

Supplemental table 1. Characteristics, fatigue, depression, and sleep quality of study subjects, grouped into tertiles according to log-transformed mitochondrial DNA copy number

Characteristic	All (n=58)	Lowest (n=19)	Middle (n=20)	Highest (n=19)	P for trend
Age (y)	41.5±11.3	41.9±12.4	40.4±11.6	42.2±10.4	0.873
Female	81.0	78.9	80.0	84.2	0.682
Body mass index (kg/m ²)	22.4±3.1	22.2±3.1	22.7±3.2	22.4±3.1	0.912
Smoking					0.280
Ever smoked	12.1	21.1	5.0	10.5	
Never smoked	87.9	78.9	95.0	89.5	
Alcohol intake					0.340
Never	51.7	57.9	55.0	42.1	
≥Once per week	48.3	42.1	45.0	57.9	
Exercise					0.538
Never	50.0	36.8	55.0	57.9	
≥Once per week	50.0	63.2	45.0	42.1	
Comorbidity					0.623
None	82.8	73.9	80.0	94.7	
Hypertension	10.3	15.8	15.0	0	
Osteoporosis	3.4	5.3	5.0	0	
Benign prostate hyperplasia	1.7	0	0	5.3	
Depression*	1.7	5.3	0	0	
Brief Fatigue Inventory					
Mean	6.5±1.0	6.7±1.0	6.5±1.0	6.1±1.1	0.259
Right now	6.8±1.4	7.1±1.5	6.9±1.0	6.4±1.7	0.331
Usual fatigue, past 24 h	6.8±1.5	7.3±1.5	7.0±1.4	6.2±1.5	0.069
Worst fatigue	8.1±1.3	8.5±1.1	8.1±1.3	7.6±1.6	0.156
General activity	6.4±1.4	6.4±1.5	6.7±1.3	6.2±1.6	0.575
Mood	6.4±1.7	6.5±2.1	6.5±1.4	6.1±1.5	0.635
Normal work	6.9±1.5	6.8±1.5	6.8±1.5	7.2±1.4	0.609
Relations to others	6.1±1.8	6.4±2.0	6.3±2.0	5.7±1.4	0.418
Walking ability	5.2±2.4	6.3±2.1	4.5±2.5	4.9±2.2	0.040
Enjoyment of life	5.4±2.5	5.1±3.1	5.7±2.3	5.2±2.0	0.692
Beck Depression Inventory	15.4±6.8	16.6±8.0	14.8±6.1	15.1±6.6	0.681
Pittsburgh Sleep Quality Index	6.2±2.3	6.8±2.5	5.8±2.0	6.1±2.4	0.403

Values are presented as mean±standard deviation or %. P for trend was assessed among tertile groups.

*By doctor's diagnosis, but no medication.