

Networks of stress, affect and eating behaviour: anticipated stress coping predicts goal-congruent eating in young adults

Björn Pannicke, Tim Kaiser, Julia Reichenberger and Jens Blechert

International Journal of Behavioral Nutrition and Physical Activity

<https://doi.org/10.1186/s12966-020-01066-8>

Supplementary material: Table 2

Means, standard deviations, and zero-order correlations with confidence intervals

Variable	<i>M</i>	<i>SD</i>	1	2	3	4	5	6	7	8	9	10	11	12	13	14
1. Cheerful	44.70	27.18														
2. Enthusiastic	24.16	24.28	.61** [.59, .63]													
3. Relaxed	44.97	26.55	.51** [.49, .53]	.34** [.31, .37]												
4. Calm	44.33	26.64	.55** [.53, .57]	.39** [.36, .41]	.73** [.71, .74]											
5. Irritated	11.67	17.69	-.21** [-.24, -.18]	-.07** [-.10, -.04]	-.25** [-.27, -.22]	-.26** [-.29, -.23]										
6. Worried	17.79	20.80	-.22** [-.25, -.19]	-.09** [-.12, -.06]	-.29** [-.32, -.27]	-.32** [-.35, -.29]	.46** [.43, .48]									
7. Depressed	11.00	18.27	-.33** [-.36, -.30]	-.17** [-.20, -.14]	-.32** [-.35, -.30]	-.32** [-.35, -.30]	.43** [.41, .46]	.48** [.46, .51]								
8. Bored	15.21	19.90	-.13** [-.16, -.10]	-.08** [-.11, -.05]	-.05** [-.08, -.02]	-.05** [-.08, -.02]	.16** [.13, .19]	.15** [.11, .18]	.19** [.16, .22]							
9. Nervous/stressed	21.34	21.87	-.19** [-.22, -.16]	-.06** [-.09, -.03]	-.39** [-.41, -.36]	-.38** [-.40, -.35]	.47** [.45, .50]	.56** [.54, .58]	.36** [.33, .38]	.07** [.04, .10]						
10. Active	34.02	26.38	.51** [.48, .53]	.46** [.43, .48]	.20** [.17, .23]	.28** [.25, .31]	-.04* [-.07, -.01]	-.07** [-.10, -.03]	-.17** [-.20, -.14]	-.16** [-.19, -.13]	.02 [-.01, .05]					
11. Present stress coping	59.77	21.54	.48** [.46, .50]	.35** [.32, .38]	.50** [.48, .52]	.53** [.50, .55]	-.30** [-.33, -.27]	-.43** [-.46, -.41]	-.44** [-.46, -.41]	-.06** [-.09, -.02]	-.35** [-.38, -.33]	.28** [.25, .31]				
12. Anticipated stress coping	61.00	23.05	.49** [.47, .52]	.36** [.33, .39]	.48** [.46, .51]	.52** [.50, .55]	-.28** [-.31, -.25]	-.40** [-.43, -.38]	-.41** [-.43, -.38]	-.07** [-.10, -.04]	-.33** [-.36, -.30]	.32** [.29, .35]	.84** [.83, .85]			
13. Hunger	25.04	26.10	.07** [.03, .10]	.05** [.02, .08]	.02 [-.01, .05]	.02 [-.01, .05]	.05** [.02, .08]	-.02 [-.05, .01]	-.04** [-.07, -.01]	.03 [-.00, .06]	.02 [-.01, .05]	.07** [.04, .10]	.05** [.02, .08]	.06** [.03, .09]		
14. Food Craving	21.53	25.11	.06** [.03, .09]	.08** [.05, .11]	.01 [-.02, .04]	.01 [-.02, .04]	.11** [.08, .14]	.05** [.02, .08]	.00 [-.03, .03]	.15** [.12, .18]	.07** [.04, .10]	.04** [.01, .07]	.02 [-.01, .05]	.02 [-.01, .05]	.43** [.41, .46]	
15. Goal-congruent eating	54.61	26.86	.17** [.13, .20]	.13** [.09, .16]	.11** [.08, .15]	.16** [.12, .19]	-.07** [-.10, -.03]	-.05** [-.08, -.01]	-.15** [-.19, -.12]	-.09** [-.12, -.05]	-.05** [-.09, -.02]	.19** [.16, .23]	.23** [.19, .26]	.26** [.22, .29]	-.01 [-.04, .03]	-.06** [-.10, -.03]

Note. *M* = mean and *SD* = standard deviation. Values in square brackets indicate the 95% confidence interval for each correlation. * indicates $p < .05$. ** indicates $p < .01$.