**eTable 1. Hazard ratios (95% confidence intervals) for the relation of psychological distress severity with accidental death: Individual participant data meta-analysis of 16 general population-based cohort studies**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Number of people at risk** | **Number of accidental deathsa** | **Distress classifications (GHQ-12 score)** | | | | **P-value for trend** | **1 standard deviation increase in distress scoreb** |
|  |  |  | **Asymptomatic (0)** | **Sub-clinical symptomatic**  **(1-3)** | **Symptomatic**  **(4-6)** | **Highly symptomatic**  **(7-12)** |  |  |
| Number of accidental deaths/Number at risk | 166, 606 | 340 | 195/98757 | 81/42439 | 26/13481 | 38/11929 |  |  |
| Age- and sex-adjusted | 166, 606 | 340 | 1.00 (ref.) | 1.03 (0.79, 1.33) | 1.11 (0.74, 1.67) | 1.89 (1.33, 2.67) | 0.004 | 1.20 (1.10, 1.31) |
| Age-, sex- & drinking frequency-adjusted | 165, 060 | 339 | 1.00 | 1.02 (0.79, 1.32) | 1.10 (0.73, 1.66) | 1.80 (1.27, 2.57) | 0.008 | 1.19 (1.08, 1.30) |
| Age-, sex- & smoking-adjusted | 166, 041 | 337 | 1.00 | 0.99 (0.76, 1.29) | 1.08 (0.72, 1.63) | 1.78 (1.26, 2.53) | 0.01 | 1.18 (1.08, 1.29) |
| Age-, sex- & social class-adjusted | 157, 306 | 319 | 1.00 | 1.00 (0.76, 1.31) | 1.08 (0.71, 1.66) | 1.75 (1.21, 2.53) | 0.017 | 1.18 (1.08, 1.30) |
| Age-, sex- & somatic illness-adjusted | 166, 568 | 340 | 1.00 | 1.05 (0.81, 1.36) | 1.14 (0.76, 1.73) | 1.94 (1.37, 2.76) | 0.002 | 1.21 (1.10, 1.32) |
| Age-, sex- & marital status | 165, 716 | 329 | 1.00 | 1.01 (0.78, 1.32) | 1.06 (0.70, 1.62) | 1.84 (1.29, 2.61) | 0.002 | 1.19 (1.08, 1.30) |
| Multivariable-adjustedc | 155, 650 | 307 | 1.00 | 0.97 (0.74, 1.28) | 1.02 (0.66, 1.59) | 1.65 (1.14, 2.40) | 0.047 | 1.16 (1.06, 1.28) |
| Multivariable-adjusted – with exclusionsd | 111, 848 | 218 | 1.00 | 1.06 (0.77, 1.46] | 1.37 [0.85, 2.21) | 1.56 (0.94, 2.58) | < 0.001 | 1.17 (1.04, 1.33) |

a Underlying unintentional external deaths (ICD-9 codes 800-999 and ICD-10 codes V00-Y98 – all deaths where the underlying cause of death was external and had no mention of the ICD codes indicating an intentional motivation [ICD-9 codes E950-E959 and E980-E989 or ICD-10 codes X60-X84 and Y10-Y34]).

b Based on sex-specific standard deviations.

c Multivariable-adjusted effect estimates are adjusted for: age, sex, socioeconomic position (manual, non-manual occupation), marital status, frequency of alcohol consumption (never, former, occasional, monthly, 1-4 times per week, ≥ 5 times per week), smoking status (non-smoker, current smoker) and presence of a somatic longstanding illness (cancer, diabetes, other endocrine disorders, cardiovascular disease, hypertension, respiratory disease, and any other non-mental health condition).

d Excluding people with diagnosed mental illness and use of psychotropic medication

**eTable 2. Relation of study covariates with accidental death:**

**Individual participant data meta-analysis of 16 general population-based cohort studies**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Number of people at risk** | **Number of accidental deaths** | **Hazard Ratio (95% CI) b** |
| **Age** (per year increase) | 166, 606 | 340 | 1.05 (1.05, 1.06) |
| **Sex** (female referent) | 166, 607 | 341 | 1.80 (1.45, 2.23) |
| **Drinking frequency** | 165, 060 | 339 |  |
| Never drank |  |  | 1.28 (0.82, 2.00) |
| Ex-drinker |  |  | 1.55 (0.99, 2.43) |
| Occasional (less than monthly) |  |  | 1.03 (0.73, 1.45) |
| Monthly (1 to 2 times per month) |  |  | 1.04 (0.72, 1.52) |
| 1-4 times per week |  |  | 1.00 (ref) |
| ≥ 5 times per week |  |  | 1.27 (0.96, 1.68) |
| **Smoking Status** | 166, 041 | 337 |  |
| Non-smoker |  |  | 1.00 (ref) |
| Current smoker |  |  | 1.84 (1.45, 2.34) |
| **Manual social class** | 157, 306 | 319 |  |
| No |  |  | 1.00 (ref) |
| Yes |  |  | 1.48 (1.18, 1.85) |
| **Somatic illness** | 166, 568 | 340 |  |
| No |  |  | 1.00 (ref) |
| Yes |  |  | 0.90 (0.72, 1.12) |
| **Marital status** | 165, 716 | 329 |  |
| Married/cohabiting |  |  | 1.00 (ref) |
| Single, divorced or widowed |  |  | 1.97 (1.58, 2.45) |

All hazard ratios are adjusted for age and sex, except age which is sex-adjusted only,

and sex which is age-adjusted only

**eFigure 1. Baseline psychiatric morbidity and psychotropic medications**

**according to psychological distress (N=166,593)**

