

	HC (n = 29)	MDD (n = 40)	Statistics
Age	36.66 ± 8.57	34.38 ± 10.28	t(67) = 0.974, p = 0.334
Gender (m/f/o)	(18/11/0)	(16/23/1)	$\chi^2 = 3.693$, p = 0.158
BMI	25.23 ± 3.58	25.15 ± 4.80	t(66) = 0.068, p = 0.946
QIDS-SR total	1.45 + 1.68	13.05 + 4.37	t(67) = -13.556, p < 0.001

Sociodemographic variables and clinical data. Statistics: two-tailed Student's t-test (for age, BMI and QIDS), Pearson's chi-squared test (for gender). Abbreviations: BMI: Body Mass Index; f: Female; HC: Healthy controls; m: Male; MDD: Major depressive disorder; o: Others; QIDS-SR: Quick Inventory of Depressive Symptomatology-Self Report.