Table S4.a Prevalence of Self-Reported Depression and PHQ-8 Depression Status according to Physical Activity Frequency in men's and women's.

Variables	PAF																							
Self-reported Depression	**Never (A)**				**Occasionally (B)**				**Frequently (C)**				**Very Frequently (D)**				**X^2**		**df**		**p**		**V**	
	Women		Men		Women		Men		Women		Men		Women		Men		Women	Men	Women	Men	Women	Men	Women	Men
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%								
No	509	51.2	263	68.1	365	64.4	183	77.9	62	72.9	43	82.7	78	71.6	44	89.8	44.2	17	3	3	<.001	<.001	0.159	0.154
Yes	485	48.8	123	31.9	202	35.6	52	22.1	23	27.1	9	17.3	31	28.4	5	10.2								

Proportions's differences p-value					A (<.001)				A (.001)				A (<.001)		A (.010)									
	B (<.001) C (.001) D (<.001)			D (.010)																				

Variables	PAF																							
PHQ-8 Depression Status	**Never (A)**				**Occasionally (B)**				**Frequently (C)**				**Very Frequently (D)**				**X^2**		**df**		**p**		**V**	
	Women		Men		Women		Men		Women		Men		Women		Men		Women	Men	Women	Men	Women	Men	Women	Men
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%								
No	571	58	261	68	419	74.6	179	77.2	67	78.8	45	90	88	82.2	44	89.8	64.9	21.5	3	3	<.001	<.001	0.193	0.173
Yes	143	42	123	32	143	25.4	53	22.8	18	21.2	5	10	19	17.8	5	10.2								

Proportions' differences post hoc (between frequency of physical activity)

Proportions's differences p-value					A (<.001)				A (.001)		A (.008)		A (<.001)		A (.010)									
	B (<.001) C (.001) D (<.001)			C (.008) D (.010)																				

p (p-value from pairwise z-test for independent proportions between frequency of physical activity in women and men); X^2 (Chi-Square); df (Degree freedom); V (V's Cramer coefficients).

Table S4.b Prevalence of Depression Symptoms and Depression Types according to Physical Activity Frequency in men's and women's.

Variables	PAF																			
Depression Symptons	**Never (A)**				**Occasionally (B)**				**Frequently (C)**				**Very Frequently (D)**				**X^2**		**df**		**p**		**V**	
	Women		Men		Women		Men		Women		Men		Women		Men		Women	Men	Women	Men	Women	Men	Women	Men
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%								
None	350	35.6	173	45.1	294	52.3	146	64.2	52	61.2	40	80	6	57	35	71.4	83	49.7	6	6	<.001	<.001	0.155	0.181
Milds	261	26.5	94	24.5	151	26.9	42	18.1	19	22.4	8	16	26.2	18	10	20.4								
Highs	373	37.9	117	30.5	117	20.8	41	17.7	14	16.5	2	4	18	16.8	4	8.2								
Proportions' differences post hoc (between frequency of physical activity)																								
Proportions's differences p-values					A (<.001)		A (<.001)		A (<.001)		A (.003)		A (<.001)		A (.003)									
	B (<.001) C (<.001) D (<.001)		B (.003) C (<.001) D (.006)																					

Variables	PAF																			
Depression Types	**Never (A)**				**Occasionally (B)**				**Frequently (C)**				**Very Frequently (D)**				**X^2**		**df**		**p**		**V**	
	Women		Men		Women		Men		Women		Men		Women		Men		Women	Men	Women	Men	Women	Men	Women	Men
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%								
Major	254	25.8	78	20.3	65	11.6	25	1.8	8	9.4	1	2	8	7.5	2	4.1	76.8	27.1	6	6	<.001	<.001	0.149	0.138
Other	159	16.2	45	11.7	78	13.9	28	12.1	10	11.8	4	8	11	10.3	3	6.1								
None	571	58	261	68	419	74.6	179	77.2	67	78.8	45	90	88	82.2	44	89.8								
Proportions' differences post hoc (between frequency of physical activity)																								
Proportions's differences p-values																								
	B (<.001) C (.004) D (<.001)		B (.013) C (.010) D (.035)																					
					A (<.001)				A (.001)		A (.008)		A (<.001)		A (.010)									

p (p-value from pairwise z-test for independent proportions between frequency of physical activity in women and men); Highs: Moderate to severe symptoms; ** (p<0.01); *** (p<0.001); X^2 (Chi-Square); df (Degree freedom); V (V's Cramer coefficients).