

**Table S1.** Characteristics of participants according to tertiles of external eating.

Characteristic	External Eating		
	Tertile 1	Tertile 2	Tertile 3
N	893	857	989
Age (years)	21.59 ± 2.68	21.48 ± 2.65	21.951 ± 2.86
BMI (kg/m <sup>2</sup> )	22.97 ± 6.63	22.84 ± 6.63	23.03 ± 7.06
<b>Gender</b>			
Male	597 (66.85)	505 (58.93)	616 (62.29)
Female	296 (33.15)	352 (41.07)	373 (37.71)
<b>Monthly living expenses (yuan)</b>			
≤1200	424 (47.48)	406 (47.37)	551 (55.71)
>1200	469 (52.52)	451 (52.63)	438 (44.29)
<b>Major</b>			
Clinical Medicine	328 (36.73)	306 (35.71)	274 (27.70)
Others	565 (63.27)	551 (64.29)	715 (72.30)
<b>Obesity</b>			
No	739 (87.46)	705 (88.46)	669 (86.77)
Yes	106 (12.54)	92 (11.54)	102 (13.23)
<b>Smoking</b>			
No	719 (80.52)	628 (73.28)	458 (46.31)
Yes	174 (19.48)	229 (26.72)	531 (53.69)
<b>Drinking</b>			
No	640 (71.67)	493 (57.53)	386 (39.03)
Yes	253 (28.33)	364 (42.47)	603 (60.97)
<b>Physical activity</b>			
Inactive	543 (65.11)	477 (60.15)	715 (78.31)
Partially active	147 (17.63)	187 (23.58)	99 (10.84)
Active	144 (17.27)	129 (16.27)	99 (10.84)

Values were means (standard deviation) or n (percentages), and values of polytomous variables may not sum to 100% because of rounding.

**Table S2.** Characteristics of participants according to tertiles of restraint eating.

Characteristic	Restraint Eating		
	Tertile 1	Tertile 2	Tertile 3
N	883	938	918
Age (years)	21.42 ± 2.64	21.66 ± 2.68	21.98 ± 2.88
BMI (kg/m <sup>2</sup> )	22.60 ± 6.61	23.20 ± 6.74	23.06 ± 6.99
<b>Gender</b>			
Male	589 (66.70)	548 (58.42)	581 (63.29)
Female	294 (33.30)	390 (41.58)	337 (36.71)
<b>Monthly living expenses (yuan)</b>			
≤1200	413 (46.77)	448 (47.76)	520 (56.64)
>1200	470 (53.23)	490 (52.24)	398 (43.36)
<b>Major</b>			
Clinical Medicine	351 (39.75)	331 (35.29)	226 (24.62)
Others	532 (60.25)	607 (64.71)	692 (75.38)
<b>Obesity</b>			
No	735 (88.34)	766 (87.64)	612 (86.56)
Yes	97 (11.66)	108 (12.36)	95 (13.44)

<b>Smoking</b>			
No	738 (83.58)	685 (73.03)	382 (41.61)
Yes	145 (16.42)	253 (26.97)	536 (58.39)
<b>Drinking</b>			
No	644 (72.93)	542 (57.78)	333 (36.27)
Yes	239 (27.07)	396 (42.22)	585 (63.73)
<b>Physical activity</b>			
Inactive	507 (61.45)	541 (61.97)	687 (81.59)
Partially active	168 (20.36)	190 (21.76)	75 (8.91)
Active	150 (18.18)	142 (16.27)	80 (9.50)

Values were means (standard deviation) or n (percentages), and values of polytomous variables may not sum to 100% because of rounding.

**Table S3.** Characteristics of participants according to tertiles of emotional eating.

Characteristic	Emotional Eating		
	Tertile 1	Tertile 2	Tertile 3
<b>N</b>	842	959	938
<b>Age (years)</b>	21.31 ± 2.56	21.61 ± 2.64	22.13 ± 2.95
<b>BMI (kg/m<sup>2</sup>)</b>	22.77 ± 6.62	22.96 ± 6.61	23.13 ± 7.13
<b>Gender</b>			
Male	532 (63.18)	566 (59.02)	620 (66.10)
Female	310 (36.82)	393 (40.98)	318 (33.90)
<b>Monthly living expenses (yuan)</b>			
≤1200	363 (43.11)	469 (48.91)	549 (58.53)
>1200	479 (56.89)	490 (51.09)	389 (41.47)
<b>Major</b>			
Clinical Medicine	337 (40.02)	343 (35.77)	228 (24.31)
Others	505 (59.98)	616 (64.23)	710 (75.69)
<b>Obesity</b>			
No	704 (87.89)	795 (88.63)	614 (85.87)
Yes	97 (12.11)	102 (11.37)	101 (14.13)
<b>Smoking</b>			
No	713 (84.68)	721 (75.18)	371 (39.55)
Yes	129 (15.32)	238 (24.82)	567 (60.45)
<b>Drinking</b>			
No	618 (73.40)	572 (59.65)	329 (35.07)
Yes	224 (26.60)	387 (40.35)	609 (61.93)
<b>Physical activity</b>			
Inactive	427 (54.39)	572 (63.63)	736 (85.98)
Partially active	191 (24.33)	187 (20.80)	55 (6.43)
Active	167 (21.27)	140 (15.57)	65 (7.59)

Values were means (standard deviation) or n (percentages), and values of polytomous variables may not sum to 100% because of rounding.

**Table S4.** Stratified analyses for association between emotional eating and irritable bowel syndrome.

Exposure	Emotional Eating			<i>p</i> for Interaction
	Tertile 1	Tertile 2	Tertile 3	
<b>Gender</b>				<b>&lt;0.001</b>
Male (N = 1718)	1.00	3.20 (1.61,6.38)	8.82 (4.57,17.00)	
Female (N = 1021)	1.00	0.91 (0.53,1.55)	1.45 (0.80,2.61)	
<b>Monthly living expenses (yuan)</b>				<b>&lt;0.001</b>
≤1200 (N = 1381)	1.00	3.71 (1.81,7.58)	7.67 (3.79,15.50)	
>1200 (N = 1358)	1.00	0.91 (0.53,1.56)	2.56 (1.53,4.26)	
<b>Major</b>				<b>&lt;0.001</b>
Clinical Medicine (N = 908)	1.00	1.13 (0.59,2.17)	1.36 (0.66,2.79)	
Others (N = 1831)	1.00	2.18 (1.28,3.71)	6.06 (3.63,10.11)	
<b>Smoking</b>				<b>&lt;0.001</b>
No (N = 1805)	1.00	1.35 (0.86,2.13)	2.52 (1.55,4.11)	
Yes (N = 934)	1.00	3.32 (1.21,9.12)	9.15 (3.57,23.48)	
<b>Drinking</b>				<b>&lt;0.001</b>
No (N = 1519)	1.00	1.61 (0.95,2.71)	3.19 (1.85,5.50)	
Yes (N = 1220)	1.00	1.64 (0.85,3.15)	4.22 (2.28,7.82)	
<b>Physical activity</b>				<b>&lt;0.001</b>
Inactive (N = 1735)	1.00	2.55 (1.40,4.65)	6.24 (3.54,11.03)	
Partially active (N = 433)	1.00	0.87 (0.41,1.88)	0.62 (0.17,2.31)	
Active (N = 372)	1.00	0.98 (0.35,2.72)	2.11 (0.73,6.08)	

Adjusted for age, gender, monthly living expenses, major, smoking, drinking, and physical activity. Of note, variables examined in this table were not adjusted.

**Table S5.** Stratified analyses for association between external eating and irritable bowel syndrome.

Exposure	External Eating			<i>p</i> for Interaction
	Tertile 1	Tertile 2	Tertile 3	
<b>Gender</b>				<b>&lt;0.001</b>
Male (N = 1718)	1.00	2.46 (1.38,4.38)	6.10 (3.62,10.27)	
Female (N = 1021)	1.00	3.13 (1.51,6.47)	4.32 (2.09,8.91)	
<b>Monthly living expenses (yuan)</b>				<b>&lt;0.001</b>
≤1200 (N = 1381)	1.00	2.55 (1.40,4.67)	4.89 (2.79,8.55)	
>1200 (N = 1358)	1.00	3.52 (1.80,6.88)	6.71 (3.52,12.78)	
<b>Major</b>				<b>&lt;0.001</b>
Clinical Medicine (N = 908)	1.00	2.80 (1.26,6.23)	3.41 (1.55,7.48)	
Others (N = 1831)	1.00	3.20 (1.87,5.47)	6.81 (4.12,11.27)	
<b>Smoking</b>				<b>&lt;0.001</b>
No (N = 1805)	1.00	3.02 (1.75,5.22)	4.74 (2.75,8.15)	
Yes (N = 934)	1.00	2.65 (1.22,5.79)	6.39 (3.19,12.80)	
<b>Drinking</b>				<b>&lt;0.001</b>
No (N = 1519)	1.00	4.42 (2.33,8.38)	6.31 (3.33,11.96)	
Yes (N = 1220)	1.00	1.88 (1.01,3.52)	4.63 (2.64,8.13)	
<b>Physical activity</b>				<b>&lt;0.001</b>
Inactive (N = 1735)	1.00	3.13 (1.80,5.44)	6.69 (4.01,11.16)	
Partially active (N = 433)	1.00	1.73 (0.63,4.74)	3.05 (1.05,8.81)	
Active (N = 372)	1.00	2.53 (0.75,8.58)	2.51 (0.73,8.61)	

Adjusted for age, gender, monthly living expenses, major, smoking, drinking, and physical activity. Of note, variables examined in this table were not adjusted.

**Table S6.** Stratified analyses for association between restraint eating and irritable bowel syndrome.

Exposure	Restraint Eating			<i>p</i> for Interaction
	Tertile 1	Tertile 2	Tertile 3	
<b>Gender</b>				<b>&lt;0.001</b>
Male (N = 1718)	1.00	4.01 (2.07,7.76)	9.49 (5.08,17.82)	
Female (N = 1021)	1.00	1.62 (0.90,2.93)	2.06 (1.10,3.84)	
<b>Monthly living expenses (yuan)</b>				<b>&lt;0.001</b>
≤1200 (N = 1381)	1.00	4.13 (2.08,8.23)	8.34 (4.27,16.27)	
>1200 (N = 1358)	1.00	1.97 (1.12,3.50)	3.48 (1.98,6.11)	
<b>Major</b>				<b>&lt;0.001</b>
Clinical Medicine (N = 908)	1.00	2.21 (1.11,4.42)	2.24 (1.06,4.74)	
Others (N = 1831)	1.00	3.35 (1.90,5.88)	7.62 (4.42,13.12)	
<b>Smoking</b>				<b>&lt;0.001</b>
No (N = 1805)	1.00	2.63 (1.61,4.29)	3.41 (2.01,5.78)	
Yes (N = 934)	1.00	2.99 (1.17,7.66)	9.11 (3.84,21.59)	
<b>Drinking</b>				<b>&lt;0.001</b>
No (N = 1519)	1.00	3.20 (1.82,5.61)	4.11 (2.26,7.48)	
Yes (N = 1220)	1.00	2.13 (1.08,4.23)	5.80 (3.07,10.98)	
<b>Physical activity</b>				<b>&lt;0.001</b>
Inactive (N = 1735)	1.00	2.92 (1.67,5.11)	6.48 (3.82,10.98)	
Partially active (N = 433)	1.00	2.03 (0.86,4.83)	0.78 (0.22,2.84)	
Active (N = 372)	1.00	2.21 (0.63,7.74)	5.10 (1.49,17.44)	

Adjusted for age, gender, monthly living expenses, major, smoking, drinking, and physical activity. Of note, variables examined in this table were not adjusted.