

**Supplementary Table 1.** Descriptive statistics for the original sample's continuous variables ( $n = 1725$ -3596).

Variables	All <i>n</i>	Mean/ SD	Range
Confounding factors			
Age, years (2007)	3596	37.4±5.0	30-45
Body mass index 2007	2170	26.0±4.8	16.6-58.8
Body mass index 2011	2049	26.5±5.1	16.2-58.5
Income (2007)	2146	3.5±1.6	1-8
Income (2011)	1941	7.4±3.1	1-13
Sleep problems (2007)	2226	2.3±1.1	1-6
Depressive symptoms (2007)	2020	4.5±5.9	0-40
Independent/mediator/dependent variables			
Physical activity index (2007)	2166	8.8±1.8	5-15
Sleep problems (2011)	2006	2.3±1.0	1-6
Depressive symptoms (2012)	1725	4.2±5.9	0-52