**Appendix**

**MHQ questionnaire form: factor loadings o**f **the mealtime habit items, comparing binary response at baseline and multiple-choice responses at follow-up assessment.**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MHQS by items with binary response**  (2004-2006 baseline assessment)  Factor loading of mealtime habit. | | |  | **MHQS by items with multiple choice responses** (2010-2012 assessment)  Factor loading of mealtime habits by polychoric factor analysis | | | | |
| **Mealtime Situations** | **Question:** When you eat, generally, what do you do? | **Dichotomous answer:** yes or no |  | **Question** | **Multiple choice response** | | | |
| **Never** | **Almost never** | **Almost always** | **Always** |
| **Availability of time to eat** | I take my time to finish my meal | 0.72 |  | Do you take the  time to finish  your meal? | -0.72 | -0.42 | -0.10 | 0.35 |
| I rush my meals to avoid exceeding the available time to eat | -0.71 |  | Did you skip any meal a day? | 0.41 | -0.07 | -0.47 | -0.83 |
| I eat in huge mouthfuls | -0.68 |
| I eat slowly | 0.53 |  | How fast do  you eat your  meals? | **Very fast** | **Fast** | **Slowly** | **Very slowly** |
| -0.71 | -0.27 | -0.10 | 0.49 |
| **Distractions from eating** | I’m distracted (I talk, watch TV or read) | -0.23 |  | Are you distracted when you are eating, either by watching  TV, working,  reading, chatting or  solving everyday  problems? | **Never** | **Almost never** | **Almost always** | **Always** |
| 0.25 | 0.04 | -0.05 | -0.21 |
| I take advantage of mealtimes to accomplish work activities | -0.37 |
| **Environmental factors** | This mealtime situation was not evaluated at the baseline assessment. |  |  | Do you eat together  with friends, family  or colleagues? | **Never** | **Almost never** | **Almost always** | **Always** |
| -0.36 | -0.21 | -0.06 | 0.12 |
|  |  | Weekly, how many  times do you eat the  principal meal at  home? | **(0-1 time)** | **(2 to 3 times)** | **(4 to 5 times)** | **(6 to 7 times)** |
| -0.55 | -0.29 | -0.09 | 0.23 |
| **Familiar and cultural customs of consumption** | I eat all my food, without leaving anything on the plate | -0.26 |  | Do you eat all your food, without leaving anything on the plate? | **Never** | **Almost never** | **Almost always** | **Always** |
| 0.13 | -0.06 | 0.00 | 0.12 |
| **Enjoy eating** | This mealtime situation was not evaluated at the baseline assessment. |  |  | Do you enjoy  eating? | **I never enjoy** | **Almost never I enjoy** | **Almost always I enjoy** | **Always I enjoy** |
| -1.09 | -0.63 | -0.13 | 0.38 |
| **Food selection** | I choose what I eat | 0.24 |  | Do you choose  the type of food  you eat  thinking about  your health/taking your health into consideration? | **Never** | **Almost never** | **Almost always** | **Always** |
| -0.88 | -0.48 | -0.06 | 0.45 |
| Do you choose the amount of food you eat? | -0.80 | -0.47 | -0.10 | 0.39 |
|  | Explained variance 26.2%  Mean score 5.28 points (SD 1.17)  Internal consistency: 0.84 | |  | Explained variance 26.7%  Mean score 3.84 points (SD 0.96)  Internal consistency: 0.60 | | | | |