Supplementary Table 1 Demographic, lifestyle and general health comorbidities of participants according to the presence of NAFLD and level of physical activity

|  | Individuals with NAFLD |  |  | Individuals without NAFLD |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Physical <br> Inactivity $(\mathrm{n}=86)$ | Moderat <br> e <br> Physical <br> Activity $(\mathrm{n}=91)$ | Ideal <br> Physical <br> Activity $(\mathrm{n}=58)$ | Physical <br> Inactivit <br> y $(n=85)$ | Moderat <br> e <br> Physical <br> Activity $(\mathrm{n}=139)$ | Ideal <br> Physical <br> Activity $(\mathrm{n}=130)$ |
| Age, mean $\pm$ SD | $\begin{aligned} & 60.12 \\ & \pm 6.61 \end{aligned}$ | $\begin{aligned} & 61.23 \\ & \pm 5.40 \end{aligned}$ | $\begin{aligned} & 57.64 \\ & \pm 6.57 \end{aligned}$ | $\begin{aligned} & 58.62 \\ & \pm 7.46 \end{aligned}$ | $\begin{aligned} & 61.67 \\ & \pm 6.79 \end{aligned}$ | $\begin{aligned} & 59.10 \\ & \pm 7.69 \end{aligned}$ |
| Male, \% | $\begin{array}{\|l\|} \hline 37 \\ (43.02 \%) \end{array}$ | 46 <br> (50.55\%) | $\begin{array}{\|l\|} \hline 40 \\ (68.97 \%) \end{array}$ | $\begin{array}{\|l\|} \hline 22 \\ (25.88 \%) \end{array}$ | $\begin{aligned} & 47 \\ & (33.81 \%) \end{aligned}$ | $62$ (47.69\%) |
| White, \% | $\begin{array}{\|l\|} \hline 81 \\ (94.19 \%) \end{array}$ | $\begin{array}{\|l\|} \hline 87 \\ (95.60 \%) \end{array}$ | $\begin{array}{\|l\|} \hline 56 \\ (96.55 \%) \end{array}$ | $81$ (95.29\%) | $\begin{aligned} & 131 \\ & (94.24 \%) \end{aligned}$ | $\begin{aligned} & 128 \\ & (98.46 \%) \end{aligned}$ |
| Smoking <br> Status, \% |  |  |  |  |  |  |
| Current | 8 (9.30\%) | $12$ (13.19\%) | $3$ (5.17\%) | $\begin{aligned} & 16 \\ & (19.05 \%) \end{aligned}$ | $21$ <br> (15.11\%) | $10$ (7.69\%) |
| Former | $36$ <br> (41.86\%) | $\begin{array}{\|l\|} \hline 34 \\ (37.36 \%) \end{array}$ | $\begin{array}{\|l\|} \hline 28 \\ (48.28 \%) \end{array}$ | $\begin{aligned} & 26 \\ & (30.95 \%) \end{aligned}$ | 62 (44.60\%) | $53$ <br> (40.77\%) |
| Non-Smoker | $42$ <br> (48.84\%) | $45$ (49.45\%) | $\begin{array}{\|l\|} \hline 27 \\ (46.55 \%) \end{array}$ | $\begin{aligned} & 42 \\ & (50.00 \%) \end{aligned}$ | $56$ (40.29\%) | $67$ <br> (51.54\%) |
| Obesity, \% BMI |  |  |  |  |  |  |
| Lean | 6 (6.98\%) | 6 (6.59\%) | $\begin{aligned} & 3 \\ & (5.17 \%) \end{aligned}$ | $\begin{aligned} & 68 \\ & (80.00 \%) \end{aligned}$ | $\begin{array}{\|l\|} \hline 100 \\ (71.94 \%) \end{array}$ | $\begin{array}{\|l\|} \hline 87 \\ (66.92 \%) \end{array}$ |
| Overweight | $\begin{array}{\|l} 48 \\ (55.81 \%) \end{array}$ | $51$ (56.04\%) | $\begin{array}{\|l\|} \hline 36 \\ (62.07 \%) \end{array}$ | $\begin{aligned} & 17 \\ & (20.00 \%) \end{aligned}$ | $\begin{array}{\|l\|} \hline 39 \\ (28.06 \%) \end{array}$ | $\begin{array}{\|l\|} \hline 43 \\ (33.08 \%) \end{array}$ |
| Obese | 32 | 34 | 19 | 0 (0.00\%) | 0 (0.00\%) | 0 (0.00\%) |


|  | (37.21\%) | (37.36\%) | (32.76\%) |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| History of CVD, \% | 2 (2.33\%) | $\begin{array}{\|l\|} \hline 10 \\ (10.99 \%) \end{array}$ | $\begin{aligned} & 5 \\ & (8.62 \%) \end{aligned}$ | 4 (4.71\%) | $13$ <br> (9.35\%) | 6 (4.62\%) |
| History of <br> Arthritis, \% | $15$ <br> (17.44\%) | $\begin{array}{\|l\|} \hline 10 \\ (10.99 \%) \end{array}$ | 4 (6.90\%) | $\begin{aligned} & 9 \\ & (10.59 \%) \end{aligned}$ | $\begin{array}{\|l\|} \hline 18 \\ (12.95 \%) \end{array}$ | $12$ (9.23\%) |
| History of Any cancer, \% | $16$ (18.60\%) | $22$ (24.18\%) | $11$ (18.97\%) | $12$ <br> (14.12\%) | $\begin{array}{\|l} 17 \\ (12.23 \%) \end{array}$ | $19$ (14.62\%) |
|  | $\begin{array}{\|l\|} \hline 17 \\ (19.77 \%) \end{array}$ | 9 (9.89\%) | 3 <br> (5.17\%) | 12 <br> (14.12\%) | 16 <br> (11.51\%) | 14 (10.77\%) |
| History of <br> Kidney, \% | 0 (0.00\%) | 1 (1.10\%) | 1 <br> (1.72\%) | 0 (0.00\%) | 1 (0.72\%) | 0 (0.00\%) |
| Insulin <br> Resistance, \% | $49$ (56.98\%) | $41$ (45.05\%) | $19$ (32.76\%) | $13$ (15.29\%) | $16$ (11.51\%) | $19$ (14.62\%) |
| Hypertension, \% | $\begin{array}{\|l\|} \hline 18 \\ (20.93 \%) \end{array}$ | $23$ (25.27\%) | $\begin{array}{\|l\|} \hline 10 \\ (17.24 \%) \end{array}$ | $\begin{aligned} & 15 \\ & (17.65 \%) \end{aligned}$ | $\begin{array}{\|l\|} \hline 29 \\ (20.86 \%) \end{array}$ | 22 (16.92\%) |
| Hyperlipidemia , \% | $\begin{array}{\|l\|} \hline 76 \\ (88.37 \%) \end{array}$ | $\begin{array}{\|l\|} \hline 74 \\ (81.32 \%) \end{array}$ | $\begin{array}{\|l} 51 \\ (87.93 \%) \end{array}$ | 63 <br> (74.12\%) | $\begin{array}{\|l} 106 \\ (76.26 \%) \end{array}$ | $\begin{array}{\|l\|} \hline 76 \\ (58.46 \%) \end{array}$ |
| Diabetes, \% | $24$ (27.91\%) | 21 (23.08\%) | $\begin{array}{\|l\|} \hline 10 \\ (17.24 \%) \end{array}$ | $\begin{aligned} & 9 \\ & (10.59 \%) \end{aligned}$ | 8 (5.76\%) | 2 (1.54\%) |
| Metabolic <br> Syndrome*, \% | $39$ (45.35\%) | $41$ (45.05\%) | $22$ (37.93\%) | 7 (8.24\%) | 6 (4.32\%) | 10 <br> (7.75\%) |
| All-cause mortality, \% | $\begin{array}{\|l\|} \hline 33 \\ (38.37 \%) \end{array}$ | 34 (37.36\%) | $16$ (27.59\%) | $19$ (22.35\%) | $\begin{aligned} & 45 \\ & (32.37 \%) \end{aligned}$ | $38$ (29.23\%) |
| CVD <br> mortality, \% | 9 (31.03\%) | $10$ (35.71\%) | $\begin{array}{\|l} 0 \\ (0.00 \%) \end{array}$ | 4 (25.00\%) | $\begin{array}{\|l\|} \hline 10 \\ (26.32 \%) \end{array}$ | 6 (17.65\%) |
| BDI , mean $\pm$ SD | $5.38 \pm 4.34$ | $\begin{aligned} & 4.21 \\ & \pm 3.22 \end{aligned}$ | $\begin{aligned} & 3.62 \\ & \pm 3.57 \end{aligned}$ | $4.27 \pm 4.11$ | $\begin{aligned} & 3.94 \\ & \pm 3.66 \end{aligned}$ | $3.00 \pm 3.14$ |

Abbreviation: CVD, Cardiovascular disease; SD, standard deviation

* NCEP ATP III (2005 revision)

P-value by nonparametric Kruskal-Wallis Test for continuous variables, chi-square test for categorical variable

Data are presented as the mean $\pm$ standard deviation for numerical variables and count (\%) for categorical variables

## Supplementary Table 2 Multivariable Odds Ratio of a Risk Factor for Depression

|  | OR (95\% CI) | P |
| :---: | :---: | :---: |
| NAFLD | $\begin{array}{\|lll} 2.01 & (1.08 \\ 3.72) & \end{array}$ | 0.0277 |
| Diabetes | $\begin{array}{lll} 0.84 & (0.36 \\ 2.00) & \end{array}$ | 0.7002 |
| Age | $\begin{array}{ll} 1.00 & (0.96 \\ 1.05) & \end{array}$ | 0.8506 |
| Male | $\begin{array}{\|ll} 0.37 & (0.19 \\ 0.72) & \\ \hline \end{array}$ | 0.0033 |
| Current Smoker | $\begin{array}{lll} 1.68 & (0.78 \\ 3.65) & \end{array}$ | 0.1868 |
| Physically Inactive | $\begin{array}{lll} 2.34 & (1.30 \\ 4.24) & \end{array}$ | 0.0049 |
| Hypertension | $\begin{array}{lll} 1.10 & (0.54 & - \\ 2.26) & & \end{array}$ | 0.7902 |
| Hyperlipidemia | $\begin{array}{lll} 0.79 & (0.39 & - \\ 1.62) & \end{array}$ | 0.5246 |
| History of CVD | $\begin{array}{lll} 2.39 & (0.82 \\ 6.97) & \end{array}$ | 0.1113 |
| History of Cancer | $0.32 \quad(0.11-$ | 0.0355 |


|  | $\mid$ |
| :--- | :--- |
| Abbreviation: CVD, Cardiovascular disease; OR, Odds |  |
| Ratio; CI, confidence interval |  |

