

Supplementary material. Multivariate regression coefficients (95% CI) for the association of Mediterranean diet scores or other dietary patterns with mental and physical component score further adjusted for fatty acids

	β^*	95% CI	P value**	β^*	95% CI	P value**	β^*	95% CI	P value**
	Further adjusted for MUFAs			Further adjusted for PUFAs			Further adjusted for SFAs		
Mental Component Score									
Mediterranean Diet	0.31	0.16 to 0.46	<.0001	0.34	0.18 to 0.49	<.0001	0.34	0.18 to 0.51	<.0001
Italian Mediterranean Index	0.32	0.17 to 0.48	<.0001	0.37	0.22 to 0.53	<.0001	0.36	0.20 to 0.51	<.0001
Olive oil and vegetables pattern	0.61	0.40 to 0.82	<.0001	0.58	0.40 to 0.74	<.0001	0.50	0.34 to 0.65	<.0001
Pasta and Meat pattern	0.06	-0.10 to 0.23	0.47	0.07	-0.10 to 0.24	0.42	0.04	-0.14 to 0.21	0.64
Eggs and sweets pattern	-0.44	-0.64 to -0.24	<.0001	-0.42	-0.63 to -0.21	0.0001	-0.35	-0.57 to -0.13	0.001
Physical Component Score									
Mediterranean Diet	0.13	0.05 to 0.21	0.001	0.15	0.06 to 0.23	0.0005	0.20	0.10 to 0.28	0.0005
Italian Mediterranean Index	0.07	-0.02 to 0.15	0.17	0.08	0.002 to 0.17	0.04	0.08	0.003 to 0.17	0.04
Olive oil and vegetables pattern	0.15	0.04 to 0.27	0.01	0.18	0.10 to 0.28	0.0002	0.15	0.05 to 0.23	0.001
Pasta and Meat pattern	-0.11	-0.26 to -0.02	0.02	-0.12	-0.21 to -0.02	0.02	-0.10	-0.20 to -0.001	0.04
Eggs and sweets pattern	-0.06	-0.17 to 0.06	0.33	-0.01	-0.13 to 0.11	0.83	-0.10	-0.20 to 0.05	0.23

*Regression coefficients represent the variation in mental or physical component scores for a one standard deviation change in Medscore, IMI or dietary patterns.

** p for trend values obtained from fully adjusted model for age, sex, BMI, total energy intake, total physical activity, education, income, total socioeconomic status, smoking, diabetes, hypertension, hypercholesterolemia.