

Supplementary table S1. Changes in self-reported appetite measures according to breakfast condition (indulgent *vs.* sensible) and level of restrained eating (high *vs.* low)

			Indulgent Breakfast	Sensible Breakfast			
Time point			Sample size	Mean change (SD)	Mean change (SD)	Mean difference (95% CI)	P
High restrained eating score							
Hunger	BL	26	68.71 (18.35)*	63.17 (18.38)*	–	–	
	BL-ANT	26	10.92 (12.55)	12.56 (17.61)	–1.10 (–9.89, 7.70)	0.799	
	ANT-POST	26	–56.81 (21.46)	–51.96 (22.87)	–5.50 (–15.28, 4.29)	0.258	
	BL-POST	26	–45.88 (22.35)	–39.40 (19.90)	–6.59 (–16.27, 3.08)	0.172	
Satisfied	BL	26	30.94 (21.64)*	36.69 (23.81)*	–		
	BL-ANT	26	–5.71 (15.72)	–10.40 (14.54)	4.27 (–4.13, 12.67)	0.305	
	ANT-POST	26	53.40 (26.41)	50.88 (24.28)	2.60 (–6.10, 11.30)	0.543	
	BL-POST	26	47.69 (27.45)	40.48 (28.91)	6.87 (–3.64, 17.38)	0.190	
Fullness	BL	26	18.96 (14.29)*	23.69 (19.39)*	–	–	
	BL-ANT	26	–4.08 (8.77)	–3.35 (13.62)	–0.45 (–4.90, 4.00)	0.837	
	ANT-POST	26	59.94 (18.75)	51.42 (23.27)	8.48 (–2.35, 19.31)	0.119	
	BL-POST	26	55.87 (18.21)	48.07 (22.15)	8.03 (–1.98, 18.05)	0.111	
Quantity	BL	26	62.31 (17.36)*	61.94 (16.33)*	–	–	
	BL-ANT	26	9.98 (12.61)	9.04 (11.48)	1.08 (–6.53, 8.69)	0.773	
	ANT-POST	26	–46.96 (19.31)	–46.12 (18.68)	–0.87 (–7.41, 5.67)	0.786	
	BL-POST	26	–36.98 (18.17)	–37.08 (19.72)	0.21 (–7.62, 8.04)	0.957	
Desire strength	BL	26	69.52 (22.10)*	63.58 (22.50)*	–	–	
	BL-ANT	26	7.96 (11.78)	13.98 (14.05)	–5.87 (–11.05, –0.68)	0.028	
	ANT-POST	26	–53.85 (22.21)	–52.48 (19.96)	–1.66 (–12.34, 9.02)	0.752	
	BL-POST	26	–45.88 (23.73)	–38.50 (25.38)	–7.53 (–17.58, 2.52)	0.135	
Low restrained eating score							

Hunger	BL	22	58.00 (19.20)*	62.18 (21.38)*	–	–
	BL-ANT	22	20.45 (14.20)	14.25 (18.53)	5.74 (–3.54, 15.02)	0.212
	ANT-POST	22	–53.48 (24.00)	–47.89 (22.62)	–6.23 (–14.17, 1.72)	0.118
	BL-POST	22	–33.02 (23.52)	–33.64 (25.22)	–0.49 (–8.19, 7.22)	0.896
Satisfied	BL	22	36.66 (22.89)*	31.46 (18.36)*	–	–
	BL-ANT	22	–9.25 (14.41)	–5.45 (17.02)	–3.42 (–12.24, 5.41)	0.429
	ANT-POST	22	49.59 (23.89)	45.30 (25.58)	5.24 (–3.79, 14.28)	0.240
	BL-POST	22	40.34 (27.54)	39.84 (20.46)	1.83 (–9.75, 13.40)	0.746
Fullness	BL	22	25.50 (18.13)*	20.52 (20.31)*	–	–
	BL-ANT	22	–7.68 (10.58)	–2.45 (15.92)	–5.52 (–9.65, 1.39)	0.011
	ANT-POST	22	53.91 (24.71)	48.25 (22.87)	5.24 (–2.20, 12.68)	0.157
	BL-POST	22	46.23 (23.60)	45.80 (21.04)	–0.28 (–8.38, 7.83)	0.944
^aQuantity	BL	22	63.77 (15.77)*	63.14 (15.10)*	–	–
	BL-ANT	22	11.55 (11.70)	11.02 (11.09)	–0.33 (–7.42, 6.77)	0.924
	ANT-POST	22	–45.32 (19.10)	–44.07 (21.00)	–1.49 (–8.98, 6.01)	0.684
	BL-POST	22	–33.77 (16.49)	–33.05 (19.04)	–1.81 (–10.55, 6.93)	0.670
^bDesire strength	BL	22	66.16 (21.50)*	67.14 (19.80)*	–	–
	BL-ANT	22	13.57 (16.40)	10.36 (15.28)	2.38 (–4.13, 8.89)	0.455
	ANT-POST	22	–50.80 (25.19)	–41.68 (21.56)	–9.25 (–19.18, 0.68)	0.066
	BL-POST	22	–37.23 (29.94)	–31.32 (24.06)	–6.87 (–17.66, 3.92)	0.199

Data are presented as *baseline mean (SD), mean change (SD), and mean change difference (95% CI) in appetite measures between breakfast conditions (indulgent *vs.* sensible) adjusted for the period effect. Data analysed using paired sample t-tests adjusting for period effect, at baseline (BL), from baseline to anticipatory (BL-ANT), from anticipatory to post consumption (ANT-POST) and from baseline to post-consumption (BL-POST). ^aQuantity – how much do you think you could (or would want to) eat right now? ^bDesire strength – how strong is your desire to eat?