

Supplementary file 1

**Table S1.** Results of hierarchical regression analysis with dieting as the criterion variable for female (n = 79) and male (n = 165) participants.

Females (n = 79)									
Variable	Model 1			Model 2			Model 3		
	B	SE B	$\beta$	B	SE B	$\beta$	B	SE B	$\beta$
Age	0.07	0.06	0.15	0.06	0.05	0.14	0.04	0.05	0.09
Sport type	0.09	0.10	0.11	0.07	0.10	0.09	0.09	0.09	0.11
Sport participation	-0.03	0.03	-0.13	-0.03	0.03	-0.13	-0.03	0.03	-0.12
Adaptive perfectionism				-0.00	0.02	-0.02	0.03	0.05	0.09
Maladaptive perfectionism				0.03	0.01	0.23	0.02	0.01	0.14
Body satisfaction							-0.04	0.01	-0.32*
$R^2$	0.05			0.10			0.18		
F for $\Delta R^2$	1.23			1.52			2.48		
Males (n=165)									
Variable	Model 1			Model 2			Model 3		
	B	SE B	$\beta$	B	SE B	$\beta$	B	SE B	$\beta$
Age	0.04	0.04	0.09	0.04	0.04	0.09	0.05	0.04	0.10
Sport type	0.09	0.06	0.13	0.10	0.06	0.156	0.12	0.06	0.18
Sport participation	0.00	0.02	0.00	0.00	0.02	0.00	0.01	0.02	0.02
Adaptive perfectionism				0.01	0.01	0.08	0.01	0.01	0.10
Maladaptive perfectionism				0.01	0.01	0.08	0.01	0.01	0.05
Body satisfaction							-0.01	0.01	-0.11
$R^2$	0.03			0.04			0.05		
F for $\Delta R^2$	1.45			1.25			1.35		

Note. SE – standard error. \* $p < 0.05$ .



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