

Supplementary Material S3

Association between consumption of each fermented foodstuff and depressive symptoms in psychiatrically ill medical students

Table S3. Association between consumption of each fermented foodstuff and **depressive symptoms**

Type of analysis	β (95% CI), <i>p</i> -value	
	Raw analysis	Adjusted analysis
Cheese ^a		
Association	-0.23 (-0.65 to 0.19), <i>p</i> =0.26	-0.25 (-0.69 to 0.20), <i>p</i> =0.25
Interaction	<i>p</i> =0.042	<i>p</i> =0.037
Yogurt, kefir and soured milk ^a		
Association	-0.46 (-0.85 to -0.08), <i>p</i> =0.020	-0.49 (-0.89 to -0.08), <i>p</i> =0.023
Interaction	<i>p</i> =0.0026	<i>p</i> =0.0046
Pickled cucumber and pickling juice ^a		
Association	-0.19 (-0.61 to 0.24), <i>p</i> =0.37	-0.27 (-0.71 to 0.18), <i>p</i> =0.23
Interaction	<i>p</i> =0.28	<i>p</i> =0.12
Probiotic dietary supplements and medicinal products ^a		
Association	-0.19 (-0.61 to 0.23), <i>p</i> =0.36	-0.30 (-0.72 to 0.12), <i>p</i> =0.15
Interaction	<i>p</i> =0.93	<i>p</i> =0.57

^a Other fermented foodstuffs were not reported to be consumed by the psychiatrically-ill in the 7-day period of food recording.