Supplementary Table 1. Comparison of heart rate variability parameters between adjustment disorder group and major depressive disorder group**

| Group | Resting phase | Stress phase | Recovery phase |
|-------|---------------|--------------|----------------|
|       | Mean (SD)     | Mean (SD)    | Mean (SD)      |
| Mean HR (beats/minute) |                 |               |                |
| AD    | 75.32 (13.44) | 79.36 (12.93) | 76.21 (12.38)  |
| MDD   | 76.67 (13.09) | 80.63 (12.74) | 76.27 (12.19)  |
| t     | -0.52         | -0.51         | -0.02          |
| p-value | 0.601         | 0.611         | 0.981          |
| HF (ms²) |               |               |                |
| AD    | 4.14 (1.28)   | 4.50 (1.08)   | 4.20 (1.30)    |
| MDD   | 3.76 (1.40)   | 4.24 (0.89)   | 3.74 (1.34)    |
| t     | 1.46          | 1.32          | 1.81           |
| p-value | 0.146         | 0.189         | 0.073          |
| LF (ms²) |               |               |                |
| AD    | 4.76 (0.96)   | 5.13 (0.87)   | 4.97 (0.89)    |
| MDD   | 4.27 (1.12)   | 4.76 (0.78)   | 4.52 (1.13)    |
| t     | 2.45          | 2.33          | 2.36           |
| p-value | 0.016         | 0.022         | 0.020          |
| VLF (ms²) |               |               |                |
| AD    | 4.47 (0.85)   | 4.25 (0.84)   | 4.66 (0.92)    |
| MDD   | 3.97 (0.93)   | 3.94 (0.80)   | 4.33 (0.97)    |
| t     | 2.91          | 1.98          | 1.77           |
| p-value | 0.004         | 0.050         | 0.080          |
| TP (ms²) |               |               |                |
| AD    | 5.68 (0.91)   | 5.86 (0.85)   | 5.87 (0.92)    |
| MDD   | 5.22 (1.07)   | 5.51 (0.77)   | 5.42 (1.07)    |
| t     | 2.45          | 2.20          | 2.34           |
| p-value | 0.016         | 0.030         | 0.021          |
| LF/HF |               |               |                |
| AD    | 0.62 (0.87)   | 0.77 (0.68)   | 0.77 (0.94)    |
| MDD   | 0.51 (0.84)   | 0.60 (0.49)   | 0.78 (0.77)    |
| t     | 0.68          | 1.47          | -0.03          |
| p-value | 0.499         | 0.146         | 0.980          |
| SDNN (ms) |               |               |                |
| AD    | 3.90 (0.45)   | 3.95 (0.44)   | 4.00 (0.47)    |
| MDD   | 3.69 (0.57)   | 3.80 (0.39)   | 3.78 (0.52)    |
| t     | 2.10          | 1.85          | 2.35           |
| p-value | 0.038         | 0.066         | 0.021          |

*comparison by the Student’s t-test, †all variables except the mean HR were logarithmically transformed due to their skewed distribution. AD: adjustment disorder, MDD: major depressive disorder, HR: heart rate, HF: high frequency band, LF: low frequency band, VLF: very low frequency band, TP: total power, LF/HF: ratio of LF to HF power, SDNN: standard deviation of normal-to-normal interbeat intervals