**Supplementary Figure 1. Overview of cohort samples from which data was drawn to conduct the present investigation**

 **GHS** **SHIP**

S-1
2007/12

CATI-1
2009/14

F-1
2012/17

CATI-2
2014/19

FF-1
2017/22

S-1
1997/01

F-1
2002/06

FF-1
2008/12

LEGEND
2007/10

FFF-1
2014/16

S-Trend
2008/12

F-Trend
2016/20

*Figure legend: GHS: Gutenberg Health Study. SHIP: Study of Health in Pomerania. S: Sample, F: Follow-up, CATI: Computer Assisted Telephone Interview. Adapted from: Burghardt et al., 2020.*

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| **Supplementary Table 1. Cohort-specific sample characteristics of the participants, stratified by the level of social support** |
|   | **GHS** |   |   |   |   | **SHIP** |   |   |   |   |
|  | All (*N*=11,906) | Low social support (*N*=4,716; 39.6%) | Middle/ high social support (*N=7,190;* 60.4%) | *P* | *d* | All (*N*=1,384) | Low social support (*N*=419; 30.3%) | Middle/ high social support (*N=965;* 69.7%) | *p* | *d* |
| **Sociodemographic** |  |  |  |  |  |  |  |  |  |  |
| Gender  |  |  |  | .002 | 0.057 |  |  |  | .003 | 0.16 |
| women (%) | 5,820 (48.9) | 2,388 (50.6) | 3,432 (47.7) |  |  | 748 (54.0) | 201 (48.0) | 547 (56.7) |  |  |
| men (%) | 6,086 (51.1) | 2,328 (49.4) | 3,758 (52.3) |  |  | 636 (46.0) | 218 (52.0) | 418 (43.3) |  |  |
| Age (M±SD) | 54.26±10.82 | 54.18±10.68 | 54.31±10.91 | .521 | 0.012 | 55.82±12.59 | 56.28±12.22 | 55.62±12.75 | .368 | 0.05 |
| Educational years (M±SD) | 14.16±2.92 | 14.02±2.88 | 14.25±2.93 | <.001 | 0.079 | 12.50±2.44 | 12.14±2.32 | 12.66±2.47 | <.001 | 0.21 |
| Household income (M±SD) | 3632±2569 | 3231±2214 | 3893±2744 | <.001 | 0.260 | 2034±956 | 1805±890 | 2134±967 | <.001 | 0.35 |
| Employment status |  |  |  | .129 | 0.028 |  |  |  | .107 | 0.09 |
| *no employment (%)* | 4,227 (35.6) | 1,713 (36.4) | 2,514 (35.0) |  |  | 627 (45.4) | 204 (48.8) | 423 (43.9) |  |  |
| *employment (%)* | 7,648 (64.4) | 2,989 (63.6) | 4,659 (65.0) |  |  | 754 (54.6) | 214 (51.2) | 540 (56.1) |  |  |
| **Living situation/ family** |  |  |  |  |  |  |  |  |  |  |
| Marital status |  |  |  | <.001 | 0.327 |  |  |  | .284 | 0.06 |
| *married (%)* | 9,172 (77.0) | 3,237 (68.7) | 5,935 (82.5) |  |  | 982 (71.0) | 288 (68.9) | 694 (71.0) |  |  |
| *not married (%)* | 2,732 (23.0) | 1,477 (31.3) | 1,255 (17.5) |  |  | 401 (29.0) | 130 (31.1) | 271 (29.0) |  |  |
| Living with partner |  |  |  | <.001 | 0.403 |  |  |  | <.001 | 0.22 |
| *no (%)* | 2,098 (17.6) | 1,269 (26.9) | 829 (11.5) |  |  | 272 (19.7) | 110 (26.3) | 162 (16.8) |  |  |
| *yes (%)* | 9,806 (82.4) | 3,445 (73.1) | 6361 (88.5) |  |  | 1,111 (80.3) | 308 (73.7) | 803 (83.2) |  |  |
| Number of persons in household (M±SD) | 2.51±1.12 | 2.39±1.17 | 2.60±1.08 | <.001 | 0.188 | 2.26±0.91 | 2.14±0.88 | 2.31±0.91 | .001 | 0.19 |
| Children |  |  |  | <.001 | 0.132 |  |  |  | .053 | 0.10 |
| *no (%)* | 1,645 (15.0) | 774 (18.0) | 871 (13.1) |  |  | 129 (9.3) | 49 (11.8) | 80 (8.3) |  |  |
| *yes (%)* | 9,292 (85.0) | 3,532 (82.0) | 5,760 (86.9) |  |  | 1,251 (90.7) | 367 (88.2) | 884 (91.7) |  |  |
| **Mental distress** |  |  |  |  |  |  |  |  |  |  |
| Suicidal ideation |  |  |  | <.001 | 0.242 |  |  |  | <.001 | 0.26 |
| no (%) | 10,985 (92.3) | 4,164 (88.3) | 6,821 (94.9) |  |  | 1,323 (95.6) | 383 (91.4) | 940 (97.4) |  |  |
| yes (%) | 921 (7.7) | 552 (11.7) | 369 (5.1) |   |   | 61 (4.4) | 36 (8.6) | 25 (2.6) |   |   |
| *Note: Not married includes singles, divorced people and widowers and widows. Employment includes fulltime, part-time and marginal employment; no employment includes unemployed people, homemakers, retirees etc.* |

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| **Supplementary Table 2. Gender-specific sample characteristics of the participants, stratified by the level of social support** |
|   | **women** |   |   |   |   | **men** |   |   |   |   |
|  | All (*N*=6,568) | Low social support (*N*=2,589; 39.4%) | Middle/ high social support (*N=*3,979; 60.6%) | *P* | *d* | All (*N*=6,722) | Low social support (*N*=2,546; 37.9%) | Middle/ high social support (*N=*4,176; 62.1%) | *p* | *d* |
| **Sociodemographic** |  |  |  |  |  |  |  |  |  |  |
| Age (M±SD) | 54.06±10.96 | 54.20±10.85 | 53.98±11.02 | .416 | 0.020 | 54.77±11.06 | 54.51±10.77 | 54.93±11.23 | .126 | 0.04 |
| Educational years (M±SD) | 13.64±2.76 | 13.62±2.76 | 13.65±2.75 | .688 | 0.011 | 14.30±2.93 | 14.09±2.89 | 14.42±2.95 | <.001 | 0.11 |
| Household income (M±SD) | 3207±2170 | 2933±2020 | 3382±2236 | <.001 | 0.209 | 3695±2661 | 3277±2223 | 3948±2862 | <.001 | 0.01 |
| Employment status |  |  |  | .132 | 0.037 |  |  |  | .640 | 0.01 |
| *no employment (%)* | 2620 (40.0) | 1061 (41.1) | 1559 (39.2) |  |  | 2234 (33.3) | 856 (33.7) | 1378 (33.1) |  |  |
| *employment (%)* | 3932 (60.0) | 1518 (58.9) | 2414 (60.8) |  |  | 4470 (66.7) | 1685 (66.3) | 2785 (66.9) |  |  |
| **Living situation/ family** |  |  |  |  |  |  |  |  |  |  |
| Marital status |  |  |  | <.001 | 0.213 |  |  |  | <.001 | 0.37 |
| *married (%)* | 4834 (73.6) | 1755 (67.8) | 3079 (77.4) |  |  | 5320 (79.2) | 1770 (69.6) | 3550 (85.0) |  |  |
| *not married (%)* | 1733 (26.4) | 833 (32.2) | 900 (22.6) |  |  | 1400 (20.8) | 774 (30.4) | 626 (15.0) |  |  |
| Living with partner |  |  |  | <.001 | 0.318 |  |  |  | <.001 | 0.45 |
| *no (%)* | 1406 (21.4) | 761 (29.4) | 645 (16.2) |  |  | 964 (14.3) | 618 (24.3) | 346 (8.3) |  |  |
| *yes (%)* | 5160 (78.6) | 1826 (70.6) | 3334 (83.8) |  |  | 5757 (85.7) | 1927 (75.7) | 3830 (91.7) |  |  |
| Number of persons in household (M±SD) | 2.44±1.10 | 2.36±1.17 | 2.49±1.05 | <.001 | 0.118 | 2.53±1.09 | 2.38±1.13 | 2.63±1.05 | <.001 | 0.23 |
| Children |  |  |  | .043 | 0.054 |  |  |  | <.001 | 0.20 |
| *no (%)* | 274 (4.9) | 123 (5.6) | 151 (4.4) |  |  | 1500 (22.3) | 700 (27.5) | 800 (19.2) |  |  |
| *yes (%)* | 5329 (95.1) | 2056 (94.4) | 3273 (95.6) |  |  | 5214 (77.7) | 1843 (72.5) | 3371 (80.8) |  |  |
| **Mental distress** |  |  |  |  |  |  |  |  |  |  |
| Suicidal ideation |  |  |  | <.001 | 0.260 |  |  |  | <.001 | 0.23 |
| no (%) | 6003 (91.4) | 2250 (86.9) | 3753 (94.3) |  |  | 6305 (93.8) | 2297 (90.2) | 4008 (96.0) |  |  |
| yes (%) | 565 (8.6) | 339 (13.1) | 226 (5.7) |   |   | 417 (6.2) | 249 (9.8) | 168 (4.0) |   |   |
| *Note: Not married includes singles, divorced people and widowers and widows. Employment includes fulltime, part-time and marginal employment; no employment includes unemployed people, homemakers, retirees etc.* |

 **Supplementary Table 3.** **Gender-specific multiple logistic regression models of suicidal ideation on social support**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|   | **Women** |   |   | **Men** |   |   |   |
|  | OR | 95% CI  |   | p  | OR | 95% CI  |   | p  |
|  |  | LB | UB |  |  | LB | UB |  |
| Social support |  |  |  |  |  |  |  |  |
| *low (ref)* |  |  |  |  |  |  |  |  |
| *middle and high* | **0.424** | 0.340 | 0.528 | <.001 | **0.406** | 0.325 | 0.507 | <.001 |
| **Sociodemographic** |  |  |  |  |  |  |  |  |
| Age | **0.980** | 0.965 | 0.995 | 0.010 | 0.987 | 0.973 | 1.001 | 0.073 |
| Educational years | 0.996 | 0.953 | 1.041 | 0.857 | 1.010 | 0.970 | 1.051 | 0.635 |
| Household income | **0.913** | 0.838 | 0.988 | 0.022 | **0.936** | 0.876 | 0.997 | 0.039 |
| Employment status |  |  |  |  |  |  |  |  |
| *no employment (ref)* |  |  |  |  |  |  |  |  |
| *employment* | **0.686** | 0.525 | 0.897 | 0.006 | 0.782 | 0.570 | 1.073 | 0.128 |
| **Living situation and family** |  |  |  |  |  |  |  |  |
| Marital status |  |  |  |  |  |  |  |  |
| *married (ref)* |  |  |  |  |  |  |  |  |
| *not married* | 0.930 | 0.624 | 1.386 | 0.722 | 0.882 | 0.607 | 1.284 | 0.513 |
| Living with partner |  |  |  |  |  |  |  |  |
| *no (ref)* |  |  |  |  |  |  |  |  |
| *yes* | 0.776 | 0.501 | 1.202 | 0.256 | 0.742 | 0.484 | 1.138 | 0.171 |
| Number of persons in household | 0.905 | 0.776 | 1.056 | 0.206 | 1.000 | 0.869 | 1.152 | 0.989 |
| Children |  |  |  |  |  |  |  |  |
| *no (ref)* |  |  |  |  |  |  |  |  |
| *yes* | **0.613** | 0.402 | 0.936 | 0.023 | 0.920 | 0.687 | 1.232 | 0.576 |
| **Region** |  |  |  |  |  |  |  |  |
| Cohort |  |  |  |  |  |  |  |  |
| *GHS (ref)* |  |  |  |  |  |  |  |  |
| *SHIP* | **0.583** | 0.407 | 0.836 | 0.003 | **0.472** | 0.294 | 0.756 | 0.002 |
| *Deviance model (R2)* | 2512.320 | 2688.159 |

*Note: Not married includes singles, divorced people and widowers and widows. Employment includes fulltime, part-time and marginal employment; no employment includes unemployed people, homemakers, retirees etc. For interpretability reasons, household income was in the regression analyses divided by 1000, which means regression coefficients for household income represent a 1000 unit increase in household income. OR = Odds Ratio. 95% CI (L, U) = Lower and upper bounds of the Confidence Interval (95%). Statistically significant Odds Ratios are printed in bold.*