

Figure S1. Multicollinearity analysis

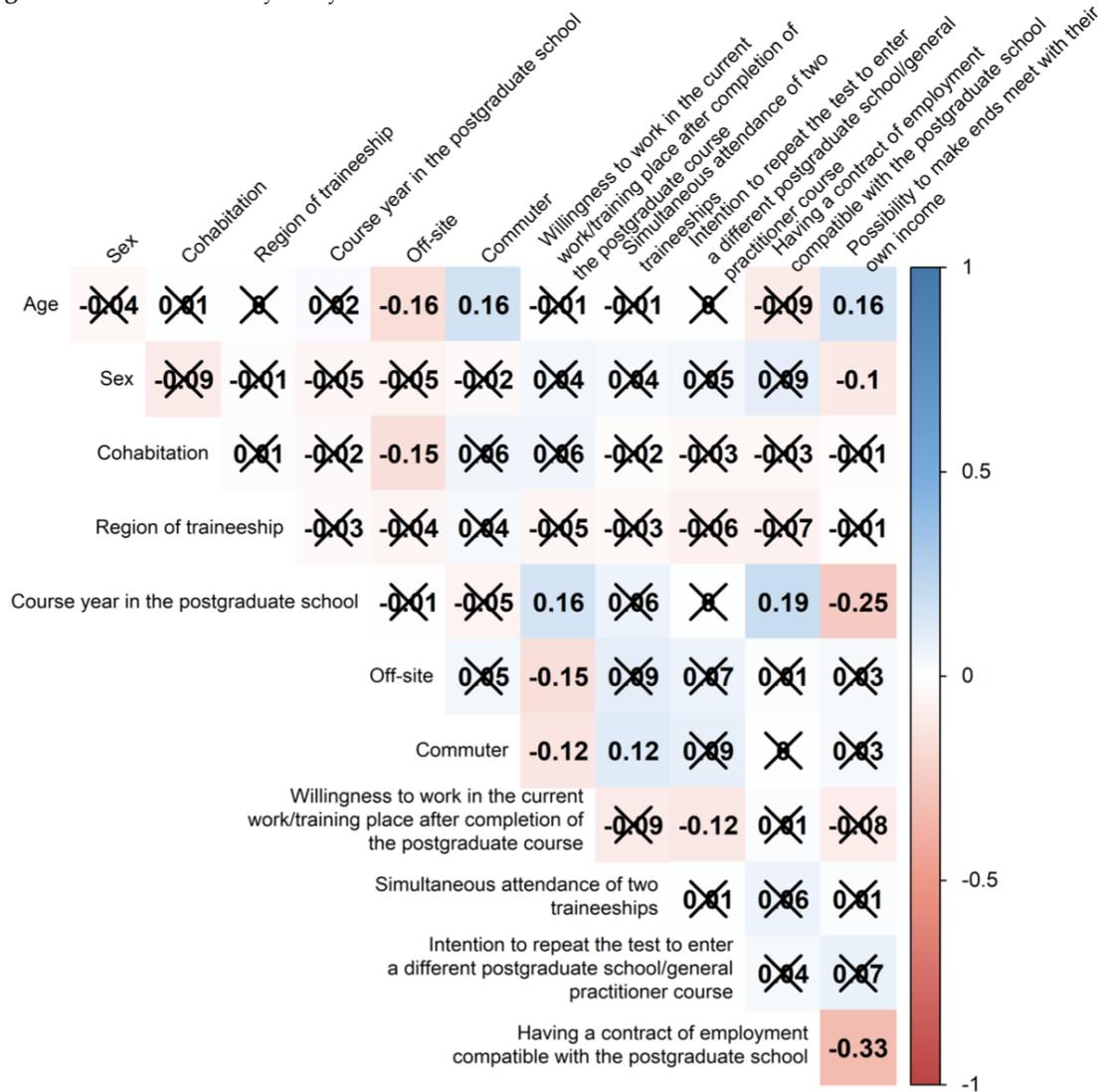


Table S1. Relations between socio-demographic characteristics and depressive symptoms (PHQ-9≥5).

Characteristic	No depressive symptoms (PHQ-9<5)	Depressive symptoms (PHQ-9≥5)	p-value ²
	N = 148 ¹	N = 231 ¹	
Age [median, (IQR)]	30 (28.00, 34)	31 (29.00, 33)	0.4
Sex			
Female	82 (55.41%)	137 (59.31%)	0.5
Male	66 (44.59%)	94 (40.69%)	
Region of residence			
Center	41 (27.70%)	55 (23.81%)	0.5
North	56 (37.84%)	101 (43.72%)	
South and islands	51 (34.46%)	75 (32.47%)	
Cohabitation			
Alone	37 (25.00%)	61 (26.41%)	0.8

With Others	111 (75.00%)	170 (73.59%)	
Number of children			
0	129 (87.16%)	198 (85.71%)	
1	11 (7.43%)	21 (9.09%)	0.9
>1	8 (5.41%)	12 (5.19%)	
Region of traineeship			
Center	44 (29.73%)	69 (29.87%)	
North	67 (45.27%)	111 (48.05%)	0.8
South	37 (25.00%)	51 (22.08%)	
Course year in the postgraduate school			
1st biennium	120 (81.08%)	172 (74.46%)	0.13
2nd biennium	28 (18.92%)	59 (25.54%)	
Off-site			
No	76 (51.35%)	135 (58.44%)	0.2
Yes	72 (48.65%)	96 (41.56%)	
Commuter			
No	108 (72.97%)	150 (64.94%)	0.10
Yes	40 (27.03%)	81 (35.06%)	
Willingness to work in the current work/training place after completion of the postgraduate course			
No	38 (25.68%)	87 (37.66%)	0.015
Yes	110 (74.32%)	144 (62.34%)	
Simultaneous attendance of two traineeships			
No	132 (89.19%)	189 (81.82%)	0.052
Yes	16 (10.81%)	42 (18.18%)	
Intention to repeat the test to enter a different postgraduate school/general practitioner course			
No	139 (93.92%)	176 (76.19%)	
Maybe	7 (4.73%)	39 (16.88%)	<0.001
Yes	2 (1.35%)	16 (6.93%)	
Having a contract of employment compatible with the postgraduate school			
No	101 (68.24%)	141 (61.04%)	0.2

Yes	47 (31.76%)	90 (38.96%)	
Capacity to make ends meet with the own income			
Easily	72 (48.65%)	90 (38.96%)	0.063
Hardly	76 (51.35%)	141 (61.04%)	
¹ Median (IQR); n (%)			
² Wilcoxon rank sum test; Pearson's Chi-squared test			

Table S2. Multivariate logistic regression adjusted for age, sex and for each single variable (PQH-9≥5).

Variable	aOR related to depressive symptoms (PHQ≥5)	95% CI	p-value
Region of traineeship (ref. Center)			
North	1.056	0.649 - 1.719	0.826
South and islands	0.877	0.497 - 1.548	0.651
Cohabitation (ref. Alone)			
With Others	0.912	0.567 - 1.468	0.706
Off-site (ref. No)			
Yes	0.749	0.491 - 1.142	0.180
Commuter (ref. No)			
Yes	1.443	0.912 - 2.282	0.117
Willingness to work in the current work/training place after completion of the postgraduate course (ref. No)			
Yes	0.575	0.365 - 0.907	0.017
Simultaneous attendance of two traineeships (ref. No)			
Yes	1.853	0.999 - 3.440	0.050
Intention to repeat the test to enter a different postgraduate school/general practitioner course (ref. No)			

Maybe	4.453	1.930 - 10.275	<0.001
Yes	6.475	1.461 - 28.689	0.014
Having a contract of employment compatible with the postgraduate school (ref. No)			
Yes	1.414	0.910 - 2.195	0.123
Capacity to make ends meet with their own income (ref. Easily)			
Hardly	1.458	0.954 - 2.228	0.082

Table S3. Relations between socio-demographic characteristics and depressive symptoms (PHQ-9 \geq 5), stratified by sex.

Characteristic	Female		p-value ²	Male		p-value ²
	No depressive symptoms (PHQ-9<5) N = 82 ¹	Depressive symptoms (PHQ-9 \geq 5) N = 137 ¹		No depressive symptoms (PHQ-9<5) N = 66 ¹	Depressive symptoms (PHQ-9 \geq 5) N = 94 ¹	
Age [median, (IQR)]	30 (28.00, 34)	31 (29.00, 34)	0.2	30 (29.00, 34)	30 (29.00, 33)	0.7
Region of residence						
Center	20 (24.39%)	33 (24.09%)		21 (31.82%)	22 (23.40%)	
North	36 (43.90%)	62 (45.26%)	>0.9	20 (30.30%)	39 (41.49%)	0.3
South and islands	26 (31.71%)	42 (30.66%)		25 (37.88%)	33 (35.11%)	
Cohabitation						
Alone	18 (21.95%)	31 (22.63%)		19 (28.79%)	30 (31.91%)	
With Others	64 (78.05%)	106 (77.37%)	>0.9	47 (71.21%)	64 (68.09%)	0.7
Number of children						
0	69 (84.15%)	112 (81.75%)		60 (90.91%)	86 (91.49%)	
1	7 (8.54%)	16 (11.68%)	0.8	4 (6.06%)	5 (5.32%)	>0.9
>1	6 (7.32%)	9 (6.57%)		2 (3.03%)	3 (3.19%)	

Region of traineeship						
Center	23 (28.05%)	39 (28.47%)		21 (31.82%)	30 (31.91%)	
North	39 (47.56%)	69 (50.36%)	0.9	28 (42.42%)	42 (44.68%)	>0.9
South and islands	20 (24.39%)	29 (21.17%)		17 (25.76%)	22 (23.40%)	
Course year in the Italian specialization school						
1st biennium	63 (76.83%)	102 (74.45%)		57 (86.36%)	70 (74.47%)	
2nd biennium	19 (23.17%)	35 (25.55%)	0.7	9 (13.64%)	24 (25.53%)	0.067
Off-site						
No	37 (45.12%)	80 (58.39%)		39 (59.09%)	55 (58.51%)	
Yes	45 (54.88%)	57 (41.61%)	0.057	27 (40.91%)	39 (41.49%)	>0.9
Commuter						
No	56 (68.29%)	91 (66.42%)		52 (78.79%)	59 (62.77%)	
Yes	26 (31.71%)	46 (33.58%)	0.8	14 (21.21%)	35 (37.23%)	0.030
Willingness to work in the current work/training place after completion of the postgraduate course						
No	22 (26.83%)	54 (39.42%)		16 (24.24%)	33 (35.11%)	
Yes	60 (73.17%)	83 (60.58%)	0.058	50 (75.76%)	61 (64.89%)	0.14
Simultaneous attendance of two traineeships						
No	73 (89.02%)	115 (83.94%)		59 (89.39%)	74 (78.72%)	
Yes	9 (10.98%)	22 (16.06%)	0.3	7 (10.61%)	20 (21.28%)	0.076
Intention to repeat specialization schools/general practitioner test						

No	79 (96.34%)	106 (77.37%)		60 (90.91%)	70 (74.47%)	
Maybe	2 (2.44%)	23 (16.79%)	<0.001	5 (7.58%)	16 (17.02%)	0.029
Yes	1 (1.22%)	8 (5.84%)		1 (1.52%)	8 (8.51%)	
Having a contract of employment compatible with the postgraduate school						
No	58 (70.73%)	90 (65.69%)		43 (65.15%)	51 (54.26%)	
Yes	24 (29.27%)	47 (34.31%)	0.4	23 (34.85%)	43 (45.74%)	0.2
Capacity to make ends meet with their own income						
Easily	40 (48.78%)	44 (32.12%)		32 (48.48%)	46 (48.94%)	
Hardly	42 (51.22%)	93 (67.88%)	0.014	34 (51.52%)	48 (51.06%)	>0.9

¹ Median (IQR); n (%)

² Wilcoxon rank sum test; Pearson's Chi-squared test; Fisher's Exact Test for Count Data with simulated p-value (based on 10000 replicates)

Table S4. Negative binomial regression adjusted for sex and age.

Variable	aRR	95% CI	p-value
Cohabitation (ref. Alone)			
With Others	0.854	0.72 - 1.012	0.069
Region of traineeship (ref. Center)			
North	1.030	0.863 - 1.229	0.745
South	1.011	0.821 - 1.245	0.921
Off-site (ref. No)			
Yes	1.022	0.877 - 1.192	0.779
Commuter (ref. No)			
Yes	1.067	0.907 - 1.256	0.435
Willingness to work in the current work/training place after completion of the postgraduate course (ref. No)			

Yes	0.754	0.646 - 0.882	0.000
Simultaneous attendance of two traineeships (ref. No)			
Yes	1.288	1.051 - 1.578	0.015
Intention to repeat the test to enter a different postgraduate school/general practitioner course (ref. No)			
Maybe	1.686	1.364 - 2.085	0.000
Yes	1.677	1.212 - 2.321	0.002
Having a contract of employment compatible with the postgraduate school (ref. No)			
Yes	1.051	0.898 - 1.231	0.535
Possibility to make ends meet with their own income (ref. Easily)			
Hardly	1.132	0.97 - 1.321	0.116