

Table S2. Descriptive baseline data for continuous variables

Variable data (n=137)	Mean $\pm$ SD	Median [p25;p75]	Minimum	Maximum
Body mass index z-score	0.4 $\pm$ 0.4		-2.227	3.539
Perceived stress scale (0-40)	14.2 $\pm$ 2.0		2.0	30.0
Depressive symptoms (0-56)	9.0 $\pm$ 6.2		0.0	27.0
Hair cortisol (pg/mg)		2.6 [1.9; 3.7]	1.570	51.135
Age	14.2 $\pm$ 2.0		6	18
Trait emotional eating (13-65)	27.7 $\pm$ 11.8		13.0	65.0
Stress report (1-100)		10 [1; 20]	1	72
Negative emotions report (3-300)		3 [3; 15]	3	139
Happy report (1-100)	66.1 $\pm$ 23.7		1	100
HRV RMSSD (ms)		51 [39; 76]	14.2	263.3
HRV stress index	8.3 $\pm$ 3.1		2.8	21.6
Salivary cortisol (pg/ml)		311 [115; 693]	8.2	3523.2
Salivary alpha-amylase (nmol/min/ml)	43903 $\pm$ 19562		7736.6	124915.7
Hunger (1-100)	16.4 $\pm$ 20.2		1	90
Liking (12-1200)	743.9 $\pm$ 162.3		227	1081
Wanting (12-1200)	410.0 $\pm$ 235.8		12	885

HRV: heart rate variability; RMSSD: Root Mean Square of the Successive Differences