Supplementary Table S2. PHQ-9 score, psychological factors

	Do do (n=44)	Don't do (n=52)	p-value
Little interest or pleasure			
Not at all	30 (68.2)	30 (57.7)	0.472
Several days	11 (25.0)	13 (25.0)	
More than half the days	1 (2.3)	3 (5.8)	
Nearly every day	2 (4.5)	6 (11.5)	
Feelings			
Not at all	28 (63.6)	32 (61.5)	0.881
Several days	12 (27.3)	17 (32.7)	
More than half the days	1 (2.3)	1 (1.9)	
Nearly every day	3 (6.8)	2 (3.8)	
Trouble sleeping			
Not at all	24 (54.5)	28 (53.8)	0.021
Several days	10 (22.7)	2 (3.8)	
More than half the days	2 (4.5)	6 (11.5)	
Nearly every day	8 (18.2)	16 (30.8)	
Feeling tired			
Not at all	20 (45.5)	13 (25.0)	0.105
Several days	16 (36.4)	21 (40.4)	
More than half the days	2 (4.5)	8 (15.4)	
Nearly every day	6 (13.6)	10 (19.2)	
Poor appetite or overeating			
Not at all	38 (86.4)	44 (84.6)	0.07
Several days	1 (2.3)	6 (11.5)	
More than half the days	0	1 (1.9)	
Nearly every day	5 (11.4)	1 (1.9)	
Feeling bad about self			
Not at all	34 (77.3)	41 (78.8)	0.656
Several days	8 (18.2)	6 (11.5)	
More than half the days	1 (2.3)	3 (5.8)	
Nearly every day	1 (2.3)	2 (3.8)	
Trouble concentrating			
Not at all	38 (86.4)	45 (86.5)	0.993
Several days	5 (11.4)	6 (11.5)	
More than half the days	1 (2.3)	1 (1.9)	
Nearly every day	0	0	
Moving or speaking problems			
Not at all	41 (93.2)	50 (96.2)	0.848
Several days	3 (6.8)	2 (3.8)	
More than half the days	0	0	
Nearly every day	0	0	

Supplementary Table S2. Continued

	Do do (n=44)	Don't do (n=52)	p-value
Suicidal thoughts			
Not at all	35 (79.5)	38 (73.1)	0.501
Several days	7 (15.9)	11 (21.2)	
More than half the days	1 (2.3)	3 (5.8)	
Nearly every day	1 (2.3)	0	
Self-reported physical activity			
Low	14 (31.8)	27 (51.9)	0.076
Moderate	30 (68.2)	25 (48.1)	
High	0	0	

Values are presented as number (%).
PHQ-9: Patient Health Questionnaire-9.