## Supplemental Digital Content 1.

		95%		
		Confidence		
Predictor	Coefficient	interval	p-value	
Godin scale (180 vs 0 minutes)	-3.1	-5.1, -1.2	.009 <sup>a</sup>	
Age in years (10 year increase)	0.1	-1.1, 1.1	.92	
Gender (Male vs. Female)	-1.1	-2.8, 0.1	.20	
Race (Other v White)	22	-1.9, 1.5	.80	
HAM-D at 16 weeks (5 pt increase)	1.2	0.5, 1.8	<.001	
Perceived Social Support Scale (2 pt increase)	-1.4	-2.5, -0.2	.01	
Diagnosis of Recurrent MDD (1 episode increase)	0.8	0.2, 1.4	.01	
Use of Antidepressant medication after completing the				
4-month study treatment (yes vs. no)	-0.6	-2.3, 1.1	.48	

## Multiple Regression Model Predicting HAM-D Score at One Year

Notes: Model adjusted R-square = 0.23 (9 *df*, p = .001 MDD = Major Depressive Disorder.

HAM-D = Hamilton Depression Rating Scale. Values in parentheses after predictor name reflect coding of predictor, and thus the scale of the regression coefficient. For example, every 2 point increase in Perceived Social Support is associated with an expected decrease of 1.3 points on the HAM-D at 16 months.

<sup>a</sup> *P*-value is from 2 *df* test of linear and nonlinear component of association.