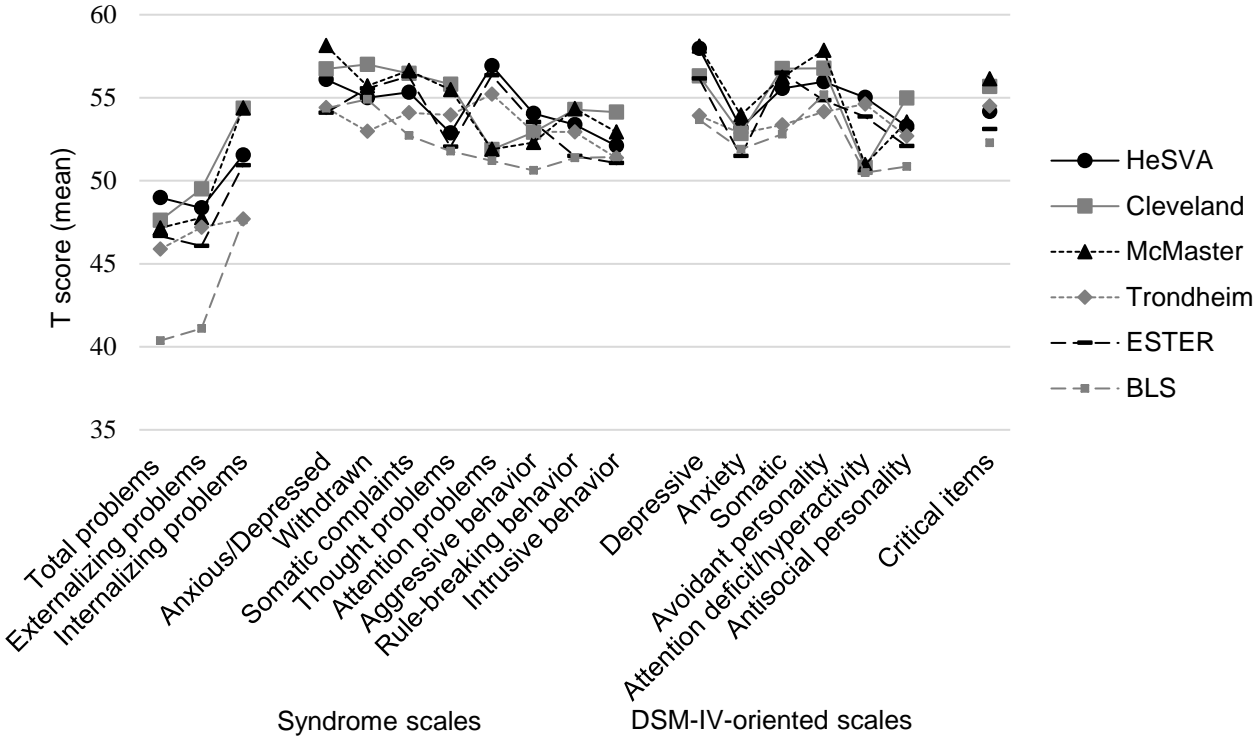


eFigure 1. Unadjusted mean T scores of self-reported mental health problems in adulthood in the preterm group born at very low birth weight or extremely low birth weight (Panel A) and in the term control group (Panel B) according to study cohort.

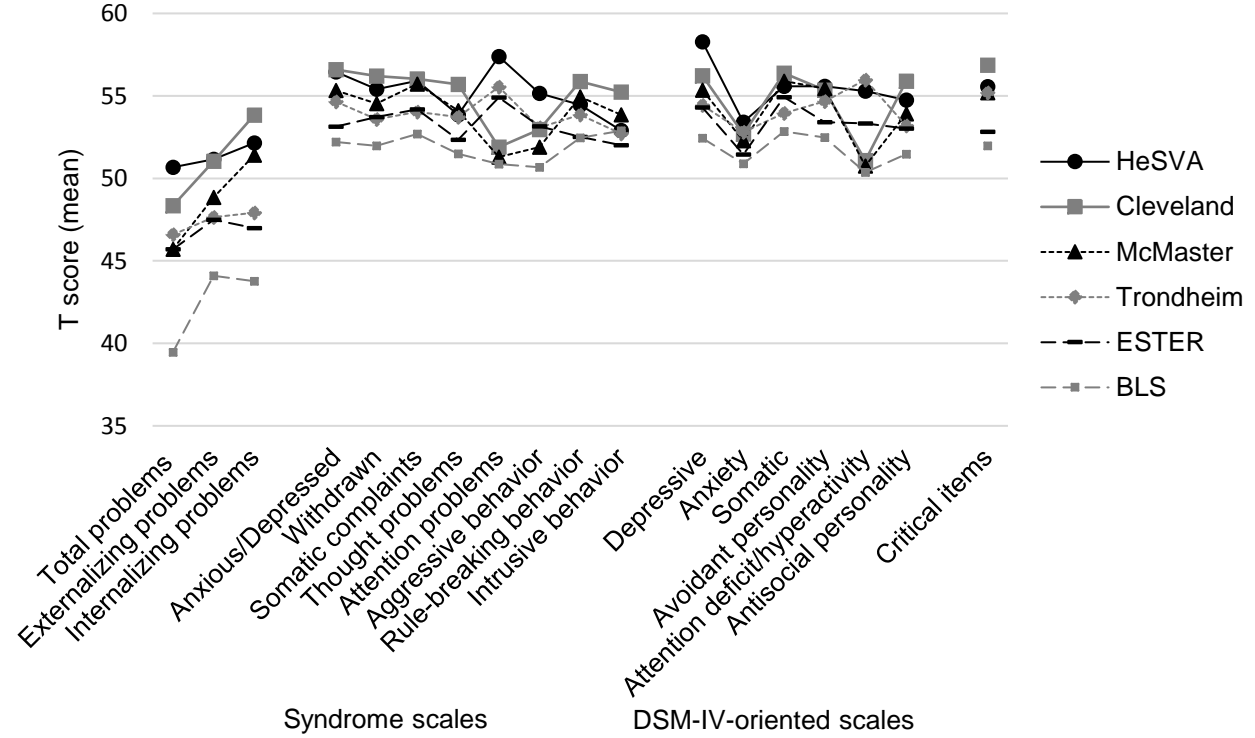
eTable 1. Associations between preterm birth at extremely low birth weight and self-reported mental health problems.

eFigure 1. Unadjusted mean T scores of self-reported mental health problems in adulthood in the preterm group born at very low birth weight or extremely low birth weight (Panel A) and in the term control group (Panel B) according to study cohort.
 Individual T scores for the sum scales can vary between 0 and 100, and for all other scales between 50 and 100.²⁰

Panel A.



Panel B.



eTable 1. Associations between preterm birth at extremely low birth weight and self-reported mental health problems. Values are betas reflecting mean differences between those born preterm at extremely low birth weight and term controls in T score units with 95% confidence intervals (95% CI).

Variable	Study	beta	95% CI	% Weight	I-squared, <i>P</i> Value
Broadband scales					
Total problems					
	HeSVA	-0.11	-0.30, 0.08	6.94	
	Cleveland	-0.07	-0.20, 0.06	15.44	
	McMaster	0.03	-0.10, 0.15	15.85	
	Trondheim	-0.06	-0.24, 0.13	7.80	
	ESTER	0.02	-0.06, 0.10	42.55	
	BLS	-0.02	-0.17, 0.13	11.42	
	Overall	-0.01	-0.06, 0.04	100.00	<i>P</i> = 0.0%, <i>P</i> = 0.679
Externalizing problems					
	HeSVA	-0.20	-0.39, -0.01	10.12	
	Cleveland	-0.07	-0.20, 0.06	17.50	
	McMaster	-0.11	-0.23, 0.02	17.91	
	Trondheim	-0.01	-0.19, 0.17	10.68	
	ESTER	0.01	-0.07, 0.09	28.99	
	BLS	-0.15	-0.30, -0.01	14.79	
	Overall	-0.07	-0.14, -0.01	100.00	<i>P</i> = 36.6%, <i>P</i> = 0.163
Internalizing problems					
	HeSVA	-0.04	-0.23, 0.15	6.75	
	Cleveland	-0.01	-0.14, 0.12	14.87	
	McMaster	0.08	-0.05, 0.20	15.90	
	Trondheim	-0.08	-0.25, 0.10	8.03	
	ESTER	0.03	-0.05, 0.11	42.76	
	BLS	0.06	-0.09, 0.21	11.70	
	Overall	0.02	-0.03, 0.07	100.00	<i>P</i> = 0.0%, <i>P</i> = 0.735
Syndrome scales					
Anxious/ Depressed					
	HeSVA	-0.08	-0.29, 0.13	5.11	
	Cleveland	-0.02	-0.16, 0.11	11.09	
	McMaster	0.13	-0.00, 0.26	11.56	
	Trondheim	-0.09	-0.24, 0.07	8.61	
	ESTER	0.05	-0.04, 0.13	24.74	
	BLS	0.03	-0.02, 0.09	38.90	
	Overall	0.03	-0.02, 0.07	100.00	<i>P</i> = 20.0%, <i>P</i> = 0.283
Withdrawn					
	HeSVA	-0.05	-0.22, 0.13	9.87	
	Cleveland	0.01	-0.12, 0.15	14.17	
	McMaster	0.04	-0.09, 0.17	14.32	
	Trondheim	-0.11	-0.24, 0.01	15.75	
	ESTER	0.06	-0.02, 0.14	25.21	
	BLS	0.10	0.00, 0.20	20.67	
	Overall	0.02	-0.04, 0.08	100.00	<i>P</i> = 40.1%, <i>P</i> = 0.138

Variable	Study	beta	95% CI	% Weight	I-squared, <i>P</i> Value
Somatic complaints					
	HeSVA	-0.02	-0.22, 0.18	1.95	
	Cleveland	0.07	-0.06, 0.21	4.47	
	McMaster	0.03	-0.10, 0.16	4.61	
	Trondheim	-0.01	-0.06, 0.03	39.21	
	ESTER	-0.01	-0.09, 0.07	11.33	
	BLS	-0.02	-0.06, 0.03	38.43	
	Overall	-0.01	-0.04, 0.02	100.00	$I^2 = 0.0\%$, $P = 0.841$
Thought problems					
	HeSVA	-0.09	-0.31, 0.13	4.15	
	Cleveland	-0.03	-0.16, 0.10	11.95	
	McMaster	0.02	-0.12, 0.16	10.56	
	Trondheim	-0.04	-0.15, 0.07	17.69	
	ESTER	0.01	-0.07, 0.10	29.15	
	BLS	-0.03	-0.12, 0.06	26.50	
	Overall	-0.02	-0.06, 0.03	100.00	$I^2 = 0.0\%$, $P = 0.920$
Attention problems					
	HeSVA	-0.04	-0.24, 0.16	2.05	
	Cleveland	-0.04	-0.18, 0.11	3.86	
	McMaster	0.13	-0.01, 0.26	4.14	
	Trondheim	-0.02	-0.05, 0.01	42.10	
	ESTER	0.03	-0.05, 0.11	11.15	
	BLS	0.02	-0.01, 0.06	36.69	
	Overall	0.01	-0.02, 0.04	100.00	$I^2 = 24.3\%$, $P = 0.252$
Aggressive behavior					
	HeSVA	-0.11	-0.32, 0.10	2.26	
	Cleveland	0.06	-0.08, 0.19	5.27	
	McMaster	-0.02	-0.16, 0.12	4.97	
	Trondheim	-0.04	-0.09, 0.02	32.01	
	ESTER	0.03	-0.05, 0.11	15.48	
	BLS	-0.01	-0.06, 0.04	40.01	
	Overall	-0.01	-0.04, 0.02	100.00	$I^2 = 0.0\%$, $P = 0.606$
Rule-breaking behavior					
	HeSVA	-0.08	-0.29, 0.13	4.82	
	Cleveland	-0.11	-0.24, 0.03	10.25	
	McMaster	-0.05	-0.18, 0.09	10.13	
	Trondheim	0.01	-0.01, 0.02	38.83	
	ESTER	0.00	-0.08, 0.08	18.87	
	BLS	-0.11	-0.20, -0.02	17.10	
	Overall	-0.04	-0.08, 0.01	100.00	$I^2 = 47.0\%$, $P = 0.093$
Intrusive behavior					
	HeSVA	-0.14	-0.38, 0.10	2.85	
	Cleveland	-0.12	-0.26, 0.02	7.25	
	McMaster	-0.17	-0.31, -0.03	7.67	
	Trondheim	-0.01	-0.07, 0.05	24.95	
	ESTER	0.01	-0.08, 0.10	15.41	
	BLS	-0.03	-0.05, 0.00	41.88	
	Overall	-0.04	-0.08, 0.00	100.00	$I^2 = 35.6\%$, $P = 0.170$

Variable	Study	beta	95% CI	% Weight	I-squared, <i>P</i> Value
DSM-IV oriented scales					
Depressive					
	HeSVA	-0.11	-0.32, 0.09	7.10	
	Cleveland	0.00	-0.13, 0.14	13.38	
	McMaster	0.12	-0.01, 0.25	13.73	
	Trondheim	-0.43	-0.91, 0.06	1.40	
	ESTER	0.05	-0.03, 0.13	25.42	
	BLS	0.00	-0.04, 0.04	38.97	
	Overall	0.02	-0.04, 0.08	100.00	$I^2 = 39.3\%$, $P = 0.144$
Anxiety					
	HeSVA	-0.22	-0.45, 0.01	6.78	
	Cleveland	-0.03	-0.17, 0.11	13.99	
	McMaster	0.15	0.02, 0.29	14.79	
	Trondheim	-0.14	-0.53, 0.26	2.50	
	ESTER	-0.01	-0.10, 0.09	22.64	
	BLS	0.02	-0.01, 0.04	39.29	
	Overall	0.00	-0.06, 0.07	100.00	$I^2 = 46.3\%$, $P = 0.097$
Somatic					
	HeSVA	0.03	-0.17, 0.24	1.21	
	Cleveland	0.09	-0.04, 0.23	2.84	
	McMaster	0.01	-0.12, 0.14	2.91	
	Trondheim	-0.00	-0.03, 0.03	74.45	
	ESTER	-0.03	-0.11, 0.05	7.90	
	BLS	-0.02	-0.09, 0.05	10.69	
	Overall	-0.00	-0.02, 0.02	100.00	$I^2 = 0.0\%$, $P = 0.754$
Avoidant personality					
	HeSVA	-0.02	-0.22, 0.19	9.86	
	Cleveland	0.06	-0.08, 0.20	15.71	
	McMaster	0.15	0.02, 0.28	16.60	
	Trondheim	-0.03	-0.07, 0.02	26.44	
	ESTER	0.05	-0.03, 0.13	22.43	
	BLS	0.30	0.08, 0.52	8.96	
	Overall	0.06	-0.02, 0.14	100.00	$I^2 = 66.7\%$, $P = 0.010$
Attention deficit/ hyperactivity					
	HeSVA	-0.05	-0.26, 0.17	1.62	
	Cleveland	-0.14	-0.30, 0.02	2.81	
	McMaster	0.10	-0.05, 0.25	3.20	
	Trondheim	-0.02	-0.06, 0.03	24.27	
	ESTER	0.04	-0.04, 0.12	9.70	
	BLS	0.00	-0.02, 0.01	58.39	
	Overall	-0.00	-0.03, 0.02	100.00	$I^2 = 21.7\%$, $P = 0.271$
Antisocial personality					
	HeSVA	-0.07	-0.29, 0.14	1.44	
	Cleveland	-0.04	-0.18, 0.09	3.75	
	McMaster	-0.10	-0.23, 0.04	3.60	
	Trondheim	-0.01	-0.04, 0.02	80.47	
	ESTER	-0.03	-0.11, 0.06	9.53	
	BLS	-0.14	-0.38, 0.10	1.21	
	Overall	-0.02	-0.04, 0.01	100.00	$I^2 = 0.0\%$, $P = 0.666$

Variable	Study	beta	95% CI	% Weight	I-squared, <i>P</i> Value
Critical items					
	HeSVA	-0.10	-0.31, 0.11	1.83	
	Cleveland	-0.09	-0.23, 0.04	4.33	
	McMaster	0.03	-0.10, 0.17	4.40	
	Trondheim	-0.01	-0.07, 0.05	19.52	
	ESTER	0.05	-0.03, 0.13	12.55	
	BLS	0.01	-0.03, 0.05	57.37	
	Overall	-0.00	-0.02, 0.03	100.00	$I^2 = 0.0\%$, $P = 0.462$

All analyses are adjusted for sex, age at assessment, parental education, multiple birth, and neurosensory impairments.

HeSVA, the Helsinki Study of Very Low Birth Weight Adults; Cleveland, the Cleveland cohort; McMaster, the McMaster cohort; Trondheim, the Trondheim cohort; ESTER, the Preterm Birth and Early Life Programming of Adult Health and Disease Study; BLS, the Bavarian Longitudinal Study.