

	HC (n = 52)	MDD (n = 131)	Statistics
Age	37.37 ± 8.88	38.60 ± 11.76	t(181) = 0.681, p = 0.497
Gender (m/f/o)	(33/19/0)	(68/61/2)	$\chi^2 = 2.550$, p = 0.279
BMI	25.54 ± 4.51	26.25 ± 5.19	t(180) = 0.862, p = 0.390
QIDS-SR total	1.79 + 2.66	17.84 + 7.52	t(181) = 14.99, 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.