**Appendix 1**

Presentation of items and response alternatives for the measures *healthy eating guidance* (HEG), *general functioning scale* (GFS), *cohesion* and *conflict*.

**Healthy eating guidance (HEG)**

1. Most of the food my mother/father keeps in the house is healthy
2. My mother/father encourages me to try new foods
3. My mother/father discusses with me why it is important to eat healthy foods
4. My mother/father tells me that healthy food tastes good
5. My mother/father discusses with me the nutritional value of foods
6. My mother/father encourages me to eat a variety of foods
7. My mother/father models healthy eating for me by eating healthy foods her-/himself
8. My mother/father tries to show enthusiasm when eating healthy foods
9. My mother/father shows me how much s/he enjoys eating healthy foods

Response alternatives are given on a 5-point scale ranging from 1 (disagree) to 5 (agree), where the sum of scores is divided by 9 to give a total average score ranging from 1.0 to 5.0. Higher scores indicate higher levels of HEG.

**General functioning scale (GFS)**

1. Planning family activities is difficult because we misunderstand each other (reversed)
2. In times of crisis, we turn to each other for support
3. We cannot talk to each other about the sadness we feel (reversed)
4. Individuals are accepted for what they are
5. We avoid discussing our fears and concerns (reversed)
6. We express feelings to each other
7. There are lots of bad feelings in our family (reversed)
8. We feel accepted for what we are
9. Making decisions is a problem for our family (reversed)
10. We are able to make decisions about how to solve problems
11. We do not get along well together (reversed)
12. We confide in each other

Response alternatives are given on a 4-point scale ranging from 1 (strongly agree) to 4 (strongly disagree), where the sum of scores is divided by 12 to give a total average score ranging from 1.0 to 4.0. A higher score (i.e. ≥ 2.0) indicates poorer family functioning.

**Cohesion**

1. Family members really help and support one another (reversed)
2. We often seem to be killing time at home
3. We put a lot of energy into what we do at home (reversed)
4. There is a feeling of togetherness in our family (reversed)
5. We rarely volunteer when something has to be done at home
6. Family members really back each other up (reversed)
7. There is very little group spirit in our family
8. We really get along well with each other (reversed)
9. There is plenty of time and attention for everyone in our family (reversed)

Response alternatives are given on a 4-point scale ranging from 1 (true) to 4 (false), where the sum of scores is divided by 9 to give a total average score ranging from 1.0 to 4.0. Higher scores indicate higher levels of cohesion

**Conflict**

1. We fight a lot in our family (reversed)
2. Family members rarely become openly angry
3. Family members sometimes get so angry they throw things (reversed)
4. Family members hardly ever lose their tempers
5. Family members often criticize each other (reversed)
6. If there’s a disagreement in our family, we try hard to smooth things over and keep the peace
7. Family members often try to one-up or out-do each other (reversed)
8. In our family, we believe you don’t ever get anywhere by raising your voice

Response alternatives are given on a 4-point scale ranging from 1 (true) to 4 (false), where the sum of scores is divided by 9 to give a total average score ranging from 1.0 to 4.0. Higher scores indicate higher levels of conflict