

## Appendix I

Variable name	Explanation / values
disType	Type of disorder (depressive disorder, anxiety disorder, or comorbid disorder (that is, having a diagnosis for both types of disorder)
Sexe	Male or female
Age	Age in years
Aedu	Years of education completed
IDS	Testscore on the Inventory of Depressive Symptomatology
BAI	Testscore on Beck's Anxiety Inventory
FQ	Total score on the Fear Questionnaire
LCImax	Percentage of time in which symptoms of anxiety and/or depressive disorders were present during the past four years
Pedigree	Presence of a first-degree relative with an anxiety and/or depressive disorder
Alcohol	Alcohol disorder diagnosis
bTypeDep	Subtype of depression
bSocPhob	Diagnosis of social phobia
bGAD	Diagnosis of generalized anxiety disorder
bPanic	Diagnosis of panic disorder
bAgo	Diagnosis of agoraphobia
AO	Age at onset of the disorder
RemDis	Whether the anxiety and/or depressive disorder is currently in remission
Sample	Whether subject is a patient in specialized mental health care, a patient in primary care, or not currently receiving (mental) healthcare
ADuse	Whether subject uses anti-depressant medication
PsychTreat	Whether subject receives psychological treatment for the disorder(s)