Table S1. Association between steps per day and symptoms of depression, anxiety, and stress

	P value	OR	LL	UL
Depresión	0.0068	0.240	0.085	0.674
Ansiedad	0.0054	0.212	0.071	0.633
Estrés	0.0007	0.146	0.048	0.445

Abbreviations: OR: odds ratio; LL: lower limit of the 95% confidence interval; UL: upper limit of the 95% confidence interval. The reference category for daily steps was <7,500 steps/day. Depression, anxiety, and stress outcomes were dichotomized at the median (50th percentile).