Supplementary Material

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | LEAF-Q score | Training volume | BMI | EDE-Q global | EDE-Q restraint | EDE-Q eating concern | EDE-Q shape concern | EDE-Q weight concern | EAI total score | EAI salience | EAI conflicts | EAI mood modification | EAI tolerance | EAI withdrawal symptoms |
| Training volume | *r* = 0.126*P* = 0.073 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BMI | *r* = -0.253*P* < 0.001 | *r* = -0.057*P* = 0.435 |  |  |  |  |  |  |  |  |  |  |  |  |
| EDE-Q global | *r* = 0.366*P* < 0.001 | *r* = 0.014*P* = 0.842 | *r* = 0.265*P* < 0.001 |  |  |  |  |  |  |  |  |  |  |  |
| EDE-Q restraint | *r* = 0.284*P* < 0.001 | *r* = 0.057*P* = 0.421 | *r* = 0.217*P* = 0.002 | *r* = 0.837*P* < 0.001 |  |  |  |  |  |  |  |  |  |  |
| EDE-Q eating concern | *r* = 0.297*P* < 0.001 | *r* = -0.029*P* = 0.682 | *r* = 0.207*P* = 0.003 | *r* = 0.887*P* < 0.001 | *r* = 0.701*P* < 0.001 |  |  |  |  |  |  |  |  |  |
| EDE-Q shape concern | *r* = 0.280*P* <0.001 | *r* = -0.006*P* = 0.934 | *r* = 0.263*P* < 0.001 | *r* = 0.960*P* <0.001 | *r* = 0.728*P* < 0.001 | *r* = 0.841*P* < 0.001 |  |  |  |  |  |  |  |  |
| EDE-Q weight concern | *r* = 0.284*P* < 0.001 | *r* = 0.0369*P* = 0.602 | *r* = 0.262*P* < 0.001 | *r* = 0.937*P* < 0.001 | *r* = 0.679*P* < 0.001 | *r* = 0.800*P* < 0.001 | *r* = 0.904*P* < 0.001 |  |  |  |  |  |  |  |
| EAI total score | *r* = 0.318*P* < 0.001 | *r* = 0.026*P* = 0.709 | *r* = -0.143*P* = 0.042 | *r* = 0.439*P* < 0.001 | *r* = 0.396*P* < 0.001 | *r* = 0.396*P* < 0.001 | *r* = 0.412*P* < 0.001 | *r* = 0.365*P* < 0.001 |  |  |  |  |  |  |
| EAI salience | *r* = 0.167*P* = 0.018 | *r* = 0.131*P* = 0.064 | *r* = -0.065*P* = 0.361 | *r* = 0.179*P* = 0.011 | *r* = 0.134*P* = 0.058 | *r* = 0.157*P* = 0.026 | *r* = 0.159*P* = 0.024 | *r* = 0.201*P* = 0.004 | *r* = 0.506*P* < 0.001 |  |  |  |  |  |
| EAI conflicts | *r* = 0.298*P* < 0.001 | *r* = 0.020*P* = 0.778 | *r* = -0.126*P* = 0.076 | *r* = 0.307*P* < 0.001 | *r* = 0.263*P* < 0.001 | *r* = 0.263*P* < 0.001 | *r* = 0.289*P* < 0.001 | *r* = 0.253*P* < 0.001 | *r* = 0.570*P* < 0.001 | *r* = 0.040*P* = 0.572 |  |  |  |  |
| EAI mood modification | *r* = 0.116*P* = 0.100 | *r* = -0.241*P* < 0.001 | *r* = 0.001*P* = 0.988 | *r* = 0.316*P* < 0.001 | *r* = 0.306*P* < 0.001 | *r* = 0.287*P* < 0.001 | *r* = 0.306*P* < 0.001 | *r* = 0.226*P* = 0.001 | *r* = 0.578*P* < 0.001 | *r* = 0.105*P* = 0.137 | *r* = 0.188*P* = 0.008 |  |  |  |
| EAI tolerance | *r* = 0.031*P* = 0.659 | *r* = 0.143*P* = 0.043 | *r* = -0.001*P* = 0.989 | *r* = 0.008*P* = 0.907 | *r* = 0.050*P* = 0.482 | *r* = -0.043*P* = 0.548 | *r* = -0.015*P* = 0.833 | *r* = -0.010*P* = 0.988 | *r* = 0.367*P* < 0.001 | *r* = 0.256*P* < 0.001 | *r* = 0.012*P* = 0.869 | *r* = 0.023*P* = 0.746 |  |  |
| EAI withdrawal symptoms | *r* = 0.305*P* < 0.001 | *r* = 0.084*P* =0.233 | *r* = -0.193*P* = 0.006 | *r* = 0.397*P* < 0.001 | *r* = 0.365*P* < 0.001 | *r* = 0.362*P* < 0.001 | *r* = 0.394*P* < 0.001 | *r* = 0.330*P* < 0.001 | *r* = 0.700*P* < 0.001 | *r* = 0.291*P* < 0.001 | *r* = 0.286*P* < 0.001 | *r* = 0.324*P* < 0.001 | *r* = 0.137*P* = 0.053 |  |
| EAI relapse | *r* = 0.103*P* = 0.142 | *r* = -0.018*P* =0.795 | *r* = .0.046*P* = 0.518 | *r* = 0.262*P* < 0.001 | *r* = 0.237*P* < 0.001 | *r* = 0.271*P* < 0.001 | *r* = 0.260*P* < 0.001 | *r* = 0.223*P* = 0.002 | *r* = 0.599*P* < 0.001 | *r* = 0.151*P* = 0.033 | *r* = 0.191*P* < 0.001 | *r* = 0.264*P* < 0.001 | *r* = 0.044*P* = 0.538 | *r* = 0.307*P* < 0.001 |

**Table S1. Correlation table with potential risk factors for LEA**

Abbreviations: BMI: body mass index, EAI: Exercise Addiction Inventory, EDE-Q: Eating Disorder Examination Questionnaire, LEAF-Q: Low Energy in Females Questionnaire

**Table S2. Distribution of scores on the Exercise Addiction Inventory**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Disagree** | **Neither agree/disagree** | **Agree** | **Strongly agree** |
| **EAI items** | LEAF-Q score < 8 | LEAF-Q score ≥ 8 | LEAF-Q score < 8 | LEAF-Q score ≥ 8 | LEAF-Q score < 8 | LEAF-Q score ≥ 8 | LEAF-Q score < 8 | LEAF-Q score ≥ 8 | LEAF-Q score < 8 | LEAF-Q score ≥ 8 |
| Salience (%) | 1.4 | 0.8 | 17.1 | 7.6 | 25.7 | 20.6 | 38.6 | 47.3 | 17.1 | 23.7 |
| Conflicts (%) | 28.6 | 24.4 | 35.7 | 16.0 | 15.7 | 19.1 | 17.1 | 29.8 | 2.9 | 10.7 |
| Mood modification (%) | 1.43 | 3.0 | 17.1 | 10.6 | 17.1 | 25.8 | 54.3 | 38.4 | 10.0 | 22.0 |
| Tolerance (%) | 1.4 | 0.0 | 5.7 | 6.9 | 10.0 | 17.6 | 60.0 | 42.8 | 22.9 | 32.8 |
| Withdrawal symptoms (%) | 2.9 | 2.3 | 28.6 | 7.6 | 25.7 | 22.0 | 25.7 | 45.5 | 17.1 | 22.7 |
| Relapse (%) | 4.4 | 3.8 | 24.6 | 24.2 | 24.6 | 28.0 | 37.7 | 28.0 | 8.7 | 15.9 |

Abbreviations: EAI: Exercise Addiction Inventory, LEAF-Q: Low Energy in Females Questionnaire