

## Appendix

| Label                            | Name | Type  | Element no. | Sample taken on | Tube        | Kit name        | Supplier name | Supplier country |
|----------------------------------|------|-------|-------------|-----------------|-------------|-----------------|---------------|------------------|
| Basophilic Granulocytes (10E9/L) | BA   | Blood | 784         | 1-1-2018        | EDTA Sysmex | XE2100 - System | Sysmex        | Japan            |
| Eosinophil Granulocytes (10E9/L) | EO   | Blood | 783         | 1-1-2018        | EDTA Sysmex | XE2100 - System | Sysmex        | Japan            |
| Monocytes (10E9/L)               | MO   | Blood | 782         | 1-1-2018        | EDTA Sysmex | XE2100 - System | Sysmex        | Japan            |
| Neutrophil Granulocytes (10E9/L) | GR   | Blood | 780         | 1-1-2018        | EDTA Sysmex | XE2100 - System | Sysmex        | Japan            |

**Appendix Table 1:** Details of innate immune system cell count.

| Count   |              |                  |      |       |
|---------|--------------|------------------|------|-------|
|         |              | Acute Depression |      | Total |
|         |              | Yes              | No   |       |
| Cycling | No cycling   | 174              | 704  | 878   |
|         | Does cycling | 223              | 956  | 1179  |
| Total   |              | 397              | 1660 | 2057  |

**Appendix Table 2:** Cross-tabulation results for acute depression and cycling.

| Chi-square value | df | p-value |
|------------------|----|---------|
| 5.419            | 1  | 0.020   |

**Appendix Table 3:** Chi-square test for acute depression and cycling.

| Count   |              |                    |      |       |
|---------|--------------|--------------------|------|-------|
|         |              | Chronic Depression |      | Total |
|         |              | Yes                | No   |       |
| Cycling | No cycling   | 99                 | 779  | 878   |
|         | Does cycling | 129                | 1050 | 1179  |
| Total   |              | 228                | 1829 | 2057  |

**Appendix Table 4:** Cross-tabulation results for chronic depression and cycling.

| <b>Chi-square value</b> | <b>df</b> | <b>p-value</b> |
|-------------------------|-----------|----------------|
| 8.172                   | 1         | 0.004          |

**Appendix Table 5:** Chi-square test for chronic depression and cycling.