

Supplemental Digital Content 2.

Ordinal Logistic Model Predicting Improvement in Diagnostic Category at One Year.

Predictor	95% Confidence		
	Odds ratio	interval	p-value
Godin scale (180 vs 0 minutes)	2.9	1.1, 7.3	.06 ^a
Age in years (10 year increase)	1.0	0.6, 1.7	.91
Gender (Male vs. Female)	2.7	1.1, 6.8	.03
HAM-D at 16 weeks (5 pt increase)	0.5	0.3, 0.9	.02
Race (White v Other)	1.1	0.5, 2.5	.83
Perceived Social Support Scale (2 pt increase)	1.8	1.0, 3.0	.05
Diagnosis of Recurrent MDD (1 episode increase)	0.7	0.6, 1.0	.02
Use of Antidepressant Medication after completing the 4-month study treatment (yes vs. no)	1.0	0.5, 2.2	.95

Notes: Model Likelihood ratio = 35.9 (9 *df*, $p = .001$). Somer's $D_{xy} = .503$. 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 associated odds ratio. For example, every 2 point increase in Perceived Social Support is associated with a 1.8 increase in the odds of improving from current depression to at least partial remission at 16 months.

^a P -value is from 2 *df* test of linear and nonlinear component of association.