

Supplementary Material

Table S1: The mean and standard deviation of the hunger, satiety, and desire to eat values of the whole group of participants and in the two subgroups. The t-tests for independent groups did not uncover any differences between the two groups.

	All the participants (N =63)	Immediate Group (N= 31)	Delayed Group (N =32)	t-value (df=61)	pvalue
Hunger	-2.8 (1.7)	-2.3 (1.8)	-2.4 (1.7)	.30	.75
Satiety	-2.9 (1.9)	-2.6 (1.64)	-2.7 (1.6)	.21	.82
Desire to eat	-3.6 (1.7)	-2.9 (1.71)	-3.1 (1.4)	.63	.52

Table S2: The mean and standard deviation values derived from the questionnaires investigating eating patterns. T-tests for independent groups were adopted to compare immediate and delayed group.

	All the participants (N =63)	Immediate Group (N= 31)	Delayed Group (N =32)	t-value (df=61)	p-value
BES	5.2 (4.6)	4.9 (5.2)	5.5 (4.1)	-.51	.61
EAT-26	4.2 (7.2)	2.5 (3.2)	5.9 (9.4)	-1.9	.05
Y-FAS	1.2 (1.1)	1.1 (1.0)	1.3 (1.1)	-.80	.42
DEBQ - Restrain	2.1 (0.8)	1.9 (0.7)	2.2 (0.9)	-1.7	.08
DEBQ - Emotional	1.8 (0.7)	1.8 (0.7)	1.8 (0.7)	.26	.79
DEBQ - External	2.8 (0.7)	2.9 (0.6)	2.7 (0.9)	.78	.43

Note: BES= Binge Eating Scale; EAT-26 = Eating attitude test -26 items, Y-FAS=Yale Food Addiction Scale; DEBQ= Dutch Eating Behaviour Questionnaire

Table S3: The mean and standard deviation values derived from questionnaires investigating personality traits. T-tests for independent groups were adopted to compare immediate and delayed group.

	All the participants (N =63)	Immediate Group (N= 31)	Delayed Group (N =32)	t-value (df=61)	p-value
BIS-11 – Attentional	15.4 (2.8)	15.7 (3.1)	15.7 (2.5)	-1.1	.31
BIS-11 – Motor	18.6 (3.9)	18.6 (4.8)	18.6 (2.8)	-0.1	.98
BIS-11 – No Planning	24.2 (3.6)	24.8 (4.0)	23.6 (3.1)	1.2	.31
BIS-11 – Total	58.2 (7.6)	58.7 (9.5)	57.6 (5.3)	.57	.56
BIS – Anxiety	24.1 (5.0)	23.0 (5.1)	25.1 (4.8)	-1.7	.09
BAS - Reward	19.6 (3.5)	20.1 (3.5)	19.1 (3.5)	1.1	2.6
BAS- Drive	11.5 (3.0)	11.8 (2.9)	11.2 (3.0)	.70	.48
BAS – Fan	10.9 (3.5)	11.1 (3.9)	10.8 (3.2)	.31	.75
BAS – Total	45.5 (12.9)	46.6 (14.9)	44.4 (10.6)	.68	.49

Note: BIS-11: Barrat Impulsiveness Scale; BIS: Behavioural Inhibition Scale; BAS Behavioural Activation Scale