PREVALENCE OF DIETING AND FEAR OF WEIGHT GAIN ACROSS AGES: A COMMUNITY SAMPLE FROM ADOLESCENTS TO THE ELDERLY.

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Online resource 1. Regression (ordinal) of dieting and fear of weight gain on demographic and lifestyle variables after applying multiple imputation (Netherlands, 2005-2013)

	Initial regression (N=23,702)				Validation regression (N=7,934)			
	β	SE	99% CI	R^2	β	SE	99% CI	R^2
Dieting								
Sex	0.26*	0.02	0.22;0.31	0.46	0.28*	0.01	0.25;0.32	0.47
Age	0.08*	0.01	0.05;0.12		0.10*	0.02	0.06;0.14	
Sex*Age	0.02	0.02	-0.03;0.06		-	-	-	
BMI	0.38*	0.01	0.37;0.40		0.37*	0.01	0.35;0.40	
Weekly METs score	0.03*	0.01	0.01;0.05		0.06*	0.01	0.02;0.09	
Educational attainment	0.01	0.01	-0.01;0.03		-	-	-	
Degree of urbanization	0.01	0.01	-0.01;0.03		-	-	-	
Fear of weight gain (at least slightly)	0.28*	0.01	0.27;0.30		0.29*	0.01	0.26;0.32	
Fear of weight gain								

	Initial regression (N=23,702)				Validation regression (N=7,934)			
	β	SE	99% CI	R^2	β	SE	99% CI	R^2
Sex	0.48*	0.01	0.45;0.52	0.32	0.48*	0.02	0.42;0.53	0.33
Age	-0.09*	0.01	-0.12;-0.06		-0.10*	0.02	-0.15;-0.05	
Sex*Age	-0.25*	0.02	-0.29;-0.21		-0.22*	0.03	-0.29;-0.15	
BMI	0.23*	0.01	0.21;0.25		0.26*	0.01	0.23;0.30	
Weekly METs score	0.03*	0.01	0.01;0.04		0.01	0.01	-0.02;0.04	
Educational attainment	0.07*	0.01	0.05;0.09		0.07*	0.01	0.04;0.11	
Degree of urbanization	0.01	0.01	-0.01;0.02		-	-	-	
Dieting (at least a couple of times)	0.32*	0.01	0.30;0.33		0.31*	0.01	0.28;0.34	

β (beta)=standardized regression coefficients; SE=standard errors beta; MET=metabolic equivalent of task. Sex: male=0, female=1. Educational attainment: low-middle=0,high=1. Degree of urbanization: low-moderate=0, high-very high=1. Cohort (Young Netherlands Twin Register=0, Adult Netherlands Twin Register=1) was entered into the regression analyses to correct for differences in assessments of exercise behavior and educational attainment.

*Betas were significant at α=0.01.

Online resource 2. Results of logistic regression of dieting (cumulative binary variables)

	Initial regression (N=14,434)				Validation regression (N=4,860)			
	β	SE	99% CI	R^2	β	SE	99% CI	R^2
Diet1="at least dieting a couple of times"								
Sex	0.25*	0.02	0.19;0.30	0.51	0.27*	0.02	0.23;0.31	0.50
Age	0.01	0.02	-0.05;0.05		-	-	-	
Sex*Age	0.05	0.02	-0.01;0.11		-	-	-	
BMI	0.46*	0.01	0.44;0.49		0.45*	0.02	0.41;0.50	
Weekly METs score	0.05*	0.01	0.02;0.08		0.04	0.02	0.01;0.08	
Educational attainment	0.05	0.01	0.004;0.05		-	-	-	
Degree of urbanization	0.01	0.01	-0.01;0.03		-	-	-	
Fear of weight gain	0.25*	0.01	0.23;0.27		0.25*	0.02	0.21;0.29	
Diet2="at least dieting several times"								
Sex	0.31*	0.04	0.22;0.40	0.48	0.29*	0.02	0.23;0.35	0.48
Age	0.07	0.03	-0.001;0.14		-	-	-	
Sex*Age	-0.02	0.03	-0.11;0.07		-	-	-	
BMI	0.40*	0.01	0.37;0.43		0.39*	0.02	0.34;0.43	
Weekly METs score	0.05*	0.01	0.01;0.08		0.01	0.03	-0.07;0.09	
Educational attainment	0.01	0.01	-0.03;0.04		-	-	-	
Degree of urbanization	0.01	0.01	-0.03;0.04		-	-	-	
Fear of weight gain	0.31*	0.01	0.27;0.34		0.30*	0.02	0.24;0.36	
Diet3="at least dieting often"								
Sex	0.26*	0.05	0.12;0.40	0.37	0.26*	0.04	0.17;0.35	0.38
Age	0.02	0.04	-0.09;0.14		-	-	-	
Sex*Age	0.04	0.05	-0.09;0.17		-	-	-	
BMI	0.32*	0.02	0.28;0.36		0.27*	0.02	0.21;0.33	

	Initial regression (N=14,434)				Validation regression (N=4,860)			
	β	SE	99% CI	R^2	β	SE	99% CI	R^2
Weekly METs score	0.04	0.02	-0.01;0.08		0.05	0.04	-0.06;0.16	
Educational attainment	-0.02	0.02	-0.07;0.03		-	-	-	
Degree of urbanization	0.01	0.02	-0.04;0.05		-	-	-	
Fear of weight gain	0.29*	0.02	0.23;0.35		0.33*	0.04	0.24;0.42	
Diet4="at least dieting always"								
Sex	0.19	0.10	-0.06;0.43	0.20	0.10	0.05	-0.04;0.24	0.18
Age	0.11	0.08	-0.08;0.30		-	-	-	
Sex*Age	-0.04	0.09	-0.26;0.18		-	-	-	
BMI	0.22*	0.02	0.15;0.28		0.13	0.04	0.01;0.24	
Weekly METs score	0.04	0.03	-0.04;0.11		0.05	0.07	-0.13;0.23	
Educational attainment	-0.05	0.03	-0.13;0.04		-	-	-	
Degree of urbanization	-0.03	0.03	-0.11;0.05		-	-	-	
Fear of weight gain	0.23*	0.04	0.13;0.33		0.23*	0.06	0.08;0.37	

β (beta)=standardized regression coefficients; SE=standard errors beta; 95% CI=95% confidence interval of beta; MET=metabolic equivalent of task. Sex: male=0, female=1. Educational attainment: low-middle=0,high=1. Degree of urbanization: low-moderate=0, high-very high=1. Fear of weight gain: no=0, at least slightly=1. Cohort (Young Netherlands Twin Register=0, Adult Netherlands Twin Register=1) was entered into the regression analyses to correct for differences in assessments of exercise behavior and educational attainment.

*Betas were significant at α=0.0016.

Online resource 3. Results of logistic regression of fear of weight gain (cumulative binary variables)

	Initial regression (N=14,434)				Validation regression (N=4,860)			
	β	SE	99% CI	R^2	β	SE	99% CI	R^2
Fear1="at least slightly afraid"								
Sex	0.49*	0.02	0.44;0.54	0.33	0.51*	0.03	0.42;0.60	0.34
Age	-0.11*	0.02	-0.16;-0.06		-0.02	0.03	-0.11;0.07	
Sex*Age	-0.23*	0.02	-0.28;-0.17		-0.26*	0.04	-0.36;-0.16	
BMI	0.31*	0.01	0.28;0.34		0.31*	0.02	0.28;0.35	
Weekly METs score	0.02	0.01	-0.004;0.05		-0.02	0.02	-0.06;0.03	
Educational attainment	0.09*	0.01	0.06;0.11		0.10*	0.02	0.05;0.14	
Degree of urbanization	0.002	0.01	-0.02;0.03		-	-	-	
Dieting	0.27*	0.01	0.24;0.30		0.28*	0.02	0.24;0.33	
Fear2="at least somewhat afraid"								
Sex	0.44*	0.03	0.37;0.51	0.31	0.41*	0.05	0.29;0.53	0.27
Age	-0.09*	0.03	-0.16;-0.02		-0.03	0.05	-0.15;0.09	
Sex*Age	-0.20*	0.03	-0.28;-0.13		-0.22*	0.05	-0.36;-0.09	
BMI	0.20*	0.01	0.16;0.23		0.23*	0.05	0.18;0.28	
Weekly METs score	0.05*	0.01	0.02;0.08		0.05	0.02	-0.003;0.11	
Educational attainment	0.03	0.01	0.003;0.06		0.04	0.02	-0.01;0.09	
Degree of urbanization	0.02	0.01	-0.02;0.05		-	-	-	
Dieting	0.34*	0.01	0.31;0.37		0.32*	0.02	0.27;0.37	
Fear3="at least very afraid"								
Sex	0.37*	0.05	0.25;0.49	0.32	0.34*	0.07	0.16;0.52	0.25
Age	-0.19*	0.05	-0.33;-0.05		-0.25*	0.08	-0.44;-0.05	
Sex*Age	-0.10	0.06	-0.25;0.06		-0.19	0.09	-0.42;-0.05	
BMI	0.11*	0.02	0.07;0.16		0.15*	0.03	0.07;0.23	

	Initial regression (N=14,434)				Validation regression (N=4,860)			
	β	SE	99% CI	R^2	β	SE	99% CI	R^2
Weekly METs score	0.05	0.02	0.01;0.09		0.06	0.03	-0.01;0.14	
Educational attainment	0.02	0.02	-0.03;0.06		-0.01	0.03	-0.09;0.07	
Degree of urbanization	0.03	0.02	-0.01;0.08		-	-	-	
Dieting	0.36*	0.02	0.32;0.41		0.31*	0.03	0.24;0.39	
Fear4="at least extremely afraid"								
Sex	0.23	0.10	-0.03;0.49	0.32	0.21	0.14	-0.15;0.57	0.29
Age	-0.31	0.13	-0.64;0.02		-0.18	0.16	-0.60;0.24	
Sex*Age	0.06	0.16	-0.36;0.48		-0.22	0.20	-0.73;0.30	
BMI	0.01	0.03	-0.06;0.09		-0.08	0.06	-0.24;0.07	
Weekly METs score	0.02	0.02	-0.04;0.07		0.07	0.05	-0.05;0.19	
Educational attainment	-0.06	0.03	-0.15;0.03		-0.18	0.07	-0.35;-0.004	
Degree of urbanization	0.07	0.03	-0.01;0.15		-	-	-	
Dieting	0.33*	0.03	0.24;0.41		0.46*	0.06	0.31;0.62	

β (beta)=standardized regression coefficients; SE=standard errors beta; 95% CI=95% confidence interval of beta; MET=metabolic equivalent of task. Sex: male=0, female=1. Educational attainment: low-middle=0,high=1. Degree of urbanization: low-moderate=0, high-very high=1. Dieting: never=0, at least a couple of times=1. Cohort (Young Netherlands Twin Register=0, Adult Netherlands Twin Register=1) was entered into the regression analyses to correct for differences in assessments of exercise behavior and educational attainment.

*Betas were significant at α=0.0016.