

Supplementary Material

A. Search Strategy:

((("Food Supply"[Mesh] OR "Food Supply"[tiab] OR "Food Supplies"[tiab] OR "Food Insecurity"[tiab] OR "Food Insecurities"[tiab] OR "Food Security"[tiab])) AND (((("Depression"[Mesh] or "Depression"[tiab] or "Depressions"[tiab] or "Depressive Symptom"[tiab] or "Depressive Symptoms"[tiab] or "Emotional Depression"[tiab] or "Emotional Depressions"[tiab]) OR (("Anxiety"[Mesh] OR "Anxiety"[tiab] OR "Hypervigilance"[tiab] OR "Nervousness"[tiab] OR "Social Anxiety"[tiab] OR "Social Anxieties"[tiab])) OR (("Stress, Psychological"[Mesh] OR "Stress, Psychological"[tiab] OR "Psychological Stresses "[tiab] OR "Life Stress"[tiab] OR "Life Stresses"[tiab] OR "Psychologic Stress"[tiab] OR "Psychological Stressors"[tiab] OR "Emotional Stress"[tiab] OR "Mental Suffering"[tiab] OR "Suffering"[tiab] OR "Sufferings"[tiab] OR "Anguish"[tiab])))).

B. Newcastle-Ottawa Quality Assessment Form for Cohort Studies

Note: A study can be given a maximum of one point for each numbered item within the Selection and Outcome categories. A maximum of two points can be given for Comparability.

Selection (maximum of 4 points)

1) Representativeness of the exposed cohort

- a. Truly representative **(one point)**
- b. Somewhat representative **(one point)**
- c. Selected group
- d. No description of the derivation of the cohort

2) Selection of the non-exposed cohort

- a. Drawn from the same community as the exposed cohort **(one point)**
- b. Drawn from a different source
- c. No description of the derivation of the non exposed cohort

3) Ascertainment of exposure

- a. Secure record (e.g., surgical record) **(one point)**
- b. Structured interview **(one point)**
- c. Written self report
- d. No description
- e. Other

4) Demonstration that outcome of interest was not present at start of study

- a. Yes **(one point)**
- b. No

Comparability (maximum of 2 points)

1) Comparability of cohorts on the basis of the design or analysis controlled for confounders

- a. The study controls for age, sex and marital status **(one point)**
- b. Study controls for other factors (list) _____ **(one point)**
- c. Cohorts are not comparable on the basis of the design or analysis controlled for confounders

Outcome (maximum of 3 points)

1) Assessment of outcome

- a. Independent blind assessment **(one point)**
- b. Record linkage **(one point)**
- c. Self report
- d. No description
- e. Other

2) Was follow-up long enough for outcomes to occur

- a. Yes **(one point)**
- b. No

Indicate the median duration of follow-up and a brief rationale for the assessment above: _____

3) Adequacy of follow-up of cohorts

- a. Complete follow up- all subject accounted for **(one point)**
- b. Subjects lost to follow up unlikely to introduce bias- number lost less than or equal to 20% or description of those lost suggested no different from those followed. **(one point)**
- c. Follow up rate less than 80% and no description of those lost
- d. No statement

C. Adapted Newcastle-Ottawa Assessment Form for Cross-sectional studies

Note: A study can be given a maximum of one point for each numbered item within the Selection and Comparability categories. A maximum of three points can be given for Comparability.

Selection (maximum of 5 points)

1) Representativeness of the sample

- a. Truly representative of the average in the target whole population **(one point)**
- b. Somewhat representative of the average in the target population (purposive sampling of representative schools or evidence that the sample is representative of the source population) **(one point)**
- c. Selected group of users
- d. No description of the sampling strategy

2) Sample size

- a. Justified and satisfactory **(one point)**
- b. Not justified

3) Non-respondents

- a. The response rate is satisfactory ($\geq 95\%$) **(one point)**
- b. The response rate is unsatisfactory ($< 95\%$) or no description

4) Ascertainment of the exposure (absence or exclusion)

- a. Validated measurement tool : **(two points)**
- b. Non-validated measurement tool, but the tool is available or described: **(one point)**
- c. No description of the measurement tool.

Comparability (maximum 1 point)

1) The subjects in different outcome groups are comparable, based on the study design or analysis. Confounding factors are controlled

- a. The study investigates potential confounders **(one point)**
- b. The study does not investigate potential confounders

Outcome (maximum of 3 points)

1) Assessment of the outcome

- a. Independent blind assessment: **(two points)**
- b. Record linkage: **(two points)**

- c. Self-report (**one point**)
- d. No description

2) Statistical test

- a. The statistical test used to analyse the data is clearly described and appropriate, and the measurement of the association is presented, including confidence intervals and the probability level (p value): (**one point**)
- b. The statistical test is not appropriate, not described or incomplete

Studies scoring ≥ 7 points are classified as "low risk of bias/good quality"; scores between 2 and 6 indicate "unclear risk of bias/fair quality"; and a score ≤ 1 denotes "high risk of bias/poor quality"

D. Assessment tool for Depression used by Smith et al. 2021 study

Table 1 Questions and answer options used for endorsement of DSM-IV depression

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1. At least one of the two following symptoms in the last 12 months:
 - (a) A period, lasting several days, of feeling sad, empty or depressed
 - (b) A period lasting several days with a loss of interest in most things the participant usually enjoys such as personal relationships, work or hobbies/recreation

AND
 2. The period of sadness/loss of interest/low energy lasted for more than two weeks and was most of the day and nearly every day

AND
 3. Five or more of the following symptoms:
 - (a) Loss of appetite
 - (b) Insomnia (problems falling asleep or waking up too early)
 - (c) Decreased energy or tiredness all the time
 - (d) Slowing down in moving around or restless/jittery
 - (e) Negative feelings/loss of confidence or frequent feelings of hopelessness.
 - (f) Slowed thinking or difficulties concentrating (e.g., listening to others, working, watching TV, listening to the radio)
 - (g) Thoughts of death, wishes of own death or suicide attempt
 - (h) Feelings of sadness, emptiness or depression lasting several days
 - (i) Anhedonia: loss of interest in things the participant usually enjoys
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