

Supplements

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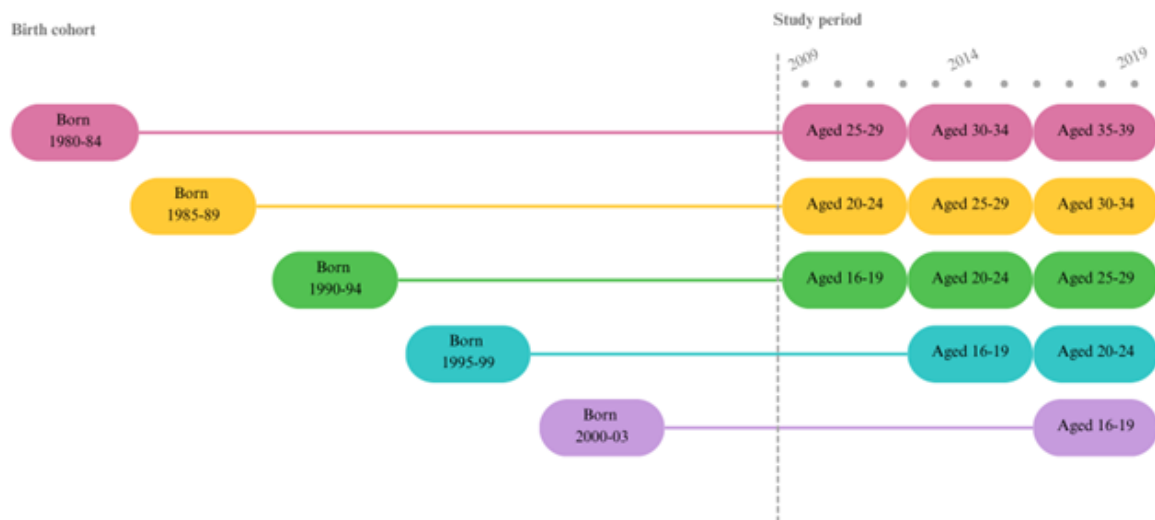
SUPPLEMENT A ADDITIONAL DOCUMENTATION

Clinical Practice Research Datalink (CPRD) documentation

CPRD COHORT SAMPLE & MEASURES

Study sample: We used de-identified electronic primary care records from CPRD Aurum and Gold. CPRD contains consultation records including symptoms, diagnoses, and prescriptions, and sociodemographic information, and is broadly representative of the UK population [1,2] More than 98% people in the UK are registered in primary care [1] however some groups were excluded from the cohort, including asylum seekers, unhoused individuals, and people living in institutions [3] We included participants born 1980 and 2003 who were registered with a primary care practice for at least 12 months between 2009 and 2019 (Supplement A figure 1).

Supplement A figure 1 Birth cohorts and ages during follow-up



Deprivation: Level of deprivation was estimated using the 2019 English Index of Multiple Deprivation (IMD), which is a composite measure of domains of material deprivation: income, employment, education, health, housing, crime, access to services, and living environment calculated for Lower Super Output Areas (LSOA) [4]. The overall score is a weighted sum of the domain indices, and an area-level ranking was produced using postcodes for each practice, mapped onto 2011 LSOA boundaries. Data was provided as fifths to prevent the possibility of deductive disclosure of the location of a practice, from Fifth 1 (least deprived) to Fifth 5 (most deprived) [4] Level of deprivation was estimated for each participant based on the post code of the primary care practice they were registered to. While practices have practice boundaries and participants are likely to register to primary care close to their home address, they may register to a GP outside of this boundary area.

CPRD SAMPLE CHARACTERISTICS

There were 7,354,888 unique participants in the database, contributing to 26,928,036 person-years of follow-up, which included between 2.1 and 3.2 million participants in each year. Participants were followed for a median of 4.9 person-years (interquartile range: 5.54 person-years; Table 1). There were more females than males in the primary care sample across the study period (female: 52.50% in 2009; 52.73% in 2014; 51.70% in 2019). In 2009, the earliest birth cohort (1980-84) comprised 60.94% of the sample, 31.56% of the sample was born between 1985-89, and 7.50% were born between 1990-94. With the inclusion of later birth cohorts, these proportions were more balanced at the end of the study: 31.00% for 1980-84; 25.83% from 1985-89; 22.34% from 1990-94; 16.98% from 1995-99; and 3.86% from 2000-03.

Ethnicity: Of those with ethnicity recorded, most of the sample belonged to the White ethnic group (74.88% in 2009), although this proportion decreased slightly over the study period (70.76% in 2019). These were broadly consistent with population estimates from Census for England & Wales, the Scottish Census, and the Northern Ireland Census (see *Comparison to Census proportions below*).

Country: In 2009, 86.39% of the participants were registered to practices in England and 7.45% in Scottish practices, which were consistent with the 2011 census figures, showing that 83.92% of the UK population lived in England and 8.37% lived in Scotland [5] In England, the largest proportion of participants were registered to London-based practices (19.78% in 2009; 24.75% in 2019). The South East region had the next largest proportion of participants: 17.45% in 2009; 16.75% in 2019. The smallest proportion of participants were registered to practices in the North East: 2.50% in 2009 and 2.34% in 2019.

Deprivation (England only): In 2009, 50.91% of participants were registered to practices in the two highest fifths of deprivation, while only 12.55% were registered to the least deprived fifth, with similar proportions across all follow-up years (Table 1). Deprivation was estimated for each participant based on the English Index of Multiple Deprivation score estimated for the post code of the primary care practice they were registered to. While practices have practice boundaries and participants are likely to register to primary care close to their home address, they may register to a GP outside of this boundary area. In 2009, 50.91% of participants were registered to practices in the two highest fifths of deprivation, while only 12.55% were registered to the least deprived fifth, with similar proportions across all follow-up years (Table 1).

MISSING DATA IN CPRD

We had complete information for all variables except ethnicity. The completeness and accuracy of ethnicity recording in CPRD must be considered, as these changed over the study period, which may impact the estimates across ethnic groups [6]. In 2009, 36.70% did not have ethnicity recorded in their patient records, which decreased to 27.14% in 2019. We included those who did not have a recorded ethnicity in the “not stated” category throughout our analysis, however, acknowledge that the “not stated” group is a heterogeneous population, making interpretation of these findings challenging.

COMPARISON TO CENSUS PROPORTIONS

Ethnicity: Detailed estimates of ethnic group in the UK population are estimated by Censuses in England & Wales, Scotland, and Northern Ireland separately. These show similar patterns to those observed in the primary care dataset, with a large majority of the population from the White ethnic group, and a small decrease over time in this proportion. The proportions observed in the primary care sample were most similar to those observed in England and Wales, with the proportion of the population from the White ethnic group even higher in Scotland and Northern Ireland than those in England and Wales. The 2011 and 2022 Census for England & Wales estimated that the White ethnic group accounted for 86.0% of the population of England and Wales, decreasing to 81.7% in 2021 [5] The second-largest ethnic group in England and Wales was Asian: 7.5% in 2011 and 9.3% in 2021. Scotland's Census in 2011 estimated that that most of the Scottish population was white: 96.02% in 2011 and 92.87% in 2022 [7,8] The second-largest ethnic group was Asian: 2.66% in 2011 and 3.90% in 2022 [7,8]. The census in Northern Ireland also showed that the majority of the population were in the White ethnic group: 98.7% in 2011 and 96.55% in 2021 [9,10]. The Asian ethnic group was the next largest, comprising 0.80% in 2011 and 1.71% in 2021 [9,10]

Country: In 2009, 86.39% of the participants were registered to practices in England and 7.45% in Scottish practices, which were consistent with the 2011 Census figures, showing that 83.92% of the UK population lived in England, 8.37% in Scotland, 4.84 in Northern Ireland, and 2.87% in Wales [5] These were similar to the proportions reported in 2022: 84.48% in England, 8.06% in Scotland, 4.63% in Northern Ireland, and 4.63% in Wales [5].

Region (England only): In 2009, 86.39% of the participants were registered to practices in England and 7.45% in Scottish practices, which were consistent with the 2011 census figures, showing that 83.92% of the UK population lived in England and 8.37% lived in Scotland (Appendix A) [5] In England, the largest proportion of participants were registered to London-based practices (19.78% in 2009; 24.75% in 2019). The South East region had the next largest proportion of participants: 17.45% in 2009; 16.75% in 2019. The smallest proportion of participants were registered to practices in the North East: 2.50% in 2009 and 2.34% in 2019.

Understanding Society (USoc) documentation

USOC COHORT SAMPLE & MEASURES

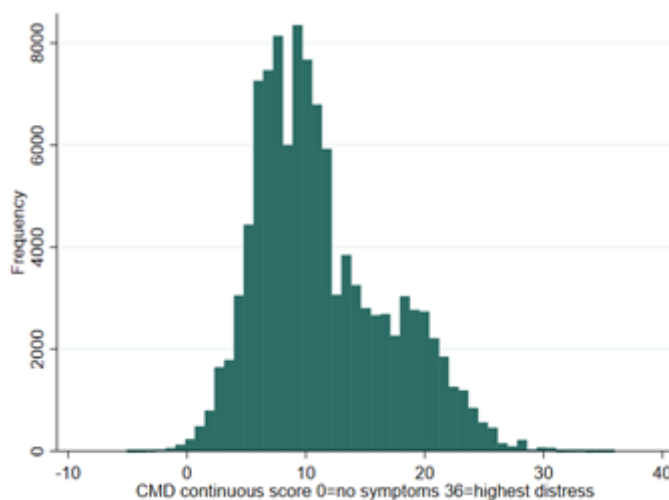
Study sample: We used data from Understanding Society, a population-representative longitudinal cohort of UK households [11]. We included participants born between 1980 and 2003 who participated in at least one wave between Wave 1 and 10 (Figure 1). Participants were included in 2009, or after their 16th birthday, if later than 2009. While each study wave covers a 24-month period, USoc aims to interview each participant at approximately 12-month intervals.

Self-reported psychological distress symptoms: The General Health Questionnaire (GHQ-12) was developed to measure symptoms of psychological distress, including broad symptoms of common mental disorders (CMD) including anxiety, depression [12] The GHQ-12 includes 12 questions which are scored between 0 (much less than usual) and 3 (much more than usual), with positively worded questions reverse coded to result in a score between 0 (no psychological distress symptoms) and 36 (high burden of psychological distress symptoms). The GHQ-12 has been validated for detecting common mental disorders, including psychological distress, depressive symptoms and anxiety symptoms in general population surveys [13,14]

The 12-item General Health Questionnaire (GHQ-12) includes 12 questions assessing the severity of mental health symptoms over the past few weeks (0=less than usual, 1 = no more than usual, 2=rather more than usual, 3=much more than usual), with positively worded items reverse-coded so the total score ranges from 0 (no symptoms of psychological distress) to 36 (high burden of symptoms of psychological distress). The following are the items measured on the GHQ-12:

1. Been able to concentrate on what you are doing
2. Lost much sleep over worry
3. Felt you were playing a useful part in things
4. Felt capable of making decisions about things
5. Felt constantly under strain
6. Felt you couldn't overcome your difficulties
7. Been able to enjoy your normal day-to-day activities
8. Been able to face up to your problems
9. Been feeling unhappy and depressed
10. Been lacking confidence in yourself
11. Been thinking of yourself as a worthless person
12. Been feeling reasonably happy, all things considered

Supplement A figure 2 Distribution of psychological distress symptoms (imputed mean GHQ-12 score), Understanding Society Wave 1 (2009-10)



Ethnicity: USoc uses multiple sources to derive ethnic group for study participants [11]. Participants were asked about their ethnic and racial group during their first interview and at several other USoc waves. The survey asked participants to select one of the following categories: (1) British/English/Scottish/Welsh/Northern Irish; (2) Irish; (3) Gypsy or Irish Traveller; (4) Any other White background; (5) White and Black Caribbean; (6) White and Black African; (7) White and Asian; (8) any other missed background; (9) Indian; (10) Pakistani; (11) Bangladeshi; (12) Chinese; (13) Any other Asian background; (14) Caribbean; (15) African; (16) Any other Black background; (17) Arab; (18) Any other ethnic group. USoc provides a derived variable which includes information from multiple sources to generate ethnic group, prioritising the latest reported value where there were multiple reports [11]. We grouped these into five broader ethnic groups (1) Asian; (2) Black; (3) Mixed; (4) Other; and (5) White.

Deprivation: Level of deprivation was estimated using the Index of Multiple Deprivation (IMD), calculated at the Lower Super Output Area (LSOA). As IMD was calculated differently by devolved nation (country), we restricted this analysis to England only. The IMD scores were divided into fifths from Fifth 1 (least deprived) to Fifth 5 (most deprived). Each household received a IMD score based on the 2011 LSOA boundaries [11].

USOC SAMPLE CHARACTERISTICS

We included 24,675 unique participants, with sample sizes in each wave varying from 7,501 (Wave 10) and 10,668 (Wave 6). 30.48% participated in only one wave of data collection, while 6.23% participated in all waves.

The sample characteristics in USoc were similar to CPRD, with a higher proportion of females than males (2009-10: 55.90%), a majority from the White ethnic group (2009-10: 69.15%), and most residing in England (2009-10: 85.57%). The samples differed somewhat by birth cohort, where the proportions were more balanced in USoc. In 2009-10, 38.10% of participants were born between 1980-84, 33.16% were born between 1985-89, and 28.80% were born between 1990-94. In 2019-20, each birth cohort comprised between 18.13% and 23.30% of the total sample.

MISSING DATA IN USOC

We explored patterns of missing variables in each wave, comparing the full sample with those who had complete data. Participants with complete data were more likely to be younger, White, and from less deprived areas than those with missing data. We used multiple imputation by chained equations (MICE) to reduce bias from missing data, imputing GHQ score, ethnicity, and deprivation, with the assumption that data were at least missing at random [15]. We estimated the fraction of missing information (FMI) and determined that 50 imputed datasets would be sufficient to ensure replicability of the point estimates. We used all available variables from the analytic models in the imputation models and sample weights were also included in these imputation models. All analysis was run across imputed datasets using Rubin's rules to pool estimates [16]

WEIGHTING IN USOC

To account for unequal selection probability and differential non-response, we used the provided cross-sectional weights in each wave to ensure the results were representative of the UK population [17]

DELTA METHOD FOR CALCULATING THE VARIANCE OF RATIO ESTIMATES

We used the Delta method to calculate the variance of the ratio of mean estimates (Tables B2-B3), using the following procedure:

- Step 1 Calculate the ratio of the point estimates (means):

$$ratio = \left(\frac{mean_1}{mean_{ref}} \right)$$
- Step 2 Calculate the variance ratio using the Delta method:

$$variance\ ratio = \left(\frac{standard\ error_1}{mean_{ref}} \right)^2 + \left(\frac{mean_1}{standard\ error_{ref}^2} \right)^2$$
- Step 3 Calculate the standard error ratio:

$$standard\ error\ ratio = \sqrt{variance\ ratio}$$
- Step 4 Calculate the upper and lower bounds of the 95% confidence intervals:

$$lower\ CI = ratio - 1.96 \times standard\ error\ ratio$$

$$upper\ CI = ratio + 1.96 \times standard\ error\ ratio$$

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SUPPLEMENT B CLINICAL PRACTICE RESEARCH DATALINK (CPRD) CODE LIST

We identified CMD in the Clinical Practice Research Datalink (CPRD) using the code list published by Dykxhoorn et al (2023). This included Read and SNOMED codes related to the (i) symptoms or diagnosis of an anxiety disorder, depressive disorder, mixed depressive and anxiety disorder, or stress, or (ii) pharmaceutical treatment for an anxiety or depressive disorder, including prescriptions for antidepressants and anxiolytics. Code lists were developed by the research team in this previous paper, which included two GPs, a psychiatrist, and psychiatric epidemiologists.

Reference:

Dykxhoorn J, Osborn D, Walters K, et al. Temporal patterns in the recorded annual incidence of common mental disorders over two decades in the United Kingdom: a primary care cohort study. *Psychol Med*. 2023;54:663–74. doi: 10.1017/S0033291723002349

APPENDIX D: CLINICAL PRACTICE RESEARCH DATALINK (CPRD) CODE LIST

We identified CMD in the Clinical Practice Research Datalink (CPRD) using the code list published by Dykxhoorn et al (2023). This included Read and SNOMED codes related to the (i) symptoms or diagnosis of an anxiety disorder, depressive disorder, mixed depressive and anxiety disorder, or stress, or (ii) pharmaceutical treatment for an anxiety or depressive disorder, including prescriptions for antidepressants and anxiolytics. Code lists were developed by the research team in this previous paper, which included two GPs, a psychiatrist, and psychiatric epidemiologists.

Reference:

Dykxhoorn J, Osborn D, Walters K, *et al.* Temporal patterns in the recorded annual incidence of common mental disorders over two decades in the United Kingdom: a primary care cohort study. *Psychol Med.* 2023;54:663–74. doi: 10.1017/S0033291723002349

Code list:

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aurum	prodcode	868941000033111	antidepressant
aurum	prodcode	870441000033114	antidepressant
aurum	prodcode	870741000033119	antidepressant
aurum	prodcode	870841000033112	antidepressant
aurum	prodcode	870941000033116	antidepressant
aurum	prodcode	87641000033116	antidepressant
aurum	prodcode	87941000033111	antidepressant
aurum	prodcode	8867941000033118	antidepressant
aurum	prodcode	8885441000033118	antidepressant
aurum	prodcode	8885541000033117	antidepressant
aurum	prodcode	88941000033110	anxiolytic
aurum	prodcode	901941000033111	anxiolytic
aurum	prodcode	90841000033115	anxiolytic
aurum	prodcode	90941000033111	anxiolytic
aurum	prodcode	9120641000033112	antidepressant
aurum	prodcode	9120741000033115	antidepressant
aurum	prodcode	917541000033110	antidepressant
aurum	prodcode	917641000033111	antidepressant
aurum	prodcode	917741000033119	antidepressant
aurum	prodcode	9177941000033119	anxiolytic
aurum	prodcode	919641000033115	antidepressant
aurum	prodcode	923041000033117	antidepressant
aurum	prodcode	923241000033113	antidepressant
aurum	prodcode	929541000033113	antidepressant
aurum	prodcode	929841000033110	antidepressant
aurum	prodcode	9300741000033116	antidepressant
aurum	prodcode	9300841000033114	antidepressant
aurum	prodcode	937241000033118	antidepressant
aurum	prodcode	937841000033119	antidepressant
aurum	prodcode	938741000033111	antidepressant
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aurum	prodcode	938941000033114	antidepressant
aurum	prodcode	939441000033114	anxiolytic
aurum	prodcode	955241000033110	antidepressant
aurum	prodcode	966141000033116	antidepressant
aurum	prodcode	966241000033111	antidepressant
aurum	prodcode	974341000033116	anxiolytic
aurum	prodcode	975341000033115	anxiolytic
aurum	prodcode	989141000033111	antidepressant
aurum	prodcode	989241000033116	antidepressant
gold	prodcode	20	anxiolytic
gold	prodcode	22	antidepressant
gold	prodcode	35	anxiolytic
gold	prodcode	49	antidepressant
gold	prodcode	50	antidepressant
gold	prodcode	66	anxiolytic

gold	prodcode	67	antidepressant
gold	prodcode	74	antidepressant
gold	prodcode	83	antidepressant
gold	prodcode	84	antidepressant
gold	prodcode	114	antidepressant
gold	prodcode	182	antidepressant
gold	prodcode	252	antidepressant
gold	prodcode	301	antidepressant
gold	prodcode	418	antidepressant
gold	prodcode	470	antidepressant
gold	prodcode	476	antidepressant
gold	prodcode	487	antidepressant
gold	prodcode	488	antidepressant
gold	prodcode	513	antidepressant
gold	prodcode	527	antidepressant
gold	prodcode	563	anxiolytic
gold	prodcode	595	antidepressant
gold	prodcode	603	antidepressant
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gold	prodcode	648	antidepressant
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gold	prodcode	742	antidepressant
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gold	prodcode	785	antidepressant
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gold	prodcode	841	antidepressant
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gold	prodcode	1088	anxiolytic
gold	prodcode	1169	antidepressant
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gold	prodcode	1474	antidepressant
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gold	prodcode	1712	antidepressant
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gold	prodcode	1888	antidepressant
gold	prodcode	1940	antidepressant
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gold	prodcode	2093	antidepressant

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gold	prodcode	2356	antidepressant
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gold	prodcode	2403	anxiolytic
gold	prodcode	2407	anxiolytic
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gold	prodcode	2525	antidepressant
gold	prodcode	2531	antidepressant
gold	prodcode	2532	antidepressant
gold	prodcode	2548	antidepressant
gold	prodcode	2579	antidepressant
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gold	prodcode	2654	antidepressant
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gold	prodcode	2936	antidepressant
gold	prodcode	2985	antidepressant
gold	prodcode	3083	antidepressant
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gold	prodcode	3183	antidepressant
gold	prodcode	3194	antidepressant
gold	prodcode	3196	antidepressant
gold	prodcode	3205	anxiolytic
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gold	prodcode	3349	antidepressant
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gold	prodcode	3554	antidepressant
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gold	prodcode	3657	antidepressant
gold	prodcode	3670	antidepressant
gold	prodcode	3686	anxiolytic
gold	prodcode	3687	anxiolytic
gold	prodcode	3741	anxiolytic
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gold	prodcode	3842	antidepressant
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gold	prodcode	3870	anxiolytic
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gold	prodcode	3925	antidepressant
gold	prodcode	3955	antidepressant
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gold	prodcode	4011	antidepressant
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gold	prodcode	4075	antidepressant
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gold	prodcode	4187	anxiolytic
gold	prodcode	4194	antidepressant
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gold	prodcode	4297	antidepressant
gold	prodcode	4310	antidepressant
gold	prodcode	4321	antidepressant
gold	prodcode	4329	antidepressant
gold	prodcode	4338	anxiolytic
gold	prodcode	4352	antidepressant
gold	prodcode	4404	antidepressant
gold	prodcode	4411	antidepressant
gold	prodcode	4422	antidepressant
gold	prodcode	4554	antidepressant
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gold	prodcode	4874	antidepressant
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gold	prodcode	5352	anxiolytic
gold	prodcode	5385	anxiolytic
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gold	prodcode	7153	antidepressant
gold	prodcode	7328	antidepressant
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gold	prodcode	9048	anxiolytic

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gold	prodcode	9558	antidepressant
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gold	prodcode	13621	antidepressant
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gold	prodcode	14519	antidepressant
gold	prodcode	14534	antidepressant
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gold	prodcode	14740	antidepressant

gold	prodcode	14803	antidepressant
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gold	prodcode	15380	antidepressant
gold	prodcode	15492	anxiolytic
gold	prodcode	15632	antidepressant
gold	prodcode	15852	anxiolytic
gold	prodcode	15975	antidepressant
gold	prodcode	16154	antidepressant
gold	prodcode	16169	anxiolytic
gold	prodcode	16323	antidepressant
gold	prodcode	16727	antidepressant
gold	prodcode	16969	antidepressant
gold	prodcode	17183	antidepressant
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gold	prodcode	17319	antidepressant
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gold	prodcode	18291	anxiolytic
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gold	prodcode	19181	antidepressant
gold	prodcode	19183	antidepressant
gold	prodcode	19186	antidepressant
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gold	prodcode	19450	anxiolytic
gold	prodcode	19470	antidepressant
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gold	prodcode	20152	antidepressant
gold	prodcode	20164	anxiolytic
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gold	prodcode	20405	antidepressant
gold	prodcode	20504	antidepressant
gold	prodcode	20571	antidepressant
gold	prodcode	20801	anxiolytic
gold	prodcode	21081	antidepressant
gold	prodcode	21157	antidepressant
gold	prodcode	21357	antidepressant
gold	prodcode	21437	anxiolytic
gold	prodcode	21454	anxiolytic
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gold	prodcode	24135	anxiolytic
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gold	prodcode	24152	antidepressant
gold	prodcode	24680	antidepressant
gold	prodcode	24723	antidepressant
gold	prodcode	24890	antidepressant
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gold	prodcode	25444	antidepressant
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gold	prodcode	26056	antidepressant
gold	prodcode	26213	antidepressant
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gold	prodcode	27008	antidepressant
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gold	prodcode	27847	anxiolytic
gold	prodcode	28703	anxiolytic
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gold	prodcode	29875	antidepressant
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gold	prodcode	30779	anxiolytic
gold	prodcode	30981	anxiolytic
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gold	prodcode	32231	anxiolytic
gold	prodcode	32320	anxiolytic
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gold	prodcode	32546	antidepressant
gold	prodcode	32847	anxiolytic
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gold	prodcode	32863	antidepressant

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gold	prodcode	33624	antidepressant
gold	prodcode	33648	anxiolytic
gold	prodcode	33663	anxiolytic
gold	prodcode	33720	antidepressant
gold	prodcode	33779	antidepressant
gold	prodcode	33841	anxiolytic
gold	prodcode	33978	antidepressant
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gold	prodcode	34372	anxiolytic
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gold	prodcode	34408	anxiolytic
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gold	prodcode	34436	antidepressant
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gold	prodcode	34470	antidepressant
gold	prodcode	34474	antidepressant
gold	prodcode	34498	antidepressant
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gold	prodcode	34503	antidepressant
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gold	prodcode	34555	anxiolytic
gold	prodcode	34561	anxiolytic
gold	prodcode	34572	anxiolytic
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gold	prodcode	34587	antidepressant
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gold	prodcode	34643	antidepressant
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gold	prodcode	34681	anxiolytic
gold	prodcode	34686	anxiolytic
gold	prodcode	34692	anxiolytic
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gold	prodcode	34745	antidepressant
gold	prodcode	34770	anxiolytic
gold	prodcode	34777	anxiolytic
gold	prodcode	34782	antidepressant
gold	prodcode	34806	anxiolytic
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gold	prodcode	34871	antidepressant
gold	prodcode	34872	antidepressant
gold	prodcode	34874	anxiolytic
gold	prodcode	34876	anxiolytic
gold	prodcode	34892	anxiolytic
gold	prodcode	34897	anxiolytic
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gold	prodcode	35112	antidepressant
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gold	prodcode	35493	antidepressant
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gold	prodcode	36200	anxiolytic
gold	prodcode	36581	anxiolytic
gold	prodcode	36602	anxiolytic
gold	prodcode	36611	anxiolytic
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gold	prodcode	37566	anxiolytic
gold	prodcode	37745	anxiolytic
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gold	prodcode	38424	anxiolytic
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gold	prodcode	40059	antidepressant
gold	prodcode	40062	antidepressant
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gold	prodcode	40295	antidepressant
gold	prodcode	40396	antidepressant
gold	prodcode	40407	antidepressant
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gold	prodcode	41299	antidepressant
gold	prodcode	41314	antidepressant
gold	prodcode	41385	anxiolytic
gold	prodcode	41391	anxiolytic
gold	prodcode	41408	antidepressant
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gold	prodcode	41528	antidepressant
gold	prodcode	41539	anxiolytic
gold	prodcode	41542	anxiolytic
gold	prodcode	41562	anxiolytic
gold	prodcode	41563	antidepressant
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gold	prodcode	41627	antidepressant
gold	prodcode	41628	antidepressant
gold	prodcode	41653	anxiolytic
gold	prodcode	41654	antidepressant
gold	prodcode	41681	antidepressant
gold	prodcode	41696	anxiolytic
gold	prodcode	41697	anxiolytic
gold	prodcode	41709	antidepressant
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gold	prodcode	41718	anxiolytic
gold	prodcode	41729	antidepressant
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gold	prodcode	42660	antidepressant
gold	prodcode	42734	antidepressant
gold	prodcode	42803	antidepressant
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gold	prodcode	43024	antidepressant

gold	prodcode	43203	antidepressant
gold	prodcode	43234	antidepressant
gold	prodcode	43235	antidepressant
gold	prodcode	43236	antidepressant
gold	prodcode	43237	antidepressant
gold	prodcode	43239	antidepressant
gold	prodcode	43240	anxiolytic
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gold	prodcode	43247	antidepressant
gold	prodcode	43248	antidepressant
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gold	prodcode	43256	antidepressant
gold	prodcode	43257	antidepressant
gold	prodcode	43334	antidepressant
gold	prodcode	43445	anxiolytic
gold	prodcode	43518	antidepressant
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gold	prodcode	43534	antidepressant
gold	prodcode	43560	anxiolytic
gold	prodcode	43561	antidepressant
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gold	prodcode	44861	antidepressant
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gold	prodcode	44937	antidepressant
gold	prodcode	44944	antidepressant
gold	prodcode	45135	anxiolytic
gold	prodcode	45223	antidepressant
gold	prodcode	45224	antidepressant
gold	prodcode	45226	antidepressant
gold	prodcode	45233	antidepressant
gold	prodcode	45242	antidepressant
gold	prodcode	45247	antidepressant
gold	prodcode	45254	anxiolytic
gold	prodcode	45275	anxiolytic
gold	prodcode	45283	anxiolytic
gold	prodcode	45286	antidepressant
gold	prodcode	45304	antidepressant
gold	prodcode	45316	antidepressant
gold	prodcode	45318	antidepressant
gold	prodcode	45329	antidepressant
gold	prodcode	45350	antidepressant
gold	prodcode	45353	anxiolytic
gold	prodcode	45664	antidepressant
gold	prodcode	45737	antidepressant

gold	prodcode	45806	antidepressant
gold	prodcode	45818	antidepressant
gold	prodcode	45829	anxiolytic
gold	prodcode	45915	antidepressant
gold	prodcode	45959	antidepressant
gold	prodcode	46078	anxiolytic
gold	prodcode	46668	antidepressant
gold	prodcode	46799	anxiolytic
gold	prodcode	46801	antidepressant
gold	prodcode	46818	antidepressant
gold	prodcode	46847	anxiolytic
gold	prodcode	46896	anxiolytic
gold	prodcode	46926	antidepressant
gold	prodcode	46939	anxiolytic
gold	prodcode	46953	anxiolytic
gold	prodcode	46964	anxiolytic
gold	prodcode	46970	antidepressant
gold	prodcode	46977	antidepressant
gold	prodcode	47363	antidepressant
gold	prodcode	47945	antidepressant
gold	prodcode	47966	antidepressant
gold	prodcode	48026	antidepressant
gold	prodcode	48045	antidepressant
gold	prodcode	48065	antidepressant
gold	prodcode	48185	antidepressant
gold	prodcode	48199	antidepressant
gold	prodcode	48216	antidepressant
gold	prodcode	48220	antidepressant
gold	prodcode	48517	anxiolytic
gold	prodcode	48698	antidepressant
gold	prodcode	49165	antidepressant
gold	prodcode	49504	anxiolytic
gold	prodcode	49511	antidepressant
gold	prodcode	49519	antidepressant
gold	prodcode	49589	anxiolytic
gold	prodcode	49820	antidepressant
gold	prodcode	50081	antidepressant
gold	prodcode	50722	antidepressant
gold	prodcode	50892	antidepressant
gold	prodcode	50934	antidepressant
gold	prodcode	51280	antidepressant
gold	prodcode	51361	antidepressant
gold	prodcode	51383	antidepressant
gold	prodcode	51699	antidepressant
gold	prodcode	51758	antidepressant
gold	prodcode	52022	anxiolytic
gold	prodcode	52074	antidepressant
gold	prodcode	52100	antidepressant
gold	prodcode	52354	antidepressant

gold	prodcode	52408	antidepressant
gold	prodcode	52516	antidepressant
gold	prodcode	52607	antidepressant
gold	prodcode	52716	antidepressant
gold	prodcode	52824	antidepressant
gold	prodcode	52867	antidepressant
gold	prodcode	53161	antidepressant
gold	prodcode	53187	antidepressant
gold	prodcode	53321	antidepressant
gold	prodcode	53326	antidepressant
gold	prodcode	53394	antidepressant
gold	prodcode	53543	antidepressant
gold	prodcode	53648	antidepressant
gold	prodcode	53699	antidepressant
gold	prodcode	53787	antidepressant
gold	prodcode	53808	antidepressant
gold	prodcode	54012	antidepressant
gold	prodcode	54081	antidepressant
gold	prodcode	54342	antidepressant
gold	prodcode	54644	antidepressant
gold	prodcode	54686	antidepressant
gold	prodcode	54695	anxiolytic
gold	prodcode	54747	antidepressant
gold	prodcode	54792	antidepressant
gold	prodcode	54826	antidepressant
gold	prodcode	54827	antidepressant
gold	prodcode	54877	antidepressant
gold	prodcode	54933	antidepressant
gold	prodcode	55023	antidepressant
gold	prodcode	55033	antidepressant
gold	prodcode	55137	antidepressant
gold	prodcode	55138	antidepressant
gold	prodcode	55139	antidepressant
gold	prodcode	55146	antidepressant
gold	prodcode	55289	antidepressant
gold	prodcode	55424	antidepressant
gold	prodcode	55482	antidepressant
gold	prodcode	55488	antidepressant
gold	prodcode	55491	antidepressant
gold	prodcode	55501	antidepressant
gold	prodcode	55537	antidepressant
gold	prodcode	55836	anxiolytic
gold	prodcode	55970	antidepressant
gold	prodcode	56009	antidepressant
gold	prodcode	56209	antidepressant
gold	prodcode	56229	antidepressant
gold	prodcode	56292	antidepressant
gold	prodcode	56355	antidepressant
gold	prodcode	56457	antidepressant

gold	prodcode	56501	antidepressant
gold	prodcode	56551	anxiolytic
gold	prodcode	56662	antidepressant
gold	prodcode	56703	antidepressant
gold	prodcode	56811	anxiolytic
gold	prodcode	56927	anxiolytic
gold	prodcode	57107	antidepressant
gold	prodcode	57226	antidepressant
gold	prodcode	57268	anxiolytic
gold	prodcode	57532	antidepressant
gold	prodcode	57751	antidepressant
gold	prodcode	57926	antidepressant
gold	prodcode	57936	antidepressant
gold	prodcode	57937	anxiolytic
gold	prodcode	57972	antidepressant
gold	prodcode	57978	antidepressant
gold	prodcode	58291	antidepressant
gold	prodcode	58450	antidepressant
gold	prodcode	58476	antidepressant
gold	prodcode	58625	antidepressant
gold	prodcode	58664	antidepressant
gold	prodcode	58681	antidepressant
gold	prodcode	58723	antidepressant
gold	prodcode	58726	antidepressant
gold	prodcode	58837	antidepressant
gold	prodcode	59035	antidepressant
gold	prodcode	59095	anxiolytic
gold	prodcode	59161	antidepressant
gold	prodcode	59170	anxiolytic
gold	prodcode	59193	antidepressant
gold	prodcode	59288	antidepressant
gold	prodcode	59358	antidepressant
gold	prodcode	59563	antidepressant
gold	prodcode	59600	antidepressant
gold	prodcode	59640	anxiolytic
gold	prodcode	59650	antidepressant
gold	prodcode	59694	antidepressant
gold	prodcode	59753	antidepressant
gold	prodcode	59820	antidepressant
gold	prodcode	59923	antidepressant
gold	prodcode	59931	antidepressant
gold	prodcode	59953	antidepressant
gold	prodcode	59954	antidepressant
gold	prodcode	60138	antidepressant
gold	prodcode	60355	antidepressant
gold	prodcode	60370	antidepressant
gold	prodcode	60410	antidepressant
gold	prodcode	60449	antidepressant
gold	prodcode	60534	antidepressant

gold	prodcode	60538	antidepressant
gold	prodcode	60549	antidepressant
gold	prodcode	60568	antidepressant
gold	prodcode	60591	antidepressant
gold	prodcode	60619	antidepressant
gold	prodcode	60825	anxiolytic
gold	prodcode	60839	antidepressant
gold	prodcode	60843	antidepressant
gold	prodcode	60888	antidepressant
gold	prodcode	60895	antidepressant
gold	prodcode	60962	antidepressant
gold	prodcode	61236	antidepressant
gold	prodcode	61335	antidepressant
gold	prodcode	61443	anxiolytic
gold	prodcode	61450	anxiolytic
gold	prodcode	61503	antidepressant
gold	prodcode	61547	antidepressant
gold	prodcode	61657	antidepressant
gold	prodcode	61835	antidepressant
gold	prodcode	61842	antidepressant
gold	prodcode	61856	antidepressant
gold	prodcode	61886	anxiolytic
gold	prodcode	62155	antidepressant
gold	prodcode	62335	antidepressant
gold	prodcode	62427	antidepressant
gold	prodcode	62620	antidepressant
gold	prodcode	62645	anxiolytic
gold	prodcode	62681	antidepressant
gold	prodcode	62688	antidepressant
gold	prodcode	62692	antidepressant
gold	prodcode	62693	antidepressant
gold	prodcode	62734	antidepressant
gold	prodcode	62819	antidepressant
gold	prodcode	62927	antidepressant
gold	prodcode	62950	antidepressant
gold	prodcode	63216	antidepressant
gold	prodcode	63268	antidepressant
gold	prodcode	63276	antidepressant
gold	prodcode	63370	antidepressant
gold	prodcode	63403	antidepressant
gold	prodcode	63441	antidepressant
gold	prodcode	63481	antidepressant
gold	prodcode	63592	anxiolytic
gold	prodcode	63665	anxiolytic
gold	prodcode	63674	anxiolytic
gold	prodcode	63763	antidepressant
gold	prodcode	63827	antidepressant
gold	prodcode	63859	antidepressant
gold	prodcode	63916	antidepressant

gold	prodcode	63953	antidepressant
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gold	prodcode	64101	antidepressant
gold	prodcode	64139	antidepressant
gold	prodcode	64141	antidepressant
gold	prodcode	64223	antidepressant
gold	prodcode	64330	antidepressant
gold	prodcode	64423	antidepressant
gold	prodcode	64442	antidepressant
gold	prodcode	64458	antidepressant
gold	prodcode	64647	antidepressant
gold	prodcode	64729	anxiolytic
gold	prodcode	64775	anxiolytic
gold	prodcode	64785	antidepressant
gold	prodcode	64876	anxiolytic
gold	prodcode	65152	antidepressant
gold	prodcode	65165	antidepressant
gold	prodcode	65190	anxiolytic
gold	prodcode	65213	antidepressant
gold	prodcode	65237	antidepressant
gold	prodcode	65439	antidepressant
gold	prodcode	65445	antidepressant
gold	prodcode	65482	antidepressant
gold	prodcode	65483	antidepressant
gold	prodcode	65555	antidepressant
gold	prodcode	65618	antidepressant
gold	prodcode	65637	anxiolytic
gold	prodcode	65666	antidepressant
gold	prodcode	65738	antidepressant
gold	prodcode	65762	antidepressant
gold	prodcode	65771	antidepressant
gold	prodcode	65804	antidepressant
gold	prodcode	65809	antidepressant
gold	prodcode	65879	antidepressant
gold	prodcode	65888	antidepressant
gold	prodcode	65892	antidepressant
gold	prodcode	65899	antidepressant
gold	prodcode	65987	antidepressant
gold	prodcode	66100	antidepressant
gold	prodcode	66183	antidepressant
gold	prodcode	66201	antidepressant
gold	prodcode	66292	antidepressant
gold	prodcode	66405	antidepressant
gold	prodcode	66412	antidepressant
gold	prodcode	66413	antidepressant
gold	prodcode	66437	antidepressant
gold	prodcode	66493	antidepressant
gold	prodcode	66560	antidepressant
gold	prodcode	66572	antidepressant

gold	prodcode	66578	antidepressant
gold	prodcode	66579	antidepressant
gold	prodcode	66580	antidepressant
gold	prodcode	66744	antidepressant
gold	prodcode	66749	antidepressant
gold	prodcode	66752	antidepressant
gold	prodcode	66890	antidepressant
gold	prodcode	66919	antidepressant
gold	prodcode	67092	antidepressant
gold	prodcode	67097	antidepressant
gold	prodcode	67127	antidepressant
gold	prodcode	67259	antidepressant
gold	prodcode	67271	antidepressant
gold	prodcode	67272	antidepressant
gold	prodcode	67288	antidepressant
gold	prodcode	67305	antidepressant
gold	prodcode	67431	antidepressant
gold	prodcode	67496	antidepressant
gold	prodcode	67562	antidepressant
gold	prodcode	67563	antidepressant
gold	prodcode	67564	antidepressant
gold	prodcode	67728	antidepressant
gold	prodcode	67730	antidepressant
gold	prodcode	67736	antidepressant
gold	prodcode	67742	antidepressant
gold	prodcode	67757	antidepressant
gold	prodcode	67758	antidepressant
gold	prodcode	67769	antidepressant
gold	prodcode	67874	antidepressant
gold	prodcode	67888	antidepressant
gold	prodcode	67928	antidepressant
gold	prodcode	67935	antidepressant
gold	prodcode	67990	antidepressant
gold	prodcode	68050	antidepressant
gold	prodcode	68052	antidepressant
gold	prodcode	68096	antidepressant
gold	prodcode	68228	antidepressant
gold	prodcode	68266	antidepressant
gold	prodcode	68325	antidepressant
gold	prodcode	68544	antidepressant
gold	prodcode	68657	antidepressant
gold	prodcode	68665	antidepressant
gold	prodcode	68680	antidepressant
gold	prodcode	68756	antidepressant
gold	prodcode	68876	antidepressant
gold	prodcode	68933	antidepressant
gold	prodcode	69005	antidepressant
gold	prodcode	69317	antidepressant
gold	prodcode	69355	antidepressant

gold	prodcode	69420	antidepressant
gold	prodcode	69428	antidepressant
gold	prodcode	69525	antidepressant
gold	prodcode	69542	antidepressant
gold	prodcode	69571	antidepressant
gold	prodcode	69685	antidepressant
gold	prodcode	69712	antidepressant
gold	prodcode	69725	antidepressant
gold	prodcode	69726	antidepressant
gold	prodcode	69752	antidepressant
gold	prodcode	69819	antidepressant
gold	prodcode	69898	antidepressant
gold	prodcode	69941	antidepressant
gold	prodcode	69965	antidepressant
gold	prodcode	69991	antidepressant
gold	prodcode	69992	antidepressant
gold	prodcode	70063	antidepressant
gold	prodcode	70287	antidepressant
gold	prodcode	70300	antidepressant
gold	prodcode	70315	antidepressant
gold	prodcode	70353	antidepressant
gold	prodcode	70405	antidepressant
gold	prodcode	70420	antidepressant
gold	prodcode	70495	antidepressant
gold	prodcode	70521	antidepressant
gold	prodcode	70593	antidepressant
gold	prodcode	70728	antidepressant
gold	prodcode	70790	antidepressant
gold	prodcode	70806	antidepressant
gold	prodcode	70838	antidepressant
gold	prodcode	70931	antidepressant
gold	prodcode	70991	antidepressant
gold	prodcode	71005	antidepressant
gold	prodcode	71023	antidepressant
gold	prodcode	71031	antidepressant
gold	prodcode	71042	antidepressant
gold	prodcode	71059	antidepressant
gold	prodcode	71067	antidepressant
gold	prodcode	71253	antidepressant
gold	prodcode	71257	antidepressant
gold	prodcode	71543	antidepressant
gold	prodcode	71669	antidepressant
gold	prodcode	71782	antidepressant
gold	prodcode	71806	antidepressant
gold	prodcode	71848	antidepressant
gold	prodcode	71852	antidepressant
gold	prodcode	71932	antidepressant
gold	prodcode	72124	antidepressant
gold	prodcode	72211	antidepressant

gold	prodcode	72291	antidepressant
gold	prodcode	72373	antidepressant
gold	prodcode	72626	antidepressant
gold	prodcode	72773	antidepressant
gold	prodcode	73298	antidepressant
gold	prodcode	73363	antidepressant
gold	prodcode	73414	antidepressant
gold	prodcode	73417	antidepressant
gold	prodcode	73419	antidepressant
gold	prodcode	73540	antidepressant
gold	prodcode	73589	antidepressant
gold	prodcode	73636	antidepressant
gold	prodcode	73639	antidepressant
gold	prodcode	73658	antidepressant
gold	prodcode	73667	antidepressant
gold	prodcode	73668	antidepressant
gold	prodcode	73759	antidepressant
gold	prodcode	73868	antidepressant
gold	prodcode	73962	antidepressant
gold	prodcode	74010	antidepressant
gold	prodcode	74011	antidepressant
gold	prodcode	74190	antidepressant
gold	prodcode	74516	antidepressant
gold	prodcode	74557	antidepressant
gold	prodcode	74586	antidepressant
gold	prodcode	74588	antidepressant
gold	prodcode	74753	antidepressant
gold	prodcode	74774	antidepressant
gold	prodcode	74785	antidepressant
gold	prodcode	74858	antidepressant
gold	prodcode	74886	antidepressant
gold	prodcode	74907	antidepressant
gold	prodcode	74993	antidepressant
gold	prodcode	75054	antidepressant
gold	prodcode	75068	antidepressant
gold	prodcode	75075	antidepressant
gold	prodcode	75247	antidepressant
gold	prodcode	75263	antidepressant
gold	prodcode	75405	antidepressant
gold	prodcode	75525	antidepressant
gold	prodcode	75645	antidepressant
gold	prodcode	75688	antidepressant
gold	prodcode	75697	antidepressant
gold	prodcode	75702	antidepressant
gold	prodcode	75799	antidepressant
gold	prodcode	75848	antidepressant
gold	prodcode	75894	antidepressant
gold	prodcode	75943	antidepressant
gold	prodcode	75952	antidepressant

Supplement C Supplemental tables primary care-recorded CMD, CPRD

[Supplement C table 1 Extended primary care sample characteristics with cases and person-years: 2009, 2014, 2019, CPRD](#)

[Supplement C table 2 Primary care-recorded CMD, incidence \(per 1,000 person-years\) and 95%CI, 2009-2019, CPRD](#)

[Supplement C table 3 Primary care-recorded CMD over time, incidence rate ratios from 2009 to 2014; 2014 to 2019, and 2009 to 2019, CPRD](#)

[Supplement C table 4 Incidence rate ratios of primary care-recorded CMD by sociodemographic group, 2009-2019, CPRD](#)

Supplement C table 1 Extended primary care sample characteristics with cases and person-years: 2009, 2014, 2019, CPRD

		2009					2014					2019				
		n	%	Cases	%	PY	n	%	Cases	%	PY	n	%	Cases	%	PY
Total		2,179,380	100	117,893	5.41	1,732,370	3,061,418	100	195,756	6.39	2,419,918	3,935,301	100	281,258	7.15	3,183,874
Sex	Female	1,144,514	52.5	78,949	6.9	883,163	1,614,301	52.73	127,213	7.88	1,238,635	2,034,723	51.7	177,253	8.71	1,601,960
	Male	1,034,866	47.5	38,944	3.8	849,207	1,447,117	47.27	68,543	4.74	1,181,283	1,900,578	48.3	104,005	5.47	1,581,914
Age group	16-19	169,508	7.78	8,772	5.2	101,778	163,530	5.34	10,699	6.54	97,054	158,905	4.04	13,499	8.5	93,571
	20-24	702,825	32.25	40,456	5.76	528,896	691,587	22.59	44,315	6.41	515,204	680,305	17.29	51,686	7.6	510,600
	25-29	1,307,047	59.97	68,665	5.25	1,101,696	925,879	30.24	62,926	6.8	724,881	877,798	22.31	65,109	7.42	694,700
	30-34	-	-	-	-	-	1,280,422	41.82	77,816	6.08	1,082,779	1,018,290	25.88	74,095	7.28	839,986
	35-39	-	-	-	-	-	-	-	-	-	-	1,200,003	30.49	76,869	6.41	1,045,018
Cohort	1980-84	1,328,153	60.94	75,946	5.72	1,106,864	1,304,076	42.6	86,372	6.62	1,088,448	1,219,774	31	85,808	7.03	1,049,482
	1985-89	687,754	31.56	35,728	5.19	525,185	921,962	30.12	59,653	6.47	723,833	1,016,325	25.83	72,250	7.11	839,524
	1990-94	163,473	7.5	6,219	3.8	100,321	678,220	22.15	42,068	6.2	512,022	879,112	22.34	63,633	7.24	695,034
	1995-99	-	-	-	-	-	157,160	5.13	7,663	4.88	95,615	668,104	16.98	50,255	7.52	507,793
	2000-03	-	-	-	-	-	-	-	-	-	-	151,986	3.86	9,312	6.13	92,041
Ethnicity	Asian	192,098	13.92	6,016	3.13	145,743	340,259	15.76	11,707	3.44	271,663	461,591	16.1	20,251	4.39	378,113
	Black	76,413	5.54	3,308	4.33	60,200	119,025	5.5	5,905	4.96	95,988	160,523	5.6	9,734	6.06	131,364
	Mixed	51,072	3.7	2,680	5.25	38,622	88,510	4.1	5,205	5.88	69,043	139,285	4.86	9,707	6.97	110,407
	Other	26,924	1.95	977	3.63	20,077	47,058	2.2	1,938	4.12	36,481	76,870	2.68	3,650	4.75	61,864
	White	1,033,148	74.88	74,323	7.19	790,645	1,564,471	72.45	123,190	7.87	1,224,082	2,028,898	70.76	172,983	8.53	1,623,478
Country	England	1,882,792	86.39	101,197	5.37	1,490,553	2,649,545	86.55	168,560	6.36	2,083,265	3,413,569	86.74	244,592	7.17	2,753,525
	Scotland	162,414	7.45	8,557	5.27	131,049	230,273	7.52	14,140	6.14	187,198	297,645	7.56	19,010	6.39	244,215
	Northern Ireland	31,305	1.44	2,119	6.77	27,192	40,106	1.31	3,054	7.61	34,455	50,927	1.29	3,872	7.6	43,668
	Wales	102,869	4.72	6,020	5.85	83,576	141,494	4.62	10,002	7.07	115,000	173,160	4.4	13,784	7.96	142,467
Region [†]	North East	54,434	2.5	3,823	7.02	43,257	76,163	2.49	5,880	7.72	58,361	92,089	2.34	7,958	8.64	72,323
	North West	305,487	14.02	18,931	6.2	243,767	406,230	13.27	30,661	7.55	321,731	541,028	13.75	46,407	8.58	436,862
	Yorksh. & the Humber	84,607	3.88	4,167	4.93	66,159	108,575	3.55	6,689	6.16	83,564	126,587	3.22	9,404	7.43	101,038
	East Midlands	85,335	3.92	3,685	4.32	65,765	92,306	3.02	4,717	5.11	70,625	117,900	3	7,384	6.26	88,541
	West Midlands	240,884	11.05	13,940	5.79	194,231	344,809	11.26	24,557	7.12	274,437	445,681	11.33	36,809	8.26	364,141
	East of England	83,903	3.85	5,208	6.21	67,591	98,123	3.21	6,737	6.87	78,484	103,118	2.62	7,492	7.27	83,147
	London	431,105	19.78	18,016	4.18	338,501	711,831	23.25	34,032	4.78	560,363	973,897	24.75	51,397	5.28	795,168
	South East	380,293	17.45	20,674	5.44	299,575	521,410	17.03	34,217	6.56	412,321	659,028	16.75	47,738	7.24	533,734
	South West	216,744	9.95	12,753	5.88	171,707	290,098	9.48	21,070	7.26	223,378	354,241	9	30,003	8.47	278,572
Deprivation [†]	Fifth 1 (Least deprived)	273,508	12.55	14,355	5.25	218,870	401,528	13.12	25,291	6.3	317,500	542,754	13.79	38,497	7.09	436,050
	Fifth 2	395,052	18.13	19,340	4.9	312,553	554,444	18.11	32,545	5.87	435,448	716,215	18.2	48,463	6.77	576,555
	Fifth 3	401,383	18.42	21,018	5.24	320,101	557,730	18.22	34,435	6.17	442,198	705,587	17.93	49,106	6.96	574,852
	Fifth 4	573,390	26.31	29,875	5.21	450,943	804,201	26.27	49,947	6.21	631,674	1,029,073	26.15	71,844	6.98	828,953
	Fifth (Most deprived)	536,047	24.6	33,305	6.21	429,903	743,515	24.29	53,538	7.2	593,098	941,672	23.93	73,348	7.79	767,464

[†] England only

Supplement C Primary care-recorded CMD, incidence (per 1,000 person-years) and 95%CI, 2009-2019, CPRD
table 2

Variable	2009					2010					2011				
	Cases	PY	IR	95% CI		Cases	PY	IR	95% CI		Cases	PY	IR	95% CI	
Total	117,893	1,732,370	68.05	67.66	68.44	133,379	1,881,449	69.15	68.77	69.53	148,920	2,027,315	67.71	67.34	68.09
Sex															
Female	78,949	883,163	89.39	88.77	90.01	89,453	958,907	91.38	90.77	92.00	99,060	1,035,698	89.09	88.49	89.69
Male	38,944	849,207	45.86	45.40	46.31	43,926	922,542	46.40	45.96	46.85	49,860	991,618	46.26	45.83	46.70
Age group															
16-19	8,772	101,778	86.18	84.40	88.01	9,475	100,494	93.31	91.43	95.23	9,207	99,599	89.83	87.98	91.73
20-24	40,456	528,896	76.49	75.75	77.24	39,638	530,690	73.28	72.55	74.02	41,233	533,566	72.40	71.67	73.15
25-29	68,665	1,101,696	62.32	61.86	62.79	76,028	1,021,194	72.48	71.95	73.01	72,898	939,613	70.88	70.32	71.44
30-34	-	-	-	-	-	8,238	229,071	33.80	33.04	34.57	25,582	454,537	50.28	49.61	50.97
35-39	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cohort															
1980-84	75,946	1,106,864	68.61	68.12	69.10	79,279	1,118,659	68.85	68.36	69.34	82,425	1,122,277	66.57	66.07	67.07
1985-89	35,728	525,185	68.03	67.32	68.73	41,856	582,097	70.49	69.80	71.18	47,292	628,890	70.09	69.41	70.76
1990-94	6,219	100,321	61.99	60.47	63.55	12,244	180,692	66.74	65.55	67.95	19,023	272,095	67.25	66.27	68.25
1995-99	-	-	-	-	-	-	-	-	-	-	180	4,053	44.41	38.38	51.40
2000-03	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ethnicity															
Asian	6,016	145,743	41.28	40.25	42.33	7,186	182,833	38.09	37.20	39.00	8,796	216,923	37.11	36.30	37.94
Black	3,308	60,200	54.95	53.11	56.85	3,903	69,029	55.61	53.87	57.42	4,399	77,539	52.58	50.95	54.26
Mixed	2,680	38,622	69.39	66.81	72.06	3,340	46,445	70.65	68.24	73.13	3,733	53,252	65.75	63.55	68.03
Other	977	20,077	48.66	45.70	51.81	1,186	23,910	48.85	46.11	51.76	1,365	27,173	47.59	45.02	50.31
White	74,323	20,077	94.00	93.32	94.68	86,993	910,100	94.09	93.45	94.73	97,908	1,006,564	91.76	91.15	92.38
Not stated	30,589	677,082	45.18	44.67	45.68	30,771	649,132	45.53	45.01	46.06	32,719	645,863	44.76	44.23	45.29
Country															
England	101,197	1,490,553	67.89	67.47	68.31	114,420	1,622,018	68.87	68.46	69.28	128,079	1,748,187	67.78	67.38	68.18
Scotland	8,557	131,049	65.29	63.92	66.69	9,836	140,394	68.24	66.87	69.64	10,784	151,456	64.14	62.84	65.48
Northern Ireland	2,119	27,192	77.92	74.68	81.31	2,484	28,394	84.17	80.80	87.67	2,473	29,907	74.69	71.51	78.01
Wales	6,020	83,576	72.03	70.23	73.87	6,639	90,643	70.93	69.20	72.72	7,584	97,766	70.08	68.38	71.82
Region †															
North East	3,823	43,257	88.37	85.62	91.22	4,330	48,775	86.26	83.65	88.96	4,475	53,169	77.44	75.01	79.95
North West	18,931	243,767	77.66	76.56	78.77	21,353	261,280	80.00	78.91	81.11	23,433	278,784	77.97	76.90	79.05
Yorksh. & Humb.	4,167	66,159	62.98	61.10	64.92	4,664	69,823	65.48	63.59	67.43	5,282	72,270	67.44	65.52	69.42
East Midlands	3,685	66,159	56.03	54.25	57.87	3,884	67,397	56.53	54.75	58.38	4,206	68,227	57.55	55.74	59.43
West Midlands	13,940	194,231	71.77	70.58	72.97	15,845	207,956	74.47	73.29	75.67	18,102	222,952	75.17	74.00	76.36
East of England	5,208	67,591	77.05	74.98	79.17	5,710	71,249	77.89	75.84	80.00	5,944	74,297	73.02	71.03	75.07
London	18,016	338,501	53.22	52.45	54.00	21,199	389,867	53.07	52.34	53.80	24,422	437,505	51.95	51.27	52.65
South East	20,674	299,575	69.01	68.07	69.95	23,106	322,200	70.03	69.11	70.96	26,173	344,285	70.51	69.60	71.44
South West	12,753	171,707	74.27	72.99	75.57	14,329	322,200	76.31	75.04	77.61	16,042	196,699	75.53	74.28	76.80
Deprivation †															
Fifth 1 (least deprived)	14,355	218,870	65.58	64.52	66.67	16,196	238,090	66.30	65.26	67.36	18,565	257,640	66.48	65.46	67.52
Fifth 2	19,340	312,553	61.87	61.01	62.75	21,750	337,238	62.91	62.06	63.77	24,222	361,609	61.79	60.96	62.63
Fifth 3	21,018	320,101	65.66	64.78	66.55	24,100	337,238	67.58	66.71	68.46	26,747	373,408	66.05	65.20	66.91
Fifth 4	29,875	450,943	66.25	65.50	67.00	34,115	494,255	67.44	66.71	68.18	38,081	532,770	65.76	65.05	66.48
Fifth 5 (most deprived)	33,305	429,903	77.47	76.64	78.30	37,218	464,446	78.19	77.37	79.01	41,305	501,889	76.05	75.26	76.84

PY: person-years; IR: incidence rate (per 1,000 person-years); 95% CI: 95% confidence intervals

† England only

Supplement C (pg 2) Primary care-recorded CMD, incidence (per 1,000 person-years) and 95%CI, 2009-2019, CPRD
table 2

Variable	2012					2013					2014				
	Cases	PY	IR	95% CI		Cases	PY	IR	95% CI		Cases	PY	IR	95% CI	
Total	163,928	2,185,619	66.39	66.03	66.75	177,547	2,299,737	66.76	66.41	67.12	195,756	2,419,918	69.36	69.01	69.72
Sex															
Female	107,818	1,119,865	86.10	85.52	86.68	116,400	1,181,737	86.18	85.61	86.75	127,213	1,238,635	89.11	88.53	89.69
Male	56,110	1,065,754	46.81	46.38	47.23	61,147	1,118,000	47.58	47.16	48.00	68,543	1,181,283	50.18	49.75	50.61
Age group															
16-19	9,586	98,833	93.73	91.82	95.67	9,741	97,336	96.80	94.85	98.80	10,699	97,054	107.42	105.36	109.52
20-24	41,842	534,919	71.87	71.13	72.62	42,348	521,397	73.81	73.05	74.58	44,315	515,204	78.07	77.28	78.87
25-29	69,444	870,737	69.26	68.68	69.85	65,179	797,274	69.69	69.07	70.31	62,926	724,881	73.78	73.12	74.46
30-34	43,056	681,130	53.69	53.11	54.28	60,279	883,729	55.70	55.17	56.23	77,816	1,082,779	57.54	57.05	58.04
35-39	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cohort															
1980-84	84,594	1,129,125	64.01	63.51	64.50	85,362	1,107,869	63.22	62.72	63.73	86,372	1,088,448	63.61	63.09	64.13
1985-89	51,308	674,391	68.35	67.71	69.01	54,894	702,836	68.78	68.13	69.43	59,653	723,833	71.40	70.75	72.07
1990-94	27,049	364,967	70.20	69.33	71.09	34,382	446,780	71.65	70.84	72.46	42,068	512,022	75.74	74.96	76.53
1995-99	977	17,135	56.90	53.43	60.59	2,909	42,252	67.59	65.15	70.13	7,663	95,615	78.61	76.84	80.42
2000-03	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ethnicity															
Asian	9,774	244,742	35.45	34.69	36.22	10,591	260,119	35.33	34.60	36.09	11,707	271,663	36.56	35.82	37.31
Black	4,971	85,311	52.18	50.62	53.79	5,296	90,596	50.74	49.23	52.30	5,905	95,988	53.31	51.79	54.87
Mixed	4,409	59,709	67.74	65.59	69.95	4,710	63,966	66.04	63.98	68.17	5,205	69,043	66.89	64.87	68.98
Other	1,616	30,813	48.19	45.73	50.78	1,847	33,630	49.67	47.26	52.20	1,938	36,481	47.67	45.39	50.07
White	106,267	1,092,493	88.72	88.13	89.32	113,970	1,157,671	87.58	87.00	88.16	123,190	1,224,082	88.43	87.85	89.01
Not stated	36,891	672,552	45.93	45.40	46.47	41,133	693,755	49.27	48.72	49.82	47,811	722,661	55.51	54.94	56.09
Country															
England	141,090	1,887,091	66.70	66.31	67.08	152,902	1,982,344	67.29	66.91	67.68	168,560	2,083,265	70.09	69.71	70.48
Scotland	11,906	163,376	61.40	60.15	62.68	12,875	174,896	59.84	58.63	61.07	14,140	187,198	60.64	59.45	61.85
Northern Ireland	2,736	31,226	70.98	67.87	74.23	2,752	32,726	65.74	62.76	68.87	3,054	34,455	67.10	64.11	70.23
Wales	8,196	103,927	67.27	65.62	68.95	9,018	109,771	68.50	66.86	70.18	10,002	115,000	70.95	69.29	72.64
Region †															
North East	4,987	56,204	78.88	76.45	81.39	5,330	58,797	77.83	75.43	80.30	5,880	58,361	88.03	85.44	90.71
North West	25,342	294,749	76.51	75.45	77.57	27,766	306,471	79.03	77.97	80.11	30,661	321,731	82.62	81.55	83.72
Yorksh. & Humb.	5,663	75,907	66.03	64.14	67.96	6,054	78,540	67.59	65.69	69.54	6,689	83,564	69.16	67.28	71.09
East Midlands	4,352	71,306	54.84	53.09	56.65	4,405	70,127	55.68	53.88	57.53	4,717	70,625	59.22	57.36	61.13
West Midlands	19,917	241,541	74.02	72.88	75.17	21,720	257,254	73.23	72.12	74.36	24,557	274,437	76.56	75.45	77.69
East of England	6,443	78,825	71.46	69.52	73.46	6,487	77,408	73.52	71.51	75.60	6,737	78,484	73.70	71.66	75.78
London	28,050	492,283	51.58	50.93	52.24	30,915	528,678	51.90	51.27	52.55	34,032	560,363	53.55	52.91	54.19
South East	28,661	366,860	69.42	68.53	70.33	31,026	386,877	69.98	69.10	70.87	34,217	412,321	71.96	71.09	72.85
South West	17,675	209,417	76.18	74.94	77.43	19,199	218,191	77.29	76.05	78.55	21,070	223,378	83.21	81.92	84.52
Deprivation †															
Fifth 1 (least deprived)	20,638	278,683	65.76	64.77	66.76	22,600	297,632	66.39	65.41	67.38	25,291	317,500	69.01	68.04	70.00
Fifth 2	27,059	388,425	62.14	61.32	62.96	29,388	411,493	62.37	61.57	63.18	32,545	435,448	64.56	63.76	65.37
Fifth 3	29,477	401,986	64.62	63.81	65.45	31,807	424,334	64.74	63.93	65.56	34,435	442,198	66.43	65.62	67.25
Fifth 4	42,050	573,815	64.93	64.25	65.63	45,676	600,982	65.59	64.90	66.28	49,947	631,674	67.97	67.28	68.66
Fifth 5 (most deprived)	44,704	542,711	72.73	71.97	73.49	48,076	565,297	73.12	72.36	73.88	53,538	593,098	77.01	76.24	77.78

PY: person-years; IR: incidence rate (per 1,000 person-years); 95% CI: 95% confidence intervals

† England only

Supplement C (pg 3) Primary care-recorded CMD, incidence (per 1,000 person-years) and 95%CI, 2009-2019, CPRD
table 2

Variable		2015					2016					2017				
		Cases	PY	IR	95% CI		Cases	PY	IR	95% CI		Cases	PY	IR	95% CI	
Total		216,065	2,549,888	72.49	72.14	72.85	226,714	2,703,312	71.50	71.16	71.85	240,729	2,885,606	70.35	70.02	70.69
Sex	Female	138,858	1,302,846	92.55	91.97	93.13	145,361	1,378,628	91.57	91.00	92.14	152,930	1,467,573	89.53	88.98	90.08
	Male	77,207	1,247,042	53.22	52.79	53.65	81,353	1,324,684	52.41	52.00	52.83	87,799	1,418,033	52.34	51.93	52.74
Age group	16-19	12,158	97,302	122.14	119.94	124.38	12,614	97,390	126.54	124.30	128.82	12,483	97,235	124.93	122.70	127.20
	20-24	46,758	505,570	84.80	83.97	85.64	46,862	504,090	85.19	84.35	86.04	46,915	508,741	84.76	83.92	85.61
	25-29	63,026	710,930	75.94	75.26	76.64	61,669	707,749	74.90	74.21	75.60	62,423	711,275	74.75	74.06	75.45
	30-34	85,163	1,020,463	65.66	65.11	66.21	80,225	966,799	65.16	64.59	65.73	76,747	927,786	64.79	64.21	65.37
	35-39	8,960	215,623	31.91	31.08	32.77	25,344	427,284	45.10	44.38	45.83	42,161	640,569	48.81	48.19	49.44
Cohort	1980-84	87,171	1,077,886	63.51	62.98	64.05	85,322	1,071,350	61.48	60.95	62.01	84,717	1,072,154	59.54	59.01	60.07
	1985-89	64,360	745,864	73.78	73.11	74.45	64,903	775,685	70.97	70.32	71.62	66,936	808,635	68.70	68.07	69.34
	1990-94	48,743	553,545	80.68	79.90	81.47	51,526	590,865	78.83	78.07	79.59	54,604	634,674	76.55	75.82	77.28
	1995-99	15,791	172,594	89.36	87.94	90.80	24,644	261,369	90.95	89.78	92.14	33,228	353,383	89.78	88.76	90.80
	2000-03	-	-	-	-	-	319	4,042	78.91	70.71	88.07	1,244	16,760	73.82	69.81	78.07
Ethnicity	Asian	13,140	285,062	38.83	38.08	39.59	14,317	304,302	39.41	38.67	40.16	16,054	328,619	40.48	39.76	41.21
	Black	6,651	101,995	56.44	54.91	58.02	6,901	109,890	53.31	51.86	54.79	7,636	117,858	54.50	53.08	55.96
	Mixed	6,320	75,365	75.43	73.36	77.56	6,737	83,606	71.80	69.86	73.78	7,627	93,609	72.43	70.58	74.32
	Other	2,255	39,850	51.29	49.01	53.68	2,551	44,445	50.91	48.75	53.17	2,874	50,065	51.07	49.01	53.20
	White	135,437	1,298,763	91.87	91.30	92.45	141,712	1,390,620	89.60	89.05	90.16	150,188	1,492,748	87.94	87.41	88.48
Country	Not stated	52,262	748,853	57.65	57.07	58.24	54,496	770,449	58.26	57.68	58.84	56,350	802,707	56.26	55.70	56.83
	England	186,522	2,195,209	73.58	73.19	73.97	195,967	2,331,269	72.65	72.28	73.03	208,280	2,495,952	71.33	70.97	71.70
	Scotland	15,299	199,401	61.00	59.84	62.19	16,069	210,674	58.55	57.43	59.69	16,665	219,416	57.97	56.87	59.09
	Northern Ireland	3,297	36,225	66.56	63.62	69.64	3,368	37,188	68.22	65.24	71.34	3,550	39,213	66.84	63.93	69.88
	Wales	10,947	119,053	73.37	71.70	75.08	11,310	124,181	72.84	71.19	74.53	12,234	131,024	73.57	71.94	75.24
Region †	North East	6,246	61,250	89.22	86.63	91.88	6,667	64,913	88.25	85.72	90.86	6,690	66,951	85.60	83.12	88.16
	North West	33,504	341,833	84.90	83.83	85.99	35,644	366,110	83.91	82.87	84.97	38,173	391,867	82.97	81.96	84.00
	Yorksh. & Humb.	7,669	88,119	75.63	73.70	77.61	8,297	91,797	78.42	76.47	80.42	8,885	96,617	80.70	78.75	82.70
	East Midlands	5,378	73,307	64.63	62.71	66.61	5,939	76,625	69.77	67.80	71.79	6,682	80,647	74.01	72.01	76.06
	West Midlands	27,484	295,237	79.98	78.87	81.11	28,714	316,148	78.36	77.29	79.45	30,724	340,236	76.33	75.30	77.37
	East of England	6,973	76,795	77.94	75.80	80.13	6,755	75,648	77.69	75.53	79.91	7,066	80,312	74.50	72.42	76.63
	London	38,601	596,357	57.45	56.81	58.10	40,850	645,166	55.40	54.79	56.02	44,064	700,385	54.57	53.99	55.16
	South East	37,844	433,736	75.42	74.54	76.31	38,904	453,453	74.16	73.30	75.03	40,335	482,758	71.30	70.48	72.14
	South West	22,823	228,576	87.04	85.73	88.38	24,197	241,410	88.53	87.22	89.85	25,661	256,180	88.17	86.90	89.47
	Deprivation †															
Deprivation †	Fifth 1 (least deprived)	28,594	339,436	72.69	71.72	73.68	30,817	364,171	73.59	72.63	74.55	32,641	392,370	70.85	69.95	71.78
	Fifth 2	35,915	461,416	67.12	66.32	67.93	38,104	487,418	67.40	66.61	68.19	40,905	520,182	67.18	66.41	67.95
	Fifth 3	37,451	464,224	68.46	67.65	69.28	39,886	493,593	68.45	67.66	69.25	42,326	523,869	67.32	66.55	68.10
	Fifth 4	55,713	661,404	72.45	71.75	73.15	57,868	698,850	70.53	69.86	71.22	62,007	747,249	70.49	69.83	71.16
	Fifth 5 (most deprived)	58,392	623,408	79.70	78.94	80.48	60,039	659,279	76.94	76.19	77.68	62,850	747,249	74.73	74.02	75.45

PY: person-years; IR: incidence rate (per 1,000 person-years); 95% CI: 95% confidence intervals

† England only

**Supplement C (pg 4) Incidence rate of primary care-recorded CMD (per 1,000 person-years), 2009-
table 2**

Variable	2018					2019				
	Cases	PY	IR	95% CI		Cases	PY	IR	95% CI	
Total	260,757	3,058,949	71.70	71.37	72.04	281,258	3,183,874	74.79	74.45	75.13
Sex										
Female	164,219	1,548,472	91.07	90.53	91.61	177,253	1,601,960	96.23	95.68	96.78
Male	96,538	1,510,477	53.80	53.40	54.20	104,005	1,581,914	55.31	54.91	55.71
Age group										
16-19	13,056	95,736	133.27	130.95	135.63	13,499	93,571	140.74	138.33	143.20
20-24	48,905	513,887	87.09	86.24	87.94	51,686	510,600	93.52	92.63	94.40
25-29	63,625	707,170	76.72	76.02	77.43	65,109	694,700	80.79	80.06	81.52
30-34	75,421	891,331	66.58	65.98	67.19	74,095	839,986	70.63	69.99	71.27
35-39	59,750	850,826	52.12	51.56	52.69	76,869	1,045,018	54.45	53.93	54.98
Cohort										
1980-84	85,535	1,069,571	59.57	59.04	60.11	85,808	1,049,482	60.73	60.17	61.28
1985-89	69,926	832,508	69.06	68.43	69.70	72,250	839,524	70.39	69.75	71.03
1990-94	58,922	673,559	76.48	75.77	77.20	63,633	695,034	80.00	79.27	80.73
1995-99	42,481	442,065	90.81	89.88	91.74	50,255	507,793	93.02	92.14	93.91
2000-03	3,893	41,247	93.16	90.24	96.18	9,312	92,041	99.31	97.27	101.39
Ethnicity										
Asian	18,559	355,049	43.65	42.92	44.38	20,251	378,113	44.57	43.86	45.29
Black	8,610	125,373	58.00	56.57	59.46	9,734	131,364	62.19	60.74	63.68
Mixed	8,640	103,083	73.83	72.05	75.66	9,707	110,407	78.25	76.46	80.08
Other	3,218	56,048	49.85	47.92	51.85	3,650	61,864	52.42	50.53	54.37
White	161,496	1,576,943	89.46	88.93	89.99	172,983	1,623,478	93.97	93.43	94.51
Not stated	60,234	842,453	56.87	56.31	57.43	64,933	878,648	59.27	58.71	59.84
Country										
England	226,260	2,648,713	72.80	72.44	73.16	244,592	2,753,525	76.27	75.91	76.64
Scotland	17,977	231,718	59.76	58.67	60.87	19,010	244,215	59.44	58.37	60.52
Northern Ireland	3,763	41,416	64.26	61.46	67.19	3,872	43,668	64.19	61.44	67.06
Wales	12,757	137,102	73.06	71.46	74.70	13,784	142,467	75.65	74.03	77.30
Region †										
North East	7,360	69,579	91.15	88.61	93.76	7,958	72,323	96.92	94.34	99.57
North West	41,899	416,160	84.63	83.62	85.64	46,407	436,862	91.57	90.54	92.61
Yorksh. & Humb.	9,455	101,542	80.56	78.64	82.52	9,404	101,038	80.12	78.19	82.10
East Midlands	7,216	87,463	73.87	71.94	75.86	7,384	88,541	73.12	71.21	75.08
West Midlands	33,892	357,913	80.56	79.52	81.61	36,809	364,141	86.88	85.80	87.98
East of England	7,238	83,277	74.48	72.42	76.60	7,492	83,147	78.52	76.39	80.70
London	47,394	751,393	54.32	53.76	54.89	51,397	795,168	55.49	54.94	56.05
South East	44,242	513,186	73.92	73.10	74.75	47,738	533,734	77.76	76.92	78.60
South West	27,564	268,200	90.55	89.27	91.84	30,003	278,572	95.64	94.35	96.95
Deprivation †										
Fifth 1 (least deprived)	35,715	418,652	73.19	72.29	74.11	38,497	436,050	76.30	75.39	77.22
Fifth 2	44,536	551,688	68.72	67.97	69.49	48,463	576,555	71.68	70.92	72.45
Fifth 3	45,516	552,548	68.67	67.91	69.44	49,106	574,852	71.91	71.14	72.69
Fifth 4	66,613	796,571	70.57	69.93	71.22	71,844	828,953	73.35	72.70	74.00
Fifth 5 (most deprived)	68,377	739,490	76.80	76.09	77.51	73,348	767,464	80.22	79.50	80.94

PY: person-years; IR: incidence rate (per 1,000 person-years); 95% CI: 95% confidence intervals

† England only

Supplement C table 3 Primary care-recorded CMD over time, incidence rate ratios from 2009 to 2014; 2014 to 2019, and 2009 to 2019, CPRD

		2014 : 2009			2019 : 2014			2019 : 2009			Interaction‡ chi-square (df*); p-value
		IRR	95% CI		IRR	95% CI		IRR	95% CI		
Total	Overall	1.02	1.01	1.03	1.08	1.07	1.09	1.10	1.09	1.11	1,687 (1); p>0.001
Sex	Female	1.00	0.99	1.01	1.08	1.07	1.09	1.08	1.07	1.09	
	Male	1.09	1.08	1.11	1.10	1.09	1.11	1.21	1.19	1.22	
Age group											754 (4); p>0.001
	16-19	1.25	1.21	1.28	1.31	1.28	1.34	1.63	1.59	1.68	
	20-24	1.02	1.01	1.04	1.20	1.18	1.21	1.22	1.21	1.24	
	25-29	1.18	1.17	1.20	1.09	1.08	1.11	1.30	1.28	1.31	
	30-34~	1.03	1.02	1.05	1.23	1.21	1.24	1.27	1.25	1.28 ~	
	35-39°	-	-	-	1.71	1.66	1.76	1.71	1.66	1.76 °	
Cohort											794 (4); p>0.001
	1980-84	0.93	0.92	0.94	0.95	0.94	0.97	0.89	0.87	0.90	
	1985-89	1.05	1.04	1.06	0.99	0.97	1.00	1.03	1.02	1.05	
	1990-94	1.22	1.19	1.26	1.06	1.04	1.07	1.29	1.26	1.33	
	1995-99^	1.77	1.53	2.06	1.18	1.15	1.21	2.09	1.81	2.44 ^	
	2000-03±	-	-	-	1.26	1.13	1.41	1.26	1.13	1.41 ±	
Ethnicity											3,753 (5); p>0.001
	Asian	0.89	0.86	0.92	1.22	1.19	1.25	1.08	1.05	1.11	
	Black	0.97	0.93	1.01	1.17	1.12	1.21	1.13	1.09	1.18	
	Mixed	0.96	0.92	1.01	1.17	1.13	1.22	1.13	1.08	1.18	
	Other	0.98	0.90	1.06	1.10	1.03	1.17	1.08	1.00	1.16	
	White	0.94	0.93	0.95	1.06	1.05	1.07	1.00	0.99	1.01	
	Not stated	1.23	1.21	1.25	1.07	1.05	1.08	1.31	1.29	1.33	
Country											443 (3); p>0.001
	England	1.03	1.02	1.04	1.09	1.08	1.10	1.12	1.11	1.13	
	Scotland	0.93	0.90	0.96	0.98	0.95	1.01	0.91	0.89	0.94	
	Northern Ireland	0.86	0.81	0.92	0.96	0.90	1.02	0.82	0.77	0.88	
	Wales	0.99	0.95	1.02	1.07	1.03	1.10	1.05	1.02	1.09	
Region †											1,280 (11); p>0.001
	North East	1.00	0.95	1.04	1.10	1.06	1.15	1.10	1.05	1.14	
	North West	1.06	1.04	1.08	1.11	1.09	1.13	1.18	1.16	1.20	
	Yorksh. & Humb.	1.10	1.05	1.14	1.16	1.12	1.20	1.27	1.22	1.32	
	East Midlands	1.06	1.01	1.11	1.23	1.18	1.29	1.31	1.25	1.36	
	West Midlands	1.07	1.04	1.09	1.13	1.11	1.16	1.21	1.19	1.24	
	East of England	0.96	0.92	0.99	1.07	1.02	1.11	1.02	0.98	1.06	
	London	1.01	0.99	1.03	1.04	1.02	1.05	1.04	1.02	1.06	
	South East	1.04	1.02	1.06	1.08	1.06	1.10	1.13	1.11	1.15	
	South West	1.12	1.09	1.15	1.15	1.13	1.17	1.29	1.26	1.32	
Deprivation †											220 (4); p>0.001
	Fifth 1 (least deprived)	1.05	1.03	1.08	1.11	1.09	1.13	1.16	1.14	1.19	
	Fifth 2	1.04	1.02	1.06	1.11	1.09	1.13	1.16	1.14	1.18	
	Fifth 3	1.01	0.99	1.03	1.08	1.06	1.10	1.10	1.08	1.11	
	Fifth 4	1.03	1.01	1.04	1.08	1.06	1.09	1.11	1.09	1.12	
	Fifth 5 (most deprived)	0.99	0.98	1.01	1.04	1.03	1.06	1.04	1.02	1.05	

† England only

~Used earliest estimate (2013); °Used earliest estimate (2015); ^ Used earliest estimate (2011); ±Used earliest estimate (2016)

‡ Wald test for interaction

* df=degrees of freedom

Supplement C table 3 Incidence rate ratios of primary care-recorded CMD by sociodemographic group, 2009-2019, CPRD

Variable		2009			2010			2011			2012		
		IRR	95% CI		IRR	95% CI		IRR	95% CI		IRR	95% CI	
Sex	Female	1.95	1.93	1.97	1.97	1.95	1.99	1.93	1.90	1.95	1.84	1.82	1.86
	Male (ref.)	1.00			1.00			1.00			1.00		
Age group	16-19	1.38	1.35	1.41	1.29	1.26	1.32	1.27	1.24	1.30	1.35	1.32	1.38
	20-24	1.23	1.21	1.24	1.01	1.00	1.02	1.02	1.01	1.03	1.04	1.02	1.05
	25-29 (ref.)	1.00			1.00			1.00			1.00		
	30-34	-	-	-	0.47	0.46	0.48	0.71	0.70	0.72	0.78	0.76	0.79
	35-39	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-
Cohort	1980-84 (ref.)	1.00			1.00			1.00			1.00		
	1985-89	0.99	0.98	1.00	1.02	1.01	1.04	1.05	1.04	1.07	1.07	1.05	1.08
	1990-94	0.90	0.88	0.93	0.97	0.95	0.99	1.01	0.99	1.03	1.10	1.08	1.11
	1995-99	-	-	-	-	-	-	0.67	0.57	0.77	0.89	0.83	0.95
	2000-03	-	-	-	-	-	-	-	-	-	-	-	-
Ethnicity	Asian	0.48	0.47	0.49	0.46	0.45	0.47	0.45	0.44	0.46	0.45	0.44	0.46
	Black	0.71	0.69	0.73	0.73	0.71	0.75	0.71	0.69	0.73	0.75	0.73	0.76
	Mixed	0.73	0.70	0.75	0.75	0.72	0.77	0.73	0.71	0.75	0.78	0.76	0.80
	Other	0.57	0.53	0.60	0.58	0.54	0.61	0.58	0.55	0.62	0.62	0.58	0.65
	White (ref.)	1.00			1.00			1.00			1.00		
	Not stated	0.48	0.47	0.49	0.48	0.48	0.49	0.49	0.48	0.49	0.52	0.51	0.52
Country	England (ref.)	1.00			1.00			1.00			1.00		
	Scotland	0.96	0.94	0.98	0.99	0.97	1.01	0.95	0.93	0.97	0.92	0.90	0.94
	Northern Ireland	1.15	1.10	1.20	1.22	1.17	1.27	1.10	1.05	1.15	1.06	1.02	1.11
	Wales	1.06	1.03	1.09	1.03	1.00	1.06	1.03	1.01	1.06	1.01	0.98	1.03
Region †	North East	1.66	1.60	1.72	1.63	1.57	1.68	1.49	1.44	1.54	1.53	1.48	1.58
	North West	1.46	1.43	1.49	1.51	1.48	1.54	1.50	1.47	1.53	1.48	1.46	1.51
	Yorkshire & Humb.	1.18	1.14	1.22	1.23	1.19	1.27	1.30	1.26	1.34	1.28	1.24	1.32
	East Midlands	1.05	1.02	1.09	1.07	1.03	1.10	1.11	1.07	1.15	1.06	1.03	1.10
	West Midlands	1.35	1.32	1.38	1.40	1.37	1.43	1.45	1.42	1.48	1.44	1.41	1.46
	East of England	1.45	1.40	1.49	1.47	1.42	1.51	1.41	1.36	1.45	1.39	1.34	1.43
	London (ref.)	1.00			1.00			1.00			1.00		
	South East	1.30	1.27	1.32	1.32	1.29	1.35	1.36	1.33	1.38	1.35	1.32	1.37
	South West	1.40	1.36	1.43	1.44	1.41	1.47	1.45	1.42	1.49	1.48	1.45	1.51
Deprivation †	Fifth 1 (least deprived, ref.)	1.00			1.00			1.00			1.00		
	Fifth 2	0.94	0.92	0.96	0.95	0.93	0.97	0.93	0.91	0.95	0.94	0.93	0.96
	Fifth 3	1.00	0.98	1.02	1.02	1.00	1.04	0.99	0.97	1.01	0.98	0.96	1.00
	Fifth 4	1.01	0.99	1.03	1.02	1.00	1.04	0.99	0.97	1.01	0.99	0.97	1.01
	Fifth 5 (most deprived)	1.18	1.16	1.20	1.18	1.16	1.20	1.14	1.12	1.17	1.11	1.09	1.13

IRR: incidence rate ratios; 95% CI: 95% confidence intervals

† England only

Supplement C table 3 (pg 2) Incidence rate ratios of primary care-recorded CMD by sociodemographic group, 2009-2019, CPRD

Variable		2013			2014			2015			2016		
		IRR	95% CI		IRR	95% CI		IRR	95% CI		IRR	95% CI	
Sex													
	Female	1.81	1.79	1.83	1.78	1.76	1.79	1.74	1.72	1.76	1.75	1.73	1.76
	Male (ref.)	1.00			1.00			1.00			1.00		
Age group													
	16-19	1.39	1.36	1.42	1.46	1.42	1.49	1.61	1.58	1.64	1.69	1.66	1.72
	20-24	1.06	1.04	1.07	1.06	1.04	1.07	1.12	1.10	1.13	1.14	1.12	1.15
	25-29 (ref.)	1.00			1.00			1.00			1.00		
	30-34	0.80	0.79	0.81	0.78	0.77	0.79	0.86	0.85	0.88	0.87	0.86	0.88
	35-39	-	-	-	-	-	-	0.42	0.41	0.43	0.60	0.59	0.61
Cohort													
	1980-84 (ref.)	1.00			1.00			1.00			1.00		
	1985-89	1.09	1.07	1.10	1.12	1.11	1.14	1.16	1.15	1.18	1.15	1.14	1.17
	1990-94	1.13	1.12	1.15	1.19	1.18	1.21	1.27	1.25	1.29	1.28	1.27	1.30
	1995-99	1.07	1.03	1.11	1.24	1.21	1.27	1.41	1.38	1.43	1.48	1.46	1.50
	2000-03	-	-	-	-	-	-	-	-	-	1.28	1.16	1.42
Ethnicity													
	Asian	0.45	0.44	0.46	0.46	0.45	0.47	0.47	0.46	0.48	0.48	0.47	0.49
	Black	0.74	0.72	0.76	0.75	0.74	0.77	0.79	0.78	0.81	0.77	0.75	0.78
	Mixed	0.78	0.76	0.80	0.77	0.75	0.79	0.82	0.80	0.84	0.81	0.79	0.83
	Other	0.64	0.61	0.68	0.61	0.58	0.64	0.63	0.60	0.66	0.64	0.61	0.67
	White (ref.)	1.00			1.00			1.00			1.00		
	Not stated	0.56	0.56	0.57	0.63	0.62	0.64	0.63	0.62	0.64	0.65	0.64	0.66
Country													
	England (ref.)	1.00			1.00			1.00			1.00		
	Scotland	0.89	0.87	0.91	0.87	0.85	0.88	0.83	0.81	0.85	0.81	0.79	0.82
	Northern Ireland	0.98	0.93	1.02	0.96	0.91	1.00	0.90	0.86	0.95	0.94	0.90	0.98
	Wales	1.02	0.99	1.04	1.01	0.99	1.04	1.00	0.97	1.02	1.00	0.98	1.03
Region †													
	North East	1.50	1.45	1.55	1.64	1.59	1.70	1.55	1.50	1.60	1.59	1.54	1.64
	North West	1.52	1.49	1.55	1.54	1.52	1.57	1.48	1.45	1.50	1.51	1.49	1.54
	Yorkshire & Humb.	1.30	1.26	1.34	1.29	1.25	1.33	1.32	1.28	1.35	1.42	1.38	1.45
	East Midlands	1.07	1.04	1.11	1.11	1.07	1.14	1.13	1.09	1.16	1.26	1.22	1.30
	West Midlands	1.41	1.38	1.44	1.43	1.40	1.46	1.39	1.37	1.42	1.41	1.39	1.44
	East of England	1.42	1.37	1.46	1.38	1.33	1.42	1.36	1.32	1.40	1.40	1.36	1.45
	London (ref.)	1.00			1.00			1.00			1.00		
	South East	1.35	1.32	1.37	1.34	1.32	1.37	1.31	1.29	1.33	1.34	1.32	1.36
	South West	1.49	1.46	1.52	1.55	1.52	1.58	1.52	1.49	1.54	1.60	1.57	1.63
Deprivation †													
	Fifth 1 (least deprived, ref.)	1.00			1.00			1.00			1.00		
	Fifth 2	0.94	0.92	0.96	0.94	0.92	0.95	0.92	0.91	0.94	0.92	0.90	0.93
	Fifth 3	0.98	0.96	0.99	0.96	0.94	0.98	0.94	0.92	0.96	0.93	0.91	0.95
	Fifth 4	0.99	0.97	1.01	0.98	0.97	1.00	1.00	0.98	1.01	0.96	0.94	0.97
	Fifth 5 (most deprived)	1.10	1.08	1.12	1.12	1.10	1.14	1.10	1.08	1.11	1.05	1.03	1.06

IRR: incidence rate ratios; 95% CI: 95% confidence intervals

† England only

Supplement C table 3 (pg 3) Incidence rate ratios of primary care-recorded CMD by sociodemographic group, 2009-2019, CPRD

Variable		2017			2018			2019		
		IRR	95% CI		IRR	95% CI		IRR	95% CI	
Sex										
	Female	1.71	1.69	1.73	1.69	1.68	1.71	1.74	1.72	1.76
	Male (ref.)	1.00		1.75	1.00			1.00		
Age group										
	16-19	1.67	1.64	1.706	1.74	1.70	1.77	1.74	1.71	1.78
	20-24	1.13	1.12	1.15	1.14	1.12	1.15	1.16	1.14	1.17
	25-29 (ref.)	1.00			1.00			1.00		
	30-34	0.87	0.86	0.88	0.87	0.86	0.88	0.87	0.86	0.89
	35-39	0.65	0.64	0.66	0.68	0.67	0.69	0.67	0.67	0.68
Cohort										
	1980-84 (ref.)	1.00			1.00			1.00		
	1985-89	1.15	1.14	1.17	1.16	1.14	1.17	1.16	1.14	1.17
	1990-94	1.29	1.27	1.30	1.28	1.27	1.30	1.32	1.30	1.33
	1995-99	1.51	1.49	1.53	1.52	1.50	1.55	1.53	1.51	1.55
	2000-03	1.24	1.18	1.30	1.56	1.53	1.60	1.64	1.62	1.65
Ethnicity										
	Asian	0.50	0.49	0.51	0.53	0.52	0.54	0.52	0.51	0.53
	Black	0.80	0.78	0.81	0.81	0.80	0.83	0.83	0.82	0.85
	Mixed	0.83	0.81	0.84	0.81	0.80	0.83	0.82	0.81	0.84
	Other	0.65	0.62	0.68	0.62	0.60	0.65	0.63	0.61	0.65
	White (ref.)	1.00			1.00			1.00		
	Not stated	0.64	0.63	0.65	0.64	0.63	0.64	0.63	0.62	0.64
Country										
	England (ref.)	1.00			1.00			1.00		
	Scotland	0.81	0.80	0.83	0.82	0.81	0.84	0.78	0.76	0.79
	Northern Ireland	0.94	0.90	0.98	0.88	0.84	0.92	0.84	0.80	0.88
	Wales	1.03	1.01	1.06	1.00	0.98	1.03	0.99	0.97	1.01
Region †										
	North East	1.57	1.52	1.62	1.68	1.63	1.73	1.75	1.70	1.80
	North West	1.52	1.50	1.55	1.56	1.53	1.58	1.65	1.63	1.68
	Yorkshire & Humb.	1.48	1.44	1.52	1.48	1.44	1.52	1.44	1.41	1.48
	East Midlands	1.36	1.32	1.40	1.36	1.32	1.40	1.32	1.28	1.36
	West Midlands	1.40	1.37	1.42	1.48	1.46	1.51	1.57	1.54	1.59
	East of England	1.37	1.32	1.41	1.37	1.33	1.41	1.41	1.37	1.46
	London (ref.)	1.00			1.00			1.00		
	South East	1.31	1.29	1.33	1.36	1.34	1.38	1.40	1.38	1.42
	South West	1.62	1.59	1.65	1.67	1.64	1.70	1.72	1.69	1.75
Deprivation †										
	Fifth 1 (least deprived, ref.)	1.00			1.00			1.00		
	Fifth 2	0.95	0.93	0.96	0.94	0.92	0.95	0.94	0.92	0.95
	Fifth 3	0.95	0.93	0.97	0.94	0.92	0.95	0.94	0.93	0.96
	Fifth 4	0.99	0.98	1.01	0.96	0.95	0.98	0.96	0.95	0.98
	Fifth 5 (most deprived)	1.05	1.04	1.07	1.05	1.03	1.07	1.05	1.04	1.07

IRR: incidence rate ratios; 95% CI: 95% confidence intervals

† England only

Supplement D Supplemental tables for self-reported CMD symptoms (USoc)

[Supplement D table 1 Extended sample characteristics of complete case and full sample, 2009-10; 2014-15; 2019-20, USoc](#)

[Supplement D table 2 Self-reported CMD symptoms \(mean and 95%CI\), 2009-10 to 2019-20, USoc](#)

[Supplement D table 3 Ratio of self-reported CMD symptoms over time, from 2009-10 to 2014-15, 2014-15 to 2019-20, and 2009-10 to 2019-20, USoc](#)

[Supplement D table 4 Ratio of self-reported CMD symptoms across sociodemographic group, 2009-10 to 2019-20, USoc](#)

[Supplement D table 5 Weighted proportion exceeding psychological distress symptom cut-off \(14 or over\), 2009-10 to 2019-20, USoc](#)

Supplement D Sample characteristics of complete case and full sample, 2009-10; 2014-15; and 2019-20, USoc
table 1

		2009-10 (Wave A)					2014-15 (Wave F)					2019-20 (Wave K)				
		Complete case		Full sample		p-value	Complete case		Full sample		p-value	Complete case		Full sample		p-value
		n	%	n	%		n	%	n	%		n	%	n	%	
Total		8,248	100	10,245	100		10,173	100	10,668	100		6,809	100	7,081	100	
Sex					0.77					0.81					0.169	
	Female	4,619	56	5,730	55.9		5,604	55.09	5,874	55.06		3,842	56.4	3,984	56.26	
	Male	3,629	44	4,515	44.1		4,569	44.91	4,794	44.94		2,967	43.6	3,097	43.74	
Age group					<0.001					<0.001					0.005	
	16-19	2,468	29.92	2,936	28.66		2,334	22.94	2,419	22.68		1,270	18.65	1,337	18.88	
	20-24	2,771	33.6	3,397	33.16		2,626	28.81	2,743	25.71		1,434	21.06	1,506	21.27	
	25-29	2,826	34.3	3,679	35.91		2,314	22.75	2,432	22.8		1,240	18.21	1,285	18.15	
	30-34	183	2.2	233	2.27		2,681	26.35	2,835	26.57		1,272	18.68	1,311	18.51	
	35-39 -	-	-	-	-		218	2.14	239	2.24		1,593	23.4	1,642	23.19	
Cohort					<0.001					0.004					0.003	
	1980-84	3,016	36.57	3,899	38.1		2,834	27.86	3,000	28.12		1,600	23.5	1,650	23.3	
	1985-89	2,762	33.49	3,400	33.2		2,340	23	2,467	23.13		1,263	18.55	1,301	18.37	
	1990-94	2,470	29.95	2,946	28.8		2,621	25.76	2,726	25.55		1,241	18.23	1,284	18.13	
	1995-99 -	-	-	-	-		2,377	23.37	2,475	23.2		1,439	21.13	1,515	21.4	
	2000-03 -	-	-	-	-							1,266	18.59	1,331	18.8	
Ethnicity					<0.001					<0.001					<0.001	
	Asian	1,317	15.97	1,927	18.81		1,707	16.78	1,869	17.52		1,066	15.66	1,152	16.27	
	Black	491	5.95	724	7.07		714	7.02	787	7.38		246	3.61	256	3.62	
	Mixed	280	3.39	354	3.46		355	3.49	369	3.46		230	3.38	243	3.43	
	Other	103	1.25	155	1.51		139	1.37	153	1.43		50	0.73	54	0.76	
	White	6,057	73.44	7,084	69.15		7,258	71.35	7,460	69.93		5,217	76.62	5,363	75.74	
	Missing	0	0	1	0.01		0	0	30	0.28		0	0	13	0.18	
Country					<0.001					0.001					<0.001	
	England	6,934	84.07	8,767	85.57		8,319	81.78	8,741	81.94		5,530	81.22	5,742	81.09	
	Scotland	576	6.98	638	6.23		678	6.66	693	5.84		464	6.81	470	5.66	
	Northern Ireland	323	3.92	368	3.59		573	5.63	611	5.73		424	6.23	468	6.61	
	Wales	415	5.03	472	4.61		603	5.93	623	5.84		391	5.74	401	5.66	
Region [†]					<0.001					<0.001					0.05	
	North East	331	4.77	427	4.87		334	4.01	359	4.11		211	3.82	218	3.8	
	North West	904	13.04	1,092	12.46		1,098	13.2	1,128	12.9		778	14.07	802	13.97	
	Yorksh. & Humb.	731	10.54	918	10.47		935	11.24	977	11.18		610	11.03	639	11.13	
	East Midlands	629	9.07	765	8.73		735	8.84	750	8.58		495	8.95	512	8.92	
	West Midlands	678	9.78	936	10.68		954	11.47	978	11.19		630	11.39	660	11.49	
	East of England	688	9.92	797	9.09		737	8.86	757	8.66		590	10.67	609	10.61	
	London	1,513	21.82	2,127	24.26		1,787	21.48	2,030	23.22		983	17.78	1,036	18.04	
	South East	911	13.14	1,066	12.16		1,055	12.68	1,074	12.29		747	13.51	770	13.41	
	South West	549	7.92	639	7.29		681	8.19	688	7.87		486	8.79	496	8.64	
Deprivation [†]					<0.001					<0.001					<0.001	
	Fifth 1 (least deprived)	2,102	30.31	2,781	31.72		1,053	110.38	1,074	12.29		922	16.67	943	16.42	
	Fifth 2	1,583	22.83	1,932	22.04		1,349	141.4	1,372	15.7		1,042	18.84	1,072	18.67	
	Fifth 3	1,290	18.6	1,448	16.52		1,433	150.21	1,489	17.03		1,039	18.79	1,072	18.67	
	Fifth 4	1,113	16.05	1,250	14.26		1,879	196.96	2,003	22.91		1,207	21.83	1,254	21.84	
	Fifth 5 (most deprived)	846	12.2	946	10.79		2,605	273.06	2,803	32.07		1,320	23.87	1,401	24.4	
	Missing	0	0	410	4.68		0	0	422	4.83		0	0	422	7.35	

[†] England only

**Supplement D Self-reported psychological distress symptoms (mean and 95%CI),
table 2 2009-10 to 2019-20, Usoc**

Variable	2009-10			2010-11			2011-12			2012-13		
	Mean	95% CI		Mean	95% CI		Mean	95% CI		Mean	95% CI	
Total	10.47	10.34	10.59	10.60	10.47	10.74	10.93	10.80	11.07	10.90	10.75	11.05
Sex												
Female	11.12	10.96	11.28	11.19	11.01	11.37	11.83	11.64	12.02	11.83	11.62	12.04
Male	9.85	9.67	10.03	9.93	9.73	10.12	10.07	9.88	10.27	9.99	9.79	10.20
Age group												
16-19	9.63	9.42	9.84	9.86	9.63	10.09	10.42	10.18	10.67	10.46	10.19	10.73
20-24	10.83	10.62	11.04	10.66	10.41	10.92	11.08	10.82	11.34	10.76	10.47	11.05
25-29	10.75	10.54	10.97	11.03	10.78	11.27	11.18	10.92	11.43	11.28	10.98	11.58
30-34	10.56	9.89	11.22	11.05	10.58	11.52	11.17	10.81	11.54	11.14	10.81	11.47
35-39	-	-	-	-	-	-	-	-	-	-	-	-
Cohort												
1980-84	10.72	10.52	10.92	11.06	10.83	11.29	11.16	10.92	11.40	11.12	10.86	11.38
1985-89	10.81	10.60	11.03	10.78	10.53	11.03	11.19	10.92	11.46	11.34	11.03	11.65
1990-94	9.70	9.48	9.92	9.97	9.75	10.19	10.62	10.39	10.85	10.50	10.24	10.76
1995-99	-	-	-	9.61	8.89	10.32	10.29	9.80	10.78	10.38	9.99	10.76
2000-03	-	-	-	-	-	-	-	-	-	-	-	-
Ethnicity												
Asian	10.21	9.86	10.56	10.14	9.70	10.58	10.54	10.13	10.95	10.83	10.33	11.32
Black	9.93	9.39	10.47	11.02	10.39	11.65	10.92	10.26	11.58	10.89	10.17	11.60
Mixed	11.66	10.94	12.38	11.10	10.23	11.97	11.46	10.69	12.22	10.64	9.70	11.58
Other	11.30	10.06	12.53	10.96	9.61	12.31	10.93	9.49	12.37	9.89	8.34	11.44
White	10.47	10.34	10.61	10.61	10.47	10.76	10.95	10.80	11.10	10.91	10.75	11.08
Country												
England	10.48	10.35	10.62	10.61	10.46	10.75	10.95	10.79	11.10	10.96	10.79	11.12
Scotland	10.37	9.93	10.80	10.53	10.06	11.00	10.91	10.45	11.36	10.50	9.99	11.00
Northern Ireland	10.30	9.71	10.88	10.18	9.57	10.79	10.29	9.86	10.71	9.88	9.43	10.33
Wales	10.49	9.99	11.00	10.89	10.20	11.58	11.06	10.59	11.54	11.09	10.59	11.60
Region †												
North East	10.02	9.51	10.53	10.79	10.09	11.49	10.59	9.87	11.31	10.87	10.18	11.57
North West	10.56	10.20	10.93	10.61	10.24	10.99	10.98	10.58	11.38	11.22	10.76	11.69
Yorksh. & Humb.	10.01	9.63	10.39	10.84	10.38	11.30	10.89	10.45	11.34	10.89	10.38	11.39
East Midlands	10.54	10.13	10.95	10.54	10.11	10.97	10.86	10.42	11.30	10.81	10.36	11.25
West Midlands	10.84	10.41	11.26	10.55	10.08	11.02	11.02	10.53	11.51	11.00	10.47	11.53
East of England	10.75	10.35	11.15	10.59	10.16	11.03	10.93	10.47	11.39	11.34	10.82	11.86
London	10.58	10.22	10.93	10.56	10.15	10.96	10.83	10.40	11.25	10.72	10.27	11.17
South East	10.35	10.01	10.68	10.69	10.33	11.05	11.22	10.83	11.61	10.83	10.42	11.23
South West	10.49	10.05	10.92	10.30	9.84	10.75	10.94	10.43	11.46	10.93	10.42	11.44
Deprivation †												
Fifth 1 (least deprived)	10.24	9.90	10.58	10.22	9.87	10.57	10.62	10.25	10.98	10.53	10.15	10.92
Fifth 2	10.34	10.04	10.64	10.40	10.07	10.72	10.94	10.60	11.27	11.07	10.72	11.42
Fifth 3	10.53	10.23	10.84	10.33	10.01	10.65	10.80	10.46	11.14	10.90	10.55	11.25
Fifth 4	10.62	10.34	10.90	10.73	10.42	11.04	10.78	10.46	11.11	11.01	10.62	11.41
Fifth 5 (most deprived)	10.57	10.30	10.84	11.12	10.79	11.45	11.43	11.09	11.76	11.13	10.77	11.49

Mean: weighted mean CMD score on imputed data; 95% CI: 95% confidence intervals;

† England only

Supplement D (pg 2) Self-reported psychological distress symptoms (mean and 95% CI), 2009-10 to 2019-20, Usoc

Variable	2013-14			2014-15			2015-16			2016-17		
	Mean	95% CI		Mean	95% CI		Mean	95% CI		Mean	95% CI	
Total	10.91	10.76	11.05	10.79	10.66	10.92	11.00	10.86	11.15	11.28	11.12	11.43
Sex												
Female	11.71	11.51	11.91	11.49	11.30	11.68	11.76	11.56	11.96	12.00	11.79	12.22
Male	10.13	9.94	10.33	10.09	9.90	10.27	10.23	10.03	10.44	10.52	10.30	10.74
Age group												
16-19	10.54	10.28	10.81	10.56	10.28	10.83	10.66	10.37	10.95	10.92	10.62	11.23
20-24	10.78	10.51	11.05	10.80	10.54	11.06	10.87	10.58	11.17	11.22	10.90	11.55
25-29	11.37	11.07	11.68	11.02	10.73	11.31	11.26	10.92	11.61	11.43	11.07	11.79
30-34	10.95	10.68	11.23	10.78	10.52	11.03	11.11	10.82	11.39	11.38	11.05	11.71
35-39	-	-	-	10.58	9.58	11.58	11.41	10.83	11.98	11.59	11.12	12.06
Cohort												
1980-84	11.02	10.77	11.27	10.82	10.57	11.07	11.25	10.98	11.53	11.53	11.21	11.84
1985-89	11.20	10.90	11.51	10.94	10.66	11.23	11.14	10.80	11.49	11.48	11.12	11.83
1990-94	10.71	10.45	10.97	10.82	10.56	11.09	10.82	10.54	11.11	11.16	10.83	11.50
1995-99	10.64	10.33	10.95	10.55	10.28	10.82	10.83	10.55	11.10	11.08	10.78	11.37
2000-03	-	-	-	-	-	-	10.54	9.37	11.72	10.71	10.07	11.35
Ethnicity												
Asian	10.62	10.13	11.12	9.86	9.48	10.24	10.18	9.75	10.61	10.04	9.60	10.49
Black	11.09	10.34	11.83	9.90	9.20	10.59	10.04	9.36	10.73	9.99	9.27	10.71
Mixed	12.14	11.13	13.14	11.66	10.71	12.61	12.31	11.27	13.35	12.36	11.33	13.40
Other	10.21	8.77	11.65	11.16	9.71	12.61	11.32	9.65	12.99	12.50	10.75	14.26
White	10.89	10.74	11.05	10.87	10.72	11.01	11.07	10.91	11.23	11.37	11.20	11.53
Country												
England	10.90	10.75	11.06	10.78	10.64	10.93	11.04	10.88	11.20	11.26	11.09	11.43
Scotland	10.84	10.36	11.31	11.04	10.56	11.52	11.00	10.50	11.49	11.66	11.06	12.25
Northern Ireland	10.39	9.89	10.89	10.04	9.61	10.46	9.94	9.45	10.43	9.72	9.18	10.26
Wales	11.31	10.78	11.83	10.90	10.40	11.40	11.03	10.50	11.57	11.92	11.30	12.53
Region †												
North East	10.79	10.06	11.52	10.66	10.04	11.28	10.70	9.94	11.46	11.40	10.53	12.27
North West	11.15	10.70	11.61	10.90	10.48	11.33	11.07	10.63	11.51	11.48	10.98	11.98
Yorksh. & Humb.	10.77	10.32	11.22	10.62	10.21	11.04	10.85	10.32	11.37	11.01	10.51	11.52
East Midlands	10.74	10.28	11.19	11.08	10.61	11.56	10.96	10.51	11.41	11.11	10.59	11.63
West Midlands	11.03	10.55	11.52	10.80	10.35	11.25	11.32	10.82	11.82	11.50	11.00	12.00
East of England	10.72	10.28	11.15	10.85	10.39	11.31	11.43	10.90	11.96	11.48	10.92	12.04
London	10.85	10.40	11.30	10.42	10.05	10.79	10.63	10.20	11.06	10.65	10.21	11.10
South East	11.13	10.73	11.53	10.93	10.54	11.32	11.17	10.79	11.56	11.53	11.13	11.94
South West	10.78	10.29	11.26	10.86	10.38	11.35	11.20	10.67	11.73	11.32	10.78	11.86
Deprivation †												
Fifth 1 (least deprived)	10.53	10.17	10.89	10.31	9.95	10.67	10.70	10.35	11.05	11.11	10.74	11.48
Fifth 2	10.50	10.17	10.82	10.63	10.33	10.94	10.55	10.23	10.88	10.64	10.30	10.97
Fifth 3	11.03	10.68	11.38	10.77	10.43	11.10	11.18	10.81	11.56	11.15	10.80	11.51
Fifth 4	10.97	10.63	11.30	10.95	10.61	11.28	11.11	10.72	11.50	11.56	11.16	11.96
Fifth 5 (most deprived)	11.36	11.00	11.73	11.09	10.78	11.41	11.47	11.12	11.82	11.69	11.29	12.10

Mean: weighted mean CMD score on imputed data; 95% CI: 95% confidence intervals;

† England only

Supplement D (pg 3) Self-reported psychological distress symptoms (mean and 95% CI), 2009-10 to 2019-20, Usoc

Variable	2017-18			2018-19			2019-20		
	Mean	95% CI		Mean	95% CI		Mean	95% CI	
Total	11.87	11.70	12.04	12.10	11.92	12.28	12.49	12.30	12.68
Sex									
Female	12.64	12.40	12.87	12.87	12.63	13.11	13.23	12.97	13.48
Male	11.05	10.80	11.30	11.28	11.02	11.53	11.67	11.40	11.95
Age group									
16-19	11.79	11.43	12.16	12.19	11.80	12.58	11.96	11.56	12.36
20-24	11.85	11.51	12.20	11.94	11.58	12.31	12.76	12.36	13.17
25-29	11.68	11.31	12.06	11.88	11.50	12.26	12.42	11.98	12.85
30-34	12.16	11.76	12.57	12.45	12.00	12.89	12.77	12.31	13.24
35-39	11.84	11.40	12.28	12.05	11.65	12.45	12.46	12.05	12.87
Cohort									
1980-84	11.95	11.61	12.29	12.07	11.72	12.42	12.42	12.01	12.82
1985-89	12.19	11.75	12.62	12.42	11.96	12.88	12.81	12.34	13.28
1990-94	11.64	11.30	11.98	11.84	11.46	12.21	12.37	11.95	12.79
1995-99	11.81	11.47	12.15	12.00	11.64	12.37	12.81	12.39	13.22
2000-03	11.70	11.18	12.22	12.24	11.80	12.69	11.96	11.57	12.36
Ethnicity									
Asian	10.50	10.01	10.99	10.88	10.39	11.37	11.59	11.10	12.09
Black	10.26	9.30	11.23	10.61	9.65	11.57	11.33	10.07	12.59
Mixed	12.53	11.37	13.69	12.52	11.23	13.81	14.08	12.72	15.45
Other	13.12	10.57	15.68	12.85	10.43	15.27	10.69	8.62	12.75
White	11.99	11.80	12.18	12.21	12.02	12.40	12.56	12.35	12.76
Country									
England	11.91	11.72	12.10	12.13	11.94	12.33	12.54	12.33	12.75
Scotland	11.91	11.33	12.50	11.90	11.29	12.50	12.06	11.37	12.75
Northern Ireland	10.41	9.80	11.03	11.22	10.43	12.02	11.50	10.87	12.13
Wales	12.03	11.39	12.68	12.33	11.65	13.00	12.89	12.13	13.66
Region †									
North East	12.08	11.20	12.96	12.20	11.34	13.06	12.46	11.51	13.42
North West	12.28	11.71	12.86	12.06	11.56	12.57	12.53	11.97	13.09
Yorksh. & Humb.	12.07	11.48	12.67	12.25	11.64	12.86	12.58	11.94	13.22
East Midlands	11.34	10.85	11.82	11.77	11.21	12.33	12.40	11.80	12.99
West Midlands	11.70	11.14	12.27	12.16	11.52	12.81	12.63	12.01	13.25
East of England	11.75	11.17	12.33	12.18	11.60	12.76	12.24	11.60	12.88
London	11.31	10.79	11.83	11.59	11.04	12.14	12.34	11.74	12.95
South East	12.29	11.82	12.76	12.81	12.29	13.33	12.93	12.39	13.47
South West	12.39	11.79	12.99	12.08	11.54	12.63	12.62	12.01	13.23
Deprivation †									
Fifth 1 (least deprived)	11.52	11.11	11.93	11.88	11.47	12.30	12.10	11.64	12.56
Fifth 2	11.59	11.22	11.97	11.96	11.56	12.35	12.24	11.85	12.64
Fifth 3	12.13	11.67	12.59	11.88	11.44	12.32	12.72	12.25	13.18
Fifth 4	12.07	11.64	12.51	12.44	11.97	12.91	12.81	12.34	13.28
Fifth 5 (most deprived)	12.14	11.70	12.58	12.41	11.96	12.86	12.75	12.24	13.26

Mean: weighted mean CMD score on imputed data; 95% CI: 95% confidence intervals;

† England only

Supplement D **Ratio of self-reported psychological distress symptoms (mean and 95%CI) over time, from 2009-10 to 2014-15; 2014-15 to 2019-20; and 2009-10 to 2019-20, USoc**

Table 3

		2014 : 2009			2019 : 2014			2019 : 2009			Interaction‡
		Ratio	95% CI		Ratio	95% CI		Ratio	95% CI		chi-square (df*); p-value
Total	Overall	1.03	1.01	1.05	1.16	1.14	1.18	1.19	1.17	1.22	0.35 (1); 0.55
Sex	Female	1.03	1.01	1.06	1.15	1.12	1.18	1.19	1.16	1.22	
	Male	1.02	1.00	1.05	1.16	1.12	1.19	1.19	1.15	1.22	
Age group	16-19	1.10	1.06	1.13	1.13	1.09	1.18	1.24	1.19	1.29	35 (4); <0.001
	20-24	1.00	0.97	1.03	1.18	1.13	1.23	1.18	1.13	1.22	
	25-29	1.02	0.99	1.06	1.13	1.08	1.18	1.15	1.11	1.20	
	30-34	1.02	0.95	1.09	1.19	1.13	1.24	1.21	1.12	1.30	
	35-39°	-	-	-	1.18	1.06	1.30	1.18	1.06	1.30 °	
Cohort	1980-84	1.01	0.98	1.04	1.15	1.10	1.19	1.16	1.12	1.20	105 (4); <0.001
	1985-89	1.01	0.98	1.04	1.17	1.12	1.22	1.18	1.14	1.23	
	1990-94	1.12	1.08	1.15	1.14	1.10	1.19	1.28	1.22	1.33	
	1995-99^	1.10	1.01	1.19	1.21	1.16	1.26	1.33	1.22	1.44 ^	
	2000-03±	-	-	-	1.13	1.00	1.27	1.13	1.00	1.27 ±	
Ethnicity	Asian	0.97	0.92	1.02	1.18	1.11	1.24	1.14	1.07	1.20	46 (4); <0.001
	Black	1.00	0.91	1.09	1.14	0.99	1.30	1.14	1.00	1.28	
	Mixed	1.00	0.90	1.10	1.21	1.06	1.36	1.21	1.07	1.35	
	Other	0.99	0.82	1.16	0.96	0.74	1.18	0.95	0.74	1.16	
	White	1.04	1.02	1.06	1.16	1.13	1.18	1.20	1.17	1.22	
Country	England	1.03	1.01	1.05	1.16	1.14	1.19	1.20	1.17	1.22	8 (3); 0.05
	Scotland	1.07	1.00	1.14	1.09	1.01	1.17	1.17	1.08	1.26	
	Northern Ireland	0.96	0.90	1.01	1.15	1.07	1.23	1.10	1.02	1.17	
	Wales	1.05	0.98	1.13	1.18	1.09	1.27	1.24	1.14	1.34	
Region †	North East	1.06	0.98	1.15	1.17	1.06	1.28	1.24	1.13	1.36	39 (11); <0.001
	North West	1.03	0.98	1.09	1.15	1.08	1.22	1.19	1.12	1.25	
	Yorksh. & Humb.	1.06	1.00	1.12	1.18	1.11	1.26	1.26	1.18	1.34	
	East Midlands	1.05	0.99	1.11	1.12	1.05	1.19	1.18	1.10	1.25	
	West Midlands	1.00	0.94	1.05	1.17	1.09	1.24	1.17	1.09	1.24	
	East of England	1.01	0.95	1.07	1.13	1.05	1.20	1.14	1.07	1.21	
	London	0.99	0.94	1.03	1.18	1.11	1.26	1.17	1.10	1.24	
	South East	1.06	1.01	1.11	1.18	1.12	1.25	1.25	1.18	1.32	
	South West	1.04	0.97	1.10	1.16	1.09	1.24	1.20	1.13	1.28	
Deprivation †	Fifth 1 (least deprived)	1.01	0.96	1.05	1.17	1.11	1.23	1.18	1.12	1.24	9 (5); 0.10
	Fifth 2	1.03	0.99	1.07	1.15	1.10	1.20	1.18	1.13	1.24	
	Fifth 3	1.02	0.98	1.07	1.18	1.12	1.24	1.21	1.15	1.26	
	Fifth 4	1.03	0.99	1.07	1.17	1.11	1.23	1.21	1.15	1.26	
	Fifth 5 (most deprived)	1.05	1.01	1.09	1.15	1.09	1.21	1.21	1.15	1.26	

RR: ratio of mean scores; 95% CI: 95% confidence intervals;

° Used earliest estimate (2014-15); ^ Used earliest estimate (2010-11); ± Used earliest estimate (2015-16)

† England only

‡ Likelihood ratio test (LRT) for interaction

* Degrees of freedom (df)

**Supplement D Ratio of self-reported psychological distress symptoms across
table 4 sociodemographic group, 2009-10 to 2019-20, USoc**

Variable		2009-10			2010-11			2011-12			2012-13		
		Ratio 95% CI			Ratio 95% CI			Ratio 95% CI			Ratio 95% CI		
Sex													
	Female	1.13	1.10	1.16	1.13	1.10	1.16	1.17	1.15	1.20	1.18	1.15	1.22
	Male (ref.)	1.00			1.00			1.00			1.00		
Age group													
	16-19	0.90	0.87	0.92	0.89	0.87	0.92	0.93	0.90	0.96	0.93	0.89	0.96
	20-24	1.01	0.98	1.04	0.97	0.94	1.00	0.99	0.96	1.02	0.95	0.92	0.99
	25-29 (ref.)	1.00			1.00			1.00			1.00		
	30-34	0.98	0.92	1.05	1.00	0.95	1.05	1.00	0.96	1.04	0.99	0.95	1.03
	35-39	-	-	-	-	-	-	-	-	-	-	-	-
Cohort													
	1980-84 (ref.)	1.00			1.00			1.00			1.00		
	1985-89	1.01	0.98	1.04	0.97	0.94	1.00	1.00	0.97	1.03	1.02	0.98	1.06
	1990-94	0.90	0.88	0.93	0.90	0.87	0.93	0.95	0.92	0.98	0.94	0.91	0.98
	1995-99	-	-	-	0.87	0.80	0.94	0.92	0.87	0.97	0.93	0.89	0.97
	2000-03	-	-	-	-	-	-	-	-	-	-	-	-
Ethnicity													
	Asian	0.97	0.94	1.01	0.96	0.91	1.00	0.96	0.92	1.00	0.99	0.94	1.04
	Black	0.95	0.89	1.00	1.04	0.98	1.10	1.00	0.94	1.06	1.00	0.93	1.06
	Mixed	1.11	1.04	1.18	1.05	0.96	1.13	1.05	0.97	1.12	0.97	0.89	1.06
	Other	1.08	0.96	1.20	1.03	0.90	1.16	1.00	0.87	1.13	0.91	0.76	1.05
	White (ref.)	1.00			1.00			1.00			1.00		
Country													
	England (ref.)	1.00			1.00			1.00			1.00		
	Scotland	0.98	0.93	1.03	0.99	0.95	1.04	1.00	0.95	1.04	0.96	0.91	1.01
	Northern Ireland	1.00	0.96	1.04	0.96	0.90	1.02	0.94	0.90	0.98	0.90	0.86	0.94
	Wales	0.99	0.93	1.05	1.03	0.96	1.09	1.01	0.96	1.06	1.01	0.96	1.06
Region †													
	North East	0.95	0.89	1.00	1.02	0.94	1.10	0.98	0.90	1.05	1.01	0.94	1.09
	North West	1.00	0.95	1.05	1.01	0.95	1.06	1.01	0.96	1.07	1.05	0.98	1.11
	Yorksh. & Humb.	1.00	0.95	1.05	1.00	0.95	1.06	1.03	0.97	1.09	1.00	0.94	1.06
	East Midlands	1.05	1.00	1.10	0.98	0.92	1.03	1.03	0.97	1.08	0.99	0.93	1.05
	West Midlands	1.08	1.03	1.13	0.98	0.92	1.04	1.04	0.98	1.10	1.01	0.95	1.08
	East of England	1.07	1.02	1.12	0.98	0.93	1.04	1.03	0.97	1.09	1.04	0.98	1.11
	London (ref.)	1.00		1.00	1.00			1.00			1.00		
	South East	1.03	0.99	1.08	0.99	0.94	1.04	1.06	1.01	1.11	1.00	0.94	1.05
	South West	1.05	0.99	1.10	0.95	0.90	1.01	1.03	0.97	1.09	1.01	0.94	1.07
Deprivation †													
	ref.)	1.00			1.00			1.00			1.00		
	Fifth 2	1.01	0.96	1.05	1.02	0.97	1.06	1.03	0.98	1.08	1.05	1.00	1.10
	Fifth 3	1.03	0.98	1.07	1.01	0.96	1.06	1.02	0.97	1.06	1.03	0.98	1.09
	Fifth 4	1.04	0.99	1.08	1.05	1.00	1.10	1.02	0.97	1.06	1.05	0.99	1.10
	Fifth 5 (most deprived)	1.03	0.99	1.08	1.09	1.04	1.14	1.08	1.03	1.13	1.06	1.01	1.11

95% CI: 95% confidence intervals;

† England only

Supplement D (pg 2) Ratio of self-reported psychological distress symptoms across sociodemographic group, 2009-10 to 2019-20, USoc
table 4

Variable		2013-14			2014-15			2015-16			2016-17		
		Ratio 95% CI			Ratio 95% CI			Ratio 95% CI			Ratio 95% CI		
Sex													
	Female	1.16	1.13	1.18	1.14	1.11	1.17	1.15	1.12	1.18	1.14	1.11	1.17
	Male (ref.)	1.00			1.00			1.00			1.00		
Age group													
	16-19	0.93	0.89	0.96	0.96	0.92	0.99	0.95	0.91	0.99	0.96	0.92	1.00
	20-24	0.95	0.91	0.98	0.98	0.95	1.02	0.97	0.93	1.00	0.98	0.94	1.02
	25-29 (ref.)	1.00			1.00			1.00			1.00		
	30-34	0.96	0.93	1.00	0.98	0.94	1.01	0.99	0.95	1.03	1.00	0.95	1.04
	35-39	-	-	-	0.96	0.87	1.05	1.01	0.95	1.07	1.01	0.96	1.07
Cohort													
	1980-84 (ref.)	1.00			1.00			1.00			1.00		
	1985-89	1.02	0.98	1.05	1.01	0.98	1.05	0.99	0.95	1.03	1.00	0.95	1.04
	1990-94	0.97	0.94	1.00	1.00	0.97	1.03	0.96	0.93	1.00	0.97	0.93	1.01
	1995-99	0.97	0.93	1.00	0.97	0.94	1.01	0.96	0.93	1.00	0.96	0.92	1.00
	2000-03	-	-	-	-	-	-	0.94	0.83	1.04	0.93	0.87	0.99
Ethnicity													
	Asian	0.98	0.93	1.02	0.91	0.87	0.94	0.92	0.88	0.96	0.88	0.84	0.92
	Black	1.02	0.95	1.09	0.91	0.85	0.98	0.91	0.84	0.97	0.88	0.81	0.94
	Mixed	1.11	1.02	1.21	1.07	0.98	1.16	1.11	1.02	1.21	1.09	1.00	1.18
	Other	0.94	0.80	1.07	1.03	0.89	1.16	1.02	0.87	1.17	1.10	0.94	1.26
	White (ref.)	1.00			1.00			1.00			1.00		
Country													
	England (ref.)	1.00			1.00			1.00			1.00		
	Scotland	0.99	0.95	1.04	1.02	0.98	1.07	1.00	0.95	1.04	1.04	0.98	1.09
	Northern Ireland	0.95	0.91	1.00	0.93	0.89	0.97	0.90	0.85	0.95	0.86	0.81	0.91
	Wales	1.04	0.99	1.09	1.01	0.96	1.06	1.00	0.95	1.05	1.06	1.00	1.12
Region †													
	North East	0.99	0.99	0.99	1.02	0.95	1.09	1.01	0.92	1.09	1.07	0.98	1.16
	North West	1.03	1.03	1.03	1.05	0.99	1.10	1.04	0.98	1.10	1.08	1.01	1.14
	Yorksh. & Humb.	1.00	1.00	1.00	1.00	0.94	1.05	1.01	0.95	1.08	0.97	0.90	1.03
	East Midlands	1.00	1.00	1.00	1.04	0.98	1.10	1.02	0.96	1.08	0.97	0.91	1.04
	West Midlands	1.02	1.02	1.02	1.01	0.96	1.07	1.06	0.99	1.12	1.01	0.94	1.07
	East of England	0.99	0.99	0.99	1.02	0.96	1.08	1.07	1.00	1.13	1.01	0.94	1.08
	London (ref.)	1.00			1.00			1.00			1.00		
	South East	1.03	1.03	1.03	1.03	0.97	1.08	1.04	0.99	1.10	1.01	0.95	1.07
	South West	1.00	1.00	1.00	1.02	0.96	1.08	1.05	0.98	1.11	0.99	0.93	1.06
Deprivation †													
	ref.)	1.00			1.00			1.00			1.00		
	Fifth 2	1.00	0.95	1.04	1.03	0.98	1.08	0.99	0.94	1.03	0.96	0.91	1.00
	Fifth 3	1.05	1.00	1.10	1.04	1.00	1.09	1.05	1.00	1.09	1.00	0.96	1.05
	Fifth 4	1.04	0.99	1.09	1.06	1.01	1.11	1.04	0.99	1.09	1.04	0.99	1.09
	Fifth 5 (most deprived)	1.08	1.03	1.13	1.08	1.03	1.12	1.07	1.02	1.12	1.05	1.00	1.10

95% CI: 95% confidence intervals;

† England only

Supplement D (pg 3) Ratio of self-reported psychological distress symptoms across sociodemographic group, 2009-10 to 2019-20, Usoc

Variable		2017-18			2018-19			2019-20		
		Ratio	95% CI		Ratio	95% CI		Ratio	95% CI	
Sex										
	Female	1.14	1.11	1.18	1.14	1.11	1.17	1.13	1.10	1.17
	Male (ref.)	1.00				1.00				
Age group										
	16-19	1.01	0.96	1.05	1.03	0.98	1.07	0.96	0.92	1.01
	20-24	1.01	0.97	1.06	1.01	0.96	1.05	1.03	0.98	1.08
	25-29 (ref.)	1.00			1.00			1.00		
	30-34	1.04	0.99	1.09	1.05	1.00	1.10	1.03	0.98	1.08
	35-39	1.01	0.96	1.06	1.01	0.97	1.06	1.00	0.96	1.05
Cohort										
	1980-84 (ref.)	1.00			1.00			1.00		
	1985-89	1.02	0.97	1.07	1.03	0.98	1.08	1.03	0.98	1.08
	1990-94	0.97	0.93	1.01	0.98	0.94	1.02	1.00	0.95	1.04
	1995-99	0.99	0.95	1.03	0.99	0.95	1.04	1.03	0.98	1.08
	2000-03	0.98	0.93	1.03	1.01	0.97	1.06	0.96	0.92	1.01
Ethnicity										
	Asian	0.88	0.83	0.92	0.89	0.85	0.93	0.92	0.88	0.97
	Black	0.86	0.77	0.94	0.87	0.79	0.95	0.90	0.80	1.00
	Mixed	1.05	0.95	1.14	1.03	0.92	1.13	1.12	1.01	1.23
	Other	1.09	0.88	1.31	1.05	0.85	1.25	0.85	0.69	1.02
	White (ref.)	1.00			1.00			1.00		
Country										
	England (ref.)	1.00			1.00			1.00		
	Scotland	1.00	0.95	1.05	0.98	0.93	1.03	0.96	0.90	1.02
	Northern Ireland	0.87	0.82	0.93	0.92	0.86	0.99	0.92	0.86	0.97
	Wales	1.01	0.95	1.07	1.02	0.96	1.07	1.03	0.96	1.09
Region †										
	North East	1.07	0.98	1.16	1.05	0.96	1.14	1.01	0.92	1.10
	North West	1.09	1.01	1.16	1.04	0.98	1.11	1.02	0.95	1.08
	Yorksh. & Humb.	1.00	0.93	1.07	1.00	0.93	1.08	1.01	0.94	1.08
	East Midlands	0.94	0.88	1.00	0.96	0.90	1.03	0.99	0.93	1.06
	West Midlands	0.97	0.90	1.04	1.00	0.92	1.07	1.01	0.94	1.08
	East of England	0.97	0.90	1.04	1.00	0.93	1.07	0.98	0.91	1.05
	London (ref.)	1.00			1.00			1.00		
	South East	1.02	0.95	1.08	1.05	0.98	1.12	1.04	0.97	1.11
	South West	1.03	0.95	1.10	0.99	0.92	1.06	1.01	0.94	1.08
Deprivation †										
	ref.)	1.00			1.00			1.00		
	Fifth 2	1.01	0.96	1.05	1.01	0.96	1.05	1.01	0.96	1.06
	Fifth 3	1.05	1.00	1.11	1.00	0.95	1.05	1.05	1.00	1.11
	Fifth 4	1.05	1.00	1.10	1.05	0.99	1.10	1.06	1.00	1.11
	Fifth 5 (most deprived)	1.05	1.00	1.11	1.04	0.99	1.10	1.05	1.00	1.11

95% CI: 95% confidence intervals;

† England only

Supplement D **Weighted proportion exceeding psychological distress symptom cut-off (14 or over), 2009-10 to 2019-20, Usoc**
table 5

Variable	2009-10			2010-11			2011-12			2012-13		
	Prop.	95% CI		Prop.	95% CI		Prop.	95% CI		Prop.	95% CI	
Overall												
Case (14 or over)	0.208	0.198	0.218	0.210	0.201	0.220	0.236	0.225	0.246	0.232	0.222	0.243
Sex												
Female	0.241	0.228	0.254	0.256	0.242	0.270	0.288	0.273	0.302	0.290	0.276	0.305
Male	0.176	0.162	0.190	0.167	0.154	0.180	0.186	0.172	0.200	0.178	0.164	0.191
Age group												
16-19	0.167	0.150	0.183	0.190	0.174	0.207	0.212	0.194	0.230	0.231	0.212	0.250
20-24	0.238	0.220	0.256	0.216	0.199	0.233	0.251	0.231	0.271	0.228	0.209	0.248
25-29	0.211	0.195	0.228	0.220	0.204	0.236	0.241	0.223	0.260	0.238	0.218	0.258
30-34	0.165	0.108	0.222	0.221	0.186	0.256	0.239	0.212	0.266	0.233	0.210	0.256
35-39	-	-	-	-	-	-	-	-	-	-	-	-
Cohort												
1980-84	0.209	0.193	0.225	0.222	0.205	0.238	0.239	0.221	0.257	0.229	0.210	0.247
1985-89	0.236	0.219	0.254	0.218	0.201	0.236	0.250	0.231	0.269	0.246	0.225	0.266
1990-94	0.170	0.153	0.187	0.193	0.178	0.209	0.222	0.205	0.240	0.224	0.206	0.242
1995-99	-	-	-	0.169	0.109	0.230	0.221	0.186	0.257	0.233	0.206	0.260
2000-03	-	-	-	-	-	-	-	-	-	-	-	-
Ethnicity												
Asian	0.196	0.171	0.221	0.206	0.174	0.239	0.220	0.188	0.252	0.235	0.202	0.269
Black	0.200	0.159	0.240	0.242	0.187	0.297	0.269	0.223	0.315	0.232	0.187	0.277
Mixed	0.285	0.222	0.348	0.270	0.207	0.333	0.278	0.216	0.340	0.267	0.207	0.328
Other	0.235	0.151	0.319	0.266	0.181	0.351	0.225	0.139	0.311	0.195	0.116	0.274
White	0.207	0.196	0.218	0.207	0.197	0.217	0.235	0.224	0.246	0.232	0.220	0.243
Country												
England	0.209	0.199	0.220	0.210	0.200	0.221	0.238	0.227	0.250	0.236	0.224	0.248
Scotland	0.205	0.161	0.248	0.230	0.197	0.263	0.240	0.207	0.274	0.257	0.223	0.292
Northern Ireland	0.195	0.162	0.228	0.204	0.169	0.238	0.218	0.186	0.250	0.202	0.170	0.234
Wales	0.201	0.152	0.249	0.189	0.156	0.221	0.195	0.159	0.230	0.173	0.138	0.209
Region †												
North East	0.177	0.140	0.214	0.219	0.172	0.265	0.195	0.154	0.236	0.257	0.195	0.319
North West	0.211	0.184	0.237	0.207	0.181	0.233	0.243	0.211	0.276	0.242	0.211	0.274
Yorksh. & Humb.	0.172	0.141	0.202	0.214	0.177	0.250	0.246	0.210	0.282	0.235	0.202	0.268
East Midlands	0.224	0.187	0.260	0.196	0.164	0.227	0.227	0.194	0.261	0.240	0.205	0.275
West Midlands	0.232	0.199	0.266	0.218	0.185	0.251	0.242	0.203	0.281	0.223	0.188	0.259
East of England	0.222	0.188	0.256	0.212	0.177	0.246	0.222	0.187	0.257	0.260	0.226	0.294
London (ref.)	0.205	0.178	0.232	0.223	0.194	0.251	0.236	0.205	0.266	0.217	0.187	0.248
South East	0.210	0.182	0.239	0.212	0.186	0.239	0.265	0.234	0.295	0.228	0.198	0.258
South West	0.224	0.187	0.261	0.186	0.154	0.218	0.233	0.201	0.265	0.241	0.200	0.283
Deprivation †												
Fifth 1 (least deprived)	0.202	0.181	0.224	0.246	0.223	0.269	0.276	0.251	0.300	0.205	0.177	0.233
Fifth 2	0.226	0.202	0.249	0.216	0.193	0.238	0.225	0.200	0.250	0.248	0.221	0.275
Fifth 3	0.214	0.188	0.241	0.211	0.187	0.234	0.233	0.207	0.258	0.235	0.209	0.261
Fifth 4	0.199	0.173	0.225	0.177	0.153	0.201	0.238	0.210	0.266	0.228	0.203	0.252
Fifth 5 (most deprived)	0.203	0.174	0.232	0.187	0.162	0.212	0.210	0.182	0.238	0.253	0.229	0.276

Prop: Proportion (weighted) 95% CI: 95% confidence intervals;

† England only

Supplement D (pg 2) Weighted proportion exceeding psychological distress symptom cut-off (14 or over), 2009-10 to 2019-20, Usoc
table 5

Variable	2013-14			2014-15			2015-16			2016-17		
	Prop.	95% CI		Prop.	95% CI		Prop.	95% CI		Prop.	95% CI	
Overall												
Case (14 or over)	0.240	0.230	0.250	0.225	0.214	0.236	0.239	0.228	0.250	0.249	0.237	0.260
Sex												
Female	0.289	0.274	0.303	0.269	0.254	0.284	0.284	0.269	0.298	0.300	0.284	0.317
Male	0.193	0.179	0.207	0.182	0.168	0.196	0.194	0.179	0.210	0.196	0.180	0.211
Age group												
16-19	0.242	0.222	0.262	0.225	0.204	0.245	0.240	0.218	0.261	0.237	0.214	0.261
20-24	0.237	0.218	0.256	0.225	0.206	0.245	0.241	0.220	0.262	0.250	0.228	0.273
25-29	0.249	0.227	0.271	0.236	0.214	0.259	0.237	0.214	0.260	0.249	0.225	0.273
30-34	0.231	0.210	0.252	0.214	0.195	0.234	0.235	0.214	0.257	0.263	0.239	0.286
35-39	-	-	-	0.233	0.152	0.314	0.251	0.208	0.293	0.237	0.205	0.269
Cohort												
1980-84	0.235	0.216	0.254	0.218	0.198	0.237	0.248	0.226	0.269	0.258	0.236	0.281
1985-89	0.241	0.219	0.263	0.234	0.212	0.256	0.223	0.201	0.245	0.257	0.232	0.281
1990-94	0.239	0.220	0.257	0.227	0.208	0.247	0.238	0.216	0.259	0.240	0.218	0.262
1995-99	0.247	0.224	0.271	0.222	0.201	0.243	0.242	0.222	0.262	0.244	0.222	0.265
2000-03	-	-	-	-	-	-	0.302	0.203	0.401	0.233	0.186	0.280
Ethnicity												
Asian	0.244	0.213	0.276	0.181	0.150	0.212	0.183	0.154	0.212	0.186	0.158	0.214
Black	0.220	0.172	0.267	0.200	0.153	0.247	0.192	0.142	0.243	0.234	0.179	0.290
Mixed	0.317	0.252	0.381	0.295	0.233	0.358	0.298	0.231	0.365	0.329	0.259	0.398
Other	0.275	0.186	0.365	0.265	0.162	0.368	0.205	0.124	0.287	0.203	0.104	0.302
White	0.238	0.226	0.249	0.227	0.215	0.239	0.244	0.232	0.256	0.253	0.240	0.265
Country												
England	0.241	0.229	0.252	0.226	0.215	0.238	0.242	0.230	0.254	0.248	0.236	0.261
Scotland	0.244	0.206	0.282	0.227	0.190	0.265	0.239	0.200	0.278	0.280	0.234	0.325
Northern Ireland	0.234	0.196	0.271	0.234	0.196	0.273	0.240	0.202	0.277	0.271	0.226	0.315
Wales	0.221	0.183	0.259	0.157	0.124	0.189	0.158	0.123	0.193	0.167	0.130	0.204
Region †												
North East	0.234	0.182	0.285	0.208	0.158	0.257	0.224	0.171	0.278	0.265	0.203	0.328
North West	0.250	0.216	0.284	0.244	0.208	0.280	0.241	0.202	0.281	0.256	0.217	0.295
Yorksh. & Humb.	0.240	0.206	0.274	0.228	0.194	0.262	0.206	0.175	0.238	0.237	0.201	0.273
East Midlands	0.238	0.205	0.271	0.241	0.204	0.277	0.247	0.206	0.288	0.258	0.219	0.297
West Midlands	0.255	0.219	0.291	0.213	0.182	0.245	0.265	0.228	0.302	0.252	0.216	0.288
East of England	0.232	0.196	0.268	0.240	0.198	0.281	0.279	0.241	0.317	0.263	0.221	0.304
London (ref.)	0.215	0.185	0.245	0.222	0.193	0.252	0.215	0.183	0.247	0.209	0.179	0.239
South East	0.268	0.239	0.297	0.231	0.200	0.262	0.248	0.216	0.280	0.249	0.219	0.279
South West	0.233	0.196	0.269	0.195	0.163	0.228	0.255	0.220	0.290	0.273	0.232	0.313
Deprivation †												
Fifth 1 (least deprived)	0.211	0.184	0.237	0.201	0.173	0.229	0.216	0.189	0.244	0.230	0.202	0.258
Fifth 2	0.222	0.198	0.246	0.228	0.202	0.254	0.209	0.181	0.237	0.207	0.181	0.233
Fifth 3	0.248	0.221	0.275	0.207	0.180	0.235	0.250	0.223	0.278	0.237	0.209	0.264
Fifth 4	0.242	0.217	0.268	0.231	0.205	0.257	0.243	0.217	0.268	0.274	0.246	0.301
Fifth 5 (most deprived)	0.272	0.247	0.297	0.255	0.230	0.280	0.278	0.252	0.304	0.280	0.253	0.308

Prop: Proportion (weighted) 95% CI: 95% confidence intervals;

† England only

Supplement D (pg 3) Weighted proportion exceeding psychological distress symptom cut-off (14 or over), 2009-10 to 2019-20, Usoc

Variable	2017-18			2018-19			2019-20		
	Prop.	95% CI		Prop.	95% CI		Prop.	95% CI	
Overall									
Case (14 or over)	0.282	0.269	0.294	0.289	0.277	0.302	0.300	0.287	0.313
Sex									
Female	0.335	0.318	0.352	0.340	0.323	0.357	0.351	0.334	0.369
Male	0.226	0.209	0.243	0.236	0.218	0.254	0.244	0.226	0.262
Age group									
16-19	0.310	0.284	0.337	0.329	0.300	0.357	0.287	0.258	0.316
20-24	0.285	0.260	0.310	0.283	0.257	0.309	0.319	0.291	0.348
25-29	0.268	0.243	0.294	0.261	0.235	0.287	0.292	0.263	0.321
30-34	0.281	0.254	0.307	0.298	0.269	0.328	0.297	0.267	0.327
35-39	0.256	0.225	0.287	0.275	0.248	0.302	0.299	0.271	0.327
Cohort									
1980-84	0.269	0.245	0.294	0.276	0.251	0.300	0.298	0.272	0.325
1985-89	0.285	0.256	0.315	0.291	0.262	0.321	0.298	0.268	0.328
1990-94	0.259	0.235	0.283	0.262	0.236	0.288	0.292	0.263	0.321
1995-99	0.299	0.274	0.324	0.304	0.278	0.331	0.319	0.292	0.347
2000-03	0.313	0.276	0.349	0.323	0.290	0.356	0.289	0.260	0.318
Ethnicity									
Asian	0.201	0.170	0.233	0.239	0.205	0.272	0.232	0.197	0.267
Black	0.277	0.214	0.340	0.237	0.181	0.293	0.266	0.201	0.332
Mixed	0.322	0.251	0.393	0.357	0.280	0.433	0.356	0.284	0.427
Other	0.239	0.101	0.377	0.230	0.111	0.348	0.265	0.114	0.417
White	0.288	0.274	0.302	0.294	0.280	0.309	0.307	0.292	0.321
Country									
England	0.284	0.270	0.298	0.291	0.277	0.305	0.303	0.288	0.318
Scotland	0.276	0.241	0.311	0.299	0.247	0.351	0.314	0.267	0.362
Northern Ireland	0.292	0.248	0.336	0.286	0.242	0.329	0.284	0.236	0.333
Wales	0.222	0.177	0.267	0.241	0.193	0.288	0.242	0.198	0.285
Region †									
North East	0.306	0.240	0.372	0.317	0.251	0.382	0.306	0.243	0.370
North West	0.289	0.251	0.327	0.283	0.246	0.321	0.306	0.265	0.346
Yorksh. & Humb.	0.288	0.242	0.333	0.296	0.253	0.338	0.314	0.271	0.356
East Midlands	0.252	0.209	0.294	0.265	0.222	0.308	0.297	0.253	0.341
West Midlands	0.270	0.231	0.308	0.283	0.243	0.324	0.303	0.257	0.348
East of England	0.276	0.236	0.317	0.286	0.246	0.326	0.283	0.239	0.327
London (ref.)	0.265	0.228	0.302	0.273	0.236	0.310	0.289	0.249	0.328
South East	0.316	0.278	0.355	0.330	0.291	0.370	0.310	0.274	0.346
South West	0.294	0.254	0.334	0.287	0.246	0.327	0.330	0.282	0.378
Deprivation †									
Fifth 1 (least deprived)	0.267	0.235	0.300	0.277	0.246	0.307	0.276	0.243	0.309
Fifth 2	0.272	0.241	0.303	0.284	0.252	0.317	0.291	0.259	0.323
Fifth 3	0.273	0.243	0.303	0.267	0.238	0.297	0.297	0.265	0.329
Fifth 4	0.300	0.270	0.329	0.310	0.280	0.341	0.332	0.298	0.366
Fifth 5 (most deprived)	0.302	0.271	0.333	0.311	0.281	0.341	0.312	0.279	0.346

Prop: Proportion (weighted) 95% CI: 95% confidence intervals;

† England only