

Supplementary Material 1

Factor loadings, communalities, and discrimination and location parameters of all items from the Disordered Eating Attitude Scale (DEAS) evaluated by Item Response Theory.

Item	Factor loading	Communality	A	b2	b3	b4	b5
2 Do you feel pleasure when you eat?	0.40	0.16	0.74	4.21			
3 Does eating ever feel unnatural to you?	0.76	0.58	2.00	2.46			
4 Have you ever spent one or more days without eating or having only liquids because you believed you could lose weight?	0.63	0.40	1.40	1.75			
5 Do you count the calories of everything you eat?	0.65	0.42	1.44	1.99			
6 Do you enjoy the feeling of an empty stomach?	0.61	0.37	1.30	2.10			
7 Do you "skip" meals to avoid putting on weight?	0.68	0.47	1.59	1.02			
8 Does eating make you feel "dirty"?	0.82	0.67	2.42	1.95			
9 Do you have good memories related to food?	0.39	0.15	0.72	2.57			
10 Would you like to not need to eat?	0.67	0.45	1.54	1.25			
11 Do you believe that it is normal to eat sometimes just because you are sad, upset or bored?	0.04	0.00	0.06	- 10.62			
12 When you eat more than usual, what is your behavior afterwards?	0.69	0.47	1.62	0.50	1.86		
13 I feel guilty when I eat something that I thought I should not eat for some reason.	0.79	0.63	2.21	-0.50	0.70	1.04	1.45
14 I quit eating a kind of food if I find out it has more calories than I thought.	0.64	0.40	1.40	0.33	1.69	2.11	2.74
15 I worry all the time about what I am going to eat, how much to eat, how to prepare food and whether I should eat or not?	0.59	0.35	1.26	-0.38	1.02	1.61	2.17
16 I worry about how much a certain kind of food or meal will make me gain weight.	0.75	0.56	1.93	-0.48	0.55	1.13	1.51
17 I am angry when I feel hungry.	0.69	0.47	1.61	0.60	1.28	1.65	1.92
18 It is hard to choose what to eat, because I always think I should eat less or choose the option with fewer calories	0.82	0.67	2.41	0.06	0.89	1.29	1.66
19 When I desire a specific kind of food, I know I won't stop eating until I have finished with it?	0.50	0.25	0.99	-0.65	0.66	1.28	1.94
20 I would like to have my appetite and eating behavior under total control?	0.74	0.55	1.88	-1.10	-0.23	0.15	0.43
21 I try eating less in front of others in order to overeat when I am alone.	0.64	0.41	1.42	1.37	2.32	2.60	3.10
22 I am afraid to start eating and not be able to stop.	0.77	0.60	2.07	0.64	1.35	1.66	2.01
23 I dream of a <i>pill</i> that would replace food.	0.74	0.54	1.86	0.93	1.43	1.62	1.80
24 I get nervous and/or lose my self-control at parties and buffets, due to a great amount of foods available.	0.68	0.46	1.58	1.11	2.01	2.38	2.82
25 My relationship with food messes up my life as a whole.	0.83	0.69	2.57	0.98	1.51	1.73	2.01

Disordered Eating Attitude Scale – DEAS-s and codification system

1) Does eating ever feel unnatural to you?

Yes. 5 No. 1

2) Have you ever spent one or more days without eating or having only liquids because you believed you could lose weight?

Yes. 5 No. 1

3) Do you count the calories of everything you eat?

Yes. 5 No. 1

4) Do you “skip” meals to avoid putting on weight?

Yes. 5 No. 1

5) Does eating make you feel “dirty”?

Yes. 5 No. 1

6) Would you like to not need to eat?

Yes. 5 No. 1

7) When you eat more than usual, what is your behavior afterwards?

Restart eating as usual. 1

Assume you have lost control and keep eating even more. 3

Decide to go on a diet to compensate. 3

Use some kind of compensation, such as physical activity, vomiting, laxatives and diuretics. 5

8) I feel guilty when I eat something that I thought I should not eat for some reason.

Always 4 Frequently 3 Sometimes 2 Never 1

9) I quit eating a kind of food if I find out it has more calories than I thought.

Always 4 Frequently 3 Sometimes 2 Never 1

10) I worry about how much a certain kind of food or meal will make me gain weight.

Always 4 Frequently 3 Sometimes 2 Never 1

11) I am angry when I feel hungry.

Frequently 5 Rarely 1

12) It is hard to choose what to eat, because I always think I should eat less or choose the option with fewer calories.

Always 4 Frequently 3 Sometimes 2 Never 1

13) I try eating less in front of others in order to overeat when I am alone.

Frequently 5 Rarely 1

14) I am afraid to start eating and not be able to stop.

Always 4 Frequently 3 Sometimes 2 Never 1

15) I dream of a *pill* that would replace food.

Frequently 5 Rarely 1

16) I get nervous and/or lose my self-control at parties and buffets, due to a great amount of foods available.

Frequently 5 Rarely 1

17) My relationship with food messes up my life as a whole.

Frequently 5 Rarely 1