

Supplementary Table 1— Relationship between MEQ Scores and Demographic and Lifestyle Characteristics: Estimated Linear Regression Coefficients (β), Standard Errors (SE) and p-values

	<i>MEQ Score</i>		
	β	SE	p-value
Age (years)			
18	Reference		
19	1.180	0.700	0.092
20	0.500	0.689	0.468
21	0.505	0.700	0.471
22 and older	1.056	0.721	0.143
Sex			
Female	Reference		
Male	-0.108	0.333	0.745
Cigarette smoking status			
Never	Reference		
Former	-2.789	1.130	0.014
Current	-2.617	0.630	<0.001
Alcohol consumption			
<1 drink/month	Reference		
1-19 drinks/month	-2.748	0.334	<0.001
≥ 20 drinks/month	-5.745	1.192	<0.001
Obesity (≥ 30.0 kg/m²)			
No	Reference		
Yes	-0.778	0.704	0.269
Any physical activity			
No	Reference		
Yes	0.169	0.357	0.636
R ² =5.1%			

All coefficients (β) and standard errors (SE) adjusted for all other covariates in the model

Supplementary Table 2— Relationship between ESS Scores and Demographic and Lifestyle Characteristics: Estimated Linear Regression Coefficients (β), Standard Errors (SE) and p-values

	<i>ESS Score</i>		
	β	SE	p-value
Age (years)			
18	Reference		
19	0.058	0.293	0.844
20	0.026	0.288	0.927
21	0.062	0.293	0.833
22 and older	0.268	0.302	0.375
Sex			
Female	Reference		
Male	-0.483	0.139	<0.001
Cigarette smoking status			
Never	Reference		
Former	0.581	0.473	0.219
Current	0.482	0.262	0.066
Alcohol consumption			
<1 drink/month	Reference		
1-19 drinks/month	0.353	0.139	0.011
≥ 20 drinks/month	0.555	0.490	0.257
Obesity (≥ 30.0 kg/m²)			
No	Reference		
Yes	-0.632	0.294	0.032
Any physical activity			
No	Reference		
Yes	0.495	0.149	0.001
R ² =1.4%			

All coefficients (β) and standard errors (SE) adjusted for all other covariates in the model