*Supplemental Figure 1. Flowchart of participants for whom an HSU could be generated for within the HOLISM study from baseline to 5-year review*



*Supplemental Table 1: Baseline characteristics of the analysis sample and comparison with the remainder of the cohort not included.*

|  |  |  |  |
| --- | --- | --- | --- |
|  | Not retained at 2.5-year and 5-year follow-up from baseline | Retained at all time points | *Difference* |
|  | Number of participants (%) |  |
| Sex Male Female  (Missing) | 269 (17.5%)1266 (82.5%)(92 (5.7%)) | 148 (17.6%)691 (82.4%)(0) | *p=0.94p=0.98* |
| Age  19.1-37.9 >37.9-45.9 >45.9-53.9 >53.9-84 (Missing)  | 405 (24.9%)401 (24.7%)394 (24.2%)393 (24.2%)(34 (2.1%)) | 203 (24.2%)207 (24.7%)214 (25.5%)215 (25.6%)(0 (0)) | *p=0.51**p=0.67**p=0.95**p=0.98* |
| Highest level of education Secondary School or less Vocational training  Bachelor’s degree  Postgraduate degree (Missing) | 447 (27.6%)286 (17.7%)554 (34.3%)330 (20.4%)(10 (0.6%)) | 156 (18.7%)110 (13.2%)333 (39.9%)236 (28.3%)(4 (0.5%)) | *p=0.50****p<0.001p<0.001****p=0.82* |
| MS Type  Benign/RRMS SPMS PPMS PRMS Unsure/other (Missing) | 1005 (61.8%)197 (12.1%)119 (7.3%)37 (2.3%)229 (14.1%)(40 (2.5%)) | 586 (69.9%)78 (9.3%)56 (6.7%)11 (1.3%)101 (12.0%)(7 (0.8%)) | ***p=0.007****p=0.208p=0.052****p=0.032******p=0.004*** |
| Disability (P-MSSS) Normal/mild Moderate Severe (Missing) | 792 (48.7%)397 (24.4%)280 (17.2%)(158 (9.7%)) | 546 (65.1%)180 (21.5%)90 (10.7%)23 (2.7%) | ***p<0.001p<0.001p<0.001*** |
| Clinically significant fatigue  No Yes  (Missing) | 656 (48.1%)709 (51.9%)(262 (16.1%)) | 475 (61.5%)298 (38.6%)(66 (7.9%)) | ***p<0.001p<0.001*** |
| Taking immunomodulatory medication |  |
|  No Yes  | 880 (54.1%)747 (45.9%) | 441 (52.6%)398 (47.4%) | *p=0.47* |
| Antidepressant medication prescription  |  |
|  No Yes | 1251 (76.9%)376 (23.1%) | 713 (85.0%)126 (15.0%) | ***p<0.001*** |
| Anxiolytic medication prescription  |  |
|  No  Yes  | 1429 (87.8%)198 (12.2%) | 782 (93.2%)57 (6.8%) | ***p<0.001*** |
| Taking vitamin D supplementation  |  |
|  No Yes  | 478 (29.4%)1149 (70.6%) | 123 (14.7%)716 (85.3%) | ***p<0.001*** |
| Number of co-morbidities 0 1 2 3+  | 863 (53.0%)377 (23.2%)214 (13.2%)173 (10.6%) | 512 (61.0%)197 (23.5%)94 (11.2%)36 (4.3%) | *p=0.23****p=0.027p<0.001*** |
| Depression risk (PHQ-2) No Yes  | 1073 (75.8%)343 (24.2%) | 726 (89.9%)82 (10.2%) | ***p<0.001*** |
| Smoking status Never smoked  Ex-smoker  Current smoker  (Missing) | 638 (39.2%)615 (37.8%)219 (13.5%)(155 (9.5%)) | 468 (55.8%)286 (34.1%)62 (7.4%)(23 (2.7%)) | ***p<0.001p<0.001p<0.001*** |
| Alcohol consumption  No intake  Limited  Heavy  (Missing) | 697 (42.8%)582 (35.8%)165 (10.1%)(183 (11.3%)) | 297 (35.4%)388 (46.3%)121 (14.4%)(33 (3.9%)) | ***p<0.001p<0.001p<0.001*** |
| IPAQ Inactive  Minimally active  Active  (Missing) | 505 (31.0%)503 (30.9%)335 (20.6%)(284 (17.5%)) | 242 (28.4%)347 (41.4%)198 (23.6%)(52 (6.2%)) | ***p=0.001****p=0.078****p<0.001*** |
| BMI Underweight/normal Overweight Obese  (Missing) | 853 (52.5%)382 (23.5)368 (22.6%)(24 (1.5%)) | 547 (65.2%)175 (20.9%)117 (13.9%)(0) | *p=0.14****p=0.002****p=0.97* |
| Consumes meat  No Yes | 385 (26.1%)1090 (73.9%) | 376 (45.9%)443 (54.1%) | ***p<0.001*** |
| Consumes dairy  No Yes | 461 (31.5%)1004 (68.3%) | 401 (49.4%)411 (50.6%) | ***p<0.001*** |
|  | Mean (standard deviation) |  |
| DHQ total score  | 76.34 (12.33) | 82.85 (11.03) | ***p<0.001*** |
| HSU total score  | 0.65 (0.13) | 0.71 (0.12) | ***p<0.001*** |
| Abbreviations: BMI: Body mass index; FSS: Fatigue Severity Scale; P-MSSS: Patient Determined Multiple Sclerosis Severity Score; PPMS: Primary progressive multiple sclerosis; PRMS: Progressive-relapsing multiple sclerosis; RRMS: Relapsing-remitting multiple sclerosis; SPMS: Secondary progressive multiple sclerosis; PHQ-2: Patient health questionnaire-2; IPAQ: International Physical Activity Questionnaire; HSU: Health state utility; DHQ: Diet Habits Questionnaire.Differences between dichotomous and polychotomous variables were assessed by multinomial logistic regression. Differences between normally distributed continuous terms were assessed by two-tailed t-test.Note: Missing proportions are additional on top of proportions with data on each parameter. Thus, total proportions add up to greater than 100% Note: Boldface denotes significance (p<0.05).Note: limited alcohol consumption is classified as 1 standard drink a day for females and 2 standard drink a day for males; heavy alcohol consumption is classified as >1 standard drink a day for females and >2 standard drinks a day for males. |

*Supplemental Table 2. Cross-sectional characteristics of Dietary Habits Questionnaire and Health State Utilities at 2.5 and 5-year*

|  |  |  |
| --- | --- | --- |
|  | 2.5-year | 5-year |
|  | n (%) | aβ (95%CI)a | aβ (95%CI)b | n (%) | aβ (95%CI)a | aβ (95%CI)b  |
| DHQ total score, 10-unit continuous  |  | **0.029 (0.022, 0.036)*****p<0.001*** | **0.012 (0.006, 0.018)*****p<0.001*** |  | **0.029 (0.021, 0.037)*****p<0.001*** | **0.009 (0.003, 0.016)*****p=0.003*** |
|  <75 >75-85 >85-92 >92-100*Trend*  | 236 (31.1%)185 (24.4%)202 (26.6%)136 (17.9 %)

|  |
| --- |
|  |

 | 0.00 [Ref]**0.04 (0.01, 0.05)****0.05 (0.03, 0.08)****0.11 (0.09, 0.14)*****p<0.001*** | 0.00 [Ref]0.00 (-0.02, 0.02)**0.02 (0.00, 0.04)0.06 (0.04, 0.08)*p<0.001*** | 300 (37.4%)244 (30.4%)216 (26.9%)43 (5.4%) | 0.00 [Ref]**0.04 (0.02, 0.06)0.07 (0.05, 0.09)****0.10 (0.06, 0.14)*p<0.001*** | 0.00 [Ref]0.01 (-0.01, 0.03)**0.02 (0.01, 0.04)0.04 (0.01, 0.07)*p=0.002*** |
| DHQ fat score, continuous  |  | **0.050 (0.035, 0.064)*****p<0.001*** | **0.019 (0.008, 0.031)*****p=0.001*** |  | **0.045 (0.031, 0.059)*****p<0.001*** | **0.013 (0.003, 0.024)*****p=0.015*** |
|  <3.7 >3.7-4.2 >4.2-4.7 >4.7-5*Trend*  | 244 (32.2%)203 (26.8%)159 (21.0%)153 (20.2%) | 0.00 [Ref]**0.03 (0.01, 0.06)0.05 (0.03, 0.08)****0.09 (0.07, 0.12)*p<0.001*** | 0.00 [Ref]0.01 (-0.00, 0.03)0.02 (-0.00, 0.04)**0.05 (0.03, 0.07)*p<0.001*** | 303 (37.7%)262 (32.6%)148 (18.4%)90 (11.2%) | 0.00 [Ref]**0.04 (0.03, 0.07**)**0.07 (0.05, 0.10)****0.07 (0.04, 0.10)*p<0.001*** | 0.00 [Ref]**0.02 (0.00, 0.04)****0.02 (0.00, 0.04)0.03 (0.01, 0.05)*****p=0.003*** |
| DHQ cereal score, continuous  |  | **0.026 (0.017, 0.035)*****p<0.001*** | **0.016 (0.009, 0.023)*****p<0.001*** |  | **0.025 (0.016, 0.033)*****p<0.001*** | **0.010 (0.003, 0.017)*****p=0.004*** |
|  <3 >3-4 >4-4.3 >4.3-5*Trend* | 217 (28.6%)259 (34.2%)135 (17.8%)147 (19.4%) | 0.00 [Ref]**0.02 (0.00, 0.05)0.03 (0.01, 0.06)****0.08 (0.06, 0.11)*p<0.001*** | 0.00 [Ref]0.01 (-0.01, 0.02)0.01 (-0.01, 0.03)**0.05 (0.03, 0.07)*p<0.001*** | 228 (28.4%)293 (36.5%)120 (14.9%)162 (20.2%) | 0.00 [Ref]**0.04 (0.01, 0.06)****0.05 (0.02, 0.08)0.07 (0.04, 0.09)*****p<0.001*** | 0.00 [Ref]0.01 (-0.01, 0.03)**0.02 (0.00, 0.04)0.02 (0.01, 0.04)*****p=0.006*** |
| DHQ fruit and vegetable score, continuous  |  | **0.032 (0.021, 0.043)*****p<0.001*** | **0.009 (0.000, 0.018)*****p=0.041*** |  | **0.030 (0.020, 0.041)*****p<0.001*** | 0.006 (-0.003, 0.014)*p=0.17* |
|  <3.2 >3.2-4 >4-4.4 >4.4-5 *Trend* | 202 (26.6%)232 (30.6%)163 (21.5%)162 (21.3%) | 0.00 [Ref]0.02 (-0.01, 0.04)**0.04 (0.01, 0.06)****0.07 (0.04, 0.09)*p<0.001*** | 0.00 [Ref]-0.01 (-0.02, 0.01)0.01 (-0.01, 0.03)**0.02 (0.00, 0.04)*****p=0.021*** | 209 (26.0%)252 (31.3%)153 (19.0%)190 (23.6%) | 0.00 [Ref]**0.04 (0.02, 0.06)0.05 (0.03, 0.08)0.06 (0.04, 0.09)*****p<0.001*** | 0.00 [Ref]0.00 (-0.01, 0.02)0.01 (-0.00, 0.03)0.01 (-0.00, 0.03)*p=0.10* |
| DHQ takeaway score, continuous  |  | **0.024 (0.013, 0.035)*****p<0.001*** | 0.007 (-0.002, 0.016)*p=0.12* |  | 0.002 (-0.011, 0.015)*p=0.80* | -0.001 (-0.011, 0.009)*p=0.84* |
|  <3.7 >3.7-4.3 >4.3-5 *Trend* | 211 (28.9%)196 (26.8%)324 (44.3%) | 0.00 [Ref]0.01 (-0.01, 0.03)**0.05 (0.03, 0.07)*p<0.001*** | 0.00 [Ref]0.00 (-0.02, 0.02)**0.02 (0.00, 0.04)*****p=0.021*** | 366 (73.2%)66 (13.2%)68 (13.6%) | 0.00 [Ref]0.01 (-0.02, 0.04)-0.01 (-0.04, 0.03)*p=0.83* | 0.00 [Ref]-0.00 (-0.03, 0.02)-0.00 (-0.02, 0.02)*p=0.94* |
| DHQ food choices score, continuous  |  | **0.030 (0.020, 0.040)*****p<0.001*** | **0.010 (0.002, 0.018)*****p=0.010*** |  | **0.028 (0.019, 0.037)*****p<0.001*** | **0.008 (0.000, 0.015)*****p=0.037*** |
|  <3.8 >3.8-4.5 >4.5-5 *Trend* | 231 (30.9%)201 (26.9%)315 (42.2%) | 0.00 [Ref]**0.05 (0.03, 0.07)****0.08 (0.05, 0.10)*p<0.001*** | 0.00 [Ref]0.01 (-0.00, 0.03)**0.03 (0.02, 0.05)*****p<0.001*** | 272 (34.2%)236 (29.7%)287 (36.1%) | 0.00 [Ref]**0.04 (0.01, 0.06)0.06 (0.04, 0.08)*****p<0.001*** | 0.00 [Ref]0.01 (-0.01, 0.02)**0.02 (0.00, 0.03)*p=0.021*** |
| DHQ omega-3 score, continuous  |  | **0.012 (0.006, 0.019)*****p<0.001*** | 0.001 (-0.004, 0.007)*p=0.57* |  | **0.010 (0.004, 0.017)*****p=0.001*** | 0.003 (-0.002, 0.008)*p=0.18* |
|  <3 >3-4>4-5 *Trend* | 316 (41.7%)187 (24.7%)254 (33.6%) | 0.00 [Ref]**0.03 (0.00, 0.05)0.04 (0.02, 0.06)*p<0.001*** | 0.00 [Ref]0.01 (-0.02, 0.02)0.01 (-0.01, 0.02)*p=0.33* | 360 (44.3%)189 (23.5%)254 (31.6%) | 0.00 [Ref]**0.02 (0.00, 0.04)0.04 (0.02, 0.06)** ***p<0.001*** | 0.00 [Ref]0.01 (-0.01, 0.02)0.01 (-0.00, 0.03)*p=0.12* |
| DHQ food preparation score, continuous  |  | **0.038 (0.024, 0.053)*****p<0.001*** | **0.017 (0.006, 0.029)*****p=0.003*** |  | **0.035 (0.021, 0.049)*****p<0.001*** | **0.012 (0.001, 0.023)*****p=0.030*** |
|  <4.4 >4.4-5 | 261 (35.1%)482 (64.9%) | 0.00 [Ref]**0.05 (0.03, 0.07)*p<0.001*** | 0.00 [Ref]**0.02 (0.01, 0.04)*****p=0.001*** | 300 (38.0%)489 (62.0%) | 0.00 [Ref]**0.04 (0.02, 0.06)*****p<0.001*** | 0.00 [Ref]**0.01 (0.00, 0.03)*p=0.049*** |
| DHQ fibre score, continuous |  | **0.042 (0.030, 0.054)*****p<0.001*** | **0.018 (0.008, 0.028)*****p<0.001*** |  | **0.038 (0.026, 0.049)*****p<0.001*** | **0.011 (0.002, 0.021)*****p=0.016*** |
|  <3.3 >3.3-3.9 >3.9-4.4 >4.4-5*Trend* | 196 (26.6%)194 (26.3%)207 (28.1%)140 (19.0%) | 0.00 [Ref]0.01 (-0.01, 0.04)**0.05 (0.03, 0.07)****0.09 (0.07, 0.12)*p<0.001*** | 0.00 [Ref]-0.01 (-0.03, 0.01)0.01 (-0.00, 0.03)**0.05 (0.02, 0.07)*****p<0.001*** | 216 (27.7%)205 (26.3%)200 (25.6%)160 (20.5%) | 0.00 [Ref]**0.04 (0.02, 0.06)0.06 (0.03, 0.08)****0.07 (0.05, 0.10)*p<0.001*** | 0.00 [Ref]0.02 (-0.00, 0.04)0.02 (-0.00, 0.03)**0.03 (0.01, 0.05)*****p=0.007*** |
| Consumes meat  No Yes | 350 (46.1%)409 (53.9%) | 0.00 [Ref]**-0.05 (-0.07, -0.04)*p<0.001*** | 0.00 [Ref]**-0.02 (-0.04, -0.01)*****p=0.003*** | 363 (45.2%)440 (54.8%) | 0.00 [Ref]**-0.06 (-0.07, -0.04)*p<0.001*** | 0.00 [Ref]**-0.02 (-0.03, -0.01)*****p=0.004*** |
| Consumes dairy No Yes | 373 (49.2%)385 (50.8%) | 0.00 [Ref]**-0.05 (-0.07, -0.03)*p<0.001*** | 0.00 [Ref]**-0.02 (-0.03, -0.01)*****p=0.008*** | 388 (48.4%)414 (51.6%) | 0.00 [Ref]**-0.06 (-0.07, -0.04)*p<0.001*** | 0.00 [Ref]**-0.02 (-0.03, -0.01)*****p=0.007*** |
| Abbreviations: aβ= adjusted Beta coefficient; n: Number of participants; DHQ: Diet Habits Questionnaire Analysis by lagged panel-data linear regression, estimating β (95% confidence intervals (CI))Note: Boldface denotes significance (p<0.05).a Model 1 adjusted for experiencing ongoing symptoms due to relapseb Model 2 further adjusted for age, sex, level of highest education, disability (P-MSSS), clinically significant fatigue, prescription antidepressant medication use, treated comorbidity number and depression-risk (PHQ-2). |

*Supplemental Table 3. Separate 2.5-year prospective analyses of DHQ-HSU relationships baseline-2.5 and 2.5-5-year*

|  |  |  |  |
| --- | --- | --- | --- |
| Category  | aβ (95% CI)a (Panel regression) | aβ (95% CI)b (Baseline to 2.5 years) | aβ (95% CI)b (2.5 to 5-years) |
| DHQ total score, 10-unit continuous  | **0.010 (0.005, 0.014)*****p<0.001*** | **0.010 (0.003, 0.016)*****p=0.003*** | **0.009 (0.003, 0.015)*****p=0.004*** |
|  <75 >75-85 >85-92 >92-100*Trend*  | 0.00 [Ref]0.01 (-0.00, 0.02)**0.02 (0.01, 0.04)****0.03 (0.01, 0.04)*****p<0.001*** | 0.00 [Ref]0.01 (-0.01, 0.03)0.02 (-0.00, 0.04)**0.03 (0.01, 0.05)*****p=0.007*** | 0.00 [Ref]-0.00 (-0.02, 0.02)**0.02 (0.00, 0.04)0.04 (0.02, 0.06)*****p<0.001*** |
| DHQ fat score, continuous | **0.016 (0.007, 0.025)*****p<0.001*** | **0.017 (0.004, 0.030)*****p=0.009*** | **0.013 (0.002, 0.025)*****p=0.022*** |
|  <3.7 >3.7-4.2 >4.2-4.7 >4.7-5*Trend*  | 0.00 [Ref]0.01 (-0.00, 0.02)**0.01 (0.00, 0.03)0.02 (0.01, 0.04)*p=0.001*** | 0.00 [Ref]**0.03 (0.01, 0.04)**0.01 (-0.01, 0.03)**0.03 (0.01, 0.05)*p=0.022*** | 0.00 [Ref]-0.01 (-0.02, 0.01)0.01 (-0.01, 0.03)**0.03 (0.01, 0.05)*p=0.001*** |
| DHQ cereal score, continuous  | **0.007 (0.002, 0.013)*****p=0.009*** | 0.006 (-0.002, 0.014)*p=0.12* | **0.012 (0.005, 0.019)*****p=0.001*** |
|  <3 >3-4 >4-4.3 >4.3-5Trend | 0.00 [Ref]**0.01 (0.00, 0.03)0.02 (0.00, 0.03)****0.02 (0.01, 0.04)*p=0.004*** | 0.00 [Ref]**0.02 (0.00, 0.04)**0.01 (-0.01, 0.04)0.02 (0.00, 0.04)*p=0.057* | 0.00 [Ref]0.01 (-0.01, 0.03)0.02 (-0.00, 0.04)**0.03 (0.01, 0.05)*****p=0.001*** |
| DHQ fruit and vegetable score, continuous  | **0.010 (0.003, 0.016)*****p=0.004*** | **0.011 (0.002, 0.020)*****p=0.012*** | 0.006 (-0.003, 0.015)*p=0.18* |
|  <3.2 >3.2-4 >4-4.4 >4.4-5Trend | 0.00 [Ref]0.00 (-0.01, 0.01)**0.02 (0.01, 0.04)****0.02 (0.00, 0.03)*p=0.001*** | 0.00 [Ref]0.01 (-0.01, 0.03)0.01 (-0.01, 0.03)**0.03 (0.01, 0.05)*****p=0.016*** | 0.00 [Ref]-0.01 (-0.03, 0.01)**0.02 (0.00, 0.04)**0.01 (-0.01, 0.03)***p=0.035*** |
| DHQ takeaway score, continuous  | **0.010 (0.003, 0.016)*****p=0.004*** | 0.008 (-0.001, 0.017)*p=0.079* | **0.011 (0.002, 0.019)*****p=0.012*** |
|  <3.7 >3.7-4.3 >4.3-5 *Trend* | 0.00 [Ref]0.01 (-0.01, 0.02)**0.02 (0.00, 0.03)*p=0.014*** | 0.00 [Ref]-0.00 (-0.02, 0.02)0.01 (-0.01, 0.03)*p=0.30* | 0.00 [Ref]0.01 (-0.00, 0.03)**0.03 (0.01, 0.04)*****p=0.003*** |
| DHQ food choices score, continuous  | **0.009 (0.002, 0.015)*****p=0.006*** | **0.012 (0.003, 0.021)*****p=0.008*** | 0.006 (-0.002, 0.014)*p=0.12* |
|  <3.8 >3.8-4.5 >4.5-5Trend | 0.00 [Ref]0.00 (-0.01, 0.02)**0.02 (0.01, 0.03)*p=0.001*** | 0.00 [Ref]0.01 (-0.01, 0.03)**0.02 (0.01, 0.04)*****p=0.009*** | 0.00 [Ref]-0.01 (-0.02, 0.01)**0.02 (0.00, 0.04)*p=0.007*** |
| DHQ omega-3 score, continuous  | 0.004 (-0.000, 0.007)*p=0.070* | 0.003 (-0.002, 0.009)*p=0.25* | 0.003 (-0.002, 0.009)*p=0.18* |
|  <3 >3-4 >4-5 Trend | 0.00 [Ref]0.01 (-0.00, 0.02)**0.02 (0.01, 0.03)*p=0.005*** | 0.00 [Ref]-0.01 (-0.02, 0.01)**0.02 (0.00, 0.03)*****p=0.037*** | 0.00 [Ref]0.01 (-0.01, 0.03)0.01 (-0.00, 0.03)*p=0.67* |
| DHQ food preparation score, continuous | **0.011 (0.002, 0.019)*****p=0.015*** | 0.010 (-0.003, 0.023)*p=0.13* | 0.011 (-0.001, 0.022)*p=0.065* |
|  <4.4 >4.4-5 | 0.00 [Ref]0.01 (-0.00, 0.02)*p=0.15* | 0.00 [Ref]0.01 (-0.00, 0.03)*p=0.13* | 0.00 [Ref]0.01 (-0.00, 0.02)*p=0.21* |
| DHQ fibre score, continuous  | **0.012 (0.005, 0.020)*****p=0.001*** | **0.013 (0.003, 0.023)*****p=0.009*** | **0.013 (0.003, 0.023)*****p=0.013*** |
|  <3.3 >3.3-3.9 >3.9-4.4 >4.4-5Trend | 0.00 [Ref]**0.02 (0.01, 0.03)****0.02 (0.01, 0.03)0.03 (0.01, 0.04)*p=0.002*** | 0.00 [Ref]**0.02 (0.00, 0.04)0.02 (0.00, 0.04)0.03 (0.01, 0.05)*****p=0.010*** | 0.00 [Ref]0.01 (-0.01, 0.03)0.01 (-0.00, 0.03)**0.03 (0.01, 0.05)*****p=0.006*** |
| Consumes meat  No Yes | 0.00 [Ref]**-0.02 (-0.03, -0.01)*p=0.001*** | 0.00 [Ref]-0.01 (-0.03, 0.00)*p=0.070* | 0.00 [Ref]-**0.02 (-0.04, -0.01)*****p=0.001*** |
| Consumes dairy No Yes | 0.00 [Ref]**-0.01 (-0.02, -0.00)*p=0.008*** | 0.00 [Ref]**-0.02 (-0.03, -0.01)*****p=0.007*** | 0.00 [Ref]-0.01 (-0.03, 0.00)*p=0.051* |
| Abbreviations: aβ= Adjusted Beta coefficient; HSU: Health state utility; DHQ: Diet Habits Questionnaire.Note: Boldface denotes significance (p<0.05).Model a longitudinal panel linear regression analysis (baseline vs 2.5 and 2.5 vs 5-years)Model b separate baseline vs 2.5-year and 2.5-year vs 5-year analyses (baseline DHQ *predicted* 2.5 HSU and 2.5 DHQ *predicted* 5-years HSU)Model adjusted for experiencing ongoing symptoms due to relapse, age, sex, level of highest education, disability (P-MSSS), clinically significant fatigued, prescription antidepressant medication use, treated comorbidity number, depression-risk (PHQ-2) and baseline HSU. |

*Supplemental Table 4. Prospective associaions between lagged diet parameters and total SF-6D HSU and subdomains (adjusted difference in medians (95% CI)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SF-6D score** | **Total HSU** | **Physical health** | **Role limitation** | **Social functioning** |
| DHQ total score, 10-unit continuous  | **0.010 (0.005, 0.014)*****p<0.001*** | **0.015 (0.008, 0.023)*****p<0.001*** | 0.010 (-0.001, 0.022)*p=0.085* | 0.004 (-0.004, 0.012)*p=0.36* |
|   <75  >75-85  >85-92  >92-100*Trend* | 0.00 [Reference]0.01 (-0.01, 0.02)**0.02 (0.01, 0.03)****0.03 (0.02, 0.05)*****p<0.001*** | 0.00 [Reference]**0.03 (0.01, 0.05)****0.04 (0.02, 0.07)****0.04 (0.02, 0.07)*****p<0.001*** | 0.00 [Reference]0.03 (-0.01, 0.07)**0.04 (0.00, 0.07)**0.03 (-0.00, 0.07)***p=0.049*** | 0.00 [Reference]-0.00 (-0.03, 0.03)0.01 (-0.01, 0.04)0.01 (-0.02, 0.04)*p=0.30* |
| DHQ fat score, continuous  | **0.016 (0.008, 0.024)*****p<0.001*** | **0.029 (0.014, 0.044)*****p<0.001*** | 0.019 (-0.003, 0.042)*p=0.093* | 0.005 (-0.010, 0.021)*p=0.49* |
|   <3.7  >3.7-4.2  >4.2-4.7  >4.7-5*Trend* | 0.00 [Reference]0.01 (-0.00, 0.02)0.01 (-0.00, 0.03)**0.03 (0.02, 0.04)*****p<0.001*** | 0.00 [Reference]**0.03 (0.01, 0.05)**0.02 (-0.00, 0.05)**0.05 (0.02, 0.07)*****p<0.001*** | 0.00 [Reference]-0.01 (-0.04, 0.03)0.01 (-0.02, 0.05)0.03 (-0.00, 0.06)*p=0.063* | 0.00 [Reference]0.01 (-0.02, 0.03)0.01 (-0.01, 0.04)0.01 (-0.01, 0.04)*p=0.28* |
| DHQ cereal score, continuous  | **0.009 (0.004, 0.014)*****p=0.001*** | 0.009 (-0.001, 0.018)*p=0.072* | 0.004 (-0.009, 0.017)*p=0.56* | 0.006 (-0.004, 0.016)*p=0.24* |
|   <3  >3-4  >4-4.3  >4.3-5*Trend* | 0.00 [Reference]**0.02 (0.00, 0.03)****0.02 (0.00, 0.03)****0.03 (0.01, 0.04)*****p<0.001*** | 0.00 [Reference]0.01 (-0.01, 0.04)**0.02 (-0.01, 0.05)**0.01 (-0.02, 0.03)*p=0.47* | 0.00 [Reference]0.01 (-0.02, 0.05)0.01 (-0.03, 0.05)0.02 (-0.02, 0.05)*p=0.38* | 0.00 [Reference]0.02 (-0.01, 0.04)-0.00 (-0.03, 0.03)0.02 (-0.01, 0.04)*p=0.39* |
| DHQ fruit and vegetable score, continuous  | **0.009 (0.003, 0.015)*****p=0.004*** | **0.014 (0.003, 0.025)*****p=0.013*** | 0.010 (-0.006, 0.026)*p=0.23* | 0.003 (-0.008, 0.015)*p=0.58* |
|   <3.2  >3.2-4  >4-4.4  >4.4-5*Trend* | 0.00 [Reference]-0.00 (-0.01, 0.01)**0.02 (0.00, 0.03)****0.02 (0.00, 0.03)*****p=0.001*** | 0.00 [Reference]0.00 (-0.02, 0.03)**0.04 (0.01, 0.06)**0.02 (-0.00, 0.05)***p=0.012*** | 0.00 [Reference]0.01 (-0.02, 0.04)0.02 (-0.02, 0.05)0.02 (-0.02, 0.06)*p=0.22* | 0.00 [Reference]-0.01 (-0.04, 0.01)0.00 (-0.02, 0.03)0.01 (-0.02, 0.03)*p=0.42* |
| DHQ takeaway score, continuous  | **0.010 (0.004, 0.016)*****p=0.001*** | 0.011 (-0.000, 0.021)*p=0.052* | 0.009 (-0.007, 0.025)*p=0.26* | 0.001 (-0.010, 0.012)*p=0.89* |
|   <3.7  >3.7-4.3  >4.3-5*Trend* | 0.00 [Reference]0.01 (-0.00, 0.02)**0.02 (0.01, 0.03)*****p=0.002*** | 0.00 [Reference]0.01 (-0.01, 0.04)0.02 (-0.00, 0.04)*p=0.067* | 0.00 [Reference]0.01 (-0.02, 0.04)0.02 (-0.01, 0.05)*p=0.21* | 0.00 [Reference]0.01 (-0.02 ,0.03)-0.00 (-0.02, 0.02)*p=0.90* |
| DHQ food choices score, continuous  | **0.009 (0.003, 0.015)*****p=0.002*** | **0.019 (0.009, 0.029)*****p<0.001*** | 0.006 (-0.009, 0.021)*p=0.45* | 0.005 (-0.006, 0.016)*p=0.38* |
|   <3.8  >3.8-4.5  >4.5-5*Trend* | 0.00 [Reference]0.00 (-0.01, 0.02)**0.02 (0.01, 0.03)*****p<0.001*** | 0.00 [Reference]**0.02 (0.00, 0.05)****0.04 (0.02, 0.06)*****p=0.001*** | 0.00 [Reference]-0.01 (-0.04, 0.03)0.01 (-0.02, 0.04)*p=0.36* | 0.00 [Reference]0.01 (-0.02, 0.03)0.01 (-0.01, 0.03)*p=0.49* |
| DHQ omega-3 score, continuous | 0.004 (-0.000, 0.007)*p=0.059* | 0.005 (-0.002, 0.011)*p=0.15* | 0.006 (-0.003, 0.016)*p=0.17* | -0.001 (-0.007, 0.006)*p=0.87* |
|   <3  >3-4  >4-5 *Trend* | 0.00 [Reference]0.00 (-0.01, 0.02)**0.02 (0.00, 0.03)*****p=0.005*** | 0.00 [Reference]0.00 (-0.02, 0.03)0.02 (-0.00, 0.04)*p=0.12* | 0.00 [Reference]0.00 (-0.03, 0.03)0.02 (-0.00, 0.05)*p=0.086* | 0.00 [Reference]0.01 (-0.01, 0.04)-0.00 (-0.02, 0.02)*p=0.80* |
| DHQ food preparation score, continuous  | **0.011 (0.003, 0.019)*****p=0.009*** | **0.025 (0.009, 0.041)*****p=0.002*** | **0.025 (0.001, 0.049)*****p=0.037*** | 0.006 (-0.010, 0.022)*p=0.44* |
|   <4.4  >4.4-5 | 0.00 [Reference]**0.01 (0.00, 0.02)*****p=0.040*** | 0.00 [Reference]**0.02 (0.01, 0.04)*****p=0.011*** | 0.00 [Reference]**0.03 (0.00, 0.06)*****p=0.040*** | 0.00 [Reference]0.01 (-0.01, 0.03)*p=0.51* |
| DHQ fibre score, continuous  | **0.013 (0.006, 0.020)*****p<0.001*** | **0.017 (0.004, 0.030)*****p=0.008*** | 0.007 (-0.011, 0.025)*p=0.47* | 0.007 (-0.006, 0.020)*p=0.31* |
|   <3.3  >3.3-3.9  >3.9-4.4  >4.4-5*Trend* | 0.00 [Reference]**0.02 (0.00, 0.03)****0.02 (0.00, 0.03)****0.03 (0.02, 0.04)*****p<0.001*** | 0.00 [Reference]0.02 (-0.00, 0.05)0.02 (-0.00, 0.05)**0.03 (0.01, 0.06)*****p=0.026*** | 0.00 [Reference]0.02 (-0.01, 0.06)0.01 (-0.02, 0.05)0.02 (-0.02, 0.05)*p=0.50* | 0.00 [Reference]0.01 (-0.01, 0.04)0.01 (-0.02, 0.03)0.02 (-0.01, 0.05)*p=0.29* |
| Consumes meat  No  Yes | 0.00 [Reference]**-0.02 (-0.03, -0.01)*****p<0.001*** | 0.00 [Reference]**-0.03 (-0.05, -0.02)*****p<0.001*** | 0.00 [Reference]-0.02 (-0.04, 0.01)*p=0.14* | 0.00 [Reference]-0.01 (-0.03, 0.01)*p=0.19* |
| Consumes dairy  No  Yes | 0.00 [Reference]**-0.02 (-0.03, -0.01)*****p=0.001*** | 0.00 [Reference]-0.02 (-0.03, 0.00)*p=0.089* | 0.00 [Reference]-0.02 (-0.04, 0.01)*p=0.13* | 0.00 [Reference]-0.01 (-0.03, 0.00)*p=0.15* |
| **SF-6D score** | **Total HSU** | **Pain** | **Mental health** | **Vitality** |
| DHQ total score, 10-unit continuous  | **0.010 (0.005, 0.014)*****p<0.001*** | **0.022 (0.014, 0.031)*****p<0.001*** | 0.005 (-0.003, 0.014)*p=0.23* | **0.014 (0.006, 0.023)*****p=0.001*** |
|   <75  >75-85  >85-92  >92-100*Trend* | 0.00 [Reference]0.01 (-0.01, 0.02)**0.02 (0.01, 0.03)****0.03 (0.02, 0.05)*****p<0.001*** | 0.00 [Reference]**0.03 (0.00, 0.06)****0.04 (0.02, 0.07)****0.08 (0.06, 0.11)*****p<0.001*** | 0.00 [Reference]-0.01 (-0.04, 0.02)0.00 (-0.02, 0.03)0.03 (-0.00, 0.05)*p=0.055* | 0.00 [Reference]0.01 (-0.01, 0.04)**0.03 (0.00, 0.05)****0.05 (0.02, 0.07)*****p=0.001*** |
| DHQ fat score, continuous  | **0.016 (0.008, 0.024)*****p<0.001*** | **0.044 (0.028, 0.061)*****p<0.001*** | 0.006 (-0.011, 0.022)*p=0.49* | **0.018 (0.002, 0.034)*****p=0.030*** |
|   <3.7  >3.7-4.2  >4.2-4.7  >4.7-5*Trend* | 0.00 [Reference]0.01 (-0.00, 0.02)0.01 (-0.00, 0.03)**0.03 (0.02, 0.04)*****p<0.001*** | 0.00 [Reference]**0.03 (0.00, 0.06)****0.06 (0.03, 0.08)****0.07 (0.05, 0.10)*****p<0.001*** | 0.00 [Reference]-0.01 (-0.03, 0.02)-0.02 (-0.04, 0.01)0.02 (-0.00, 0.05)*p=0.19* | 0.00 [Reference]0.01 (-0.01, 0.04)0.00 (-0.02, 0.03)**0.04 (0.02, 0.07)*****p=0.003*** |
| DHQ cereal score, continuous  | **0.009 (0.004, 0.014)*****p=0.001*** | **0.018 (0.007, 0.029)*****p=0.001*** | 0.003 (-0.007, 0.013)*p=0.61* | **0.012 (0.002, 0.022)*****p=0.022*** |
|   <3  >3-4  >4-4.3  >4.3-5*Trend* | 0.00 [Reference]**0.02 (0.00, 0.03)****0.02 (0.00, 0.03)****0.03 (0.01, 0.04)*****p<0.001*** | 0.00 [Reference]**0.04 (0.01, 0.06)****0.04 (0.01, 0.07)****0.05 (0.02, 0.08)*****p<0.001*** | 0.00 [Reference]-0.01 (-0.04, 0.01)-0.01 (-0.04, 0.02)0.02 (-0.00, 0.05)*p=0.066* | 0.00 [Reference]0.02 (-0.00, 0.05)0.03 (-0.00, 0.06)**0.04 (0.01, 0.07)*****p=0.005*** |
| DHQ fruit and vegetable score, continuous  | **0.009 (0.003, 0.015)*****p=0.004*** | **0.014 (0.001, 0.026)*****p=0.029*** | **0.012 (0.000, 0.024)*****p=0.044*** | **0.026 (0.014, 0.037)*****p<0.001*** |
|   <3.2  >3.2-4  >4-4.4  >4.4-5*Trend* | 0.00 [Reference]-0.00 (-0.01, 0.01)**0.02 (0.00, 0.03)****0.02 (0.00, 0.03)*****p=0.001*** | 0.00 [Reference]-0.01 (-0.04, 0.02)**0.03 (0.00, 0.06)**0.02 (-0.01, 0.05)***p=0.018*** | 0.00 [Reference]0.00 (-0.02, 0.03)0.02 (-0.01, 0.05)**0.03 (0.01, 0.06)*****p=0.006*** | 0.00 [Reference]**0.03 (0.01, 0.06)****0.04 (0.01, 0.06)****0.06 (0.03, 0.09)*****p<0.001*** |
| DHQ takeaway score, continuous  | **0.010 (0.004, 0.016)*****p=0.001*** | **0.018 (0.006, 0.029)*****p=0.003*** | **0.015 (0.003, 0.027)*****p=0.012*** | **0.014 (0.002, 0.025)*****p=0.020*** |
|   <3.7  >3.7-4.3  >4.3-5*Trend* | 0.00 [Reference]0.01 (-0.00, 0.02)**0.02 (0.01, 0.03)*****p=0.002*** | 0.00 [Reference]0.01 (-0.01, 0.04)**0.04 (0.01, 0.06)*****p=0.002*** | 0.00 [Reference]0.02 (0.00, 0.05)0.02 (-0.00, 0.04)*p=0.12* | 0.00 [Reference]0.01 (-0.02, 0.03)**0.03 (0.01, 0.05)*****p=0.013*** |
| DHQ food choices score, continuous  | **0.009 (0.003, 0.015)*****p=0.002*** | **0.030 (0.019, 0.041)*****p<0.001*** | -0.003 (-0.014, 0.008)*p=0.61* | 0.009 (-0.002, 0.020)*p=0.10* |
|   <3.8  >3.8-4.5  >4.5-5*Trend* | 0.00 [Reference]0.00 (-0.01, 0.02)**0.02 (0.01, 0.03)*****p<0.001*** | 0.00 [Reference]0.02 (-0.00, 0.05)**0.07 (0.05, 0.09)*****p<0.001*** | 0.00 [Reference]-0.02 (-0.05, 0.00)-0.00 (-0.02, 0.02)*p=0.87* | 0.00 [Reference]-0.01 (-0.03, 0.02)**0.03 (0.00, 0.05)*****p=0.016*** |
| DHQ omega-3 score, continuous | 0.004 (-0.000, 0.007)*p=0.059* | **0.012 (0.005, 0.019)*****p=0.001*** | -0.000 (-0.007, 0.007)*p=0.97* | 0.003 (-0.004, 0.010)*p=0.46* |
|   <3  >3-4  >4-5 *Trend* | 0.00 [Reference]0.00 (-0.01, 0.02)**0.02 (0.00, 0.03)*****p=0.005*** | 0.00 [Reference]0.02 (-0.01, 0.04)**0.05 (0.03, 0.07)*****p<0.001*** | 0.00 [Reference]-0.01 (-0.04, 0.01)0.01 (-0.01, 0.03)*p=0.42* | 0.00 [Reference]0.01 (-0.00, 0.04)0.01 (-0.01, 0.04)*p=0.20* |
| DHQ food preparation score, continuous  | **0.011 (0.003, 0.019)*****p=0.009*** | **0.035 (0.017, 0.052)*****p<0.001*** | -0.004 (-0.020, 0.012)*p=0.64* | 0.007 (-0.010, 0.023)*p=0.41* |
|   <4.4  >4.4-5 | 0.00 [Reference]**0.01 (0.00, 0.02)*****p=0.040*** | 0.00 [Reference]**0.04 (0.02, 0.06)*****p<0.001*** | 0.00 [Reference]-0.01 (-0.03, 0.01)*p=0.18* | 0.00 [Reference]0.01 (-0.01, 0.03)*p=0.32* |
| DHQ fibre score, continuous  | **0.013 (0.006, 0.020)*****p<0.001*** | **0.023 (0.009, 0.038)*****p=0.001*** | 0.013 (-0.000, 0.027)*p=0.056* | **0.028 (0.014, 0.041)*****p<0.001*** |
|   <3.3  >3.3-3.9  >3.9-4.4  >4.4-5*Trend* | 0.00 [Reference]**0.02 (0.00, 0.03)****0.02 (0.00, 0.03)****0.03 (0.02, 0.04)*****p<0.001*** | 0.00 [Reference]0.00 (-0.02 ,0.03)0.02 (-0.00, 0.05)**0.05 (0.02, 0.08)*****p=0.001*** | 0.00 [Reference]0.01 (-0.02, 0.04)0.02 (-0.01, 0.05)**0.03 (0.00, 0.06)*****p=0.023*** | 0.00 [Reference]**0.04 (0.01, 0.06)****0.03 (0.01, 0.06)****0.05 (0.03, 0.08)*****p=0.001*** |
| Consumes meat  No  Yes | 0.00 [Reference]**-0.02 (-0.03, -0.01)*****p<0.001*** | 0.00 [Reference]**-0.05 (-0.07, -0.03)*****p<0.001*** | 0.00 [Reference]-0.01 (-0.02, 0.01)*p=0.56* | 0.00 [Reference]**-0.02 (-0.04, -0.00)*****p=0.019*** |
| Consumes dairy  No  Yes | 0.00 [Reference]**-0.02 (-0.03, -0.01)*****p=0.001*** | 0.00 [Reference]**-0.05 (-0.07, -0.03)*****p<0.001*** | 0.00 [Reference]-0.00 (-0.02, 0.01)*p=0.63* | 0.00 [Reference]**-0.02 (-0.04, -0.00)*****p=0.045*** |
| Abbreviations: DHQ: Dietary Habits Questionnaire; HSU: Health State UtilityChanges in dichotomised SF-6D HSU and subdomains assessed by panel-data quantile regression, estimating adjusted difference in median (β) (95%CI).Note: Boldface denotes significance (p<0.05).Model adjusted for experiencing ongoing symptoms due to relapse, age, sex, level of highest education, disability (P-MSSS), clinically significant fatigued, prescription antidepressant medication use, treated comorbidity number, depression-risk (PHQ-2) and baseline HSU. |

*Supplemental Table 5. Prospective diet characteristics of dichotomised total HSU and subscores at 2.5 and 5-year reviews.*

|  |  |  |  |
| --- | --- | --- | --- |
| SF-6D score | **Total HSU** | **Physical health** | **Role limitation** |
|  | aβ (95% CI) (2.5 years) | aβ (95% CI) (5 years) | aβ (95% CI) (2.5 years) | aβ (95% CI) (5 years) | aβ (95% CI) (2.5 years) | aβ (95% CI) (5 years) |
| DHQ total score, 10-unit continuous  | **0.008 (0.001, 0.016)*****p=0.025*** | 0.005 (-0.005, 0.015)*p=0.31* | 0.011 (-0.003, 0.026)*p=0.14* | **0.019 (0.005, 0.034)*****p=0.008*** | 0.002 (-0.028, 0.031)*p=0.91* |  |
|   <75  >75-85  >85-92  >92-100*Trend* | 0.00 [Reference]0.01 (-0.01, 0.04)0.03 (-0.00, 0.05)0.02 (-0.00, 0.05)***p=0.047*** | 0.00 [Reference]0.01 (-0.02, 0.04)0.01 (-0.02, 0.04)0.03 (-0.00, 0.05)*p=0.10* | 0.00 [Reference]0.03 (-0.01, 0.07)0.04 (-0.00, 0.08)0.04 (-0.01, 0.08)***p=0.047*** | 0.00 [Reference]0.03 (-0.01, 0.07)**0.04 (0.00, 0.09)****0.06 (0.02, 0.10)*****p=0.007*** | 0.00 [Reference]0.02 (-0.07, 0.11)0.01 (-0.08, 0.11)0.01 (-0.08, 0.11)*p=0.90* |  |
| DHQ fat score, continuous  | **0.015 (0.001, 0.028)*****p=0.033*** | 0.011 (-0.008, 0.029)*p=0.26* | 0.023 (-0.006, 0.052)*p=0.12* | **0.041 (0.012, 0.070)*****p=0.005*** | 0.0098 (-0.048, 0.067)*p=0.75* |  |
|   <3.7  >3.7-4.2  >4.2-4.7  >4.7-5*Trend* | 0.00 [Reference]**0.01 (-0.01, 0.03)**0.01 (-0.01, 0.04)**0.03 (0.01, 0.05)*****p=0.015*** | 0.00 [Reference]0.01 (-0.02, 0.04)-0.01 (-0.04, 0.02)0.03 (-0.00, 0.05)*p=0.16* | 0.00 [Reference]0.04 (-0.00, 0.09)0.01 (-0.04, 0.05)**0.06 (0.01, 0.10)***p=0.053* | 0.00 [Reference]0.03 (-0.01, 0.07)0.01 (-0.03, 0.06)**0.06 (0.02, 0.11)*****p=0.008*** | 0.00 [Reference]0.01 (-0.08, 0.09)0.00 (-0.09, 0.09)0.01 (-0.08, 0.10)*p=0.93* |  |
| DHQ cereal score, continuous  | **0.004 (-0.004, 0.013)*****p=0.34*** | **0.002 (-0.009, 0.013)*****p=0.69*** | 0.010 (-0.007, 0.028)*p=0.24* | 0.011 (-0.006, 0.029)*p=0.21* | -0.000 (-0.036, 0.034)*p=0.96* |  |
|   <3  >3-4  >4-4.3  >4.3-5*Trend* | 0.00 [Reference]**0.02 (0.00, 0.04)**0.01 (-0.01, 0.04)0.02 (-0.01, 0.04)*p=0.29* | 0.00 [Reference]0.02 (-0.00, 0.05)0.01 (-0.02, 0.04)0.02 (-0.01, 0.05)*p=0.15* | 0.00 [Reference]0.03 (-0.01, 0.07)0.04 (-0.00, 0.09)0.02 (-0.02, 0.07)*p=0.44* | 0.00 [Reference]0.03 (-0.01, 0.07)0.03 (-0.02, 0.08)0.04 (-0.01, 0.08)*p=0.13* | 0.00 [Reference]0.01 (-0.07, 0.09)0.02 (-0.08, 0.11)0.01 (-0.08, 0.09)*p=0.98* |  |
| DHQ fruit and vegetable score, continuous  | **0.011 (0.002, 0.020)*****p=0.019*** | 0.005 (-0.008, 0.017)*p=0.45* | 0.014 (-0.007, 0.035)*p=0.19* | **0.024 (0.004, 0.043)*****p=0.020*** | -0.001 (-0.041, 0.038)*p=0.95* |  |
|   <3.2  >3.2-4  >4-4.4  >4.4-5*Trend* | 0.00 [Reference]0.01 (-0.01, 0.04)0.01 (-0.01, 0.03)**0.03 (0.00, 0.05)***p=0.058* | 0.00 [Reference]0.00 (-0.02, 0.03)0.02 (-0.01, 0.04)0.01 (-0.02, 0.04)*p=0.27* | 0.00 [Reference]0.01 (-0.03, 0.05)0.04 (-0.01, 0.08)0.02 (-0.02, 0.07)*p=0.28* | 0.00 [Reference]0.03 (-0.01, 0.08)**0.05 (0.00, 0.10)****0.05 (0.00, 0.10)*****p=0.025*** | 0.00 [Reference]0.00 (-0.08, 0.09)-0.01 (-0.10, 0.09)-0.01 (-0.10, 0.09)*p=0.93* |  |
| DHQ takeaway score, continuous  | **0.010 (0.000, 0.020)*****p=0.047*** | 0.008 (-0.004, 0.021)*p=0.18* | 0.003 (-0.017, 0.022)*p=0.80* | 0.020 (-0.002, 0.042)*p=0.068* | 0.006 (-0.033, 0.044)*p=0.78* |  |
|   <3.7  >3.7-4.3  >4.3-5*Trend* | 0.00 [Reference]-0.01 (-0.03, 0.01)0.02 (-0.00, 0.03)*p=0.065* | 0.00 [Reference]0.01 (-0.02, 0.03)0.01 (-0.01, 0.03)*p=0.36* | 0.00 [Reference]-0.03 (-0.07, 0.01)-0.00 (-0.04, 0.03)*p=0.74* | 0.00 [Reference]0.02 (-0.03, 0.06)0.04 (-0.00, 0.08)*p=0.055* | 0.00 [Reference]0.02 (-0.06, 0.10)0.01 (-0.07, 0.08)*p=0.93* |  |
| DHQ food choices score, continuous  | 0.009 (-0.002, 0.019)*p=0.096* | 0.009 (-0.004, 0.021)*p=0.18* | 0.017 (-0.004, 0.037)*p=0.11* | **0.029 (0.0009, 0.049)*****p=0.004*** | 0.001 (-0.038, 0.040)*p=0.97* |  |
|   <3.8  >3.8-4.5  >4.5-5*Trend* | 0.00 [Reference]0.01 (-0.01, 0.04)0.02 (-0.00, 0.04)*p=0.069* | 0.00 [Reference]0.02 (-0.01, 0.04)0.02 (-0.01, 0.05)*p=0.20* | 0.00 [Reference]0.02 (-0.02, 0.06)0.04 (-0.00, 0.07)*p=0.078* | 0.00 [Reference]**0.04 (0.00, 0.09)****0.07 (0.03, 0.11)*****p=0.001*** | 0.00 [Reference]0.00 (-0.08, 0.09)0.00 (-0.08, 0.08)*p=0.98* |  |
| DHQ omega-3 score, continuous | 0.004 (-0.002, 0.010)*p=0.16* | 0.006 (-0.001, 0.013)*p=0.11* | 0.003 (-0.009, 0.016)*p=0.59* | **0.015 (0.003, 0.027)*****p=0.015*** | 0.001 (-0.023, 0.024)*p=0.96* |  |
|   <3  >3-4  >4-5 *Trend* | 0.00 [Reference]-0.00 (-0.02, 0.02)0.02 (-0.01, 0.04)*p=0.076* | 0.00 [Reference]-0.01 (-0.04, 0.01)0.02 (-0.00, 0.04)*p=0.10* | 0.00 [Reference]-0.02 (-0.06, 0.02)0.02 (-0.01, 0.06)*p=0.34* | 0.00 [Reference]0.01 (-0.03, 0.05)0.04 (-0.00, 0.07)*p=0.10* | 0.00 [Reference]-0.02 (-0.10, 0.06)0.00 (-0.07, 0.07)*p=0.93* |  |
| DHQ food preparation score, continuous  | 0.011 (-0.003, 0.025)*p=0.11* | 0.001 (-0.018, 0.020)*p=0.90* | 0.016 (-0.013, 0.045)*p=0.28* | **0.031 (0.002, 0.060)*****p=0.037*** | 0.014 (-0.044, 0.072)*p=0.64* |  |
|   <4.4  >4.4-5 | 0.00 [Reference]0.01 (-0.00, 0.03)*p=0.10* | 0.00 [Reference]0.01 (-0.02, 0.03)*p=0.58* | 0.00 [Reference]0.02 (-0.01, 0.06)*p=0.20* | 0.00 [Reference]**0.06 (0.02, 0.09)*****p=0.001*** | 0.00 [Reference]0.01 (-0.06, 0.08)*p=0.70* |  |
| DHQ fibre score, continuous  | 0.011 (-0.000, 0.022)*p=0.056* | 0.005 (-0.010, 0.020)*p=0.51* | 0.013 (-0.009, 0.035)*p=0.25* | **0.027 (0.004, 0.049)*****p=0.023*** | -0.001 (-0.039, 0.037)*p=0.97* |  |
|   <3.3  >3.3-3.9  >3.9-4.4  >4.4-5*Trend* | 0.00 [Reference]0.02 (-0.01, 0.04)0.02 (-0.00, 0.04)0.02 (-0.00, 0.04)*p=0.088* | 0.00 [Reference]-0.00 (-0.03, 0.03)0.00 (-0.03, 0.03)0.01 (-0.02, 0.04)*p=0.53* | 0.00 [Reference]-0.00 (-0.05, 0.04)0.03 (-0.02, 0.07)0.01 (-0.04, 0.06)*p=0.53* | 0.00 [Reference]0.04 (-0.00, 0.09)0.03 (-0.02, 0.07)0.04 (-0.01, 0.09)*p=0.27* | 0.00 [Reference]0.00 (-0.07, 0.08)-0.00 (-0.08, 0.07)-0.00 (-0.08, 0.08)*p=0.96* |  |
| Consumes meat  No  Yes | 0.00 [Reference]-0.01 (-0.03, 0.00)*p=0.092* | 0.00 [Reference]-0.01 (-0.03, 0.01)*p=0.26* | 0.00 [Reference]**-0.05 (-0.08, -0.02)*****p=0.001*** | 0.00 [Reference]**-0.04 (-0.08, -0.01)*****p=0.011*** | 0.00 [Reference]0.00 (-0.06, 0.06)*p=0.99* |  |
| Consumes dairy  No  Yes | 0.00 [Reference]**-0.02 (-0.03, -0.00)*****p=0.018*** | 0.00 [Reference]**-0.03 (-0.05, -0.01)*****p=0.002*** | 0.00 [Reference]-0.03 (-0.06, 0.00)*p=0.068* | 0.00 [Reference]**-0.04 (-0.07, -0.00)*****p=0.024*** | 0.00 [Reference]0.00 (-0.06, 0.06)*p=1.00* |  |
| SF-6D score | **Total HSU** | **Social functioning** | **Pain** |
|  | aβ (95% CI) (2.5 years) | aβ (95% CI) (5 years) | aβ (95% CI) (2.5 years) | aβ (95% CI) (5 years) | aβ (95% CI) (2.5 years) | aβ (95% CI) (5 years) |
| DHQ total score, 10-unit continuous  | **0.008 (0.001, 0.016)*****p=0.025*** | 0.005 (-0.005, 0.015)*p=0.31* | 0.003 (-0.015, 0.021)*p=0.73* | -0.009 (-0.032, 0.014)*p=0.43* | **0.021 (0.004, 0.038)*****p=0.015*** | 0.013 (-0.003, 0.029)*p=0.11* |
|   <75  >75-85  >85-92  >92-100*Trend* | 0.00 [Reference]0.01 (-0.01, 0.04)0.03 (-0.00, 0.05)0.02 (-0.00, 0.05)***p=0.047*** | 0.00 [Reference]0.01 (-0.02, 0.04)0.01 (-0.02, 0.04)0.03 (-0.00, 0.05)*p=0.10* | 0.00 [Reference]0.00 (-0.05, 0.05)0.01 (-0.05, 0.06)-0.00 (-0.06, 0.05)*p=0.90* | 0.00 [Reference]-0.01 (-0.07, 0.06)-0.04 (-0.11, 0.03)-0.02 (-0.09, 0.05)*p=0.38* | 0.00 [Reference]0.04 (-0.01, 0.09)**0.05 (-0.00, 0.10)****0.06 (0.01, 0.11)***p=0.056* | 0.00 [Reference]0.03 (-0.01, 0.08)0.04 (-0.01, 0.09)**0.06 (0.01, 0.11)*****p=0.041*** |
| DHQ fat score, continuous  | **0.015 (0.001, 0.028)*****p=0.033*** | 0.011 (-0.008, 0.029)*p=0.26* | 0.012 (-0.023, 0.047)*p=0.49* | -0.016 (-0.060, 0.029)*p=0.49* | **0.044 (0.012, 0.076)*****p=0.007*** | **0.033 (0.000, 0.064)*****p=0.046*** |
|   <3.7  >3.7-4.2  >4.2-4.7  >4.7-5*Trend* | 0.00 [Reference]**0.01 (-0.01, 0.03)**0.01 (-0.01, 0.04)**0.03 (0.01, 0.05)*****p=0.015*** | 0.00 [Reference]0.01 (-0.02, 0.04)-0.01 (-0.04, 0.02)0.03 (-0.00, 0.05)*p=0.16* | 0.00 [Reference]0.03 (-0.02, 0.08)0.02 (-0.04, 0.07)0.03 (-0.03, 0.08)*p=0.70* | 0.00 [Reference]-0.02 (-0.09, 0.05)-0.05 (-0.12, 0.02)-0.02 (-0.08, 0.05)*p=0.53* | 0.00 [Reference]**0.09 (0.04, 0.13)****0.09 (0.04, 0.14)****0.08 (0.03, 0.13)*****p=0.033*** | 0.00 [Reference]0.04 (-0.01, 0.09)0.03 (-0.02, 0.08)**0.07 (0.01, 0.12)***p=0.050* |
| DHQ cereal score, continuous  | **0.004 (-0.004, 0.013)*****p=0.34*** | **0.002 (-0.009, 0.013)*****p=0.69*** | -0.001 (-0.021, 0.020)*p=0.94* | -0.007 (-0.035, 0.020)*p=0.60* | **0.020 (0.001, 0.040)*****p=0.044*** | 0.007 (-0.012, 0.026)*p=0.49* |
|   <3  >3-4  >4-4.3  >4.3-5*Trend* | 0.00 [Reference]**0.02 (0.00, 0.04)**0.01 (-0.01, 0.04)0.02 (-0.01, 0.04)*p=0.29* | 0.00 [Reference]0.02 (-0.00, 0.05)0.01 (-0.02, 0.04)0.02 (-0.01, 0.05)*p=0.15* | 0.00 [Reference]0.01 (-0.04, 0.06)0.01 (-0.05, 0.07)0.00 (-0.05, 0.06)*p=0.96* | 0.00 [Reference]0.00 (-0.06, 0.06)-0.00 (-0.08, 0.07)-0.02 (-0.09, 0.03)*p=0.49* | 0.00 [Reference]0.05 (-0.00, 0.09)0.05 (-0.00, 0.11)0.04 (-0.01, 0.10)*p=0.17* | 0.00 [Reference]0.04 (-0.00, 0.09)0.03 (-0.03, 0.09)0.05 (-0.01, 0.10)*p=0.16* |
| DHQ fruit and vegetable score, continuous  | **0.011 (0.002, 0.020)*****p=0.019*** | 0.005 (-0.008, 0.017)*p=0.45* | 0.001 (-0.024, 0.025)*p=0.95* | -0.002 (-0.033, 0.029)*p=0.91* | 0.012 (-0.011, 0.035)*p=0.30* | 0.010 (-0.011, 0.032)*p=0.34* |
|   <3.2  >3.2-4  >4-4.4  >4.4-5*Trend* | 0.00 [Reference]0.01 (-0.01, 0.04)0.01 (-0.01, 0.03)**0.03 (0.00, 0.05)***p=0.058* | 0.00 [Reference]0.00 (-0.02, 0.03)0.02 (-0.01, 0.04)0.01 (-0.02, 0.04)*p=0.27* | 0.00 [Reference]**0.02 (-0.04, 0.07)**-0.00 (-0.06, 0.05)0.01 (-0.05, 0.07)*p=0.91* | 0.00 [Reference]-0.00 (-0.07, 0.06)-0.02 (-0.09, 0.05)-0.01 (-0.08, 0.07)*p=0.93* | 0.00 [Reference]-0.02 (-0.06, 0.03)0.01 (-0.04, 0.06)0.01 (-0.04, 0.06)*p=0.34* | 0.00 [Reference]0.02 (-0.03, 0.06)0.04 (-0.01, 0.09)0.01 (-0.04, 0.06)*p=0.34* |
| DHQ takeaway score, continuous  | **0.010 (0.000, 0.020)*****p=0.047*** | 0.008 (-0.004, 0.021)*p=0.18* | -0.002 (-0.025, 0.022)*p=0.88* | -0.001 (-0.025, 0.024)*p=0.94* | 0.018 (-0.005, 0.040)*p=0.13* | **0.026 (0.004, 0.047)*****p=0.018*** |
|   <3.7  >3.7-4.3  >4.3-5*Trend* | 0.00 [Reference]-0.01 (-0.03, 0.01)0.02 (-0.00, 0.03)*p=0.065* | 0.00 [Reference]0.01 (-0.02, 0.03)0.01 (-0.01, 0.03)*p=0.36* | 0.00 [Reference]-0.00 (-0.05, 0.05)-0.01 (-0.05, 0.04)*p=0.70* | 0.00 [Reference]0.01 (-0.04, 0.06)-0.01 (-0.05, 0.04)*p=0.81* | 0.00 [Reference]0.03 (-0.02, 0.08)0.03 (-0.02, 0.07)*p=0.23* | 0.00 [Reference]0.02 (-0.03, 0.07)**0.04 (0.00, 0.08)*****p=0.037*** |
| DHQ food choices score, continuous  | 0.009 (-0.002, 0.019)*p=0.096* | 0.009 (-0.004, 0.021)*p=0.18* | 0.015 (-0.009, 0.038)*p=0.22* | -0.008 (-0.039, 0.022)*p=0.60* | **0.033 (0.011, 0.055)*****p=0.004*** | 0.017 (-0.005, 0.040)*p=0.13* |
|   <3.8  >3.8-4.5  >4.5-5*Trend* | 0.00 [Reference]0.01 (-0.01, 0.04)0.02 (-0.00, 0.04)*p=0.069* | 0.00 [Reference]0.02 (-0.01, 0.04)0.02 (-0.01, 0.05)*p=0.20* | 0.00 [Reference]0.03 (-0.02, 0.08)0.03 (-0.02, 0.06)*p=0.35* | 0.00 [Reference]0.00 (-0.07, 0.07)-0.01 (-0.07, 0.05)*p=0.70* | 0.00 [Reference]0.04 (-0.00, 0.09)**0.06 (0.01, 0.11)*****p=0.014*** | 0.00 [Reference]0.01 (-0.03, 0.06)0.04 (-0.00, 0.09)***p=0.041*** |
| DHQ omega-3 score, continuous | 0.004 (-0.002, 0.010)*p=0.16* | 0.006 (-0.001, 0.013)*p=0.11* | 0.004 (-0.010, 0.019)*p=0.55* | -0.003 (-0.022, 0.015)*p=0.72* | 0.012 (-0.003, 0.026)*p=0.12* | 0.009 (-0.004, 0.023)*p=0.16* |
|   <3  >3-4  >4-5 *Trend* | 0.00 [Reference]-0.00 (-0.02, 0.02)0.02 (-0.01, 0.04)*p=0.076* | 0.00 [Reference]-0.01 (-0.04, 0.01)0.02 (-0.00, 0.04)*p=0.10* | 0.00 [Reference]0.01 (-0.04, 0.06)0.01 (-0.03, 0.06)*p=0.65* | 0.00 [Reference]-0.01 (-0.07, 0.05)-0.01 (-0.07, 0.04)*p=0.70* | 0.00 [Reference]0.00 (-0.05, 0.05)**0.04 (0.00, 0.09)***p=0.062* | 0.00 [Reference]0.02 (-0.03, 0.07)0.04 (-0.00, 0.08)*p=0.067* |
| DHQ food preparation score, continuous  | 0.011 (-0.003, 0.025)*p=0.11* | 0.001 (-0.018, 0.020)*p=0.90* | 0.001 (-0.033, 0.035)*p=0.97* | -0.017 (-0.063, 0.029)*p=0.47* | **0.038 (0.003, 0.072)*****p=0.034*** | 0.021 (-0.012, 0.054)*p=0.21* |
|   <4.4  >4.4-5 | 0.00 [Reference]0.01 (-0.00, 0.03)*p=0.10* | 0.00 [Reference]0.01 (-0.02, 0.03)*p=0.58* | 0.00 [Reference]0.00 (-0.04, 0.05)*p=0.84* | 0.00 [Reference]-0.02 (-0.07, 0.04)*p=0.56* | 0.00 [Reference]**0.04 (0.00, 0.08)*****p=0.043*** | 0.00 [Reference]0.02 (-0.02, 0.06)*p=0.33* |
| DHQ fibre score, continuous  | 0.011 (-0.000, 0.022)*p=0.056* | 0.005 (-0.010, 0.020)*p=0.51* | 0.001 (-0.027, 0.028)*p=0.96* | -0.006 (-0.042, 0.030)*p=0.74* | 0.021 (-0.004, 0.046)*p=0.11* | 0.015 (-0.009, 0.039)*p=0.22* |
|   <3.3  >3.3-3.9  >3.9-4.4  >4.4-5*Trend* | 0.00 [Reference]0.02 (-0.01, 0.04)0.02 (-0.00, 0.04)0.02 (-0.00, 0.04)*p=0.088* | 0.00 [Reference]-0.00 (-0.03, 0.03)0.00 (-0.03, 0.03)0.01 (-0.02, 0.04)*p=0.53* | 0.00 [Reference]**0.01 (-0.05, 0.06)**0.01 (-0.04, 0.07)0.00 (-0.06, 0.06)*p=0.96* | 0.00 [Reference]0.01 (-0.06, 0.08)-0.01 (-0.08, 0.06)-0.01 (-0.08, 0.07)*p=0.66* | 0.00 [Reference]0.02 (-0.03, 0.07)0.03 (-0.02, 0.08)0.03 (-0.02, 0.08)*p=0.18* | 0.00 [Reference]0.02 (-0.03, 0.07)0.03 (-0.02, 0.08)0.03 (-0.02, 0.09)*p=0.18* |
| Consumes meat  No  Yes | 0.00 [Reference]-0.01 (-0.03, 0.00)*p=0.092* | 0.00 [Reference]-0.01 (-0.03, 0.01)*p=0.26* | 0.00 [Reference]0.01 (-0.03, 0.04)*p=0.78* | 0.00 [Reference]0.01 (-0.04, 0.06)*p=0.70* | 0.00 [Reference]-0.03 (-0.07, 0.00)*p=0.082* | 0.00 [Reference]**-0.05 (-0.08, -0.01)*****p=0.010*** |
| Consumes dairy  No  Yes | 0.00 [Reference]**-0.02 (-0.03, -0.00)*****p=0.018*** | 0.00 [Reference]**-0.03 (-0.05, -0.01)*****p=0.002*** | 0.00 [Reference]-0.01 (-0.05, 0.03)*p=0.59* | 0.00 [Reference]-0.01 (-0.06, 0.05)*p=0.83* | 0.00 [Reference]-0.02 (-0.06, 0.02)*p=0.30* | 0.00 [Reference]-0.03 (-0.07, 0.01)*p=0.093* |
| SF-6D score | **Total HSU** | **Mental functioning** | **Vitality** |
|  | aβ (95% CI) (2.5 years) | aβ (95% CI) (5 years) | aβ (95% CI) (2.5 years) | aβ (95% CI) (5 years) | aβ (95% CI) (2.5 years) | aβ (95% CI) (5 years) |
| DHQ total score, 10-unit continuous  | **0.008 (0.001, 0.016)*****p=0.025*** | 0.005 (-0.005, 0.015)*p=0.31* |  | 0.007 (-0.009, 0.023)*p=0.41* | **0.017 (0.000, 0.034)*****p=0.045*** | **0.020 (0.005, 0.035)*****p=0.010*** |
|   <75  >75-85  >85-92  >92-100*Trend* | 0.00 [Reference]0.01 (-0.01, 0.04)0.03 (-0.00, 0.05)0.02 (-0.00, 0.05)***p=0.047*** | 0.00 [Reference]0.01 (-0.02, 0.04)0.01 (-0.02, 0.04)0.03 (-0.00, 0.05)*p=0.10* |  | 0.00 [Reference]-0.01 (-0.05, 0.04)0.01 (-0.04, 0.06)0.02 (-0.03, 0.07)*p=0.42* | 0.00 [Reference]0.03 (-0.02, 0.08)0.04 (-0.01, 0.09)**0.07 (0.02, 0.12)*****p=0.010*** | 0.00 [Reference]0.03 (-0.02, 0.07)0.04 (-0.00, 0.09)**0.07 (0.02, 0.11)*****p=0.004*** |
| DHQ fat score, continuous  | 0.015 (0.001, 0.028)*p=0.033* | 0.011 (-0.008, 0.029)*p=0.26* |  | 0.006 (-0.017, 0.030)*p=0.59* | 0.013 (-0.020, 0.045)*p=0.43* | **0.041 (0.012, 0.069)*****p=0.006*** |
|   <3.7  >3.7-4.2  >4.2-4.7  >4.7-5*Trend* | 0.00 [Reference]**0.01 (-0.01, 0.03)**0.01 (-0.01, 0.04)**0.03 (0.01, 0.05)*****p=0.015*** | 0.00 [Reference]0.01 (-0.02, 0.04)-0.01 (-0.04, 0.02)0.03 (-0.00, 0.05)*p=0.16* |  | 0.00 [Reference]-0.01 (-0.06, 0.03)-0.01 (-0.06, 0.04)0.02 (-0.03, 0.06)*p=0.50* | 0.00 [Reference]0.01 (-0.04, 0.06)-0.01 (-0.07, 0.04)0.05 (-0.00, 0.10)*p=0.14* | 0.00 [Reference]0.03 (-0.01, 0.08)0.02 (-0.03, 0.06)**0.06 (0.02, 0.11)*****p=0.015*** |
| DHQ cereal score, continuous  | **0.004 (-0.004, 0.013)*****p=0.34*** | **0.002 (-0.009, 0.013)*****p=0.69*** |  | 0.012 (-0.006, 0.031)*p=0.20* | 0.010 (-0.011, 0.031)*p=0.34* | 0.004 (-0.015, 0.022)*p=0.71* |
|   <3  >3-4  >4-4.3  >4.3-5*Trend* | 0.00 [Reference]**0.02 (0.00, 0.04)**0.01 (-0.01, 0.04)0.02 (-0.01, 0.04)*p=0.29* | 0.00 [Reference]0.02 (-0.00, 0.05)0.01 (-0.02, 0.04)0.02 (-0.01, 0.05)*p=0.15* |  | 0.00 [Reference]0.01 (-0.04, 0.05)0.01 (-0.04, 0.07)0.02 (-0.03, 0.07)*p=0.39* | 0.00 [Reference]0.02 (-0.03, 0.07)0.03 (-0.03, 0.09)0.03 (-0.02, 0.09)*p=0.15* | 0.00 [Reference]0.04 (-0.01, 0.08)0.02 (-0.04, 0.08)0.02 (-0.03, 0.07)*p=0.69* |
| DHQ fruit and vegetable score, continuous  | **0.011 (0.002, 0.020)*****p=0.019*** | 0.005 (-0.008, 0.017)*p=0.45* |  | 0.007 (-0.014, 0.029)*p=0.51* | **0.032 (0.007, 0.056)*****p=0.012*** | **0.034 (0.015, 0.053)*****p=0.001*** |
|   <3.2  >3.2-4  >4-4.4  >4.4-5*Trend* | 0.00 [Reference]0.01 (-0.01, 0.04)0.01 (-0.01, 0.03)**0.03 (0.00, 0.05)***p=0.058* | 0.00 [Reference]0.00 (-0.02, 0.03)0.02 (-0.01, 0.04)0.01 (-0.02, 0.04)*p=0.27* |  | 0.00 [Reference]0.01 (-0.04, 0.05)0.01 (-0.03, 0.06)0.01 (-0.04, 0.06)*p=0.48* | 0.00 [Reference]0.03 (-0.01, 0.08)0.05 (-0.01, 0.10)**0.10 (0.04, 0.15)*****p=0.001*** | 0.00 [Reference]0.04 (-0.00, 0.08)**0.06 (0.01, 0.10)****0.08 (0.03, 0.12)*****p<0.001*** |
| DHQ takeaway score, continuous  | **0.010 (0.000, 0.020)*****p=0.047*** | 0.008 (-0.004, 0.021)*p=0.18* |  | 0.009 (-0.011, 0.029)*p=0.39* | 0.020 (-0.003, 0.043)*p=0.085* | **0.020 (0.000, 0.040)*****p=0.047*** |
|   <3.7  >3.7-4.3  >4.3-5*Trend* | 0.00 [Reference]-0.01 (-0.03, 0.01)0.02 (-0.00, 0.03)*p=0.065* | 0.00 [Reference]0.01 (-0.02, 0.03)0.01 (-0.01, 0.03)*p=0.36* |  | 0.00 [Reference]0.01 (-0.04, 0.05)0.01 (-0.03, 0.05)*p=0.47* | 0.00 [Reference]0.02 (-0.03, 0.08)0.03 (-0.02, 0.07)*p=0.22* | 0.00 [Reference]0.01 (-0.03, 0.06)0.04 (-0.00, 0.08)***p=0.030*** |
| DHQ food choices score, continuous  | 0.009 (-0.002, 0.019)*p=0.096* | 0.009 (-0.004, 0.021)*p=0.18* |  | -0.005 (-0.021, 0.012)*p=0.56* | 0.010 (-0.012, 0.032)*p=0.39* | 0.020 (-0.001, 0.041)*p=0.059* |
|   <3.8  >3.8-4.5  >4.5-5*Trend* | 0.00 [Reference]0.01 (-0.01, 0.04)0.02 (-0.00, 0.04)*p=0.069* | 0.00 [Reference]0.02 (-0.01, 0.04)0.02 (-0.01, 0.05)*p=0.20* |  | 0.00 [Reference]-0.02 (-0.06, 0.03)-0.01 (-0.05, 0.03)*p=0.50* | 0.00 [Reference]-0.02 (-0.07, 0.02)0.04 (-0.01, 0.08)*p=0.081* | 0.00 [Reference]0.00 (-0.05, 0.05)0.04 (-0.01, 0.08)*p=0.058* |
| DHQ omega-3 score, continuous | 0.004 (-0.002, 0.010)*p=0.16* | 0.006 (-0.001, 0.013)*p=0.11* |  | -0.002 (-0.012, 0.007)*p=0.62* | 0.007 (-0.007, 0.021)*p=0.30* | 0.010 (-0.003, 0.023)*p=0.12* |
|   <3  >3-4  >4-5 *Trend* | 0.00 [Reference]-0.00 (-0.02, 0.02)0.02 (-0.01, 0.04)*p=0.076* | 0.00 [Reference]-0.01 (-0.04, 0.01)0.02 (-0.00, 0.04)*p=0.10* |  | 0.00 [Reference]-0.02 (-0.07, 0.02)-0.00 (-0.04, 0.04)*p=0.94* | 0.00 [Reference]0.00 (-0.05, 0.05)0.01 (-0.03, 0.06)*p=0.46* | 0.00 [Reference]0.01 (-0.03, 0.06)0.04 (-0.00, 0.08)*p=0.059* |
| DHQ food preparation score, continuous  | **0.011 (-0.003, 0.025)*****p=0.11*** | 0.001 (-0.018, 0.020)*p=0.90* |  | 0.018 (-0.006, 0.041)*p=0.14* | -0.010 (-0.044, 0.024)*p=0.55* | **0.031 (0.002, 0.060)*****p=0.038*** |
|   <4.4  >4.4-5 | 0.00 [Reference]0.01 (-0.00, 0.03)*p=0.10* | 0.00 [Reference]0.01 (-0.02, 0.03)*p=0.58* |  | 0.00 [Reference]0.01 (-0.02, 0.04)*p=0.57* | 0.00 [Reference]0.00 (-0.04, 0.05)*p=0.85* | 0.00 [Reference]**0.04 (0.00, 0.08)*****p=0.029*** |
| DHQ fibre score, continuous  | 0.011 (-0.000, 0.022)*p=0.056* | 0.005 (-0.010, 0.020)*p=0.51* |  | **0.018 (0.000, 0.036)*****p=0.049*** | **0.033 (0.005, 0.061)*****p=0.020*** | **0.033 (0.010, 0.056)*****p=0.005*** |
|   <3.3  >3.3-3.9  >3.9-4.4  >4.4-5*Trend* | 0.00 [Reference]0.02 (-0.01, 0.04)0.02 (-0.00, 0.04)0.02 (-0.00, 0.04)*p=0.088* | 0.00 [Reference]-0.00 (-0.03, 0.03)0.00 (-0.03, 0.03)0.01 (-0.02, 0.04)*p=0.53* |  | 0.00 [Reference]-0.00 (-0.05, 0.04)0.01 (-0.03, 0.05)0.03 (-0.02, 0.07)*p=0.12* | 0.00 [Reference]0.04 (-0.01, 0.09)0.03 (-0.03, 0.08)**0.06 (0.01, 0.12)*****p=0.037*** | 0.00 [Reference]0.05 (0.01, 0.09)0.01 (-0.03, 0.06)**0.06 (0.02, 0.11)*****p=0.024*** |
| Consumes meat  No  Yes | 0.00 [Reference]-0.01 (-0.03, 0.00)*p=0.092* | 0.00 [Reference]-0.01 (-0.03, 0.01)*p=0.26* |  | 0.00 [Reference]0.02 (-0.01, 0.04)*p=0.24* | 0.00 [Reference]-0.01 (-0.05, 0.03)*p=0.58* | 0.00 [Reference]-0.01 (-0.05, 0.02)*p=0.45* |
| Consumes dairy  No  Yes | 0.00 [Reference]**-0.02 (-0.03, -0.00)*****p=0.018*** | 0.00 [Reference]**-0.03 (-0.05, -0.01)*****p=0.002*** |  | 0.00 [Reference]0.00 (-0.03, 0.03)*p=0.98* | 0.00 [Reference]-0.04 (-0.07, 0.00)*p=0.053* | 0.00 [Reference]-0.03 (-0.06, 0.01)*p=0.097* |
| Abbreviations: aRR: adjusted Relative Risk; DHQ: Dietary Habits Questionnaire; HSU: Health State UtilityAnalyses by quantile regression, estimating adjusted difference in median (β) (95% CI). Note: Boldface denotes significance (p<0.05). Shaded cells indicate where quantitative analysis was not possible. Model adjusted for experiencing ongoing symptoms due to relapse, age, sex, level of highest education, disability (P-MSSS), clinically significant fatigued, prescription antidepressant medication use, treated comorbidity number, depression-risk (PHQ-2), and baseline HSU. |