

Supplementary Information (SI)

Table S1. Individual, social and clinical characteristics of volunteers.

		MD	CG1	TRD	CG2
Sample (n)		30	32	28	30
Gender	Women	16 (53.33%)	17 (53.12%)	21 (75%)	23 (76.67%)
	Men	14 (46.67%)	15 (46.88%)	7 (25%)	7 (23.33%)
Age (years)		$\mu = 24.2 \pm 3.84$	$\mu = 27.06 \pm 6.42$	$\mu = 41.57 \pm 11.61$	$\mu = 32.34 \pm 1.95$
Education	Undergraduate	18 (60%)	17 (53.13%)	22 (78.57%)	12 (40%)
	Graduate	12 (40%)	15 (46.87%)	6 (21.43%)	18 (60%)
Familiar Income	Low	23 (76.67%)	18 (56.25%)	23 (82.14%)	14 (46.67%)
	Medium	7 (23.33%)	14 (43.75%)	5 (17.86%)	16 (53.33%)
	High	0 (0%)	0 (0%)	0 (0%)	0 (0%)
Clinical Aspects	HAM-D	$\mu = 12.56 \pm 0.56$	$\mu = 0.71 \pm 0.22$	$\mu = 21.57 \pm 0.99$	$\mu = 0.55 \pm 0.16$
	Duration of disease	0	0	$\mu = 10.71 \pm 1.83$	0
	Episodes	0	0	$\mu = 12.71 \pm 1.83$	0
	Personality disorders comorbidity	0 (0%)	0 (0%)	20 (71.42%)	0 (0%)
	Anxiety comorbidity	1 (3.33%)	0 (0%)	12 (42.86%)	0 (0%)
BMI (kg/m²)		$\mu = 25.65 \pm 5.42$	$\mu = 23.98 \pm 4.78$	$\mu = 27.62 \pm 1.07$	$\mu = 23.43 \pm 0.71$
PSQI		U = 369 p = 0.23		U = 211 p = 0.001	
		$\mu = 9.90 \pm 0.63$	$\mu = 5.65 \pm 0.52$	$\mu = 14 \pm 0.70$	$\mu = 4.96 \pm 0.43$
		U = 164.5 p < 0.001		U = 8.5 p < 0.001	

MD: first episode depressive patient; CG1: control group 1; TRD: treatment-resistant depressive patients; CG2: control group 2; HAM-D: Hamilton depression scale; BMI: body mass index; PSQI: Pittsburgh Sleep Quality Index.