

**Table 1: Association of being classified as finding personal resilience strategies most helpful in response to depression, stress or worries (drawing on relationships or expanding inner resources) with major depressive disorder (CIDI) at 24 months (N=454 complete cases and N=576 for multiple imputation)**

Strategy most helpful response to depression, stress or worries			Depressive disorder (N=145)		No Depressive disorder (N=309)		Unadjusted			Adjusted <sup>§</sup>				
			N	n (%)	n (%)	OR <sup>‡</sup>	(95% CI)		P	OR <sup>‡</sup>	(95% CI)		P	
Drawing on relationships*	Complete cases	Yes	97	29 (29.9)	68 (70.1)	0.89	(0.54	,1.44)	0.63	0.93	(0.52	,1.69)	0.82	
		No	357	116 (32.5)	241 (67.5)									
	Multiple imputation	Yes			(30.4)	(69.6)	0.92	(0.57	,1.47)	0.72	1.02	(0.59	,1.78)	0.94
		No			(32.2)	(67.8)								
Expanding inner resources <sup>†</sup>	Complete cases	Yes	195	48 (24.6)	147 (75.4)	0.55	(0.36	,0.82)	0.004	0.59	(0.36	,0.97)	0.04	
		No	259	97 (37.5)	162 (62.6)									
	Multiple imputation	Yes			(24.8)	(75.2)	0.56	(0.37	,0.84)	0.005	0.67	(0.42	,1.07)	0.09
		No			(37.0)	(63.0)								

\* Drawing on pre-existing relationships actively or passively, at the time of the relationship(s) and doing this knowingly to help depression, stress or worries.

† Taking active steps to expand own inner resources to give own life greater meaning and purpose and doing this knowingly to help depression, stress or worries.

‡ Odds ratio (OR), 95% confidence interval (CI) and P value estimated using marginal logistic regression using generalised estimating equations with robust standard errors

§ Adjusted OR = Drawing on relationships and expanding inner resources fitted in the same model and adjusted for gender, age, child sexual abuse, PHQ-9 depression severity in past 2 weeks, anti-depressants in the past 3 months, employed, unable to work, where N=406 for complete cases and N=576 for multiple imputation; Note: Time varying variables, such as PHQ-9 depression severity in past 2 weeks, anti-depressants in the past 3 months, employment status, were measured at 12 months after entry into cohort; There was no evidence for an interaction between drawing on relationships and expanding inner resources (Complete case analysis adjusted p-value=0.23).

**Table 2: Association of being classified as finding personal resilience strategies most helpful in response to depression, stress or worries (drawing on relationships or expanding inner resources) with depression severity (PHQ-9) at 24 months (N=431 complete cases and N=576 for multiple imputation)**

Strategy most helpful in response to depression, stress or worries		Unadjusted						Adjusted <sup>§</sup>		
		n	Mean (SD)	Diff <sup>‡</sup>	(95% CI)	P	Diff <sup>‡</sup>	(95% CI)	P	
Drawing on relationships <sup>*</sup>	Complete cases	Yes	92	7.74 (5.92)	-0.20	(-1.38 , 0.98)	0.74	-0.01	(-1.17 , 1.15)	0.99
		No	339	7.95 (6.27)						
	Multiple imputation	Yes		7.95	-0.19	(-1.54 , 1.15)	0.78	0.08	(-1.00 , 1.16)	0.89
		No		8.14						
Expanding inner resources <sup>†</sup>	Complete cases	Yes	191	7.09 (5.69)	-1.46	(-2.50 , -0.42)	0.006	-0.95	(-1.94 , 0.05)	0.06
		No	240	8.55 (6.50)						
	Multiple imputation	Yes		7.13	-1.67	(-2.82 , -0.53)	0.004	-1.04	(-2.01 , -0.06)	0.04
		No		8.80						

\* Drawing on pre-existing relationships actively or passively, at the time of the relationship(s) and doing this knowingly to help depression, stress or worries.

† Taking active steps to expand own inner resources to give own life greater meaning and purpose and doing this knowingly to help depression, stress or worries.

‡ Mean difference between users and non-users (Diff), 95% confidence interval (CI) and P value estimated using marginal linear regression using generalised estimating equations with robust standard errors

§ Adjusted OR = Drawing on relationships and expanding inner resources fitted in the same model and adjusted gender, age, child sexual abuse, PHQ-9 depression severity in past 2 weeks, anti-depressants in the past 3 months, employed, unable to work, where N=403 for complete cases and N=576 for multiple imputation; Note: Time varying variables, such as, PHQ-9 depression severity in past 2 weeks, anti-depressants in the past 3 months, employment status, were measured at 12 months after entry into cohort; There was no evidence for an interaction between drawing on relationships and expanding inner resources (Complete case analysis adjusted p-value=0.72).