

**Supplementary Table 1. Questions on lifestyle, diet, and medical history included in questionnaires: differences by incidence of diabetes/no diabetes.**

	Diabetes, incidence (N= 104)	No diabetes, incidence (N=1,138)	p value
<b>Do you usually have at least 30 minutes of physical activity daily at work and/or during leisure time (including normal daily activity)? (FINDRISC)</b>			
Yes, n (%)	67 (64.4)	849 (74.6)	<b>0.024</b>
No, n (%)	37 (35.6)	289 (25.4)	
<b>How often do you eat vegetables, fruit, or berries? (FINDRISC)</b>			
Every day, n (%)	86 (82.7)	1017 (89.4)	<b>0.039</b>
Not every day, n (%)	18 (17.3)	121 (10.6)	
<b>Have you ever taken medication for high blood pressure on a regular basis? (FINDRISC)</b>			
No, n (%)	53 (51.0)	773 (67.9)	<b>&lt;0.001</b>
Yes, n (%)	51 (49.0)	365 (32.1)	
<b>Have you ever been found to have high blood glucose (e.g. in a health examination, during an illness, during pregnancy?) (FINDRISC)</b>			
No, n (%)	80 (76.9)	1,055 (92.7)	<b>&lt;0.001</b>
Yes, n (%)	24 (23.1)	83 (7.3)	
<b>Have any of the members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)? (FINDRISC)</b>			
No, n (%)	53 (51.0)	638 (56.1)	0.524
Yes: grandparent, aunt, uncle, or first cousin, n (%)	11 (10.6)	124 (10.9)	
Yes: parent, brother, sister, or own child, n (%)	40 (38.5)	376 (33.0)	
<b>Previous gestational diabetes (if female) (DESIR)</b>			
No, n (%)	45 (84.9)	651 (95.3)	<b>0.001</b>
Yes, n (%)	8 (15.1)	32 (4.7)	

**Supplementary Table 2. Performance of the DESIR and ADA questionnaires in predicting incident diabetes mellitus after 7.3 years (median) of follow-up.**

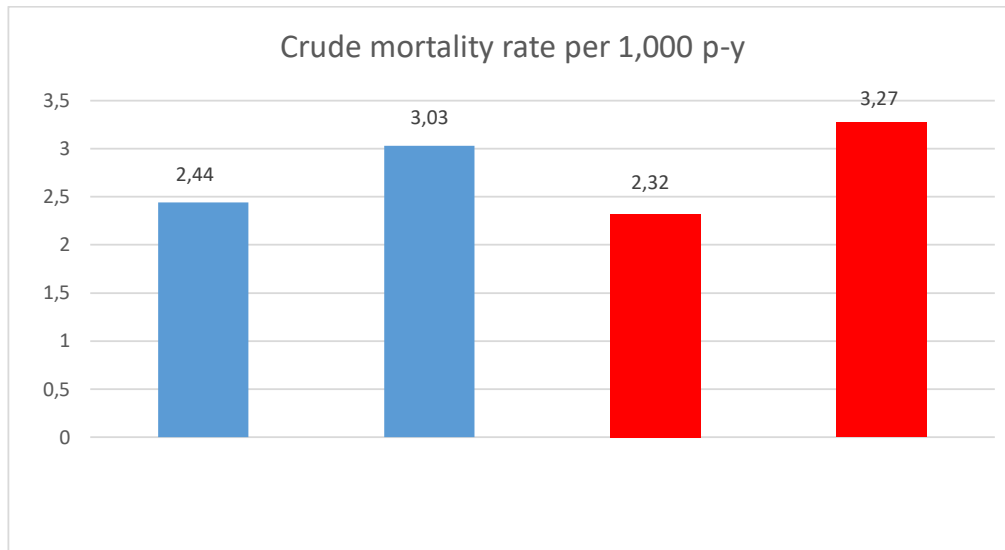
<b>DESIR</b>							
<b>Criterion</b>	<b>Sensitivity</b>	<b>Specificity</b>	<b>Youden index</b>	<b>LR+</b>	<b>LR–</b>	<b>PPV</b>	<b>NPV</b>
≥1	100	0	0	1.00		8.40	
>1	100	0.088	0	1.00	0.00	8.41	100
>2	99.04	0.088	-0.01	0.99	10.94	8.33	49.99
>3	99.04	0.18	-0.01	0.99	5.47	8.34	67.16
>9	98.08	2.46	0.01	1.01	0.78	8.44	93.32
>10	96.15	12.13	0.08	1.09	0.32	9.12	97.17
>11	83.65	37.52	0.21	1.34	0.44	10.93	96.16
<b>&gt;12</b>	<b>51.92</b>	<b>71.44</b>	<b>0.23</b>	<b>1.82</b>	<b>0.67</b>	<b>14.29</b>	<b>94.19</b>
>13	13.46	95.17	0.09	2.79	0.91	20.35	92.30
>14	0	100	0		1.00		91.60
<b>ADA</b>							
<b>Criterion</b>	<b>Sensitivity</b>	<b>Specificity</b>	<b>Youden index</b>	<b>LR+</b>	<b>LR–</b>	<b>PPV</b>	<b>NPV</b>
≥1	100	0	0	1.00		8.40	
>1	100	0.088	0	1.00	0.00	8.41	100
>2	99.04	4.75	0.04	1.04	0.20	8.71	98.18
>3	95.19	15.11	0.10	1.12	0.32	9.32	97.16
>4	83.65	36.12	0.20	1.31	0.45	10.72	96.01
<b>&gt;5</b>	<b>62.50</b>	<b>62.65</b>	<b>0.25</b>	<b>1.67</b>	<b>0.60</b>	<b>13.30</b>	<b>94.80</b>
>6	34.62	82.95	0.18	2.03	0.79	15.70	93.26
>7	14.42	94.90	0.09	2.83	0.90	20.59	92.36
>8	1.92	99.12	0.01	2.19	0.99	16.67	91.68
>9	0	100	0		1.00		91.60

LR+, positive likelihood ratio; LR–, negative likelihood ratio; PPV, positive predictive value; NPV, negative predictive value

**Supplementary Table 3. Pairwise comparison of ROC curves**

<b>FINDRISC-MOOD VS. FINDRISC</b>	
Difference between areas	0.0175
Standard error	0.0120
95% Confidence interval	-0.00599 to 0.0410
Z statistic	1.460
Significance level	P=0.1443
<b>FINDRISC-MOOD VS. ADA</b>	
Difference between areas	0.0374
Standard error	0.0214
95% Confidence interval	-0.00459 to 0.0794
Z statistic	1.746
Significance level	P=0.0808
<b>FINDRISC-MOOD VS. DESIR</b>	
Difference between areas	0.0413
Standard error	0.0224
95% Confidence interval	-0.00268 to 0.0852
Z statistic	1.841
Significance level	P=0.0657
<b>FINDRISC VS. ADA</b>	
Difference between areas	0.0199
Standard error	0.0198
95% Confidence interval	-0.0190 to 0.0588
Z statistic	1.004
Significance level	P=0.3153
<b>FINDRISC VS. DESIR</b>	
Difference between areas	0.0238
Standard error	0.0223
95% Confidence interval	-0.0199 to 0.0674
Z statistic	1.067
Significance level	P=0.2860
<b>ADA VS. DESIR</b>	
Difference between areas	0.00386
Standard error	0.0223
95% Confidence interval	-0.0398 to 0.0475
Z statistic	0.173
Significance level	P=0.8625

**Supplementary Figure 1. Mortality rates per 1,000 person-years according to FINDRISC and FINDRISC-MOOD**



Supplementary Table 3. Differences according to the results of the PHQ-9 questionnaire.

	PHQ-9 ≥10 (N= 144)	PHQ-9 <10 (N=1,098)	p value
Sex, male, n (%)	39 (27.1)	467 (42.5)	<0.001
Age, mean (SD)	61.8 (6.4)	61.8 (6.0)	0.895
University studies, n (%)	27 (18.8)	368 (33.6)	<0.001
Current smoking, n (%)	27 (18.8)	174 (15.9)	0.550
Alcohol consumption, n (%)	46 (31.9)	552 (50.4)	<0.001
Family history of DM, n (%)	56 (38.9)	336 (30.7)	0.047
Family history of arterial hypertension, n (%)	79 (54.9)	537 (49.2)	0.200
Hypertension, n (%)	55 (38.2)	345 (31.4)	0.103
Coronary artery disease, n (%)	7 (4.9)	31 (2.8)	0.182
Peripheral artery disease, n (%)	1 (0.7)	9 (0.8)	0.876
Stroke, n (%)	6 (4.2)	19 (1.7)	0.049
Chronic atrial fibrillation, n (%)	6 (4.2)	24 (2.2)	0.143
Dyslipidemia, n (%)	65 (45.1)	497 (45.3)	0.970
History of depression, n (%)	30 (20.8)	56 (5.1)	0.001
GFR <sub>e</sub> ≤60 mL/min/1.73 m <sup>2</sup> , n (%)	3 (2.1)	11 (1)	0.248
Metabolic syndrome, n (%)	60 (41.7)	336 (30.6)	0.007
Renin-angiotensin system blockers, n (%)	37 (25.7)	231 (21)	0.202
Statins, n (%)	37 (25.7)	263 (24)	0.646
Aspirin, n (%)	14 (9.7)	62 (5.6)	0.055
Anticoagulants, n (%)	5 (3.5)	19 (1.7)	0.153
Atypical antipsychotic, n (%)	2 (1.4)	1 (0.1)	0.003
Waist circumference, cm mean (SD)	95.4 (12.7)	93.7 (11.8)	0.108
BMI, kg/m <sup>2</sup> mean (SD)	29.1 (5.6)	27.8 (4.4)	0.002
Systolic blood pressure, mmHg, mean (SD)	123.6 (17.7)	123.3 (16.7)	0.838
Diastolic blood pressure, mmHg, mean (SD)	77.9 (11.5)	76.7 (9.6)	0.234
Fasting plasma glucose, mg/dl mean (SD)	100.6 (10.6)	100.6 (10.4)	0.996
Plasma glucose 2 h, mg/dl mean (SD)	115.7 (29.9)	115.1 (30.7)	0.835
HbA1c, % mean (SD)	5.69 (0.37)	5.65 (0.33)	0.135
Mediterranean diet score (PREDIMED), mean (SD)	8.2 (2.0)	8.7 (2.2)	0.006
<b>Health perception (self-reported)</b>			
Excellent, n (%)	0 (0)	36 (3.3)	
Very good, n (%)	10 (6.9)	238 (21.9)	
Good, n (%)	62 (43.1)	640 (58.9)	<0.001
Fair, n (%)	65 (45.1)	170 (15.6)	
Bad, n (%)	7 (4.9)	3 (0.3)	
<b>Glycemic status</b>			
Normoglycemia, n (%)	112 (77.8)	869 (79.1)	
Impaired glucose tolerance, n (%)	32 (22.2)	229 (20.9)	0.705
<b>Diabetes risk scores</b>			
FINDRISC, mean (SD)	12.2 (4.4)	10.9 (4.2)	0.001
DESIR, mean (SD)	12.2 (1.2)	11.8 (1.2)	0.001
ADA, mean (SD)	5.3 (1.5)	5.1 (1.5)	0.111
<b>Incidence of Diabetes Mellitus, n (%)</b>	<b>22 (15.3)</b>	<b>82 (7.5)</b>	<b>0.001</b>