**Supplemental Table 1.** Demographics of the participants by sex.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Male | |  | female | |  |
|  | Non depression (n＝31) | Depression (n＝42) | p-value | Non depression (n＝20) | Depression (n＝28) | p-value |
| Age (years) | 78.2 ± 8.4 | 79.7 ± 6.4 | 0.391 | 80.2 ± 5.5 | 77.4 ± 7.2 | 0.157 |
| Body mass index (kg/m²) | 22.0 ± 2.6 | 21.7 ± 3.2 | 0.721 | 23.5 ± 5.0 | 21.7 ± 3.9 | 0.172 |
| Grip strength (kg) | 26.3 ± 5.4 | 24.1 ± 7.8 | 0.179 | 17.6 ± 5.6 | 16.9 ± 5.4 | 0.680 |
| Walking speed (m/s) | 0.8 ± 0.3 | 0.7 ± 0.2 | 0.219 | 0.8 ± 0.3 | 0.7 ± 0.4 | 0.630 |
| SMI (kg/m²) | 6.8 ± 0.9 | 6.3 ± 0.9 | **0.020** | 6.0 ± 0.8 | 5.7 ± 0.8 | 0.179 |
| MNA-SF |  |  | **<0.001** |  |  | **<0.001** |
| Normal nutritional status | 64.5% | 16.7% |  | 65.0% | 10.7% |  |
| At risk of malnutrition | 35.5% | 69.0% |  | 25.0% | 60.7% |  |
| Malnourished | 0.0% | 14.3% |  | 10.0% | 28.6% |  |
| Sarcopenia (AWGS2019) |  |  | **0.036** |  |  | 0.195 |
| Robust | 32.3% | 16.7% |  | 75.0% | 50.0% |  |
| Sarcopenia | 29.0% | 14.3% |  | 10.0% | 10.7% |  |
| Severe sarcopenia | 38.7% | 69.0% |  | 15.0% | 39.3% |  |

The data are presented as the mean ± standard deviation. An unpaired t-test, Fisher’ exact test, and the χ2 test were used to study the differences between the depressed and non-depressed groups. AWGS 2019, Asian Working Group for Sarcopenia 2019; MNA-SF, Mini Nutritional Assessment Short-Form; SMI, skeletal muscle mass index.