**Table S1: Mean (Standard Deviation) Estimates at Baseline and 12 Weeks Follow-Up for MADRS, Ultra-Processed Food Consumption**

**and Body Mass Index across the Dietary Support Intervention and Social Support Control Groups**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Baseline | | | 12 Weeks Follow-Up | | | |
|  | Dietary Support  Intervention | Social Support  Control | *p* | | Dietary Support  Intervention | Social Support  Control | *p* |
| *n* - Frequency | 31 | 28 |  | | 23 | 21 |  |
| MADRS (0-60) | 26.3 (5.0) | 24.0 (4.2) | 0.070 | | 14.9 (8.2) | 20.4 (6.8) | 0.037 |
| Total proportion of ultra-processed  food (% g/d) | 31.3 (21.4) | 22.5 (10.2) | 0.051 | | 26.0 (22.3) | 25.7 (16.3) | 0.957 |
| Body mass index (kg/m2) | 30.3 (9.6) | 28.0 (6.2) | 0.296 | | 29.1 (6.9) | 27.6 (5.4) | 0.431 |

Note: *MADRS (0-60), Montgomery-Åsberg Depression Rating Scale; g/d, grams per day; kJ/d, kilojoules per day; kg/m2, kilograms divided by metres squared*