# Characterisation of vitamin and mineral supplement users differentiated according to their motives for using supplements: results of the German National Nutrition Monitoring (NEMONIT)

**Supplemental Table 1** Factor loadings of motives for supplement use in principal component factor analysis with varimax rotation (*n* 626); the German National Nutrition Monitoring (NEMONIT), survey year 2010/11†,‡

|  |  |  |
| --- | --- | --- |
| Motive | Factor 1 | Factor 2 |
| Enhancement of physical or mental performance | 0·85 |  |
| Achievement or improvement of general wellbeing | 0·79 |  |
| Disease prevention | 0·77 |  |
| Compensation for inadequate dietary intake | 0·63 |  |
| *Variance explained (%)* | *36·6* |  |
| Support of disease treatment |  | 0·69 |
| Treatment of nutrient deficiencies |  | 0·66 |
| Prevention of nutrient deficiencies  |  | -0·71 |
| *Variance explained (%)* |  | *21·3* |

†The number of factors was determined by parallel analysis(1) and factor loadings with absolute values greater than 0·50 for only one factor were retained.

‡The motives ‘good appearance’, ‘prevention of allergies’ and ‘support of skin tanning’ could not be included in the factor analysis as the prevalence rates were too small to calculate the tetrachoric regression coefficients. The participants who only reported these motives (*n* 12) were excluded from the analysis.

**Supplemental Table 2** Cluster centres (mean standardised factor scores) by cluster using a three-cluster solution of k-means analysis; the German National Nutrition Monitoring (NEMONIT), survey year 2010/11

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Factor | Cluster 1 | Cluster 2 | Cluster 3 | *P* (ANOVA)† |
| Factor 1 | -0·50 | 1·42 | -0·55 | <0·001 |
| Factor 2 | -0·55 | -0·08 | 1·40 | <0·001 |
| *Cases per cluster (%)* | *324 (51·8)* | *166 (26·5)* | *136 (21·7)* |  |

†*P*-values from one-way analyses of variance of the differences between the three clusters.

**Reference**

1. Weng LJ (2005) Parallel analysis with unidimensional binary data. *Educ Psychol Meas* **65**, 697–716.