

Supplementary Table 1: Demographic and clinical characteristics of patients divided by gender.

Characteristics		Total	Male	Female	p value
Age	Mean (SD)	43.8 (14.2)	44.1 (14.6)	43.6 (14.0)	0.753 ^a
Marital Status	Single, n (%)	131 (36.0)	56 (42.1)	75 (32.5)	0.156 ^b
	Married/Cohabiting, n (%)	163 (44.8)	52 (39.1)	111 (48.1)	
	Sep/Div/Widowed, n (%)	70 (19.2)	25 (18.8)	45 (19.5)	
Clinical diagnosis	Adjustment disorder (%)	135 (36.5)	66 (18.8)	69 (51.1)	0.746 ^b
	Depressive episode (%)	235 (63.5)	119 (50.6)	116 (49.4)	
Depressive symptoms: mean IDSC-30 total score, range 0–90%	Mean (SD)	34.9 (12.7)	34.0 (12.1)	35.3 (13.0)	0.37 ^a
Depressive symptoms: mean IDSC-30 total score minus sleep items, range 0–78%	Mean (SD)	30.1 (11.0)	29.2 (10.6)	30.5 (11.3)	0.295 ^a
Sleep disturbance, range 0–3*	Mean (SD)	1.5 (1.0)	1.6 (1)	1.5 (0.9)	0.10 ^a
Impairment of function, range 0–3*	Mean (SD)	1.1 (0.9)	1.1 (1.0)	1.1 (0.9)	0.77 ^a
Early insomnia, range 0–3%	Mean (SD)	1.6 (1.1)	1.6 (1.1)	1.6 (1)	0.625 ^a
Mid nocturnal insomnia, range 0–3%	Mean (SD)	1.6 (1.1)	1.5 (1.1)	1.6 (1.1)	0.657 ^a
Early wakening, range 0–3%	Mean (SD)	1.4 (1.2)	1.4 (1.2)	1.4 (1.2)	0.7 ^a
Hypersomnia, range 0–3%	Mean (SD)	0.3 (0.6)	0.3 (0.7)	0.2 (0.6)	0.139 ^a
Hypnotic use	N (%)	135 (38.8)	45 (36.9)	90 (39.8)	0.592 ^b
a=Independent samples t-test; b=chi square; %variables from IDS-C30, higher scores denote greater symptoms burden; *variables from SCAN, higher scores denote greater symptoms burden.					