Supplementary Table 1 Demographic, lifestyle and general health comorbidities of participants according to the presence of NAFLD and level of physical activity

	Individuals with NAFLD			Individuals without NAFLD		
	Physical Inactivity (n=86)	**Moderate Physical Activity (n=91)**	**Ideal Physical Activity (n=58)**	**Physical Inactivity (n=85)**	**Moderate Physical Activity (n=139)**	**Ideal Physical Activity (n=130)**
Age, mean ± SD	60.12 ±6.61	61.23 ±5.40	57.64 ±6.57	58.62 ±7.46	61.67 ±6.79	59.10 ±7.69
Male, %	37 (43.02%)	46 (50.55%)	40 (68.97%)	22 (25.88%)	47 (33.81%)	62 (47.69%)
White, %	81 (94.19%)	87 (95.60%)	56 (96.55%)	81 (95.29%)	131 (94.24%)	128 (98.46%)
Smoking Status, %						
Current	8 (9.30%)	12 (13.19%)	3 (5.17%)	16 (19.05%)	21 (15.11%)	10 (7.69%)
Former	36 (41.86%)	34 (37.36%)	28 (48.28%)	26 (30.95%)	62 (44.60%)	53 (40.77%)
Non-Smoker	42 (48.84%)	45 (49.45%)	27 (46.55%)	42 (50.00%)	56 (40.29%)	67 (51.54%)
Obesity, % BMI						
Lean	6 (6.98%)	6 (6.59%)	3 (5.17%)	68 (80.00%)	100 (71.94%)	87 (66.92%)
Overweight	48 (55.81%)	51 (56.04%)	36 (62.07%)	17 (20.00%)	39 (28.06%)	43 (33.08%)
Obese	32	34	19	0 (0.00%)	0 (0.00%)	0 (0.00%)

	(37.21%)	(37.36%)	(32.76%)			
History of CVD, %	2 (2.33%)	10 (10.99%)	5 (8.62%)	4 (4.71%)	13 (9.35%)	6 (4.62%)
History of Arthritis, %	15 (17.44%)	10 (10.99%)	4 (6.90%)	9 (10.59%)	18 (12.95%)	12 (9.23%)
History of Any cancer, %	16 (18.60%)	22 (24.18%)	11 (18.97%)	12 (14.12%)	17 (12.23%)	19 (14.62%)
History of Thyroid, %	17 (19.77%)	9 (9.89%)	3 (5.17%)	12 (14.12%)	16 (11.51%)	14 (10.77%)
History of Kidney, %	0 (0.00%)	1 (1.10%)	1 (1.72%)	0 (0.00%)	1 (0.72%)	0 (0.00%)
Insulin Resistance, %	49 (56.98%)	41 (45.05%)	19 (32.76%)	13 (15.29%)	16 (11.51%)	19 (14.62%)
Hypertension, %	18 (20.93%)	23 (25.27%)	10 (17.24%)	15 (17.65%)	29 (20.86%)	22 (16.92%)
Hyperlipidemia, %	76 (88.37%)	74 (81.32%)	51 (87.93%)	63 (74.12%)	106 (76.26%)	76 (58.46%)
Diabetes, %	24 (27.91%)	21 (23.08%)	10 (17.24%)	9 (10.59%)	8 (5.76%)	2 (1.54%)
Metabolic Syndrome*, %	39 (45.35%)	41 (45.05%)	22 (37.93%)	7 (8.24%)	6 (4.32%)	10 (7.75%)
All-cause mortality, %	33 (38.37%)	34 (37.36%)	16 (27.59%)	19 (22.35%)	45 (32.37%)	38 (29.23%)
CVD mortality, %	9 (31.03%)	10 (35.71%)	0 (0.00%)	4 (25.00%)	10 (26.32%)	6 (17.65%)
BDI, mean ± SD	5.38 ±4.34	4.21 ±3.22	3.62 ±3.57	4.27 ±4.11	3.94 ±3.66	3.00 ±3.14

Supplementary Table 2 Multivariable Odds Ratio of a Risk Factor for Depression

	OR (95% CI)	P
NAFLD	2.01 (1.08 - 3.72)	0.0277
Diabetes	0.84 (0.36 - 2.00)	0.7002
Age	1.00 (0.96 - 1.05)	0.8506
Male	0.37 (0.19 - 0.72)	0.0033
Current Smoker	1.68 (0.78 - 3.65)	0.1868
Physically Inactive	2.34 (1.30 - 4.24)	0.0049
Hypertension	1.10 (0.54 - 2.26)	0.7902
Hyperlipidemia	0.79 (0.39 - 1.62)	0.5246
History of CVD	2.39 (0.82 - 6.97)	0.1113
History of Cancer	0.32 (0.11 -	0.0355

	0.93)	
Abbreviation: CVD, Cardiovascular disease; OR, Odds Ratio; CI, confidence interval		