

Supplement

Table S1: Associations with excessive eating behaviors^a

	EE > 50 (n = 87/537)	UE > 50 (n = 83/537)	CR > 50 (n = 139/538)
Sweets (ref=never)			
Few biscuits/day	2.7 (1.20, 6.1)*	5.0 (1.8, 14.2)**	0.4 (0.3, 0.7)**
Several times/day	19.8 (6.8, 57.2)***	15.6 (4.7, 51.4)***	0.1 (0.04, 0.4)***
Dieting (ref=never)			
Former only	3.3 (1.6, 7.1)**	-	3.0 (1.7, 5.4)***
Current	9.2 (3.7, 23.0)***	-	15.4 (7.3, 32.5)***
Living with a partner	0.54 (0.30, 0.98)*	-	-
Wellbeing ^b	0.62 (0.51, 0.75)***	0.80 (0.67, 0.95)*	-
Coffee (cups/day)	-	-	1.1 (1.0, 1.2)*
AUROC	0.79	0.66	0.74

* p < .05, ** p < .01, *** p < .001

^a logistic regression of TFEQ scores on sociodemographic and lifestyle variables as well as the Eysenck lie scale, using stepwise forward selection of variables (odds ratios with 95% CI)

^b seven categories, higher is better

Table S2: Correlates of dieting behavior ^a

	Dieting behavior			p-value
	Never (n = 163)	Former only (n = 319)	Current (n = 64)	
	Mean (SD)	Mean (SD)	Mean (SD)	p-value
EE ^b	16.8 (20.8)	28.5 (24.6)	40.5 (28.2)	<.0001
UE ^b	23.3 (17.9)	30.5 (19.8)	34.3 (21.9)	<.0001
CR ^b	25.2 (19.6)	39.1 (19.7)	57.1 (17.3)	<.0001
Wellbeing ^c	3.9 (1.4)	3.7 (1.3)	3.3 (1.2)	0.007
Ethanol (g/day)	4.7 (4.3)	5.9 (4.9)	4.4 (4.7)	0.006
Coffee (cups/day)	2.2 (1.9)	2.7 (2.0)	2.8 (2.1)	0.003
Eysenck lie scale ^d	3.0 (1.8)	2.9 (1.8)	2.6 (1.6)	0.2
	N (%)	N (%)	N (%)	p-value
Age stratum 50 (ref=38)	80 (49)	181 (57)	33 (52)	0.3
University education	122 (76)	203 (65)	37 (59)	0.01
Low family SES	20 (13)	43 (14)	11 (19)	0.5
Living with a partner	131 (81)	240 (76)	56 (88)	0.1
Sweets: never	29 (18)	61 (19)	20 (31)	0.2
Few sweets/day	120 (75)	230 (73)	39 (61)	
Several times/day	11 (7)	23 (7)	5 (8)	
LTPA: sedentary	12 (7)	28 (9)	6 (9)	0.9
Moderate	61 (38)	109 (35)	27 (42)	
Regular training	75 (46)	149 (47)	26 (41)	
Competitive sports	14 (9)	29 (9)	5 (8)	
Current tobacco use	24 (15)	59 (19)	15 (23)	0.3

^a Kruskal-Wallis and chi-square tests for scale and categorical variables, respectively

^b on a scale from 0 – 100

^c seven categories, higher is better

^d nine categories, higher values indicate a higher propensity to give socially desirable answers

Table S3: Cross-sectional associations between TFEQ scores and anthropometric measures ^a

	Log BMI	Log WC	Log WHR	Log WHtR	Log skinfolds ^d
N	530	531	530	531	522
R _{adj} ²	0.28	0.23	0.08	0.24	0.21
EE (SD)	2.7** (0.9, 4.5)	2.2** (0.8, 3.6)	1.0* (0.0, 1.9)	1.8* (0.4, 3.2)	3.1 (-0.7, 6.9)
UE (SD)	-0.7 (-2.3, 1.0)	-0.6 (-1.9, 0.7)	-0.6 (-1.5, 0.3)	-0.9 (-2.2, 0.5)	-0.3 (-3.7, 3.3)
CR (SD)	1.8* (0.3, 3.4)	1.2* (0.1, 2.4)	0.8* (0.0, 1.6)	1.7** (0.5, 2.9)	4.1* (0.9, 7.5)
Age stratum 50 (ref=38)	3.4* (0.6, 6.2)	3.3** (1.2, 5.5)	1.8* (0.3, 3.3)	3.6** (1.4, 65.9)	7.3* (1.3, 13.6)
University education	-2.8 (-5.5, 0.0)	-1.8 (-3.9, 0.4)	-0.6 (-2.1, 1.0)	-2.2 (-4.3, 0.1)	-6.1* (-11.6, -0.4)
Living with a partner	-4.8** (-7.7, -1.7)	-2.7* (-5.0, -0.3)	-0.8 (-2.5, 0.8)	-2.7* (-5.1, -0.2)	-7.2* (-13.1, -0.9)
Wellbeing ^b	-0.2 (-1.2, 0.9)	-0.3 (-1.1, 0.5)	-0.4 (-0.9, 0.2)	-0.6 (-1.4, 0.2)	-1.3 (-3.4, 0.9)
Dieting (ref=never)					
Former only	8.9*** (5.7, 12.2)	5.3*** (2.8, 7.8)	1.5 (-0.2, 3.1)	5.6*** (3.1, 8.2)	9.3** (2.5, 16.4)
Current	17.4*** (11.7, 23.4)	8.9*** (4.7, 13.2)	0.3 (-2.3, 3.0)	9.2*** (5.0, 13.6)	22.1*** (9.9, 35.6)
Sweets (ref=never)					
Few sweets/day	2.8 (-0.5, 6.2)	2.0 (-0.5, 4.6)	-0.1 (-1.8, 1.7)	1.5 (-1.0, 4.2)	4.9 (-2.1, 12.4)
Several times/day	7.2* (1.1, 13.7)	3.9 (-0.7, 8.8)	0.5 (-2.6, 3.7)	4.6 (-0.2, 9.6)	10.3 (-2.5, 24.8)
Coffee (cups/day)	-0.5 (-1.2, 0.2)	-0.2 (-0.7, 0.3)	0.0 (-0.3, 0.4)	-0.4 (-0.9, 0.1)	-2.4*** (-3.7, -1.0)
Current tobacco use	-0.4 (-3.8, 3.1)	0.1 (-2.7, 2.6)	1.0 (-0.8, 2.9)	0.3 (-2.4, 3.1)	-6.7 (-13.3, 0.3)
Ethanol intake (g/day)	-0.1 (-0.4, 0.1)	-0.1 (-0.3, 0.1)	-0.0 (-0.2, 0.1)	-0.2 (-0.4, 0.1)	-0.5 (-1.1, 0.1)
LTPA: (ref=sedentary)					
Moderate	-3.0 (-7.6, 1.8)	-1.2 (-4.9, 2.6)	-0.3 (-2.8, 2.3)	-2.2 (-5.9, 1.6)	2.2 (-7.8, 13.2)
Regular training	-7.2** (-11.7, -2.6)	-5.6** (-9.1, -1.9)	-3.1* (-5.6, -0.5)	-6.6*** (-10.2, -2.9)	-10.9* (-19.7, -1.1)
Competitive sports	-14.8*** (-20.1, -9.3)	-11.2*** (-15.4, -6.7)	-4.0* (-7.2, -0.7)	-11.8*** (-16.1, -7.3)	-25.3*** (-34.7, -14.4)
Eysenck lie scale ^c	0.3 (-0.5, 1.0)	0.0 (-0.5, 0.6)	0.0 (-0.4, 0.4)	0.3 (-0.3, 0.9)	0.5 (-1.1, 2.1)

* p <.05, ** p <.01, *** p<.001

^a linear regression of logarithmized values for anthropometry on the three TFEQ scores and potential confounders. Results are given in terms of the relative change in % per SD of TFEQ-score, i.e. $(\exp(\beta) - 1) \times 100\%$.^b seven categories, higher is better^c nine categories, higher values indicate a higher propensity to give socially desirable answers^d sum of skinfolds (biceps, triceps, and subscapular skinfold)

Table S4: Association between TFEQ and BMI stratified by age group, by dieting behavior, and by smoking status ^a

	Age		Dieting behavior		Current smoking	
	38 years	50 years	never	former or current	no	yes
EE (SD)	4.4*** (2.0, 7.0)	0.9 (-1.5, 3.4)	5.9** (2.0, 9.9)	2.5** (0.5, 4.5)	2.7** (0.7, 4.6)	3.1 (-1.1, 7.5)
UE (SD)	-2.6* (-4.9, -0.3)	1.2 (-1.1, 3.6)	-2.3 (-5.6, 1.2)	-0.6 (-2.5, 1.3)	-0.4 (-2.2, 1.4)	-1.8 (-5.8, 2.4)
CR (SD)	1.9 (-0.2, 4.1)	1.6 (-0.3, 3.5)	3.7** (1.0, 6.5)	2.1* (0.4, 3.9)	2.3** (0.7, 3.9)	-0.4 (-3.5, 2.8)

* p <.05, ** p <.01, *** p<.001

^a percentage change with 95% CI from linear regression of log BMI on TFEQ scores adjusted for age, education, living with a partner, dieting, consumption of sweets, consumption of coffee, ethanol intake, current tobacco use, and the Eysenck lie scale.

Table S5: Associations of EE and CR with dichotomized adiposity markers (results shown in Figure 1)^{ab}.

	Overweight (n = 199/534)	Obesity (n = 73/538)	WC > 88 cm (n = 133/536)	WHR ≥ 0.85 (n = 143/538)	WHtR ≥ 0.5 (n = 220/539)	Skinfolds > 64 mm ^c (n = 106/526)
EE (SD)	1.37** (1.11, 1.68)	1.62*** (1.26, 2.10)	1.57*** (1.26, 1.95)	1.30* (1.06, 1.59)	1.25* (1.02, 1.53)	1.21 (0.97, 1.51)
CR (SD)	1.16 (0.92, 1.46)	0.98 (0.71, 1.34)	1.18 (0.91, 1.52)	1.29* (1.02, 1.63)	1.19 (0.95, 1.49)	1.17 (0.90, 1.52)
Age stratum 50 (ref=38)	1.73* (1.14, 2.64)	-	-	1.62* (1.07, 2.45)	-	-
University education	0.54** (0.36, 0.83)	-	0.52** (0.33, 0.81)	-	-	0.59* (0.38, 0.94)
Living with a partner	-	0.49* (0.27, 0.89)	0.46** (0.28, 0.76)	-	0.54* (0.34, 0.86)	-
LTPA (ref = sedentary)						
Moderate	0.91 (0.44, 1.89)	0.75 (0.33, 1.71)	0.64 (0.31, 1.31)	0.80 (0.40, 1.63)	0.44* (0.21, 0.91)	0.85 (0.41, 1.76)
Regular training	0.39* (0.19, 0.81)	0.30** (0.13, 0.72)	0.31** (0.15, 0.66)	0.52 (0.26, 1.07)	0.22*** (0.10, 0.45)	0.38* (0.18, 0.81)
Competitive sports	0.07*** (0.02, 0.25)	0.07* (0.01, 0.55)	0.03*** (0.003, 0.02)	0.21** (0.07, 0.66)	0.04*** (0.01, 0.13)	0.22* (0.06, 0.75)
Dieting (ref=never)						
Former only	2.60*** (1.55, 4.36)	4.81** (1.81, 12.8)	2.11* (1.16, 3.85)	2.00* (1.17, 3.41)	2.29*** (1.42, 3.69)	1.58 (0.87, 2.86)
Current	10.4*** (4.55, 23.9)	8.75*** (2.66, 28.8)	3.84** (1.66, 8.90)	1.62 (0.74, 3.55)	6.95*** (3.21, 15.1)	2.59* (1.12, 5.97)
Current tobacco use	-	-	-	1.67* (1.01, 2.75)	-	-
AUROC	0.78	0.79	0.78	0.69	0.76	0.70

* p <.05, ** p <.01, *** p<.001

^a logistic regression with stepwise forward variable selection from covariates listed in Table 2, forcing the TFEQ variables EE and CR into the regression model (odds ratio with 95% CI)

^b Uncontrolled eating was not associated with any outcome and was not included in the logistic regression models in order to restrict the number of predictors in relation to the number of events.

^c highest quintile vs. lower values of the sum of skinfolds (biceps, triceps, and subscapular skinfold)