

Table S1. Factors associated with the gluten-free diet.

	Freq.*	%
What is the main reason you follow a gluten-free diet?		
Gluten/wheat allergy	95	7.9%
Celiac disease	781	64.9%
Dermatitis herpetiformis	84	7.0%
Non-celiac gluten sensitivity	244	20.2%
If you buy sometimes or never buy special gluten-free products (e.g., gluten-free bread, gluten-free pasta, gluten-free cake, etc.), why?		
They are expensive	206	36.9%
I don't like	51	9.1%
Stores are difficult to access	79	14.1%
I can't find gluten-free products to buy	44	7.9%
I don't know this type of product	0	0%
I don't trust these products	16	2.9%
I prepare my gluten-free products at home	136	24.3%
Other	27	4.8%
If you do not consume special gluten-free products (e.g., gluten-free bread, gluten-free cake, gluten-free cookies, etc.) prepared at home, why?		
Ingredients are expensive	257	38.6%
I can't easily find the ingredients to prepare these recipes	138	20.7%
I don't know/I don't like to cook, OR I don't have someone to prepare my food	79	11.9%
I don't have time to cook	141	21.2%
Other	51	7.6%
What helps you maintain your gluten-free diet?		
I prepare gluten-free foods at home.	852	46.9%
Someone prepares gluten-free food for me	256	14.1%
I have easy access to this type of product (restaurants, stores, markets, fairs, people, internet, etc.)	259	14.2%
I have the financial availability to purchase gluten-free products	328	18.0%
Other	123	6.8%
What are the difficulties you have in following a gluten-free diet?		
I don't understand what foods I can and can't eat	23	1.2%
I don't have time to prepare different meals	179	9.0%
Gluten-free food tastes unpleasant	117	5.9%
Gluten-free foods have an unpleasant texture	173	8.8%
Gluten-free foods are expensive	583	29.5%
The health professional does not provide enough guidance to follow a gluten-free diet	140	7.1%
I feel different from others following the gluten-free diet	219	11.1%
I don't understand the food label	30	1.5%
Other	135	6.8%
I have no difficulty	377	19.1%

* The frequencies can exceed 1030 since it allows multiple responses.

Table S2. Crossing the scores of the ecSI2.0™BR and sociodemographic data of celiac patients (*n* = 781).

		Eating attitude	Food acceptance	Internal regulation	Contextual skills	Total	ecSI2.0™BR ≥ 32
		Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Freq. (%)
Gender	Female (n=742)	11.95 (3.56) ^a	5.00 (2.26) ^a	4.08 (1.44) ^a	11.20 (3.06) ^a	32.22 (7.92) ^a	433 (58.4%) ^a
	Male (n=39)	12.15 (3.89) ^a	4.77 (1.98) ^a	4.36 (1.20) ^a	10.95 (3.09) ^a	32.23 (7.74) ^a	21.00 (53.8%) ^a
	p	0.729*	0.539*	0.231*	0.624*	0.993*	0.578***
Age	Up to 40 years old (n=396)	11.80 (3.53) ^a	4.85 (2.29) ^a	3.99 (1.44) ^a	10.70 (3.16) ^a	31.34 (7.95) ^a	211 (53.3%) ^a
	40 years or older (n=385)	12.13 (3.62) ^a	5.12 (2.19) ^a	4.19 (1.41) ^a	11.68 (2.87) ^b	33.12 (7.76) ^b	243 (63.1%) ^b
	p	0.199*	0.086*	0.053*	0.000*	0.002*	0.005***
Educational level							
	Up to high school (n=114)	11.75 (3.77) ^a	4.76 (2.24) ^a	4.26 (1.49) ^a	11.40 (3.08) ^a	32.18 (7.81) ^a	61 (53.5%) ^a
	Undergraduate (n=306)	11.95 (3.52) ^a	4.90 (2.22) ^a	4.07 (1.45) ^a	10.99 (3.22) ^a	31.91 (7.96) ^a	175 (57.2%) ^a
	Graduate (n=361)	12.04 (3.57) ^a	5.12 (2.26) ^a	4.06 (1.39) ^a	11.28 (2.91) ^a	32.50 (7.89) ^a	218 (60.4%) ^a
	p	0.746**	0.231**	0.382**	0.332**	0.623**	0.393***
Income							
	Up to R\$ 3,000.00 (n=185)	11.63 (3.72) ^a	4.71 (2.27) ^a	4.05 (1.51) ^a	10.82 (3.35) ^a	31.21 (8.29) ^a	98 (53.0%) ^a
	R\$ 3,001.00 to R\$ 5,000.00 (n=159)	11.77 (3.52) ^a	4.82 (2.30) ^a	4.09 (1.48) ^a	10.93 (3.00) ^a	31.62 (7.89) ^a	85 (53.5%) ^a
	R\$ 5,001.00 to R\$ 10,000.00 (n=196)	12.35 (3.47) ^a	5.22 (2.11) ^a	4.23 (1.31) ^a	11.61 (3.00) ^a	33.41 (7.53) ^a	127 (64.8%) ^a
	R\$ 10,001.00 to R\$20,000.00 (n=147)	12.01 (3.45) ^a	5.06 (2.28) ^a	4.03 (1.40) ^a	11.30 (2.75) ^a	32.40 (7.42) ^a	88 (59.9%) ^a
	More than R\$ 20,000.00 (n=39)	12.03 (3.41) ^a	5.13 (2.74) ^a	3.85 (1.44) ^a	10.74 (3.48) ^a	31.74 (9.16) ^a	24 (61.5%) ^a
	p	0.340**	0.212**	0.486**	0.082**	0.073**	0.117***
Do you have any other restrictions besides gluten?							
	Yes (n=484)	11.87 (3.71) ^a	5.08 (2.25) ^a	4.06 (1.44) ^a	11.33 (2.95) ^a	32.34 (8.01) ^a	286 (59.1%) ^a
	No (n=297)	12.10 (3.36) ^a	4.83 (2.23) ^a	4.15 (1.40) ^a	10.94 (3.22) ^a	32.02 (7.73) ^a	168 (56.6%) ^a
	p	0.390*	0.136*	0.363*	0.081*	0.586*	0.487***
Do you follow a gluten-free diet?							
	Never/almost never (n=4)	11.75 (2.22) ^a	3.50 (2.65) ^a	4.75 (1.50) ^a	8.25 (6.24) ^{ab}	28.25 (8.54) ^{ab}	1 (25.0%) ^{ab}
	Sometimes (n=11)	10.64 (4.92) ^a	4.18 (3.06) ^a	3.64 (1.86) ^a	7.00 (2.97) ^a	25.45 (8.82) ^b	3 (27.3%) ^a
	Always/almost always (n=766)	11.98 (3.56) ^a	5.00 (2.23) ^a	4.10 (1.42) ^a	11.26 (3.00) ^b	32.34 (7.85) ^a	450 (58.7%) ^b
	p	0.463**	0.201**	0.373**	0.000**	0.010**	0.044***
How often do you buy gluten-free products?							
	Never/almost never (n=23)	12.52 (3.82) ^a	6.22 (2.15) ^{ab}	4.30 (1.49) ^a	11.78 (4.19) ^a	34.83 (8.17) ^a	17 (73.9%) ^a
	Sometimes (n=154)	11.88 (3.77) ^a	5.01 (2.24) ^a	3.98 (1.47) ^a	11.32 (3.15) ^a	32.19 (8.23) ^a	89 (57.8%) ^a
	Always/almost always (n=604)	11.96 (3.52) ^a	4.93 (2.24) ^a	4.11 (1.41) ^a	11.13 (2.99) ^a	32.13 (7.81) ^a	348 (57.6%) ^a
	p	0.727**	0.026**	0.455**	0.498**	0.275**	0.297***
Are you satisfied with the gluten-free products you buy?							
	Not satisfied (n=48)	10.06 (4.09) ^a	4.33 (2.63) ^a	3.42 (1.72) ^a	9.69 (3.84) ^a	27.50 (9.15) ^a	18 (37.5%) ^a
	Little satisfied (n=333)	11.26 (3.41) ^b	4.83 (2.10) ^{ab}	4.02 (1.40) ^b	10.76 (2.93) ^b	30.86 (7.34) ^b	169 (50.8%) ^a
	Satisfied (n=391)	12.80 (3.45) ^c	5.21 (2.30) ^b	4.23 (1.38) ^b	11.75 (2.90) ^c	33.99 (7.76) ^c	262 (67.0%) ^b
	p	0.000**	0.008**	0.000**	0.000**	0.000**	0.000***
How often do you consume gluten-free products prepared at home?							
	Never/almost never (n=33)	9.85 (3.48) ^a	3.97 (2.13) ^a	3.58 (1.89) ^a	9.64 (4.68) ^a	27.03 (8.68) ^a	12 (36.4%) ^a
	Sometimes (n=159)	11.53 (3.75) ^b	4.60 (2.06) ^{ab}	3.86 (1.52) ^{ab}	10.55 (3.12) ^{ab}	30.53 (8.15) ^b	79 (49.7%) ^a
	Always/almost always (n=589)	12.20 (3.49) ^b	5.15 (2.27) ^b	4.18 (1.36) ^b	11.44 (2.88) ^b	32.97 (7.62) ^b	363 (61.6%) ^b
	p	0.000**	0.001**	0.004**	0.000**	0.000**	0.001***
If you consume gluten-free products prepared at home, who prepares them?							
	Myself (n=686)	12.16 (3.51) ^b	5.08 (2.20) ^b	4.15 (1.40) ^b	11.4 (2.93) ^b	32.78 (7.68) ^b	416 (60.6%) ^b
	Another person (n=49)	10.96 (3.85) ^a	4.00 (2.38) ^a	3.29 (1.55) ^a	9.80 (3.55) ^a	28.04 (8.56) ^a	20 (40.8%) ^a
	p	0.022*	0.001*	0.000*	0.000*	0.000*	0.006***
Do the people you live with help you to have a gluten-free diet?							
	Never/almost never (n=52)	10.31 (4.26) ^a	4.33 (2.41) ^a	3.63 (1.66) ^a	9.87 (4.13) ^a	28.13 (9.20) ^a	22 (42.3%) ^a
	Sometimes (n=137)	10.66 (3.88) ^a	4.55 (2.18) ^{ab}	3.78 (1.48) ^{ab}	10.09 (3.11) ^a	29.09 (8.41) ^a	57 (41.6%) ^a
	Always/almost always (n=592)	12.41 (3.32) ^b	5.14 (2.22) ^b	4.20 (1.38) ^b	11.55 (2.85) ^b	33.30 (7.34) ^b	375 (63.3%) ^b

	p	0.000**	0.002**	0.000**	0.000**	0.000**	0.000***
I feel socially judged and/or disapproved of for having this gluten-related disorder.							
Never/almost never (n=146)		13.61 (3.33) ^c	5.55 (2.09) ^b	4.62 (1.29) ^b	12.10 (2.77) ^c	35.87 (7.04) ^c	110 (75.3%) ^c
Sometimes (n=376)		12.10 (3.32) ^b	5.10 (2.16) ^b	4.05 (1.38) ^a	11.33 (2.99) ^b	32.57 (7.47) ^b	226 (60.1%) ^b
Always/almost always (n=259)		10.83 (3.69) ^a	4.50 (2.36) ^a	3.86 (1.50) ^a	10.46 (3.16) ^a	29.65 (8.09) ^a	118 (45.6%) ^a
	p	0.000**	0.000**	0.000**	0.000**	0.000**	0.000***
I feel I can't live a normal life because of this gluten-related disorder.							
Never/almost never (n=182)		13.48 (3.29) ^c	5.57 (2.22) ^c	4.39 (1.35) ^b	11.97 (2.90) ^c	35.41 (7.36) ^b	137 (75.3%) ^c
Sometimes (n=371)		11.96 (3.34) ^b	5.02 (2.14) ^b	4.02 (1.41) ^a	11.26 (2.94) ^b	32.26 (7.54) ^b	217 (58.5%) ^b
Always/almost always (n=228)		10.75 (3.73) ^a	4.46 (2.31) ^a	3.98 (1.48) ^a	10.43 (3.21) ^a	29.61 (7.98) ^a	100 (43.9%) ^a
	p	0.000**	0.000**	0.005**	0.000**	0.000**	0.000***
How often do you feel that you cannot eat meals with your colleagues, friends and/or family at meetings or events?							
Never/almost never (n=65)		13.72 (3.36) ^c	5.32 (2.23) ^{ab}	4.68 (1.16) ^b	12.22 (2.63) ^b	35.94 (7.04) ^c	46 (70.8%) ^b
Sometimes (n=233)		12.68 (3.37) ^b	5.26 (2.21) ^b	4.15 (1.43) ^a	11.53 (3.00) ^{ab}	33.63 (7.74) ^b	148 (63.5%) ^{ab}
Always/almost always (n=483)		11.37 (3.57) ^a	4.81 (2.25) ^a	3.98 (1.44) ^a	10.88 (3.10) ^a	31.04 (7.84) ^a	260 (53.8%) ^a
	p	0.000**	0.017**	0.001**	0.000**	0.000**	0.005***

* Student t-test ** Anova with Tukey post-hoc test. *** Pearson's chi-squared test. **** Fisher's exact test. For each variable, the same letters comparing lines do not differ significantly.

Table S3. Crossing the scores of the ecSI2.0TMBR and sociodemographic data of non-celiac patients (*n* = 249).

		Eating attitude	Food acceptance	Internal regulation	Contextual skills	Total	ecSI2.0 TM BR ≥ 32
		Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Freq. (%)
Gender	Female (n=244)	11.07 (4.00) ^a	5.05 (2.20) ^a	4.00 (1.42) ^a	10.73 (3.19) ^a	30.85 (8.05) ^a	121 (49.6%) ^a
	Male (n=5)	12.40 (4.16) ^a	6.00 (1.87) ^a	5.20 (1.30) ^a	12.00 (2.65) ^a	35.60 (7.47) ^a	3 (60.0%) ^a
	p	0.464*	0.339*	0.062*	0.377*	0.192*	0.684****
Age	Up to 40 years old (n=103)	10.86 (4.33) ^a	4.95 (2.18) ^a	4.03 (1.52) ^a	10.17 (3.20) ^a	30.02 (8.70) ^a	44 (42.7%) ^a
	40 years or older (n=146)	11.27 (3.75) ^a	5.15 (2.21) ^a	4.01 (1.36) ^a	11.16 (3.11) ^a	31.60 (7.53) ^a	80 (54.8%) ^a
	p	0.446*	0.482*	0.933*	0.015*	0.128*	0.061***
Educational level	Up to high school (n=44)	10.32 (3.96) ^a	5.00 (2.21) ^a	3.98 (1.50) ^a	10.45 (3.08) ^a	29.75 (7.86) ^{ab}	20 (45.5%) ^a
	Undergraduate (n=101)	10.98 (4.07) ^a	4.67 (2.29) ^a	3.98 (1.57) ^a	10.30 (3.19) ^a	29.93 (8.39) ^a	46 (45.5%) ^a
	Graduate (n=104)	11.55 (3.92) ^a	5.48 (2.03) ^a	4.08 (1.24) ^a	11.33 (3.15) ^a	32.43 (7.61) ^b	58 (55.8%) ^a
	p	0.215**	0.030**	0.869**	0.053**	0.046**	0.280***
Income	Up to R\$ 3.000.00 (n=69)	10.06 (3.91) ^a	4.74 (2.14) ^a	3.80 (1.49) ^a	10.28 (2.78) ^a	28.87 (7.62) ^a	27 (39.1%) ^a
	R\$ 3.001.00 to R\$ 5.000.00 (n=42)	11.26 (4.21) ^a	4.88 (2.12) ^a	4.10 (1.34) ^a	11.02 (2.97) ^a	31.26 (7.53) ^a	21 (50.0%) ^a
	R\$ 5.001.00 to R\$ 10.000.00 (n=56)	10.95 (4.23) ^a	5.41 (2.20) ^a	3.82 (1.45) ^a	10.27 (3.65) ^a	30.45 (8.94) ^a	29 (51.8%) ^a
	R\$ 10.001.00 to R\$20.000.00 (n=45)	11.58 (4.00) ^a	5.04 (2.09) ^a	4.24 (1.52) ^a	10.84 (3.36) ^a	31.71 (8.41) ^a	26 (57.8%) ^a
	More than R\$ 20.000.00 (n=18)	11.56 (2.62) ^a	6.11 (2.40) ^a	4.28 (0.83) ^a	11.61 (2.91) ^a	33.56 (6.07) ^a	9 (50.0%) ^a
	p	0.269**	0.117**	0.350**	0.386**	0.148**	0.371***
Do you have any other restrictions besides gluten?							
	Yes (n=185)	11.10 (3.90) ^a	5.12 (2.18) ^a	4.13 (1.34) ^a	11.08 (3.13) ^b	31.43 (7.83) ^a	95 (51.4%) ^a
	No (n=64)	11.11 (4.30) ^a	4.91 (2.26) ^a	3.70 (1.62) ^a	9.81 (3.15) ^a	29.53 (8.57) ^a	29 (45.3%) ^a
	p	0.983*	0.495*	0.061*	0.006*	0.104*	0.405***
Do you follow a gluten-free diet?							
	Never/almost never (n=3)	10.00 (3.61) ^a	3.67 (0.58) ^a	2.67 (1.53) ^{ab}	8.00 (4.36) ^{ab}	24.33 (6.81) ^{ab}	1 (33.3%) ^{ab}
	Sometimes (n=30)	9.90 (3.74) ^a	4.57 (2.27) ^a	3.40 (1.28) ^a	8.87 (3.18) ^a	26.73 (8.25) ^a	8 (26.7%) ^a
	Always/almost always (n=216)	11.28 (4.02) ^a	5.16 (2.19) ^a	4.13 (1.42) ^b	11.06 (3.07) ^b	31.62 (7.85) ^b	115 (53.2%) ^b
	p	0.185**	0.208**	0.008**	0.001**	0.003**	0.021***

How often do you buy gluten-free products?							
Never/almost never (n=15)	9.07 (3.75) ^a	4.33 (2.44) ^a	3.27 (1.44) ^a	9.07 (3.63) ^a	25.73 (7.59) ^a	4 (26.7%) ^a	
Sometimes (n=78)	10.60 (3.77) ^{ab}	4.94 (1.87) ^a	3.97 (1.31) ^a	10.26 (3.29) ^{ab}	29.77 (7.49) ^{ab}	32 (41.0%) ^{ab}	
Always/almost always (n=156)	11.54 (4.06) ^b	5.21 (2.31) ^a	4.12 (1.47) ^a	11.17 (3.00) ^b	32.03 (8.13) ^b	88 (56.4%) ^b	
p	0.029**	0.278**	0.083**	0.012**	0.004**	0.015***	
Are you satisfied with the gluten-free products you buy?							
Not satisfied (n=19)	9.74 (4.48) ^a	4.42 (1.92) ^a	3.79 (1.72) ^a	8.37 (4.09) ^a	26.32 (9.79) ^a	5 (26.3%) ^a	
Little satisfied (n=119)	10.34 (3.88) ^{ab}	4.94 (2.30) ^a	3.97 (1.25) ^a	10.34 (3.18) ^b	29.60 (7.97) ^{ab}	49 (41.2%) ^{ab}	
Satisfied (n=106)	12.11 (3.81) ^b	5.40 (2.05) ^a	4.08 (1.53) ^a	11.58 (2.67) ^b	33.17 (7.07) ^b	66 (62.3%) ^b	
p	0.001**	0.109**	0.660**	0.000**	0.000**	0.001***	
How often do you consume gluten-free products prepared at home?							
Never/almost never (n=11)	9.18 (4.42) ^a	5.91 (2.17) ^a	4.18 (1.08) ^a	9.27 (4.47) ^{ab}	28.55 (9.27) ^{ab}	3 (27.3%) ^{ab}	
Sometimes (n=69)	10.68 (3.68) ^a	4.81 (2.18) ^a	3.94 (1.37) ^a	9.81 (3.26) ^a	29.25 (8.07) ^a	28 (40.6%) ^a	
Always/almost always (n=169)	11.40 (4.07) ^a	5.12 (2.20) ^a	4.04 (1.47) ^a	11.24 (2.95) ^b	31.79 (7.87) ^b	93 (55.0%) ^b	
p	0.121**	0.268**	0.826**	0.002**	0.050**	0.040***	
If you consume gluten-free products prepared at home, who prepares them?							
Myself (n=216)	11.26 (4.01) ^a	5.09 (2.19) ^a	4.05 (1.43) ^a	11.04 (3.08) ^b	31.45 (8.01) ^b	115 (53.2%) ^b	
Another person (n=13)	9.92 (4.11) ^a	4.54 (1.90) ^a	3.62 (1.19) ^a	8.77 (3.03) ^a	26.85 (7.40) ^a	3 (23.1%) ^a	
p	0.243*	0.373*	0.284*	0.010*	0.045*	0.045***	
Do the people you live with help you to have a gluten-free diet?							
Never/almost never (n=33)	9.18 (3.90) ^a	4.45 (2.48) ^a	3.48 (1.50) ^a	9.36 (3.53) ^a	26.48 (8.81) ^a	10 (30.3%) ^a	
Sometimes (n=79)	9.78 (4.03) ^a	4.56 (2.06) ^a	3.94 (1.27) ^{ab}	10.29 (3.18) ^{ab}	28.57 (7.88) ^a	25 (31.6%) ^a	
Always/almost always (n=137)	12.32 (3.58) ^b	5.51 (2.12) ^b	4.20 (1.46) ^b	11.36 (2.95) ^b	33.39 (7.09) ^b	89 (65.0%) ^b	
p	0.000**	0.002**	0.029**	0.001**	0.000**	0.000***	
I feel socially judged and/or disapproved of for having this gluten-related disorder.							
Never/almost never (n=62)	12.06 (3.87) ^b	5.47 (2.29) ^a	4.26 (1.35) ^b	11.74 (2.63) ^b	33.53 (7.22) ^b	36 (58.1%) ^b	
Sometimes (n=118)	11.51 (3.80) ^b	4.99 (2.19) ^a	4.09 (1.40) ^{ab}	10.67 (3.31) ^{ab}	31.26 (8.14) ^b	63 (53.4%) ^{ab}	
Always/almost always (n=69)	9.54 (4.05) ^a	4.84 (2.11) ^a	3.68 (1.49) ^a	10.01 (3.21) ^a	28.07 (7.81) ^a	25 (36.2%) ^a	
p	0.000**	0.231**	0.050**	0.007**	0.000**	0.025***	
I feel I can't live a normal life because of this gluten-related disorder.							
Never/almost never (n=80)	12.75 (3.47) ^b	5.79 (2.29) ^b	4.39 (1.35) ^b	12.08 (2.55) ^b	35.00 (6.64) ^c	55 (68.8%) ^c	
Sometimes (n=104)	10.85 (3.97) ^a	5.05 (2.09) ^b	3.94 (1.46) ^{ab}	10.55 (3.34) ^a	30.38 (8.00) ^b	51 (49.0%) ^b	
Always/almost always (n=65)	9.48 (3.93) ^a	4.22 (1.96) ^a	3.69 (1.39) ^a	9.46 (3.03) ^a	26.85 (7.45) ^a	18 (27.7%) ^a	
p	0.000**	0.000**	0.010**	0.000**	0.000**	0.000***	
How often do you feel that you cannot eat meals with your colleagues, friends and/or family at meetings or events?							
Never/almost never (n=34)	12.03 (3.57) ^{ab}	5.79 (2.25) ^b	4.09 (1.58) ^a	11.50 (3.48) ^a	33.41 (8.42) ^b	22 (64.7%) ^a	
Sometimes (n=88)	11.73 (3.91) ^b	5.18 (2.16) ^{ab}	4.05 (1.36) ^a	11.02 (2.87) ^a	31.98 (7.60) ^{ab}	47 (53.4%) ^a	
Always/almost always (n=127)	10.42 (4.07) ^a	4.80 (2.17) ^a	3.98 (1.44) ^a	10.37 (3.27) ^a	29.57 (8.05) ^a	55 (43.3%) ^a	
p	0.021**	0.050**	0.912**	0.113**	0.015**	0.060***	

* Student t-test ** Anova with Tukey post-hoc test. *** Pearson's chi-squared test. **** Fisher's exact test. For each variable, the same letters comparing lines do not differ significantly.