***Supplementary data:***

*Supplementary Table 1: Differences in mean scores from the Dutch Eating Behaviour Questionnaire (DEBQ) scales across sociodemographic characteristics for the total sample in the nationally representative sample of Irish teens aged 13-17 years, National Teens’ Food Survey (2005/2006).*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Restraint Scalea** | | | | **Emotional Scalea** | | | | | **External Scaleb** | | | | |
|  | n | Mean score | SD | *P*-value | | n | Mean score | SD | *P* -value | | n | Mean score | SD | *P* -value | |
| Total | 438 | 1.80 | 0.85 |  | | 437 | 1.84 | 0.80 |  | | 438 | 2.83 | 0.72 |  | |
| Sex |  |  |  |  | |  |  |  |  | |  |  |  |  | |
| Male | 223 | 1.56 | 0.66 | **<0.001\*** | | 223 | 1.55 | 0.58 | **<0.001\*** | | 223 | 2.76 | 0.71 | 0.03\* | |
| Female | 215 | 2.04 | 0.95 |  | | 214 | 2.15 | 0.88 |  | | 215 | 2.91 | 0.72 |  | |
| Age Group |  |  |  |  | |  |  |  |  | |  |  |  |  | |
| 13-14 | 187 | 1.69 | 0.75 | 0.05 | | 187 | 1.67 | 0.70 | **<0.001\*** | | 187 | 2.72 | 0.66 | 0.01\* | |
| 15-17 | 251 | 1.88 | 0.91 |  | | 250 | 1.97 | 0.85 |  | | 251 | 2.91 | 0.75 |  | |
| Location |  |  |  |  | |  |  |  |  | |  |  |  |  | |
| Open country | 136 | 1.85 | 0.86 | 0.21 | | 136 | 1.77 | 0.74 | 0.57 | | 136 | 2.77 | 0.73 | 0.63 | |
| Small town | 80 | 1.69 | 0.79 |  | | 80 | 1.92 | 0.87 |  | | 80 | 2.90 | 0.75 |  | |
| Large town | 62 | 1.88 | 0.84 |  | | 62 | 1.91 | 0.77 |  | | 62 | 2.86 | 0.72 |  | |
| City | 160 | 1.78 | 0.87 |  | | 159 | 1.84 | 0.83 |  | | 160 | 2.84 | 0.70 |  | |
| Parents’ Social Class |  |  |  |  | |  |  |  |  | |  |  |  |  | |
| Professional | 212 | 1.78 | 0.79 | 0.57 | | 212 | 1.86 | 0.77 | 0.82 | | 212 | 2.87 | 0.71 | 0.31 | |
| Non-manual | 79 | 1.82 | 0.98 |  | | 79 | 1.80 | 0.80 |  | | 79 | 2.88 | 0.77 |  | |
| Skilled manual | 85 | 1.75 | 0.82 |  | | 85 | 1.90 | 0.90 |  | | 85 | 2.79 | 0.69 |  | |
| Unskilled | 51 | 1.94 | 0.91 |  | | 51 | 1.80 | 0.81 |  | | 51 | 2.68 | 0.76 |  | |
| Teen BMI |  |  |  |  | |  |  |  |  | |  |  |  |  | |
| Normal weight | 357 | 1.71 | 0.79 | **<0.001\*** | | 356 | 1.82 | 0.79 | 0.30 | | 357 | 2.87 | 0.71 | 0.03\* | |
| Overweight/Obese | 80 | 2.15 | 0.99 |  | | 80 | 1.93 | 0.86 |  | | 80 | 2.67 | 0.74 |  | |

aNon-parametric analysis values reported, bParametric analysis values reported

\*Uncorrected significance level is *P*< 0.05, **Bonferroni corrected value is *P*<0.006.**

*Supplementary Table 2: Correlations between the Dutch Eating Behaviour Questionnaire (DEBQ) scales with demographic, BMI and dietary variable for teens, stratified by sex and age-group in the nationally representative sample of Irish teens aged 13-17 years, National Teens’ Food Survey (2005/2006).*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Restrainta | | Emotionala | | Externalb | |
| Boys | r | *P*-value | r | *P*-value | r | *P*-value |
| Sex | - | *-* | - | *-* | - | *-* |
| Age | 0.007 | 0.919 | 0.142 | 0.02\* | 0.156 | 0.02\* |
| BMI | 0.179 | 0.01\* | 0.04 | 0.82 | -0.131 | 0.05 |
| Energy | -0.212 | 0.001\*\* | 0.040 | 0.56 | 0.118 | 0.08 |
| Protein | 0.081 | 0.23 | -0.065 | 0.33 | -0.063 | 0.35 |
| Fat | -0.124 | 0.06 | -0.130 | 0.05 | -0.019 | 0.78 |
| CHO | 0.105 | 0.12 | 0.163 | 0.02\* | 0.035 | 0.60 |
| Girls | r | *P*-value | r | *P*-value | r | *P*-value |
| Sex | - | - | - | - | - | - |
| Age | 0.194 | 0.004\*\* | 0.205 | 0.003\*\* | 0.124 | 0.07 |
| BMI | 0.344 | <0.001\*\* | 00.159 | 0.02\* | -0.140 | 0.04\* |
| Energy | -0.316 | <0.001\*\* | 0.089 | 0.19 | 0.275 | <0.001\*\* |
| Protein | 0.001 | 0.99 | -0.061 | 0.38 | -0.013 | 0.85 |
| Fat | -0.134 | 0.05 | -0.048 | 0.49 | -0.024 | 0.73 |
| CHO | 0.064 | 0.35 | 0.043 | 0.53 | 0.002 | 0.97 |
| 13-14 years | r | *P*-value | r | *P*-value | r | *P*-value |
| Sex | 0.219 | 0.003\*\* | 0.338 | <0.001\*\* | 0.159 | 0.03\* |
| Age | -0.130 | 0.08 | -0.054 | 0.47 | 0.013 | 0.86 |
| BMI | 0.209 | 0.004\*\* | 0.103 | 0.16 | -0.114 | 0.12 |
| Energy | -0.284 | <0.001\*\* | -0.081 | 0.27 | 0.015 | 0.84 |
| Protein | -0.063 | 0.39 | -0.061 | 0.41 | -0.064 | 0.36 |
| Fat | -0.035 | 0.64 | -0.078 | 0.29 | 0.005 | 0.95 |
| CHO | 0.078 | 0.29 | 0.104 | 0.16 | 0.018 | 0.80 |
| 15-17 years | r | *P*-value | r | *P*-value | r | *P*-value |
| Sex | 0.335 | <0.001\*\* | 0.410 | <0.001\*\* | 0.075 | 0.24 |
| Age | 0.086 | 0.17 | 0.011 | 0.87 | 0.067 | 0.29 |
| BMI | 0.314 | <0.001\*\* | 0.060 | 0.34 | -0.167 | 0.01\* |
| Energy | -0.395 | <0.001\*\* | -0.198 | 0.002\*\* | 0.141 | 0.03\* |
| Protein | 0.016 | 0.80 | -0.150 | 0.02\* | -0.055 | 0.38 |
| Fat | -0.165 | 0.01\* | -0.072 | 0.26 | 0.024 | 0.70 |
| CHO | 0.121 | 0.06 | 0.134 | 0.03\* | -0.018 | 0.78 |

aSpearman correlation values bPearson correlation values

Sex: Reference male=0, female =1, BMI: Body Mass Index, CHO: Carbohydrate

Energy (kJ), Protein, Fat & CHO (% Total Energy)

\*Uncorrected significance level is *P*< 0.05, \*\***Bonferroni corrected value is *P*<0.006.**