091 (1.032–1.155)	0.0023	1.058 (0.999–1.121)	0.0533
Sex				
Female				
Male	1.061 (1.033–1.091)	<0.0001	1.044 (1.015–1.073)	0.0024

Primary diagnosis during initial treatment period

F40

F41

0.887 (0.846–0.929)

<0.0001

0.902 (0.860–0.946)

<0.0001

Charlson comorbidity index⁹

0

1

1.057 (1.017–1.099)

0.005

2

1.062 (1.013–1.114)

0.0126

≥3

1.113 (1.037–1.195)

0.003

Specialty of physician

Non-psychiatry

Psychiatry

0.837 (0.800–0.877)

<0.0001

0.901 (0.859–0.944)

<0.0001

Number of follow-up visits during the first three months

<3 (less than three)

3≤ (three or more)

0.783 (0.762–0.806)

<0.0001

0.8 (0.776–0.825)

<0.0001

Initial choice of antidepressants

No antidepressant medications

Use of one antidepressant	0.859 (0.827–0.893)	<0.0001	1.085 (1.036–1.136)	0.0003
Combined use of antidepressants	0.788 (0.744–0.836)	<0.0001	1.209 (1.126–1.299)	<0.0001

Initial choice of other psychiatric medication

No other psychiatric medication

Use of one other psychiatric medication	1.096 (1.056–1.138)	<0.0001	1.003 (0.957–1.051)	0.8972
Combined use of other psychiatric medication	0.979 (0.930–1.029)	0.4014	1.002 (0.939–1.070)	0.9742

Last choice of antidepressants

No antidepressant medications

Use of one antidepressant	0.661 (0.629–0.693)	<0.0001	1.029 (0.962–1.101)	0.4088
Combined use of antidepressants	0.56 (0.527–0.595)	<0.0001	0.973 (0.895–1.056)	0.5087

Last choice of other psychiatric medication

No other psychiatric medication

Use of one other psychiatric medication	1.159 (1.122–1.198)	<0.0001	1.146 (1.099–1.195)	<0.0001
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Combined use of other psychiatric medication	0.965 (0.921–1.011)	0.1344	1.013 (0.954–1.076)	0.3107
Number of used categories of antidepressant during initial treatment period				
0				
1	0.305 (0.285–0.326)	<0.0001	0.309 (0.279–0.342)	<0.0001
2	0.253 (0.235–0.271)	<0.0001	0.253 (0.228–0.282)	<0.0001
≥3	0.245 (0.226–0.266)	<0.0001	0.238 (0.212–0.266)	<0.0001

Supplementary Table S3. Sensitivity analysis concerning definitions of the participant with continuous pharmacological treatment (>540 days).

Cox proportional hazard regression for the relapse/recurrence of anxiety disorders

	Unadjusted HR (95% CI)	p-value	Adjusted HR (95% CI)	p-value
Continuous antidepressant treatment				
No				
Yes	1.500 (1.423–1.581)	<0.0001	1.744 (1.651–1.842)	<0.0001
Age (years)				
18–29				
30–39	1.139 (1.093–1.188)	<0.0001	1.134 (1.087–1.182)	<0.0001
40–49	1.117 (1.072–1.163)	<0.0001	1.105 (1.060–1.152)	<0.0001
50–59	1.07 (1.026–1.117)	0.0018	1.043 (0.998–1.090)	0.0587
60–69	1.091 (1.032–1.155)	0.0023	1.064 (1.005–1.127)	0.0340
Sex				
Female				
Male	1.061 (1.033–1.091)	<0.0001	1.045 (1.016–1.074)	0.0019

Primary diagnosis during initial treatment period

F40

F41

0.887 (0.846–0.929)

<0.0001

0.898 (0.856–0.942)

<0.0001

Charlson comorbidity index⁹

0

1

1.057 (1.017–1.099)

0.005

2

1.062 (1.013–1.114)

0.0126

≥3

1.113 (1.037–1.195)

0.003

Specialty of physician

Non-psychiatry

Psychiatry

0.837 (0.800–0.877)

<0.0001

0.898 (0.857–0.941)

<0.0001

Number of follow-up visits during the first three months

<3 (less than three)

3≤ (three or more)

0.783 (0.762–0.806)

<0.0001

0.849 (0.824–0.875)

<0.0001

Initial choice of antidepressants

No antidepressant medications

Use of one antidepressant	0.859 (0.827–0.893)	<0.0001	1.079 (1.030–1.130)	0.0013
Combined use of antidepressants	0.788 (0.744–0.836)	<0.0001	1.195 (1.112–1.284)	<0.0001

Initial choice of other psychiatric medication

No other psychiatric medication

Use of one other psychiatric medication	1.096 (1.056–1.138)	<0.0001	1.014 (0.967–1.063)	0.5650
Combined use of other psychiatric medication	0.979 (0.930–1.029)	0.4014	1.010 (0.946–1.078)	0.7696

Last choice of antidepressants

No antidepressant medications

Use of one antidepressant	0.661 (0.629–0.693)	<0.0001	1.009 (0.943–1.079)	0.7984
Combined use of antidepressants	0.56 (0.527–0.595)	<0.0001	0.947 (0.872–1.028)	0.1951

Last choice of other psychiatric medication

No other psychiatric medication

Use of one other psychiatric medication	1.159 (1.122–1.198)	<0.0001	1.124 (1.078–1.172)	<0.0001
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Combined use of other psychiatric medication	0.965 (0.921–1.011)	0.1344	0.996 (0.937–1.058)	0.8873
Number of used categories of antidepressant during initial treatment period				
0				
1	0.305 (0.285–0.326)	<0.0001	0.315 (0.284–0.349)	<0.0001
2	0.253 (0.235–0.271)	<0.0001	0.261 (0.234–0.290)	<0.0001
≥3	0.245 (0.226–0.266)	<0.0001	0.248 (0.221–0.277)	<0.0001

Supplementary Table S4. Sensitivity analysis concerning definitions of the participant with continuous pharmacological treatment (>730 days).

Cox proportional hazard regression for the relapse/recurrence of anxiety disorders

	Unadjusted HR (95% CI)	p-value	Adjusted HR (95% CI)	p-value
Continuous antidepressant treatment				
No				
Yes	1.533 (1.433-1.640)	<0.0001	1.782 (1.662-1.909)	<0.0001
Age (years)				
18–29				
30–39	1.139 (1.093–1.188)	<0.0001	1.139 (1.092–1.188)	<0.0001
40–49	1.117 (1.072–1.163)	<0.0001	1.110 (1.065–1.157)	<0.0001
50–59	1.07 (1.026–1.117)	0.0018	1.049 (1.004–1.096)	0.0314
60–69	1.091 (1.032–1.155)	0.0023	1.067 (1.008–1.130)	0.0264
Sex				
Female				
Male	1.061 (1.033–1.091)	<0.0001	1.047 (1.019–1.077)	0.0010

Primary diagnosis during initial treatment period

F40

F41

0.887 (0.846–0.929)

<0.0001

0.897 (0.855–0.941)

<0.0001

Charlson comorbidity index⁹

0

1

1.057 (1.017–1.099)

0.005

2

1.062 (1.013–1.114)

0.0126

≥3

1.113 (1.037–1.195)

0.003

Specialty of physician

Non-psychiatry

Psychiatry

0.837 (0.800–0.877)

<0.0001

0.898 (0.857–0.941)

<0.0001

Number of follow-up visits during the first three months

<3 (less than three)

3≤ (three or more)

0.783 (0.762–0.806)

<0.0001

0.858 (0.833–0.885)

<0.0001

Initial choice of antidepressants

No antidepressant medications				
Use of one antidepressant	0.859 (0.827–0.893)	<0.0001	1.078 (1.029–1.129)	0.0015
Combined use of antidepressants	0.788 (0.744–0.836)	<0.0001	1.187 (1.105–1.275)	<0.0001
Initial choice of other psychiatric medication				
No other psychiatric medication				
Use of one other psychiatric medication	1.096 (1.056–1.138)	<0.0001	1.021 (0.974–1.070)	0.3952
Combined use of other psychiatric medication	0.979 (0.930–1.029)	0.4014	1.015 (0.951–1.083)	0.6611
Last choice of antidepressants				
No antidepressant medications				
Use of one antidepressant	0.661 (0.629–0.693)	<0.0001	1.000 (0.935–1.070)	0.9971
Combined use of antidepressants	0.56 (0.527–0.595)	<0.0001	0.938 (0.864–1.019)	0.1314
Last choice of other psychiatric medication				
No other psychiatric medication				
Use of one other psychiatric medication	1.159 (1.122–1.198)	<0.0001	1.112 (1.067–1.160)	<0.0001

Combined use of other psychiatric medication	0.965 (0.921–1.011)	0.1344	0.986 (0.928–1.047)	0.6455
Number of used categories of antidepressant during initial treatment period				
0				
1	0.305 (0.285–0.326)	<0.0001	0.319 (0.288–0.354)	<0.0001
2	0.253 (0.235–0.271)	<0.0001	0.266 (0.239–0.296)	<0.0001
≥3	0.245 (0.226–0.266)	<0.0001	0.256 (0.229–0.287)	<0.0001
