**Table S1:** Sociodemographic and lifestyle data of patients among different diagnoses.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **only SSD** | **only BDS** | **SSD and****BDS** | **no SSD no BDS** | ***Chi2*** | ***df*** | **p-value** |
| **N = 109** | **N = 60** | **N = 126** | **N = 399** |  |  |
| **Female (%)** | 54.1 | 58.3 | 65.9 | 62.4 | 3.903 | 3 | 0.272 |
| **Health insurance (yes, %)** | 85.0 | 80.0 | 85.7 | 88.8 | 4.280 | 3 | 0.233 |
| **Residence (%)** |  |  |  |  | 2.308 | 3 | 0.511 |
| **City** | 79.8 | 81.7 | 79.2 | 84.2 |  |  |  |
| **Country** | 20.2 | 18.3 | 20.8 | 15.8 |  |  |  |
| **Marital status (%)** |  |  |  |  | 18.030 | 15 | 0.261 |
| **Single** | 14.7 | 18.3 | 23.0 | 18.3 |  |  |  |
| **Married** | 75.2 | 76.7 | 63.5 | 73.9 |  |  |  |
| **Separated** | 0 | 0 | 2.4 | 0.3 |  |  |  |
| **Divorced** | 6.4 | 1.7 | 7.9 | 5.0 |  |  |  |
| **Widowed** | 2.8 | 1.7 | 2.4 | 1.3 |  |  |  |
| **Others** | 0.9 | 1.7 | 0.8 | 1.3 |  |  |  |
| **Family income (%)** |  |  |  |  | 6.102 | 6 | 0.412 |
| **Low (under 4000 RMB)** | 36.1 | 40.0 | 39.7 | 30.2 |  |  |  |
| **Middle (4,000–8,000 RMB)** | 34.3 | 30.0 | 34.1 | 36.3 |  |  |  |
| **High (above 8000 RMB)** | 29.6 | 30.0 | 29.2 | 33.5 |  |  |  |
| **Occupation (%)** |  |  |  |  | 14.633 | 15 | 0.478 |
| **Employed** | 47.7 | 46.7 | 42.1 | 52.1 |  |  |  |
| **Unemployed** | 13.8 | 10.0 | 18.3 | 10.0 |  |  |  |
| **Retire** | 22.0 | 18.3 | 21.4 | 21.8 |  |  |  |
| **Housewife** | 7.3 | 5.0 | 6.3 | 6.3 |  |  |  |
| **Student** | 4.6 | 10.0 | 7.1 | 4.8 |  |  |  |
| **Others** | 4.6 | 10 | 4.8 | 5.0 |  |  |  |
| **Education (%)** |  |  |  |  | 8.500 | 9 | 0.485 |
| **Primary school** | 5.5 | 10.0 | 9.5 | 5.3 |  |  |  |
| **Middle school** | 24.8 | 16.7 | 21.4 | 17.8 |  |  |  |
| **Higher school** | 25.7 | 21.7 | 23.8 | 27.1 |  |  |  |
| **University or higher** | 44.0 | 51.7 | 45.2 | 49.9 |  |  |  |
| **Smoking history (%)** |  |  |  |  | 11.418 | 6 | 0.076 |
| **Never** | 64.8 | 66.7 | 74.6 | 75.2 |  |  |  |
| **In the past** | 18.5 | 21.7 | 8.7 | 11.8 |  |  |  |
| **Currently** | 16.7 | 11.7 | 16.7 | 13.0 |  |  |  |
| **Alcohol consumption (%)** |  |  |  |  | 4.482 | 9 | 0.877 |
| **Never** | 55.6 | 45.0 | 53.2 | 47.9 |  |  |  |
| **Social drinking** | 35.2 | 45.0 | 39.7 | 44.6 |  |  |  |
| **Drink in the past, but quit now** | 6.5 | 6.7 | 4.8 | 5.0 |  |  |  |
| **Almost drink everyday** | 2.8 | 3.3 | 2.4 | 2.5 |  |  |  |
| **Physical activities in winter (%)** |  |  |  |  | 9.206 | 9 | 0.418 |
| **Regular exercise, > 2 h** | 18.3 | 21.7 | 21.4 | 21.3 |  |  |  |
| **Regular exercise, 1-2 h** | 17.4 | 10.0 | 10.3 | 18.0 |  |  |  |
| **Regular exercise, < 2 h** | 39.4 | 36.7 | 34.1 | 34.8 |  |  |  |
| **no exercise** | 24.8 | 31.7 | 34.1 | 25.8 |  |  |  |
| **Physical activities in summer (%)** |  |  |  |  | 10.300 | 9 | 0.327 |
| **Regular exercise, > 2 h** | 20.2 | 25.0 | 26.2 | 28.1 |  |  |  |
| **Regular exercise, 1-2 h** | 29.4 | 21.7 | 25.4 | 25.3 |  |  |  |
| **Regular exercise, < 2 h** | 33.0 | 30.0 | 20.6 | 26.6 |  |  |  |
| **No exercise** | 17.4 | 23.3 | 27.8 | 20.1 |  |  |  |

*Only SSD: patients diagnosed only with somatic symptom disorder; only BDS: patients diagnosed only with body distress syndrome; SSD and BDS: patients diagnosed with both somatic symptom disorder and body distress syndrome; no SSD no BDS: patients diagnosed with neither somatic symptom disorder nor body distress syndrome.*

**Supplementary Figure 1.** Flow Chart patient enrollment.

Supplementary Figure1

**Supplementary Figure 2.**The ROC curves of SSD-12 and PHQ-15 for the diagnoses of SSD and BDS.

**Supplementary Figure2**