Supplemental Digital Table 1

Factors (Excluding Baseline Symptoms of Depression) Independently Associated With End of Year 4 Depression Symptoms on Multivariate Logistic Analysis Using Bootstrap Methods and Risk Scores Based on 2,455 U.S. Medical Students in the Discovery Cohort

Characteristic and associated factors	Odds ratio[a]	P value	Risk score
Non-white (vs White)	1.42 (1.14 – 1.75)	.002	1
Not Hispanic or Latino (vs. Hispanic or Latino)	1.72 (1.12 – 2.64)	.01	1
Born outside US (vs. US-born)	1.39 (1.06 – 1.82)	.02	1
High stress (vs not)[b]	2.33 (1.91 – 2.85)	< .0001	2
High negative coping (vs not)[c]	1.98 (1.63 – 2.41)	< .0001	1
Low social support (vs not)[d]	1.76 (1.43 – 2.17)	< .0001	1
Middle tertile tuition cost (vs low)	1.26 (1.03 – 1.54)	0.02	1

[a]Odds ratio > 1 indicates increased risk of depressive symptoms (as determined by a score of ≥ 8 on the Patient-Reported Outcome Measurement Information System [PROMIS] depression short form 4a).

[b]High stress defined by having a score $\geq$ ½ standard deviation (SD) above the mean on the 4-item Perceived Stress Scale.

[c]High negative coping defined by having a score $\geq$ ½ SD above the mean on the negative coping sub-scale of a the Brief COPE Inventory.

[d]Low social support defined as having a score $\geq$ ½ SD deviation below the mean on the Medical Outcomes Study Social Support Measure.

Supplemental Digital Table 2

Prevalence of End of Y4 Depression by Baseline Depression Prognostic Index Score (Excluding Baseline Depression Symptoms) in the Discovery and Replication Cohort[a]

Discovery cohort	Students (n = 2,455)	Depression[b] at end of Y4 (n = 773)	No depression at end of Y4 (n = 1,682)	P value	OR (95% CI)	P value
Depression Prognostic Index Score				< .0001		
Low risk (0,1)	1,031 (42.0%)	208 (20.2%)	823 (79.8%)		Referent	
Intermediate risk (2,3)	906 (36.9%)	286 (31.6%)	620 (68.4%)		1.83 (1.48 – 2.25)	< .0001
High risk (4)	289 (11.8%)	135 (46.7%)	154 (53.3%)		3.47 (2.63 – 4.57)	< .0001
Very high risk (5+)	229 (9.3%)	144 (62.9%)	85 (37.1%)		6.70 (4.92 – 9.12)	< .0001
Replication cohort	Students (n = 1,288)	Depression[b] at end of Y4 (n = 394)	No depression at the end of Y4 (n = 894)	P value	OR (95% CI)	P value
Depression Prognostic Index Score				< .0001		
Low risk (0,1)	565 (43.9%)	100 (17.7%)	465 (82.3%)		Referent	
Intermediate risk (2,3)	466 (36.2%)	156 (33.5%)	310 (66.5%)		2.34 (1.75 – 3.13)	< .0001
High risk (4)	151 (11.7%)	76 (50.3%)	75 (49.7%)		4.71 (3.21 – 6.93)	< .0001
Very high risk (5+)	106 (8.2%)	62 (58.5%)	44 (41.5%)		6.55 (4.21 – 10.20)	< .0001

Abbreviations: Y4 indicates Year 4; OR, odds ratio; CI, confidence interval.

[a]Percentages in the *Students* column indicate percentage of students in the Discovery or Replication Cohort; percentages in the *Depression at end of Y4* and *No depression at end of Y4* columns indicate percentage of students in each cohort at each level of risk.

[b]The authors used a score of ≥ 8 on the Patient-Reported Outcome Measurement Information System (PROMIS) depression short form 4a to identify depression symptoms.