Supplemental Table S1. Intentional weight gain in athletic individuals survey

1. Are you currently attempting to gain weight? (1)
    a. Yes
    b. No, I am not currently attempting to gain weight, but I did attempt to gain weight within the last 12 months.
    c. No
    d. No, I only want to stay the same weight but convert some fat into muscle (recomp)
    e. Other (please specify) _____

2. Why do you consider yourself an athlete or athletic individual? Select all that apply based on your current physical activity.
    a. Currently on an athletic team
    b. Train for a sport or athletic activity (running, cycling)
    c. In the military
    d. Have a physically active occupation (job)
    e. Exercise at least 4 days/week
    f. Other (please specify) _____
    g. I do not consider myself an athlete or athletic individual.

3. What is your age in years? _____

4. Select your biological sex:
    a. Male
    b. Female
    c. Other (please specify) _____
    d. Prefer not to answer

5. How tall are you in inches? _____
(To convert height from feet and inches to just inches, multiply the feet by 12 and then add the inches. For example, if you are 5'4", multiply 5x12=60, then add 4, to equal 64 inches. To convert centimeters to inches, divide by 2.54. For example, if you are 173 cm, divide 173 cm by 2.54 to equal 68 inches.)

6. How much do you weigh in pounds (lb)? _____
(To convert from kilograms, multiply your weight by 2.2. For example, if you weigh 70 kg, multiply 70 kg by 2.2 to equal 154 lb.)

7. Select the highest level of education you have completed. (2)
    a. Some high school (no diploma or GED)
    b. High school graduate (diploma or GED)
    c. Some college courses
    d. Associate degree (two-year college degree)
    e. Bachelor's degree (four-year college degree)
    f. Master's degree
    g. Doctoral degree or equivalent (MD, PhD, PharmD, etc)

8. Are you currently serving in the military?
    a. Yes
    b. No
    c. Other (please specify): _____

9. If you are currently serving in the military, what is your branch?
    a. Air Force
    b. Army
    c. Coast Guard
    d. Marines
    e. Army or Air Force National Guard
    f. Navy
    g. Army or Air Force Reserves
    h. Other (please specify) _____

10. If you currently train for a sport or athletic activity (including running, cycling, or specific military events such as a physical fitness test, ruck march, Airborne school, etc) or recreationally, please write the name(s).
    a. Please specify the team sport(s): _____
    b. Please specify the individual sport(s) or athletic activity(ies): _____
    c. Please specify the recreational training: _____
    d. I am not currently training for a specific sport or athletic activity; however, I exercise at least 4 days/week.
    e. Other (please specify): _____

11. Please select all the following reasons that you want(ed) to gain weight: (1, 3)
    a. Gain muscle mass
    b. Aesthetic/physical appearance (look better)
    c. Improve athletic performance
    d. Meet weight class sport requirement
    e. Health reasons
    f. Other (please specify) _____

12. How much total weight in pounds (lb) do (did) you want to gain? _____
(To convert kilograms to pounds, multiply by 2.2. For example, 5 kg multiplied by 2.2 equals 11 pounds.)

13. In your attempt to gain weight, are you consuming (or did you consume) more energy (calories) than usual? (4)
    a. Yes
    b. No
    c. Other (please specify) _____

14. Which of the following are you doing (did you do)? (Select all that apply.) (1, 5)
    a. Eat more than 3 times a day, such as snacks in between meals or

more frequent meals throughout the day
   b. Eat larger portions
   c. Choose energy-dense (high calorie) foods
   d. Choose foods with high protein
   e. Choose energy-dense (high calorie) beverages, such as 2% or whole milk, fruit juices, sports drinks, or smoothies
   f. Incorporate more energy-dense (high calorie) and/or high protein commercially available products, such as Ensure, Boost, etc
   g. Use of energy-dense (high calorie) condiments, such as barbecue sauce, butter, olive oil, sugar, honey, creamer, salad dressings, etc
   h. Other (please specify): _____

15. Are you using (did you use) dietary supplements? Select all that apply. (1, 5)
   a. Protein powder
   b. Mass gainer
   c. Creatine
   d. Amino acids (branched chain amino acids, essential amino acids, or a specific amino acid)
   e. HMB (hydroxymethylbutyrate)
   f. Omega-3 fatty acids
   g. Other (please specify) _____
   h. I am not using (did not use) dietary supplements.

16. Are you using (did you use) anabolic steroids? Select all that apply. (5)
   a. Testosterone
   b. Growth hormone
   c. Other (please specify) _____
   d. I am not using (did not use) anabolic steroids.

17. Are you using (did you use) appetite stimulants? Select all that apply.
   a. Cannabis products, such as THC
   b. Prescribed medications
   c. Other (please specify): _____
   d. I am not using (did not use) appetite stimulants.

18. While trying to gain weight, are you consuming (did you consume) more protein than before you tried to gain weight? (5)
   a. Yes
   b. No
   c. Other (please specify) _____
   d. Unsure

19. How are you consuming (did you consume) more protein? Please write specific foods and/or beverages. _____

20. While trying to gain weight, are you consuming (did you consume) more carbohydrate than before you tried to gain weight? (5)
    a. Yes
    b. No
    c. Other (please specify) _____
    d. Unsure

21. How are you consuming (did you consume) more carbohydrate? Please write specific foods and/or beverages. _____

22. While trying to gain weight, are you consuming (did you consume) more dietary fat than before you tried to gain weight? (5)
    a. Yes
    b. No
    c. Other (please specify) _____
    d. Unsure

23. How are you consuming (did you consume) more dietary fat? Please write specific foods and/or beverages. _____

24. Please select all that apply if your exercise habits changed to promote weight gain. (1, 5)
    a. I increased my aerobic exercise, such as running, cycling, swimming.
    b. I decreased my aerobic exercise, such as running, cycling, swimming.
    c. I increased my resistance/strength training, weight lifting, or calisthenics.
    d. I decreased my resistance/strength training, weight lifting, or calisthenics.
    e. I increased my sport-specific training.
    f. I decreased my sport-specific training.
    g. I increased my military training or functional fitness (CrossFit, High Intensity Interval Training: HIIT).
    h. I decreased my military training or functional fitness (CrossFit, High Intensity Interval Training: HIIT).
    i. I increased other types of exercises.
    j. I decreased other types of exercises.
    k. Other (please specify): _____
    l. I have not changed my exercise habits with the intent of gaining weight.

25. Other than those already listed above, are there any other strategies that you are using (or used) to promote weight gain?
    _____
    _____
    _____

26. Did you receive any advice on how to gain weight? Select all that apply. (1)
    a. Yes, from a Registered Dietitian
    b. Yes, from a gym instructor
    c. Yes, from a sport coach
    d. Yes, from a fitness trainer
    e. Yes, from a health professional (doctor, nurse, etc)
    f. Yes, from an athletic trainer
    g. Yes, from a military leader (commanding officer, non-commissioned, officer, etc); please specify:
    h. Yes, from a teacher
    i. Yes, from a parent or family member
    j. Yes, from a fellow athlete
    k. Yes, from a friend
    l. Yes, from the Internet/social media
    m. Yes, from a magazine
    n. Other (please specify): _____
    o. No, I did not receive any advice on how to gain weight.

27. On average, how many hours of sleep do you get per 24-hour period? (2) ___

28. Choose the best response regarding your sleep quality. (2)
    a. I am **never** satisfied with my sleep quality.
    b. I am **rarely** satisfied with my sleep quality.
    c. I am **sometimes** satisfied with my sleep quality.
    d. I am **often** satisfied with my sleep quality.
    e. I am **always** satisfied with my sleep quality.
    f. Other (please specify) _____

29. Apart from the past 12 months (including now), how many times have you previously attempted to gain weight?
    a. None
    b. 1
    c. 2
    d. ≥3 (please specify the number of times): _____

30. If you previously attempted to gain weight, were you successful at gaining the weight that you wanted?
    a. Yes
    b. No
    c. Other (please specify) _____

31. If you were successful at your previous weight gain attempt, how much weight did you gain in pounds (lb)? _____

(To convert kilograms to pounds, please multiply by 2.2. For example, 5 kg multiplied by 2.2 equals 11 pounds.)

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