

**Supplemental Fig. 1** Associations of continuous perceived stress score and continuous BMI among adults in China Health and Nutrition Survey 2015 (n 8,385). The plot was obtained through restricted cubic spline analyses adjusted for adults’ sociodemographic characteristics. Y-axis represents the adjusted coefficient for continuous BMI for any value of perceived stress score compared to perceived stress score of 0. X-axis represents adults’ perceived stress score (range: 0-52). Dashed lines refer to 95% confidence interval.