## **Appendix 1: Muscularity-Oriented Eating Test**

Neve	true Rarely true	Sometimes true	Usually true			Alv	Always true	
0	1	2	3			4		
1.	I have recorded the macro-nutritional values of everything that I ate.			0	1	2	3	4
2.	I have used meal replacement supplements when I felt full.				1	2	3	4
3.	What I ate has influenced how I think about myself as a person.				1	2	3	4
4.	There are definite foods I have avoided eating due to worry about how they might affect my shape or weight.				1	2	3	4
5.	I have felt less anxious about eating out if I knew the macro-nutritional content of the food at the restaurant.				1	2	3	4
6.	I have taken my own food out with me to social events in case the food on offer is inconsistent with my diet plan.				1	2	3	4
7.	I cannot achieve my body ideal unless I exert complete control over everything I eat.				1	2	3	4
8.	I have pre-cooked several meals in advance to ensure that I do not deviate from my diet plan.				1	2	3	4
9.	I have continued eating despite feeling full, in attempting to influence my muscularity.				1	2	3	4
10.	I have felt anxious when I run out of protein-based supplements.			0	1	2	3	4
11.	I have been deliberately trying to limit the overall volume of some foods, so that my muscles look more defined.			0	1	2	3	4
12.	If I broke any of my food rules, I attempted to make up for it at my next meal.			0	1	2	3	4
13.	I have felt anxious about others knowing the rules I have around what I eat.		0	1	2	3	4	
14.	Other people do not seem to understand how important my food choices are to me.			0	1	2	3	4
15.	Ensuring proper adherence to my dietary ideals	is more important to me than adher	ing to a work schedule.	0	1	2	3	4