

Table 1. Demographic Overview

Variable	SZ (<i>n</i> = 225)	AD (<i>n</i> = 185)	Statistics	Post hoc analyses
Age (years), mean (SD)	28.57 (9.39)	32.10 (11.99)	$F = 11.18, p < 0.001$	SZ < AD
Sex				
Male, N (%)	132 (58.7)	83 (44.9)	$\chi^2 = 7.75, p = 0.005$	SZ > AD
Ethnicity				
European, N (%)	184 (81.8)	156 (84.3)	$\chi^2 = 0.46, p = 0.5$	-
Telomere Length (T/S ratio), mean (SD)	1.12 (0.26)	1.16 (0.27)	$F = 2.97, p = 0.09$	-
Coffee Consumption				
No, N (%)	29 (12.9)	31 (16.8)	$\chi^2 = 1.216, p = 0.3$	-
Healthy Diet				
No, N (%)	83 (36.9)	57 (30.8)	$\chi^2 = 1.668, p = 0.2$	-
Healthy Exercise				
No, N (%)	119 (52.9)	83 (44.9)	$\chi^2 = 2.615, p = 0.1$	-
Daily Smoking				
Yes, N (%)	138 (61.3)	101 (54.6)	$\chi^2 = 1.896, p = 0.2$	-
Substance Use				
Yes, N (%)	59 (26.2)	51 (27.6)	$\chi^2 = 0.094, p = 0.7$	-
Risky Alcohol Consumption				
Yes, N (%)	83 (36.9)	73 (39.5)	$\chi^2 = 0.285, p = 0.6$	-
Trauma exposure, mean (SD)	44.53 (15.39)	42.63 (15.85)	$F = 1.39, p = 0.24$	-
Antipsychotic Dose (mg/day), mean (SD)	1.58 (4.06)	0.68 (0.89)	$F = 7.95, p = 0.005$	SZ > AD
Antidepressant Dose (mg/day), mean (SD)	0.44 (0.87)	0.47 (0.99)	$F = 0.10, p = 0.75$	-
Mood Stabiliser Dose (mg/day), mean (SD)	0.08 (0.26)	0.49 (0.64)	$F = 72.88, p < 0.001$	SZ < AD
Lithium Dose (mg/day), mean (SD)	0.01 (0.11)	0.24 (0.51)	$F = 37.68, p < 0.001$	SZ < AD

SZ = Schizophrenia spectrum, AD = Affective disorders, n = number, SD = standard deviation, mg/day = milligrams per day, T/S ratio = telomere to single copy gene ratio. (For telomere length, statistics [F and *p*-value] are based on log transformation and adjusted for age, sex and ethnicity).