**Supplementary Table 1. Baseline Characteristics of Patients Providing HADS-anxiety or HADS-depression Data at Two Or More Points of Follow-up and Those Who Did Not.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Responded to two or more follow-up questionnaires**  **(n = 771)** | **Did not respond to two or more follow-up questionnaires (n = 255)** | ***p* value\*** |
| **Mean age in years at baseline (SD)** | 53.7 (16.5) | 49.1 (17.7) | <0.001 |
| **Female sex (%)** | 416 (54.2) | 147 (56.8) | 0.48 |
| **Married or co-habiting (%)** | 538 (70.3) | 171 (66.3) | 0.22 |
| **University graduate/professional (%)** | 296 (38.8) | 92 (35.8) | 0.39 |
| **Tobacco user (%)** | 52 (6.8) | 16 (6.3) | 0.75 |
| **Alcohol user (%)** | 546 (71.4) | 200 (78.4) | 0.028 |
| **IBD type (%)**  CD  UC  IBD-U | 338 (44.3)  375 (49.1)  50 (6.6) | 125 (48.6)  117 (45.5)  15 (5.8) | 0.48 |
| **CD location (%)**  Ileal  Colonic  Ileocolonic | 121/337 (35.9)  95/337 (28.2)  121/337 (35.9) | 36/125 (28.8)  44/125 (35.2)  45/125 (36.0) | 0.24 |
| **Stricturing CD (%)** | 96/337 (28.4) | 34/125 (27.2) | 0.80 |
| **Penetrating CD (%)** | 50/337 (14.8) | 18/125 (14.4) | 0.92 |
| **Perianal CD (%)** | 45/337 (13.3) | 23/125 (18.4) | 0.17 |
| **Previous intestinal resection (%)** | 149 (19.5) | 39 (15.2) | 0.12 |
| **UC extent (%)**  Proctitis  Left-sided  Extensive | 107/364 (29.4)  143/364 (39.3)  114/364 (31.3) | 39/114 (34.2)  37/114 (32.5)  38/114 (33.3) | 0.40 |
| **Current 5-ASA use (%)** | 408 (53.5) | 125 (48.6) | 0.18 |
| **Current immunomodulator use (%)** | 215 (28.2) | 70 (27.2) | 0.77 |
| **Current biologic use (%)** | 126 (16.5) | 42 (16.3) | 0.95 |
| **Current glucocorticosteroid use (%)** | 19 (2.5) | 11 (4.3) | 0.14 |
| **Current antidepressant use (%)** | 131 (17.0) | 41 (15.8) | 0.65 |
| **Current opiate use (%)** | 89 (11.6) | 30 (11.6) | 1.00 |
| **Diagnosed with IBD in the last 12 months (%)** | 58 (7.6) | 16 (6.3) | 0.47 |
| **Self-reported a flare at baseline (%)** | 135 (17.6) | 54 (20.9) | 0.24 |
| **Active disease on HBI or SCCAI at baseline (%)** | 289 (37.9) | 90 (36.4) | 0.69 |
| **HADS anxiety categories at baseline (%)**  Normal  Borderline abnormal  Abnormal | 452 (58.6)  159 (20.6)  160 (20.8) | 118 (50.2)  56 (23.8)  61 (26.0) | 0.069 |
| **HADS depression categories at baseline (%)**  Normal  Borderline abnormal  Abnormal | 578 (75.5)  108 (14.1)  80 (10.4) | 183 (73.8)  37 (14.9)  28 (11.3) | 0.87 |
| **PHQ-12 somatoform symptom categories at baseline (%)**  Minimal  Low  Medium  High | 210 (29.2)  265 (36.9)  182 (25.3)  61 (8.5) | 59 (26.0)  82 (36.1)  54 (23.8)  32 (14.1) | 0.096 |
| **Mean SIBDQ score at baseline (SD)** | 51.2 (12.9) | 49.2 (13.3) | 0.044 |

\*Independent samples *t*-test for comparison of normally distributed continuous data and χ2 for comparison of categorical data.

# Table 2. Healthcare Utilization and Clinical Outcomes of Patients According to HADS-anxiety Trajectories Over 12-month Longitudinal Follow-up with Patients with IBD Diagnosed in the Last 12 Months Excluded.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Persistently normal or improving**  **(n = 377)** | **Fluctuating**  **(n = 241)** | **Persistently abnormal or worsening**  **(n = 87)** | ***p* value\*** |
| **Healthcare utilization** |  |  |  |  |
| **Median number of clinic appointments with a gastroenterologist** | 1 | 1 | 1 | <0.001 |
| **Median number of clinic appointments with an IBD specialist nurse** | 1 | 0 | 0 | 0.50 |
| **Median number of IBD helpline calls** | 0 | 0 | 1 | <0.001 |
| **Median number of radiological investigations**  **related to IBD activity** | 0 | 0 | 0 | 0.090 |
| **Median number of endoscopic investigations**  **related to IBD activity** | 0 | 0 | 0 | 0.004 |
| **Median number of other specialty clinics related to extra-intestinal manifestations of IBD**‡ | 0 | 0 | 0 | 0.010 |
| **Clinical outcomes** |  |  |  |  |
| **Flare of disease activity (%)** | 42 (11.1) | 31 (12.9) | 20 (23.0) | 0.013 |
| **Median number of flares of disease activity** | 0 | 0 | 0 | 0.026 |
| **Glucocorticosteroid prescription due to uncontrolled disease activity (%)** | 25 (6.6) | 16 (6.6) | 9 (10.3) | 0.45 |
| **Median number of glucocorticosteroid prescriptions due to uncontrolled disease activity** | 0 | 0 | 0 | 0.45 |
| **Escalation of IBD therapy due to uncontrolled disease activity (%)** | 35 (9.3) | 30 (12.4) | 15 (17.2) | 0.087 |
| **Median number of escalations of IBD therapy due to uncontrolled disease activity** | 0 | 0 | 0 | 0.090 |
| **Hospitalization due to uncontrolled disease activity (%)** | 10 (2.7) | 13 (5.4) | 1 (1.1) | 0.087 |
| **Median number of hospitalizations due to uncontrolled disease activity** | 0 | 0 | 0 | 0.089 |
| **Intestinal resection due to uncontrolled disease activity (%)** | 3 (0.8) | 5 (2.1) | 0 (0) | 0.19 |
| **Median number of intestinal resections due to uncontrolled disease activity** | 0 | 0 | n/a | 0.19 |
| **Death (%)**† | 3 (0.8) | 1 (0.4) | 3 (3.4) | 0.043 |
| **Median number of deaths** | 0 | 0 | 0 | 0.10 |

\*Kruskal-Wallis One-way ANOVA for comparison of continuous data and χ2 for comparison of categorical data.

‡Clinics included rheumatology, dermatology, hepatology, oral medicine, or colorectal surgery.

†No deaths were related directly to complications of IBD.

# Supplementary Table 3. Healthcare Utilization and Clinical Outcomes of Patients According to HADS-depression Trajectories Over 12-month Longitudinal Follow-up with Patients with IBD Diagnosed in the Last 12 Months Excluded.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Persistently normal or improving**  **(n = 481)** | **Fluctuating**  **(n = 185)** | **Persistently abnormal or worsening**  **(n = 45)** | ***p* value\*** |
| **Healthcare utilization** |  |  |  |  |
| **Median number of clinic appointments with a gastroenterologist** | 1 | 1 | 1 | 0.001 |
| **Median number of clinic appointments with an IBD specialist nurse** | 1 | 1 | 0 | 0.001 |
| **Median number of IBD helpline calls** | 0 | 1 | 1 | 0.097 |
| **Median number of radiological investigations**  **related to IBD activity** | 0 | 0 | 0 | 0.30 |
| **Median number of endoscopic investigations**  **related to IBD activity** | 0 | 0 | 0 | 0.005 |
| **Median number of other specialty clinics related to extra-intestinal manifestations of IBD**‡ | 0 | 0 | 0 | 0.017 |
| **Clinical outcomes** |  |  |  |  |
| **Flare of disease activity (%)** | 57 (11.9) | 29 (15.7) | 9 (20.0) | 0.17 |
| **Median number of flares of disease activity** | 0 | 0 | 0 | 0.22 |
| **Glucocorticosteroid prescription due to uncontrolled disease activity (%)** | 34 (7.1) | 13 (7.0) | 5 (11.1) | 0.60 |
| **Median number of glucocorticosteroid prescriptions due to uncontrolled disease activity** | 0 | 0 | 0 | 0.60 |
| **Escalation of IBD therapy due to uncontrolled disease activity (%)** | 50 (10.4) | 23 (12.4) | 7 (15.6) | 0.49 |
| **Median number of escalations of IBD therapy due to uncontrolled disease activity** | 0 | 0 | 0 | 0.46 |
| **Hospitalization due to uncontrolled disease activity (%)** | 17 (3.5) | 7 (3.8) | 0 (0) | 0.43 |
| **Median number of hospitalizations due to uncontrolled disease activity** | 0 | 0 | n/a | 0.43 |
| **Intestinal resection due to uncontrolled disease activity (%)** | 5 (1.0) | 3 (1.6) | 0 (0) | 0.62 |
| **Median number of intestinal resections due to uncontrolled disease activity** | 0 | 0 | n/a | 0.62 |
| **Death (%)**† | 3 (0.6) | 2 (1.1) | 2 (4.4) | 0.045 |
| **Median number of deaths** | 0 | 0 | 0 | 0.11 |

\*Kruskal-Wallis One-way ANOVA for comparison of continuous data and χ2 for comparison of categorical data.

‡Clinics included rheumatology, dermatology, hepatology, oral medicine, or colorectal surgery.

†No deaths were related directly to complications of IBD.