Supplementary material for: Strahler (nutrients-1013039) ***The Dark Side of Healthy Eating: Links between Orthorexic Eating and Mental Health***

Table S1. Multiple regression analyses predicting wellbeing, life satisfaction and stress by healthy orthorexia (TOS-HeOr) and orthorexia nervosa (TOS-OrNe).

	WHO-5			**L1**			**PSS-10**		
	b	**SE b**	**β**	**b**	**SE b**	**β**	**b**	**SE b**	**β**
Block 1									
constant	60.52	1.31		7.31	0.12		14.23	0.45	
gender#	-4.77	1.53	-0.11**	-0.21	0.14	-0.06	3.00	0.53	0.20***
Block 2									
constant	60.62	1.23		7.31	0.11		14.31	0.42	
gender	-4.90	1.43	-0.11**	-0.20	0.13	-0.05	2.88	0.49	0.19***
TOS-HeOr	1.43	0.15	0.38***	0.09	0.01	0.26***	-0.37	0.05	-0.28***
TOS-OrNe	-1.59	0.18	-0.34***	-0.14	0.02	-0.33***	0.68	0.06	0.41***
Block 3									
constant	59.81	1.26		7.22	0.12		14.60	0.43	
gender	-4.88	1.43	-0.11**	-0.19	0.13	-0.05	2.88	0.49	0.19***
TOS-HeOr	1.46	0.15	0.38***	0.09	0.01	0.27***	-0.38	0.05	-0.28***
TOS-OrNe	-1.88	0.21	-0.40***	-0.17	0.02	-0.41***	0.78	0.07	0.47***
Interaction	0.08	0.03	0.11**	0.01	<0.01	0.13**	-0.03	0.01	-0.11**

#0=male, 1=female; WHO-5, Well-being Index; L1, Life satisfaction Scale; PSS-10, Perceived Stress Scale. WHO-5 model: R^2 =.012 for Block 1, ΔR^2=.131 for Block 2, ΔR^2=.008 for Block 3 (p_{block1}=0.002, p_{block2}<0.001, p_{block3}=0.009). L1 model: R^2 =.003 for Block 1, ΔR^2=.093 for Block 2, ΔR^2=.012 for Block 3 (p_{block1}=0.127, p_{block2}<0.001, p_{block3}=0.002). PSS-10 model: R^2 =.040 for Block 1, ΔR^2=.134 for Block 2, ΔR^2=.008 for Block 3 (p_{block1}<0.001, p_{block2}<0.001, p_{block3}=0.006). *p<0.05, **p<0.01, ***p<0.001.

Table S2. Multiple regression analyses predicting anxiety, depression and stress by healthy orthorexia (TOS-HeOr) and orthorexia nervosa (TOS-OrNe).

	HADS-A			HADS-D			DASS21-D			DASS21-A			DASS21-S		
	b	**SE b**	**β**	**b**	**SE b**	**β**	**b**	**SE b**	**β**	**b**	**SE b**	**β**	**b**	**SE b**	**β**
Block 1															
constant	6.67	0.43		5.23	0.42		2.55	0.32		1.27	0.22		3.31	0.35	
gender#	0.60	0.48	0.06	-0.91	0.47	-0.10	0.78	0.40	0.10	0.74	0.27	0.14**	1.74	0.43	0.20***
Block 2															
constant	6.74	0.39		5.17	0.39		2.64	0.30		1.33	0.21		3.42	0.32	
gender	0.44	0.44	0.05	-0.92	0.43	-0.10*	0.72	0.36	0.09*	0.68	0.26	0.12**	1.64	0.40	0.19***
TOS-HeOr	-0.18	0.04	-0.23***	-0.26	0.04	-0.35***	-0.18	0.04	-0.25***	-0.08	0.03	-0.15**	-0.15	0.04	-0.18**
TOS-OrNe	0.44	0.05	0.50***	0.35	0.05	0.41***	0.45	0.05	0.45***	0.26	0.04	0.38***	0.47	0.06	0.43***
Block 3															
constant	6.82	0.40		5.47	0.39		2.82	0.31		1.41	0.22		3.56	0.34	
gender	0.44	0.44	0.05	-0.94	0.43	-0.10*	0.71	0.36	0.09	0.68	0.26	0.12**	1.64	0.40	0.19***
TOS-HeOr	-0.18	0.04	-0.24***	-0.26	0.04	-0.35***	-0.19	0.04	-0.26***	-0.08	0.03	-0.16**	-0.15	0.04	-0.19***
TOS-OrNe	0.47	0.05	0.53***	0.44	0.05	0.52***	0.52	0.06	0.53***	0.30	0.04	0.43***	0.53	0.07	0.49***
Interaction	-0.01	0.01	-0.05	-0.03	0.01	-0.20***	-0.02	0.01	-0.12*	-0.01	0.01	-0.08	-0.02	0.01	-0.09

#0=male, 1=female; HADS, Hospital Anxiety (A) and Depression (D) Scale; DASS21, Depression (D), Anxiety (A) and Stress (S) Scale. HADS-A model: R^2 =.004 for Block 1, ΔR^2=.185 for Block 2, ΔR^2=.002 for Block 3 (p_{block1}=0.218, p_{block2}<0.001, p_{block3}=0.358). HADS-D model: R^2 =.010 for Block 1, ΔR^2=.143 for Block 2, ΔR^2=.027 for Block 3 (p_{block1}=0.051, p_{block2}<0.001, p_{block3}<0.001). DASS21-D model: R^2 =.010 for Step1, ΔR^2=.161 for Step 2, ΔR^2=.009 for Step 3 (p_{block1}=0.049, p_{block2}<0.001, p_{block3}=0.037). DASS21-A model: R^2 =.018 for Block 1, ΔR^2=.115 for Block 2, ΔR^2=.004 for Block 3 (p_{block1}=0.007, p_{block2}<0.001, p_{block3}=0.192). DASS21-S model: R^2 =.040 for Block 1, ΔR^2=.146 for Block 2, ΔR^2=.005 for Block 3 (p_{block1}<0.001, p_{block2}<0.001, p_{block3}=0.124). *p<0.05, **p<0.01, ***p<0.001.