

Supplementary Material

Table S1. Behavioural characteristics by country.

	UK <i>N</i> = 146	US <i>N</i> = 124
	<i>Mean (SEM)</i>	
Three Factor Eating Questionnaire		
Restraint eating	7.54 (.364)	9.44 (.407)*
Disinhibition	5.59 (.242)	6.31 (.290)
Trait hunger	6.77 (.292)	5.70 (.293)*
Barratt's Impulsiveness Scale		
Attentional impulsivity	16.95 (.308)	15.98 (.317)*
Motor impulsivity	22.10 (.370)	21.18 (.345)
Non-planning impulsivity	24.68 (.380)	21.87 (.396)*
Sensitivity to Punishment –Sensitivity to Reward Questionnaire		
Sensitivity to Punishment	12.07 (.425)	12.49 (.484)
Sensitivity to Reward	12.36 (.304)	11.46 (.351)
Arnett's Inventory of Sensation Seeking		
Intensity seeking	24.64 (.353)	23.36 (.385)
Novelty seeking	27.49 (.366)	25.91 (.362)*

The asterisk (*) indicates a significant cross-country difference ($p < .05$) for the values within the same row after adjusting for age. Data from participants (UK: $n = 2$; US: $n = 2$) opting for the answer phrased as 'I am currently on a diet' at post-recruitment are not presented.

Table S2. Lifestyle characteristics by country.

	UK N = 146	US N = 124
	N (%)	
DiETING		
Never	93 (63.7)	71 (57.3)
Once or more times in the past	53 (36.3)	53 (42.7)
Breakfast consumption*		
5-7 days/week	116 (79.4)	87 (70.2)
2-4 days/week	23 (15.8)	19 (15.3)
0-1 days/week	7 (4.8)	18 (14.5)
Physical activity level		
Low	13 (8.9)	8 (6.5)
Moderate	51 (34.9)	35 (28.2)
High	82 (56.2)	81 (65.3)
	Mean (SEM)	
Average sleep duration (hours/day)	8.84 (.104)	8.29 (.075)*

SEM, Standard Error of the Mean. All frequencies reported refer to valid percentages. The asterisk (*) indicates a significant cross-country difference ($p < .05$) for the values within the same row or under the same variable after adjusting for age. Data from participants (UK: $n = 2$; US: $n = 2$) opting for the answer phrased as 'I am currently on a diet' at post-recruitment are not presented.

Table S3. Anthropometric characteristics by country.

	UK N = 145	US N = 116
	<i>Median (Q1, Q3)</i>	
BMI (kg/m²)	22.1 (20.6, 24.4)	23.6 (21.2, 27.7)
	<i>Mean (SEM)¹</i>	
Total body fat (%)	23.7 (.552)	26.1 (.619)
Fat free mass (kg)	49.41 (.475)	50.77 (.532)
Waist circumference (cm)	74.9 (.889)	81.5 (.995)*
Waist circumference to hip circumference ratio	.767 (.006)	.798 (.006)*

BMI, body mass index; Q1, 25th percentile; Q3, 75th percentile; SEM, Standard Error of the Mean. The asterisk (*) indicates a significant cross-country difference ($p < .05$) for the values within the same row after adjusting for age. ¹All Mean (SEM) values are the estimated marginal means as they were calculated after considering the effects of sex.

Table S4. Interaction effects of age on phenotypic differences in anthropometric measures

	<i>B (SE)</i>	β	95%CI <i>(Lower Bound, Upper Bound)</i>	<i>t</i>	<i>p</i>	<i>R</i> ²
log10BMI						
<i>Step 1</i>						.004
Constant	1.378 (.013)		(1.353, 1.403)	109.235	.000	
Phenotype	-.006 (.006)	-.060	(-.018, .006)	-.941	.348	
<i>Step 2</i>						.084
Constant	1.004 (.081)		(.8441, .164)	12.344	.000	
Phenotype	-.008 (.006)	-.084	(-.020, .003)	-1.379	.169	
log ₁₀ Age	.282 (.061)	.284	(.162, .401)	4.648	.000	
Total Body Fat						
<i>Step 1</i>						.377
Constant	16.674 (1.331)		(14.051, 19.296)	12.523	.000	
Phenotype	.137 (.605)	.011	(-1.055, 1.328)	.226	.821	
Sex	11.280 (.923)	.616	(9.461, 13.098)	12.218	.000	
<i>Step 2</i>						.410
Constant	-15.671 (8.415)		(-32.246, .905)	-1.862	.064	
Phenotype	-.134 (.592)	-.011	(-1.301, 1.033)	-.226	.821	
Sex	12.090 (.922)	.661	(10.275, 13.906)	13.117	.000	
log ₁₀ Age	24.069 (6.188)	.195	(11.881, 36.257)	3.890	.000	
Fat Free Mass						
<i>Step 1</i>						.687
Constant	64.653 (1.130)		(62.426, 66.880)	57.190	.000	
Phenotype	-1.150 (.514)	-.080	(-2.161, -.138)	-2.238	.026	
Sex	-17.920 (.784)	-.817	(-19.464, -16.377)	-22.861	.000	
<i>Step 2</i>						.693
Constant	48.277 (7.286)		(33.927, 62.627)	6.626	.000	
Phenotype	-1.287 (.513)	-.089	(-2.297, -.276)	-2.509	.013	
Sex	-17.510 (.798)	-.798	(-19.082, -15.938)	-21.943	.000	
log ₁₀ Age	12.186 (5.357)	.082	(1.635, 22.738)	2.275	.024	

Waist Circumference					
<i>Step 1</i>					.093
Constant	84.888 (2.190)		(80.575, 89.202)	38.765	.000
Phenotype	-.999 (.995)	-.061	(-2.958, .961)	-1.004	.316
Sex	-7.582 (1.518)	-.304	(-10.573, -4.592)	-4.994	.000
<i>Step 2</i>					.171
Constant	18.948 (13.611)		(-7.861, 45.757)	1.392	.165
Phenotype	-1.551 (.958)	-.095	(-3.438, .336)	-1.619	.107
Sex	-5.930 (1.491)	-.238	(-8.866, -2.994)	-3.978	.000
log ₁₀ Age	49.070 (10.008)	.292	(29.358, 68.782)	4.903	.000
Waist to Hip Ratio					
<i>Step 1</i>					.149
Constant	.836 (.014)		(.809, .863)	60.172	.000
Phenotype	-.007 (.006)	-.066	(-.019, .005)	-1.114	.266
Sex	-.062 (.010)	-.381	(-.081, -.043)	-6.471	.000
<i>Step 2</i>					.178
Constant	.562 (.089)		(.387, .737)	6.335	.000
Phenotype	-.009 (.006)	-.087	(-.022, .003)	-1.493	.137
Sex	-.055 (.010)	-.339	(-.075, -.036)	-5.708	.000
log ₁₀ Age	.204 (.065)	.185	(.075, .332)	3.124	.002

BMI, Body Mass Index; CI, Confidence Interval; SE, Standard Error



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