	Model 1		Model 2		Model 3		Model 4	
	OR (95% CI)	*P*	OR (95% CI)	*P*	OR (95% CI)	*P*	OR (95% CI)	*P*
Logistic regression analysis								
Single episode of depressive symptoms								
High GS	1.00 (reference)		1.00 (reference)		1.00 (reference)		1.00 (reference)	
Low GS	**2.32 (2.07-2.60)**	<0.001	**1.29 (1.15–1.44)**	<0.001	**1.23 (1.07–1.42)**	0.003	**1.19 (1.02–1.39)**	0.031
Normal sleep	1.00 (reference)		1.00 (reference)		1.00 (reference)		1.00 (reference)	
Sleep disturbance	**1.65 (1.46–1.85)**	<0.001	**1.55 (1.36–1.76)**	<0.001	**1.52 (1.30–1.78)**	<0.001	**1.44 (1.21–1.71)**	<0.001
Recurrent depressive symptoms								
High GS	1.00 (reference)		1.00 (reference)		1.00 (reference)		1.00 (reference)	
Low GS	**1.99 (1.80–2.19)**	<0.001	**1.44 (1.26–1.64)**	<0.001	**1.32 (1.12–1.55)**	0.001	1.17 (0.97–1.41)	0.094
Normal sleep	1.00 (reference)		1.00 (reference)		1.00 (reference)		1.00 (reference)	
Sleep disturbance	**2.21 (1.93–2.52)**	<0.001	**2.09 (1.81–2.40)**	<0.001	**2.15 (1.81-2.56)**	<0.001	**2.01 (1.65–2.45)**	<0.001
Generalised estimating equation analysis								
High GS	1.00 (reference)		1.00 (reference)		1.00 (reference)		1.00 (reference)	
Low GS	**1.71 (1.60–1.81)**	<0.001	**1.25 (1.17–1.34)**	<0.001	**1.23 (1.13–1.34)**	<0.001	**1.12 (1.02–1.23)**	<0.001
Normal sleep	1.00 (reference)		1.00 (reference)		1.00 (reference)		1.00 (reference)	
Sleep disturbance	**1.84 (1.71–1.97)**	<0.001	**1.75 (1.63–1.89)**	<0.001	**1.74 (1.59–1.90)**	<0.001	**1.66 (1.50–1.84)**	<0.001

CI: confidence interval; GS: grip strength; OR: odds ratio
Model 1: Unadjusted;
Model 2: Adjustment for age, sex and region;
Model 3: Adjustment model 2 and education years, work status and economic status;
Model 4: Adjusted for model 3 and smoking, alcohol consumption, physical activity, health status, number of chronic diseases, grip strength/sleep status.
Note: Values in bold indicate statistical significance (95% CI for OR does not include 1, and $P<0.05$).