

Appendix 1: Muscularity-Oriented Eating Test

	Never true	Rarely true	Sometimes true	Usually true	Always true
	0	1	2	3	4
1.				0	1 2 3 4
2.				0	1 2 3 4
3.				0	1 2 3 4
4.				0	1 2 3 4
5.				0	1 2 3 4
6.				0	1 2 3 4
7.				0	1 2 3 4
8.				0	1 2 3 4
9.				0	1 2 3 4
10.				0	1 2 3 4
11.				0	1 2 3 4
12.				0	1 2 3 4
13.				0	1 2 3 4
14.				0	1 2 3 4
15.				0	1 2 3 4