**Appendix 1.** Weight-related behaviours scale items (8) (Mexican Spanish version in brackets)

Have you done any of the following things in order to lose weight or keep from gaining weight during the last month? (Durante el último mes, ¿Has realizado alguna de las siguientes acciones para bajar de peso o evitar subir de peso?)

Healthy weight control behaviours

1. Exercised (Ejercitarse)
2. Ate more fruits and vegetables (Comer más frutas y verduras)
3. Ate less high-fat foods (Reducir comidas altas en grasas (comida rápida))
4. Ate less sweets (Comer menos azúcares (golosinas, refrescos, pan, dulce, etc.))

Unhealthy weight control behaviours

1. Fasted (Ayunar)
2. Ate very little food (Comer poca comida)
3. Used a food substitute (powder or a special drink) (Usar sustitutos de comida (polvos o licuados))
4. Skipped meals (Saltarse comidas)
5. Smoked more cigarettes (Fumar cigarillos)
6. Took diet pills (Píldoras de dieta)
7. Made myself vomit (Provocarse el vómito)
8. Used laxatives and diuretics (Usar laxantes y/o diuréticos)