

**Table 1 Supplementary.** Basic characteristics of the study population

	Men (n=117)	Women (n=386)	Total (n=503)	p value*
Age (years) (mean±SD)	29.24±10.25	30.69±9.51	30.3±9.7	0.158
Weight (kg) (mean±SD)	84.81±14.48	64.67±12.93	69.35±15.79	<0.001
BMI (kg/m <sup>2</sup> ) (mean±SD)	26.9±4.5	23.6±4.4	24.2±4.6	<0.001
Subjects with excess weight (number; percent)	76; 65.0%	102; 26.4%	178; 35.4%	<0.001

SD=standard deviation; BMI=body mass index; \* difference between Men and Women

**Table 2 Supplementary.** Factor loading (Rotated Component Matrix analyzed using Principal Component Analysis as Extraction Method and Varimax as Rotation Method)

	Factor 1 (Corresponds to Scale A)	Factor 2 (Corresponds to Scale E)	Factor 3 (Corresponds to Scale D)
Q25	<b>0.896</b>	0.079	0.107
Q20	<b>0.891</b>	0.077	0.117
Q32	<b>0.888</b>	0.126	0.071
Q23	<b>0.87</b>	0.153	0.09
Q13	<b>0.842</b>	0.079	0.089
Q10	<b>0.836</b>	0.065	0.191
Q5	<b>0.789</b>	0.152	0.265
Q16	<b>0.785</b>	0.102	0.047
Q1	<b>0.753</b>	0.102	0.141
Q30	<b>0.744</b>	0.096	-0.012
Q8	<b>0.673</b>	0.056	0.08
Q28	<b>0.644</b>	0.017	0.164
Q3	<b>0.37</b>	0.008	0.066
Q22	0.075	<b>0.858</b>	0.012
Q26	0.075	<b>0.843</b>	-0.021
Q31	0.111	<b>0.837</b>	-0.001
Q29	0.095	<b>0.798</b>	-0.005
Q7	0.141	<b>0.771</b>	-0.078
Q11	0.168	<b>0.731</b>	-0.06
Q19	0.091	<b>0.716</b>	0.157
Q4	0.01	<b>0.655</b>	0.045
Q14	-0.03	<b>0.612</b>	-0.069
Q17	0.212	<b>0.579</b>	-0.038
Q2	0.212	-0.002	<b>0.814</b>
Q15	0.104	0.009	<b>0.812</b>
Q33	0.176	-0.041	<b>0.804</b>
Q6	0.216	0.008	<b>0.802</b>
Q24	0.203	0	<b>0.717</b>
Q9	0.073	-0.08	<b>0.567</b>
Q21	0.114	0.107	<b>0.528</b>
Q12	0.134	-0.094	<b>0.522</b>
Q27	0.226	-0.009	<b>0.398</b>
Q18	0.185	-0.082	<b>0.37</b>

**Table 3 Supplementary.** Reliability Statistics analysis

	Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
Scale A	0.954	0.954	13
Scale B	0.840	0.840	4
Scale C	0.953	0.954	9
Scale D	0.856	0.857	10
Scale E	0.913	0.912	10