Supplementary Table 2. Results of the parallel mediation analysis: female

Predictor	BMI				Depression			
	B	SE	t	p	B	SE	t	p
Age	0.076	0.011	7.097	<0.001	-0.001	0.036	-0.017	0.987
Education								
University graduate	-0.423	0.162	-2.610	0.009	-0.193	0.535	-0.362	0.718
Master's degree or higher	-0.165	0.201	-0.818	0.413	-0.875	0.666	-1.315	0.189
Marital status								
Unmarried	-0.041	0.126	-0.325	0745	1.559	0.415	3.759	<0.001
Other	-0.211	0.358	-0.591	0.555	1.931	1.183	1.633	0.103
Years of service (years)	0.005	0.010	0.513	0.608	0.035	0.031	1.114	0.265
Hours of work per week	0.016	0.007	2.188	0.029	0.148	0.024	6.267	<0.001
Monthly earned income								
3-4 million won	-0.068	0132	-0.513	0.608	-0.761	0.436	-1.743	0.082
Over 4 million won	-0.216	0.167	-1.295	0.195	-1.333	0.551	-2.420	0.016
No answer	0.156	0.255	0.611	0.541	-0.762	0.842	-0.906	0.365
PSS control score	-0.036	0.033	-1.088	0.277	-3.560	0.110	-32.358	<0.001
BMI					0.106	0.067	1.580	0.114
R^2	0.072				0.352			
F	17.218***				109.817***			

Bootstrap	PSS control score → BMI → Depression			
	B	SE	95% CI	Conclusion
Total effect	-3.564	0.110	-3.780, -3.348	
Direct effect	-3.560	0.110	-3.776, -3.344	
Indirect effect	-0.004	0.005	-0.017, 0.004	No mediation

***p<0.001. BMI, body mass index; PSS, Perceived Stress Scale; B, estimate of the regression coefficient; SE, standard error of estimate; t, t-test value; p, significance probability; R^2, explanatory power; F, F-test value; CI, confidence interval.