Table S1. Partial correlations analyses of physical fitness components and risk of depression score.

		Cardiorespiratory Fitness	Upper Limb Muscular Strength	Lower Limb Muscular Strength	Speed-Agility	Body Mass Index	Waist Circumference	Body Fat
Risk of depression	β	−0.159	0.004	−0.014	−0.088	0.141	0.133	0.110
	P	**0.018**	0.957	0.841	0.191	**0.036**	**0.049**	0.102

Statistically significant values are in bold.