

Supplementary Material

Table S3

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BISCWIT (fEMA)		
Category/ Instrument	Item	Frequency of selection
PANAS	How happy are you right now?	9
	How enthusiastic are you right now?	10
	How relaxed are you right now?	10
	How calm are you right now?	9
	How tense are you right now?	7
	How worried are you right now?	8
	How depressed are you right now?	9
	How bored are you right now?	7
	How nervous or stressed are you right now?	14
	How active are you right now?	6
PSS	Do you feel that you are on top of things?	15
	Do you feel that you can cope with all upcoming things that you will have to do?	11
	Did you experience an unpleasant stressful event since your last entry?	8
Consumed Food	Have you consumed some food since your last entry?	4
Consumed Food Amount	How much food have you consumed since your last entry?	5
Hunger	How hungry are you at the moment?	2
Retrospective Craving	How strong was your urge for specific, palatable food since your last entry?	6
Momentary Craving	How strong is your urge for specific, palatable food at the moment?	10
Time of day pings	Morning	5
	Midday	9
	Early afternoon	13
	Late afternoon	6
	Evening	9
	Night	11
Cycles	Linear Cycle (linear trend within 1 day)	5
	Quadratic Cycle (quadratic trend within 1 day)	9
	Cubic Cycle (cubic trend within 1 day)	6
	Cos (1 day)	7
	Sin (1 day)	6
	Cos (2 days)	9

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	Sin (2 days)	7
Global Trends	Linear Trend (linear trend across 14 days)	27
	Quadratic Trend (quadratic trend across 14 days)	19
	Cubic Trend (cubic trend across 14 days)	20
Clusters	Cluster1	5
	Cluster2	7
	Cluster3	5