

Supplementary Tables and Figures

Supplementary Table 1. Baseline demographic, social and educational characteristics, and comorbidities of HCPs (N = 613).

Characteristic	Response	HCPs (N = 613) (%)
Age	18-25 years	22 (3.6)
	26-35 years	149 (24.3)
	36-50 years	239 (39.0)
	51-60 years	156 (25.5)
	61-70 years	44 (7.2)
	> 70 years	3 (0.5)
Ethnicity	White	496 (80.9)
	Asian	60 (9.8)
	Black	24 (3.9)
	Mixed	18 (2.9)
	Other	9 (1.5)
	Prefer not to say	6 (1.0)
Gender identity	Female	470 (76.7)
	Male	139 (22.7)
	Prefer not to say	3 (0.5)
	Prefer to self-define	1 (0.2)
Relationship status	Divorced	21 (3.4)
	I prefer not to disclose	16 (2.6)
	Married/Living with partner or family	402 (65.6)
	Other (please specify)	20 (3.3)
	Single	154 (25.1)
Number living in household	1	94 (15.3)
	2	208 (33.9)
	3-5	299 (48.8)
	6 or more	12 (2.0)
Highest level of education	GCSEs or A-levels	49 (8.0)
	Bachelor's degree/diploma	296 (48.3)
	Master's degree or PhD	236 (38.5)
	Other	32 (5.2)

Note. All demographic data is self-reported. 'Asian' category includes South Asian, Chinese, and any other Asian background. 'Mixed' category includes mixed Black and White, mixed Asian and White, and mixed any other/multiple ethnic backgrounds. Number living in household includes themselves.

Supplementary Table 2. Mean total lifestyle score at baseline and follow-up in UK HCPs (n, 613).

Lifestyle score (n, 613)	Mean	Range
Total score at baseline	-0.11	-4 to 3
Total score at follow-up	-0.20	-4 to 3
Change in score	-0.09	-4.5 to 5

Supplementary Fig 1. Unadjusted plots for change in mean mental health scores from baseline to follow-up in UK HCPs, grouped by tertiles of lifestyle change score.

