**Supplementary Table S3.** Univariate analysis of influencing factors of psychological symptoms, sleep quality and quality of life in female patients with IBD [n(%)]

| Variable | Anxiety | | | Depression | | | Sleep disturbance | | | Poor quality of life | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | No (*n*=647) | Yes (*n*=284) | *P*-value | No (*n*=623) | Yes (*n*=308) | *P*-value | No (*n*=343) | Yes (*n*=588) | *P*-value | No (*n*=542) | Yes (*n*=389) | *P*-value |
| Age (years old) | | | 0.969 | | | 0.939 | | | 0.176 | | | 0.652 |
| 18～35 | 288(44.5) | 124(43.7) | | 276(44.3) | 136(44.2) | | 165(48.1) | 247(42.0) | | 246(45.4) | 166(42.7) | |
| 36～60 | 326(50.4) | 145(51.1) | | 316(50.7) | 155(50.3) | | 163(47.5) | 308(52.4) | | 270(49.8) | 201(51.7) | |
| ＞60 | 33(5.1) | 15(5.3) | | 31(5.0) | 17(5.5) | | 15(4.4) | 33(5.6) | | 26(4.8) | 22(5.7) | |
| First visit | | | 0.050 | | | 0.083 | | | 0.301 | | | <0.001 |
| Yes | 125(19.3) | 71(25.0) | | 121(19.4) | 75(24.4) | | 66(19.2) | 130(22.1) | | 85(15.7) | 111(28.5) | |
| No | 522(80.7) | 213(75.0) | | 502(80.6) | 233(75.6) | | 277(80.8) | 458(77.9) | | 457(84.3) | 278(71.5) | |
| Disease activity | | | <0.001 | | | 0.001 | | | 0.017 | | | <0.001 |
| Remission | 247(38.2) | 74(26.1) | | 237(38.0) | 84(27.3) | | 135(39.4) | 186(31.6) | | 262(48.3) | 59(15.2) | |
| Active | 400(61.8) | 210(73.9) | 0.030 | 386(62.0) | 224(72.7) | 0.004 | 208(60.6) | 402(68.4) | 0.058 | 280(51.7) | 330(84.8) | <0.001 |
| Mild | 148(37.0) | 72(34.3) | | 135(35.0) | 85(37.9) | | 74(35.6) | 146(36.3) | | 119(42.5) | 101(30.6) | |
| Moderate | 213(53.3) | 102(48.6) | | 215(55.7) | 100(44.6) | | 117(56.3) | 198(49.3) | | 146(52.1) | 169(51.2) | |
| Severe | 39(9.8) | 36(17.1) | | 36(9.3) | 39(17.4) | | 17(8.2) | 58(14.4) | | 15(5.4) | 60(18.2) | |
| Disease type | | | 0.076 | | | 0.246 | | | 0.850 | | | 0.005 |
| UC | 417(64.5) | 200(70.4) | | 405(65.0) | 212(68.8) | | 226(65.9) | 391(66.5) | | 339(62.5) | 278(71.5) | |
| CD | 230(35.5) | 84(29.6) | | 218(35.0) | 96(31.2) | | 117(34.1) | 197(33.5) | | 203(37.5) | 111(28.5) | |
| Disease duration | | | 0.641 | | | 0.753 | | | 0.481 | | | 0.228 |
| <2 years | 269(41.6) | 110(38.7) | | 255(40.9) | 124(40.3) | | 148(43.1) | 231(39.3) | | 209(38.6) | 170(43.7) | |
| 2～5 years | 170(26.3) | 82(28.9) | | 164(26.3) | 88(28.6) | | 91(26.5) | 161(27.4) | | 156(28.8) | 96(24.7) | |
| >5 years | 208(32.1) | 92(32.4) | | 204(32.7) | 96(31.2) | | 104(30.3) | 196(33.3) | | 177(32.7) | 123(31.6) | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Diarrhea | | | 0.094 | | | 0.041 | | | 0.672 | | | <0.001 |
| Yes | 398(61.5) | 191(67.3) | | 380(61.0) | 209(67.9) | | 220(64.1) | 369(62.8) | | 296(54.6) | 293(75.3) | |
| No | 135(42.7) | 93(32.7) | | 243(39.0) | 99(32.1) | | 123(35.9) | 219(37.2) | | 246(45.4) | 96(24.7) | |
| Hematochezia | | | 0.002 | | | 0.031 | | | 0.200 | | | <0.001 |
| Yes | 290(44.8) | 159(56.0) | | 285(45.7) | 164(53.2) | | 156(45.5) | 293(49.8) | | 212(39.1) | 237(60.9) | |
| No | 357(55.2) | 125(44.0) | | 338(54.3) | 144(46.8) | | 187(54.5) | 295(50.2) | | 330(60.9) | 152(39.1) | |
| Abdominal pain | | | 0.330 | | | 0.810 | | | 0.425 | | | <0.001 |
| Yes | 372(57.5) | 173(60.9) | | 363(58.3) | 182(59.1) | | 195(56.9) | 350(59.5) | | 282(52.0) | 263(67.6) | |
| No | 275(42.5) | 111(39.1) | | 260(41.7) | 126(40.9) | | 148(43.1) | 238(40.5) | | 260(48.0) | 126(32.4) | |
| Extraintestinal manifestation | | | 0.156 | | | 0.905 | | | 0.928 | | | 0.967 |
| Yes | 59(9.1) | 18(6.3) | | 52(8.3) | 25(8.1) | | 28(8.2) | 49(8.3) | | 45(8.3) | 32(8.2) | |
| No | 588(90.9) | 266(93.7) | | 571(91.7) | 283(91.9) | | 315(91.8) | 539(91.7) | | 497(91.7) | 357(91.8) | |
| Comorbidities | | | 0.559 | | | 0.115 | | | 0.725 | | | 0.469 |
| Yes | 43(6.6) | 16(5.6) | | 45(7.2) | 14(4.5) | | 23(6.7) | 36(6.1) | | 37(6.8) | 22(5.7) | |
| No | 604(93.4) | 268(94.4) | | 578(92.8) | 294(95.5) | | 320(93.3) | 552(93.9) | | 505(93.2) | 367(94.3) | |
| 5-Aminosalicylic acid | | | 0.032 | | | 0.324 | | | 0.285 | | | - |
| Yes | 428(66.2) | 208(73.2) | | 419(67.3) | 217(70.5) | | 227(66.2) | 409(69.6) | | - | - | |
| No | 219(33.8) | 76(26.8) | | 204(32.7) | 91(29.5) | | 116(33.8) | 179(30.4) | | - | - | |
| Glucocorticoids | | | 0.538 | | | 0.520 | | | 0.367 | | | - |
| Yes | 99(15.3) | 48(16.9) | | 95(15.2) | 52(16.9) | | 59(17.2) | 88(15.0) | | - | - | |
| No | 548(84.7) | 236(83.1) | | 528(84.8) | 256(83.1) | | 284(82.8) | 500(85.0) | | - | - | |
| Immunosuppressants | | | 0.015 | | | 0.085 | | | 0.159 | | | 0.568 |
| Yes | 89(13.8) | 23(8.1) | | 83(13.3) | 29(9.4) | | 48(14.0) | 64(10.9) | | 68(12.5) | 44(11.3) | |
| No | 558(86.2) | 261(91.9) | | 540(86.7) | 279(90.6) | | 295(86.0) | 524(89.1) | | 474(87.5) | 345(88.7) | |
| Biological agents | | | 0.036 | | | 0.325 | | | 0.135 | | | 0.023 |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Yes | 294(45.4) | 108(38.0) | | 276(44.3) | 126(40.9) | | 159(46.4) | 243(41.3) | | 251(46.3) | 151(38.8) | |
| No | 353(54.6) | 176(62.0) | | 347(55.7) | 182(59.1) | | 184(53.6) | 345(58.7) | | 291(53.7) | 238(61.2) | |
| IBD-related surgery | | | 0.114 | | | 0.276 | | | 0.564 | | | 0.013 |
| Yes | 64(9.9) | 19(6.7) | | 60(9.6) | 23(7.5) | | 33(9.6) | 50(8.5) | | 59(10.9) | 24(6.2) | |
| No | 583(90.1) | 265(93.3) | | 563(90.4) | 285(92.5) | | 310(90.4) | 538(91.5) | | 483(89.1) | 365(93.8) | |
| Anxiety | | | - | | | <0.001 | | | <0.001 | | | <0.001 |
| Yes | - | - | | 52(8.3) | 232(75.3) | | 34(9.9) | 250(42.5) | | 117(21.6) | 167(42.9) | |
| No | - | - | | 571(91.7) | 76(24.7) | | 309(90.1) | 338(57.5) | | 425(78.4) | 222(57.1) | |
| Depression | | | <0.001 | | | - | | | <0.001 | | | <0.001 |
| Yes | 76(11.7) | 232(81.7) | | - | - | | 32(9.3) | 276(46.9) | | 129(23.8) | 179(46.0) | |
| No | 571(88.3) | 52(18.3) | | - | - | | 311(90.7) | 312(53.1) | | 413(76.2) | 210(54.0) | |
| Sleep disturbance | | | <0.001 | | | <0.001 | | | - | | | <0.001 |
| Yes | 338(52.2) | 250(88.0) | | 312(50.1) | 276(89.6) | | - | - | | 309(57.0) | 279(71.7) | |
| No | 309(47.8) | 34(12.0) | | 311(49.9) | 32(10.4) | | - | - | | 233(43.0) | 110(28.3) | |
| Poor quality of life | | | <0.001 | | | <0.001 | | | <0.001 | | | - |
| Yes | 222(34.3) | 167(58.8) | | 210(33.7) | 179(58.1) | | 110(32.1) | 279(47.4) | | - | - | |
| No | 425(65.7) | 117(41.2) | | 413(66.3) | 129(41.9) | | 233(67.9) | 309(52.6) | | - | - | |