# Supplementary Materials: Tables S1 – S8

**Table S1.** Structured interview for orthorexia research

| |
|---|
| **Healthy lifestyle** |
|   1. What does healthy lifestyle mean for you? |
|   2. When did you first start to be interested in healthy food and lifestyle? |
|   3. What made you pay more attention to what you eat (friends, authorities, family, sickness, media)? |
|   4. Did you seek information from medical professionals, dieticians, or did you search for information on healthy eating on the Internet? |
|   5. What diets have you tried so far? Why? |
|   6. Do you exercise? How often? What kind of exercises do you do? For how long? Does your mood depend on that? What impact does exercise have on your diet? |
|   7. Do you control your weight? To what extent does your weight determine your well-being/self-esteem? |
|   8. Do you count calories before deciding to eat? How often does this happen? |
|   9. Have you ever restricted the amount of food you eat to a minimum to achieve a perfect figure? How long did it last? |
|   10. Have you ever eaten a lot of food at once and then forced vomiting? How often? For how long? |
| **Family and relationships** |
|   1. What was the diet like in your family home? |
|   2. Has anyone in your family had symptoms of diseases such as: diabetes, reflux, stomach ulcers, lactose intolerance, celiac disease, allergy? |
|   3. Has anyone in your family ever restricted the amount of food they eat to a minimum to achieve a perfect figure? How long did it last? |
|   4. Has anyone from your family ever eaten a lot of food at once and then forced vomiting? How often? For how long? |
|   5. Can you depend on your family in case of trouble? Describe such a situation. |
|   6. Do your friends and family support you in maintaining your diet? |
|   7. Does your way of eating affect your life (selection of the job, place of work, friends, contacts with family)? |
|   8. Do you feel lonely because people don't understand your lifestyle? |
|   9. Do you talk with other people about healthy diet? How often? |
|   10. What is your opinion about the people who do not pay attention to the quality of the food they consume? |
| **Current diet** |
|   1. Describe your current diet. What do you eat? How often? What products do you avoid? For how long have you been following your current diet? |
|   2. Describe your process of planning and preparing your food. What do you think of while doing this? How does it make you feel? |

| |
|---|
| 3. Where do you buy your food? |
| 4. Before buying a product, do you check |
|    1. for preservatives? |
|    2. for artificial food coloring? |
|    3. country of origin? |
|    4. bio/organic/eco certificates? |
|    5. amounts of sugars, sodium, fats, vitamins, and proteins? |
| 5. What is important for you when choosing food (taste, price, ingredients, appearance)? |
| 6. Do you often find yourself not being able to stop thinking about the quality of the food you eat? How often? Does it bother you? How much? |
| 7. Does maintaining your current diet make you feel more in control of yourself, your body, and your life? |
| **Current health** |
| 1. Has your condition changed after starting the diet (for better or worse)? |
| 2. How would you rate your health right now? |
| 3. Do you have symptoms of such diseases as: diabetes, reflux, stomach ulcers, lactose intolerance, celiac disease, allergy? |
| 4. Have you recently blacked out, fainted, lost consciousness? When? How often does it happen? How many times did it happen in the last year? |
| 5. What is health for you? Where would you put your health on your priority list? |
| 6. What makes you happy? What determines your wellbeing? |
| 7. What is healthy food for you? |

**Table S2.** Samples in the study

| Sample | Form of survey | Recruiting method | n | n(%) of Women | $M_{Age}$ | $SD_{Age}$ | TON-40 | ORTO-15 | EAT-26 | DEAS | HBI | WHOQO L | GSRH | OCIR | GAD-7 | PHQ-9 |
|--------|---------------|-------------------|-----|-----------|-------|-------|---|---|---|---|---|---|---|---|---|---|
| 1 | On-line | Snowball: mailing list, Facebook | 182 | 77(42%) | 27.04 | 8.24 | * | * | * | | | | * | * | * | |
| 2 | Paper-pencil | Snowball: occasional meetings | 157 | 95(61%) | 31.99 | 13.79 | * | | * | * | * | | * | * | * | |
| 3 | Paper-pencil | Psychology students at University | 133 | 111(83%) | 20.75 | 1.27 | * | | | * | | * | * | | * | * |
| 4 | Paper-pencil | Health care staff from hospital and soldiers from one military unit | 82 | 33(40%) | 33.39 | 10.71 | * | | | * | | * | | | * | |
| 5 | Paper-pencil | Students at university | 121 | 121(100%) | 24.06 | 4.97 | * | | | * | | * | * | | | |
| 6 | Paper-pencil | Physical activity students | 92 | 0(0%) | 21.10 | 2.05 | * | | | | | | * | | * | * |

**Table S3**. Reliability and item analysis of the TON-40

| Item No. | Statistics if the item deleted | | | | Item-Total |
| | M | S² | SD | α | r |
| --- | --- | --- | --- | --- | --- |
| 1. | 87.92 | 628.66 | 25.07 | 0.932 | 0.41 |
| 2. | 88.97 | 632.82 | 25.16 | 0.931 | 0.45 |
| 3. | 87.48 | 632.80 | 25.16 | 0.931 | 0.43 |
| 4. | 88.81 | 629.19 | 25.08 | 0.931 | 0.45 |
| 5. | 87.96 | 630.30 | 25.11 | 0.931 | 0.47 |
| 6. | 89.08 | 638.46 | 25.27 | 0.932 | 0.40 |
| 7. | 88.59 | 629.34 | 25.09 | 0.931 | 0.49 |
| 8. | 87.72 | 642.39 | 25.35 | 0.933 | 0.24 |
| 9. | 88.76 | 633.47 | 25.17 | 0.931 | 0.45 |
| 10. | 88.44 | 623.25 | 24.96 | 0.930 | 0.59 |
| 11. | 89.07 | 627.13 | 25.04 | 0.930 | 0.58 |
| 12. | 88.68 | 623.39 | 24.97 | 0.930 | 0.63 |
| 13. | 88.18 | 631.41 | 25.13 | 0.931 | 0.47 |
| 14. | 89.14 | 629.49 | 25.09 | 0.930 | 0.56 |
| 15. | 88.82 | 630.19 | 25.10 | 0.931 | 0.52 |
| 16. | 89.03 | 631.27 | 25.13 | 0.931 | 0.45 |
| 17. | 88.20 | 633.16 | 25.16 | 0.932 | 0.39 |
| 18. | 88.86 | 629.35 | 25.09 | 0.930 | 0.53 |
| 19. | 89.01 | 629.31 | 25.09 | 0.930 | 0.55 |
| 20. | 88.41 | 626.05 | 25.02 | 0.931 | 0.49 |
| 21. | 89.05 | 622.30 | 24.95 | 0.929 | 0.68 |
| 22. | 89.54 | 634.52 | 25.19 | 0.930 | 0.58 |
| 23. | 89.05 | 626.73 | 25.03 | 0.930 | 0.55 |
| 24. | 89.20 | 612.68 | 24.75 | 0.934 | 0.39 |
| 25. | 89.07 | 631.52 | 25.13 | 0.931 | 0.47 |
| 26. | 89.41 | 633.31 | 25.17 | 0.930 | 0.54 |
| 27. | 88.45 | 627.31 | 25.05 | 0.931 | 0.49 |
| 28. | 88.46 | 629.98 | 25.10 | 0.931 | 0.43 |
| 29. | 89.23 | 637.30 | 25.24 | 0.932 | 0.39 |
| 30. | 89.01 | 618.04 | 24.86 | 0.929 | 0.73 |
| 31. | 88.97 | 622.29 | 24.95 | 0.929 | 0.66 |
| 32. | 89.54 | 633.01 | 25.16 | 0.930 | 0.60 |
| 33. | 88.04 | 634.10 | 25.18 | 0.932 | 0.36 |
| 34. | 88.68 | 624.92 | 25.00 | 0.930 | 0.60 |
| 35. | 88.82 | 623.71 | 24.97 | 0.930 | 0.61 |
| 36. | 89.37 | 630.99 | 25.12 | 0.930 | 0.59 |
| 37. | 89.27 | 630.04 | 25.10 | 0.930 | 0.57 |
| 38. | 88.96 | 633.25 | 25.16 | 0.932 | 0.40 |
| 39. | 89.16 | 637.17 | 25.24 | 0.932 | 0.38 |
| 40. | 89.06 | 625.61 | 25.01 | 0.930 | 0.61 |

**Table S4.** Test–re-test reliability ($n = 126$).

| Item of TON-40 | M | SD | M | SD | Cohen's Kappa | Pearson's r | Spearman's r |
|---|---|---|---|---|---|---|---|
| 1. | 4.16 | 0.89 | 3.83 | 0.98 | 0.40 | 0.60 | 0.63 |
| 2. | 2.48 | 1.06 | 2.48 | 1.03 | 0.48 | 0.71 | 0.69 |
| 3. | 3.56 | 1.13 | 3.13 | 1.16 | 0.21 | 0.59 | 0.58 |
| 4. | 3.02 | 1.29 | 2.83 | 1.29 | 0.39 | 0.72 | 0.72 |
| 5. | 3.25 | 1.25 | 2.94 | 1.25 | 0.41 | 0.74 | 0.73 |
| 6. | 2.20 | 1.14 | 2.21 | 1.13 | 0.23 | 0.43 | 0.45 |
| 7. | 2.05 | 0.95 | 1.94 | 0.91 | 0.30 | 0.53 | 0.54 |
| 8. | 3.67 | 0.99 | 3.76 | 1.08 | 0.36 | 0.60 | 0.63 |
| 9. | 2.02 | 0.98 | 1.81 | 0.97 | 0.32 | 0.57 | 0.55 |
| 10. | 2.79 | 1.17 | 2.58 | 1.20 | 0.35 | 0.60 | 0.60 |
| 11. | 1.52 | 0.78 | 1.43 | 0.65 | 0.32 | 0.38 | 0.40 |
| 12. | 2.17 | 0.92 | 2.00 | 0.95 | 0.36 | 0.51 | 0.53 |
| 13. | 2.94 | 1.12 | 2.79 | 1.11 | 0.28 | 0.60 | 0.59 |
| 14. | 1.94 | 1.02 | 1.83 | 0.86 | 0.32 | 0.41 | 0.43 |
| 15. | 1.80 | 0.95 | 1.73 | 0.97 | 0.34 | 0.45 | 0.48 |
| 16. | 2.52 | 1.13 | 2.36 | 1.26 | 0.37 | 0.55 | 0.51 |
| 17. | 3.73 | 1.05 | 3.20 | 1.18 | 0.21 | 0.55 | 0.58 |
| 18. | 2.33 | 1.11 | 2.38 | 1.06 | 0.41 | 0.62 | 0.60 |
| 19. | 1.84 | 0.93 | 1.70 | 0.88 | 0.40 | 0.63 | 0.52 |
| 20. | 1.94 | 1.03 | 1.89 | 1.02 | 0.29 | 0.64 | 0.58 |
| 21. | 2.04 | 1.01 | 2.03 | 1.03 | 0.33 | 0.48 | 0.47 |
| 22. | 1.43 | 0.79 | 1.48 | 0.92 | 0.21 | 0.30 | 0.25 |
| 23. | 2.28 | 1.40 | 2.33 | 1.32 | 0.39 | 0.61 | 0.59 |
| 24. | 1.47 | 0.77 | 1.46 | 0.73 | 0.40 | 0.48 | 0.47 |
| 25. | 1.21 | 0.59 | 1.33 | 0.74 | 0.26 | 0.37 | 0.30 |
| 26. | 1.21 | 0.64 | 1.29 | 0.67 | 0.23 | 0.21 | 0.30 |
| 27. | 2.14 | 1.15 | 2.30 | 1.19 | 0.33 | 0.57 | 0.61 |
| 28. | 1.85 | 1.00 | 1.79 | 0.95 | 0.29 | 0.60 | 0.53 |
| 29. | 1.90 | 1.26 | 1.85 | 1.21 | 0.26 | 0.63 | 0.53 |
| 30. | 2.06 | 1.09 | 2.10 | 1.14 | 0.39 | 0.64 | 0.67 |
| 31. | 1.97 | 1.02 | 1.91 | 0.92 | 0.33 | 0.55 | 0.51 |
| 32. | 1.34 | 0.62 | 1.40 | 0.71 | 0.28 | 0.45 | 0.33 |
| 33. | 2.39 | 1.11 | 2.22 | 1.09 | 0.32 | 0.58 | 0.58 |
| 34. | 2.36 | 1.11 | 2.26 | 1.12 | 0.36 | 0.65 | 0.65 |
| 35. | 2.29 | 1.08 | 2.19 | 1.01 | 0.36 | 0.61 | 0.61 |
| 36. | 1.65 | 0.96 | 1.70 | 0.90 | 0.43 | 0.63 | 0.63 |
| 37. | 1.85 | 1.10 | 1.83 | 0.96 | 0.39 | 0.62 | 0.59 |
| 38. | 2.42 | 1.55 | 2.44 | 1.46 | 0.35 | 0.67 | 0.63 |
| 39. | 1.57 | 0.92 | 1.74 | 0.96 | 0.45 | 0.56 | 0.54 |
| 40. | 1.69 | 0.93 | 1.81 | 1.00 | 0.28 | 0.63 | 0.51 |
| M | 2.23 | 1.02 | 2.16 | 1.02 | 0.34 | 0.56 | 0.54 |

**Table S6.** Comparison of EFA 1, EFA2, and EFA 3 results.

| Item | Content | EFA 1 Sample 1 (n = 256) | | | EFA 2 Sample 2 (n = 256) | | | EFA 3 Sample 3 | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | F1 | F2 | F3 | F1 | F2 | F3 | F1 | F2 | F3 |
| 1 | I am concerned about too much unhealthy food being available. | **0.44** | | | **0.57** | | | 0.51 | | |
| 2 | I pay a lot of attention to the composition of the food I buy. | | **0.57** | | | **0.64** | | | 0.73 | |
| 3 | I don't trust food prepared by another person. | **0.66** | | | **0.69** | | | 0.67 | | |
| 4 | Before I eat something, I make sure that the product has the appropriate health food quality certificates. | **0.60** | | | **0.61** | | | 0.55 | | |
| 5 | I don't eat GMO foods. | **0.70** | | | **0.71** | | | 0.63 | | |
| 6 | I always check the country of origin of a food product. | | | | | 0.37 | | | 0.39 | |
| 7 | I exclude artificially enhanced products (containing synthetic pigments, flavor and aroma enhancers) from my diet. | | | | | | | | 0.66 | |
| 8 | I do not accept pesticide-produced foods in my diet. | **0.73** | | | **0.71** | | | 0.71 | | |
| 9 | Foods containing artificial preservatives are inedible. | | | | | 0.52 | | | | |
| 10 | I spend a lot of time preparing food. | | | | 0.46 | | | | 0.29 | |
| 11 | I plan each meal in detail. | | **0.55** | | | **0.64** | | | 0.65 | |
| 12 | People are usually unable to accept my diet. | 0.48 | | | | | | | | |
| 13 | I avoid social gatherings because I am afraid there will be no healthy food there. | 0.71 | | | | | | | | |
| 14 | I am forced to take my food to meetings with friends. | | | | | | | | | |
| 15 | I constantly think about healthy food. | | | 0.46 | | | | | | |
| 16 | I give up eating when I don't have healthy food within reach. | | | | 0.51 | | | | | |
| 17 | I often talk about healthy foods to convince others to change their diet. | **0.68** | | | **0.66** | | | | | |
| 18 | Junk food disgusts me. | | | | | | | | | |
| 19 | People who eat junk food are putting their lives at risk. | | **0.69** | | | **0.76** | | | 0.76 | |
| 20 | At every opportunity, I encourage others to change their diet. | | | | | | | | | |
| 21 | I don't meet people who eat unhealthy food. | | | | | | | | | |
| 22 | My diet makes me feel lonely. | | | 0.67 | | | 0.71 | | | 0.57 |
| 23 | People tell me that my health has deteriorated. | | | | | | | | | 0.43 |

| # | Item | | | | | |
|---|------|---|---|---|---|---|
| 24 | I feel guilty when I eat something unhealthy. | | | | 0.59 | |
| 25 | The health value of a product is more important to me than its taste. | 0.70 | | | 0.72 | |
| 26 | I keep my diet up to date for the sake of my health. | 0.62 | | | 0.72 | |
| 27 | Health is most important to me. | **0.69** | | **0.62** | 0.67 | |
| 28 | Due to the current diet, my health deteriorated. | | **0.57** | **0.58** | | 0.46 |
| 29 | My relatives, doctors or other health care workers were concerned about my health condition and suggested that I change my diet. | | **0.55** | **0.66** | | 0.54 |
| 30 | I feel a constant need to look for healthy food products. | | | | | |
| 31 | Trying to restrict healthy foods in my diet causes me irritation, depression, or annoyance. | | | | | |
| 32 | I pushed my hobbies and interests to the background by engaging in a healthy lifestyle. | | 0.61 | 0.66 | | 0.64 |
| 33 | My friends complain that I care too much about a healthy lifestyle. | | | | | |
| 34 | Life without healthy food is empty and meaningless. | 0.50 | | | | |
| 35 | It bothers me when someone gives me unhealthy food to eat. | | | | | |
| 36 | I prefer to eat a healthy meal alone than to go out with friends or family to eat something out. | | **0.58** | **0.58** | | 0.48 |
| 37 | Food quality thoughts torment me most of the day. | | **0.60** | **0.57** | | 0.51 |
| 38 | Eating healthy food significantly affects my quality of life. | **0.61** | | **0.65** | 0.61 | |
| 39 | I exclude certain products from my diet (e.g. sugar, gluten, lactose), even though I am not allergic to them. | | | 0.57 | 0.41 | |
| 40 | I don't eat meat, eggs or dairy products if they contain antibiotics or hormones. | 0.47 | | | | |

**Table S7.** Inter-item correlations for TON-17 (Sample 3, $n = 255$).

| Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 1.00 | | | | | | | | | | | | | | | | |
| 2 | 0.32*** | 1.00 | | | | | | | | | | | | | | | |
| 3 | 0.39*** | 0.05 | 1.00 | | | | | | | | | | | | | | |
| 4 | 0.28*** | 0.22*** | 0.46*** | 1.00 | | | | | | | | | | | | | |
| 5 | 0.33*** | 0.06 | 0.41*** | 0.44*** | 1.00 | | | | | | | | | | | | |
| 6 | 0.33*** | -0.05 | 0.51*** | 0.35*** | 0.55*** | 1.00 | | | | | | | | | | | |
| 7 | 0.22*** | 0.52*** | 0.04 | 0.14* | 0.13* | -0.04 | 1.00 | | | | | | | | | | |
| 8 | 0.39*** | 0.09 | 0.48*** | 0.41*** | 0.31*** | 0.44*** | 0.11 | 1.00 | | | | | | | | | |
| 9 | 0.11 | 0.52*** | -0.19** | 0.03 | -0.01 | -0.24*** | 0.45*** | -0.12 | 1.00 | | | | | | | | |
| 10 | 0.14* | 0.15* | 0.19** | 0.21** | 0.23*** | 0.17** | 0.38*** | 0.22*** | 0.16* | 1.00 | | | | | | | |
| 11 | -0.10 | 0.39*** | -0.36*** | -0.15* | -0.12 | -0.34*** | 0.40*** | -0.27*** | 0.60*** | 0.03 | 1.00 | | | | | | |
| 12 | 0.08 | 0.14* | 0.06 | 0.10 | 0.08 | -0.04 | 0.11 | 0.06*** | 0.18** | 0.29*** | 0.13* | 1.00 | | | | | |
| 13 | 0.04 | 0.02 | 0.17** | 0.13* | 0.03 | 0.06 | 0.03 | 0.14* | 0.07 | 0.32*** | -0.11 | 0.40*** | 1.00 | | | | |
| 14 | 0.09 | 0.19** | 0.19** | 0.10 | 0.09 | 0.10 | 0.40*** | 0.21** | 0.16* | 0.49*** | 0.06 | 0.30*** | 0.27*** | 1.00 | | | |
| 15 | 0.16* | 0.18 | 0.21** | 0.22*** | 0.23*** | 0.12 | 0.24*** | 0.27*** | 0.17** | 0.34*** | 0.05 | 0.15* | 0.25*** | 0.42*** | 1.00 | | |
| 16 | 0.26*** | 0.20** | 0.21** | 0.25*** | 0.17** | 0.10 | 0.25*** | 0.28*** | 0.18** | 0.33*** | 0.00 | 0.30*** | 0.26*** | 0.40*** | 0.36*** | 1.00 | |
| 17 | 0.14* | 0.40*** | -0.10 | 0.11 | 0.09 | -0.19** | 0.39*** | -0.06 | 0.52*** | 0.11 | 0.46*** | 0.20** | -0.02 | 0.16* | 0.20** | 0.15* | 1.00 |

*$p < 0.05$, **$p < 0.01$, ***$p < 0.001$

**Table S8**. Reliability and item analysis of the TON-17 (Sample 3, $n = 255$)

| Item No. | Statistics if the item deleted | | | | Item-Total |
|---|---|---|---|---|---|
| | *M* | $S^2$ | *SD* | α | *r* |
| 1. | 38.01 | 80.14 | 8.95 | 0.76 | 0.43 |
| 2. | 38.49 | 79.43 | 8.91 | 0.76 | 0.47 |
| 3. | 39.08 | 81.23 | 9.01 | 0.77 | 0.34 |
| 4. | 39.14 | 80.17 | 8.95 | 0.76 | 0.44 |
| 5. | 39.06 | 80.71 | 8.98 | 0.76 | 0.40 |
| 6. | 38.57 | 83.83 | 9.16 | 0.78 | 0.22 |
| 7. | 39.25 | 79.10 | 8.89 | 0.75 | 0.50 |
| 8. | 38.89 | 80.42 | 8.97 | 0.76 | 0.37 |
| 9. | 38.68 | 80.94 | 9.00 | 0.77 | 0.34 |
| 10. | 40.04 | 83.19 | 9.12 | 0.76 | 0.48 |
| 11. | 38.20 | 87.05 | 9.33 | 0.79 | 0.09 |
| 12. | 39.52 | 83.93 | 9.16 | 0.77 | 0.32 |
| 13. | 39.66 | 84.65 | 9.20 | 0.77 | 0.23 |
| 14. | 40.00 | 82.91 | 9.11 | 0.76 | 0.45 |
| 15. | 39.89 | 82.58 | 9.09 | 0.76 | 0.45 |
| 16. | 39.66 | 81.04 | 9.00 | 0.76 | 0.47 |
| 17. | 38.31 | 80.07 | 8.95 | 0.77 | 0.34 |

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