

**Table S1.** Socio-demographic and clinical characteristics of participants (*n* = 174).

|   |               |
|---|---------------|
| Gender  |               |
| Male  | 34.68%        |
| Female  | 65.32%        |
| Age   | 50.31 (14.88) |
| Educational level                                 |               |
| No formal education                               | 3.01%         |
| Primary studies                                   | 19.28%        |
| Secondary studies                                 | 32.53%        |
| University studies                                | 45.18%        |
| Marital status                                    |               |
| Married or with a stable partner                  | 50.89%        |
| Single  | 30.18%        |
| Separated or divorced                             | 13.61%        |
| Widowed   | 5.33%         |
| Occupational status                               |               |
| Market work and/or housework                      | 49.40%        |
| Student   | 4.16%         |
| Unemployed  | 7.14%         |
| On sick leave                                     | 20.83%        |
| Retired   | 18.45%        |
| Main diagnosis                                    |               |
| Major depressive disorder                         | 70.07%        |
| Bipolar I disorder, most recent episode depressed | 11.98%        |
| Dysthymic disorder                                | 7.19%%        |
| Adjustment disorder with depressed mood           | 10.78%        |
| Treatment facility                                |               |
| Outpatient  | 84.12%        |
| Inpatient   | 15.88%        |
| HDRS <sub>17</sub>                                | 12.68 (8.76)  |
| CGI-S   | 3.19 (1.67)   |
| QIDS-SR <sub>16</sub>                             | 11.67 (6.73)  |
| EQ-5D VAS   | 52.56 (26.07) |
| MSPSS   | 63.39 (17.13) |
| SHS   | 3.66 (1.44)   |

Values are given as mean (SD) unless otherwise indicated. CGI-S: Clinical Global Impression-Severity; EQ-5D VAS: EQ-5D Visual Analogue Scale; HDRS<sub>17</sub>: 17-item Hamilton Depression Rating Scale; MSPSS: Multidimensional Scale of Perceived Social Support; QIDS-SR<sub>16</sub>: Quick Inventory of Depressive Symptomatology–Self-report; SHS: Subjective Happiness Scale.