

Table S1. General sociodemographic characteristics of the study group (N = 556).

Sociodemographic variables		n	%
Education	Lower (secondary, vocational, elementary)	287	51.6
	Higher	269	48.4
Marital status	Single (maiden, divorced, widow)	186	34.5
	in a formal/informal relationship	370	66.5
Place of residence	< 100.000 inhabitants	293	52.7
	≥ 100.000 inhabitants	263	47.3
Professional activity	Professionally active	496	89.2
	Professionally inactive	60	10.8

n – number of cases, % – percentage of the total study group

Table S2. Descriptive characteristics of variables in the study group of women

Variable	M	SD	Me	Q1–Q3	Min – Max
Emotional Eating	3.85	1.55	4.0	3.0 – 5.0	0.0 – 9.0
Uncontrolled Eating	5.59	2.71	5.5	4.0 – 7.0	0.0 – 15.0
Cognitive Restraint of Eating	6.21	2.89	6.0	4.0 – 8.0	0.0 – 15.0
ORI	37.45	5.40	38.0	35.0 – 41.0	15.0 – 55.0
BDI (scoring)	6.80	7.35	4.5	4.5 – 10.0	0.0 – 40.0

M – mean, SD – standard deviation, Me – median, Q1 – lower quartile, Q3 – upper quartile, Min – minimum, Max – maximum, ORI – Orthorexia Risk Index, BDI – Beck Depression Inventory

Table S3. Descriptive characteristics of depressive symptoms according to BDI I–II and the risk of orthorexia according to ORTO–15

BDI I–II	n	%
no depression	473	85.1
minimal symptoms of depression	43	7.7
mild depression	29	5.2
moderate depression	11	2.0
ORTO–15		
ORI	344	61.9
No risk of orthorexia	212	38.1

ORI – Orthorexia Risk Index, BDI – Beck Depression Inventory
severity of depressiveness according to BDI on the orthorexia risk occurrence according to ORTO–15

Table S4. A univariate model – Analysis of the effect of sociodemographic variables

	ß	–95% CI	+95% CI	t	p
Absolute term				37.692	< 0.001
BDI (scoring)	0.007	–0.077	0.090	0.159	0.874

ß – standardised regression coefficient, CI – confidence interval, BDI – Beck Depression Inventory

Table S5. Analysis of the effect of sociodemographic variables and the severity of depressiveness according to BDI on the orthorexia risk occurrence according to ORTO-15

	β	-95% CI	+95% CI	t	p
Absolute term				0.016	0.988
Marital status*BDI	-0.001	-0.168	0.166	-0.012	0.991
Age*BDI	1.795	-3.258	6.847	0.698	0.486
Professional activity*BDI	0.133	-0.073	0.338	1.269	0.205
Educational background*BDI	-0.051	-0.215	0.112	-0.619	0.536
Residence*BDI	0.061	-0.096	0.217	0.762	0.446

β – standardised regression coefficient, CI – confidence interval, BDI – Beck Depression Inventory
* moderation effect

Table S6. A multivariate model with moderation – Analysis of the effect of sociodemographic variables and the severity of depressiveness according to BDI on Uncontrolled Eating according to TFEQ-13

	β	-95% CI	+95% CI	t	p
Absolute term				1.087	0.277
Marital status*BDI	0.038	-0.128	0.203	0.450	0.653
Age*BDI	-1.339	-6.363	3.685	-0.524	0.601
Professional activity*BDI	-0.133	-0.337	0.072	-1.277	0.202
Educational background*BDI	0.040	-0.122	0.203	0.489	0.625
Residence*BDI	0.054	-0.101	0.210	0.687	0.492

β – standardised regression coefficient, CI – confidence interval, BDI – Beck Depression Inventory
* moderation effect

Table S7. A univariate model – Analysis of the effect of sociodemographic variables and the severity of depressiveness according to BDI on Emotional Eating according to TFEQ-13

	β	-95% CI	+95% CI	t	p
Absolute term				32.272	<0.001
BDI (scoring)	0.073	-0.011	0.156	1.714	0.087

β – standardised regression coefficient, CI – confidence interval, BDI – Beck Depression Inventory

Table S8. A multivariate model without moderation – Analysis of the effect of sociodemographic variables and the severity of depressiveness according to BDI on Emotional Eating according to TFEQ-13

		Level	β	-95% CI	+95% CI	t	p
Absolute term						2.317	0.021
Educational background	Primary+Vocational+Secondary (ref.)						
	Tertiary	0.019	-0.068	0.106	0.428	0.669	
Residence	< 100,000 (ref.)						
	≥ 100,000	-0.033	-0.117	0.052	-0.752	0.452	
Marital status	single (ref.)						
	in a relationship	0.051	-0.037	0.140	1.141	0.255	

	Level	β	-95% CI	+95% CI	t	p
Professional activity	inactive (ref.)					
	active	0.009	-0.083	0.101	0.197	0.844
Age		-0.067	-0.163	0.030	-1.361	0.174
BDI (scoring)		0.078	-0.006	0.161	1.821	0.069

β – standardised regression coefficient, CI – confidence interval, BDI – Beck Depression Inventory

Table S9. A multivariate model with moderation – Analysis of the effect of sociodemographic variables and the severity of depressiveness according to BDI on Emotional Eating according to TFEQ-13

	β	-95% CI	+95% CI	t	p
Absolute term				1.097	0.273
Marital status*BDI	-0.139	-0.305	0.027	-1.644	0.101
Age*BDI	-0.822	-5.867	4.223	-0.320	0.749
Professional activity*BDI	-0.177	-0.382	0.029	-1.690	0.092
Educational background*BDI	0.127	-0.036	0.290	1.531	0.126
Residence*BDI	-0.035	-0.191	0.121	-0.443	0.658

β – standardised regression coefficient, CI – confidence interval, BDI – Beck Depression Inventory

* moderation effect