**Supplemental Table 1. Comparison between the binary format *versus* the dichotomized Likert scale**

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| --- | --- | --- | --- | --- | --- |
| **Binary format items** | **Dichotomous responses** |  | **Likert scale items** | **Dichotomized Likert scale format** | **p value / Reliability coefficient** |
| **Yes** | **No** |  | **Yes** | **No** |
| % | % |  |  | % | % |  |
| 1-a) I take my time to finish my meal (n=414) | 53.2 | 46.8 |  | 1-b) Do you take time to finish your meal? | 55.3 | 44.7 | 0.788\* |
| 2-a) I rush my meals to avoid exceeding the available time to eat (n=394) |  |  |  | 2-b) How fast do you eat your food? (participants who answered very fast or fast) |  |  |  |
| 50 | 50 |  | 58.7 | 41.3 | 0.757\* |
| 3-a) I eat slowly (n=413) | 42.6 | 57.5 |  | 2-b) How fast do you eat your food? (Participants who answered Slowly or very slowly) | 42.5 | 57.5 | 0.874\* |
| 5-a) I am distracted (I talk, watch TV or read, work so I do not realize how much I eat (n=413) |  |  |  |  |  |  |  |
| 29.8 | 70.2 |  | 3-b) Are you distracted when you eat, whether watching TV, working, reading, talking or solving problems? | 32.6 | 67.4 | 0.726\* |
| 6-a) I take advantage of mealtimes to accomplish work activities (n=413) | 26.1 | 73.9 |  |
| 7-a) I choose what I eat (n=410) | 78.7 | 21.3 |  | 4-b) Do you choose the type of food thinking about your health?5-b) Do you choose the quantity of food you eat?  | 66.0 | 34.0 | 0.782\* |
| 8-a) I eat all my food, without leaving anything on the plate (n=413) | 70.8 | 29.2 |  | 6-b) Do you eat all your food, without leaving anything on your plate? | 83.3 | 16.7 | 0.837\* |
| **MHQ-binary Score** | **Mean**: 5.13 (95% CI: 4.94 - 5.32) |  | **MHQ-Likert Score** | **Mean**: 5.12 (95% CI: 4.94- 5.32) | **p value**: 0.997 \*\* |
| **Global Reliability** 0.946 \*\*\* |

Differences in two paired proportions between the binary responses versus dichotomized Likert scale version were evaluated with the ***McNemar test***.\*

Difference between mean-score of two formats was measured with ***t-test*** for paired data. \*\*

To assess reliability coefficient the ***Kuder Richardson test*** was performed. \*\*\*

For this analysis, participants who answered ***“sometimes”*** in any item of the Likert-MHQ- were eliminated.