Supplemental Material

Psychometric Properties of Study Measures

Measures Administered at the Intake Session Only

We used the 30-item, true/false version of the Minnesota Eating Behavior Survey (MEBS; von Ranson et al., 2005)[1] to examine overall/global levels of disordered eating (via the *total score*) as well as *body dissatisfaction* (6 items assessing dissatisfaction with body size and/or shape), *weight preoccupation* (8 items assessing preoccupation with dieting and weight), *binge eating* (7 items assessing the tendency to think about, or engage in, binge eating behaviors), and *compensatory behaviors* (6 items assessing the tendency to use, or think about using, self-induced vomiting and excessive exercise to control weight). The MEBS successfully discriminates between individuals with and without EDs and shows substantial test-retest correlations across significant delays (mean scale correlations = .51-.80 across three years; von Ranson et al., 2005). Internal consistency for most MEBS subscales is excellent in older adolescent girls and young adults (alphas = .65-.89), though somewhat lower for the compensatory behavior subscale (alphas = .58-.69) due to more infrequent item endorsement (von Ranson et al., 2005).

Measures Administered at the Intake, Intermediate, and Final Sessions

Disordered Eating. The Eating Disorder Examination Questionnaire (EDEQ; Fairburn & Beglin, 1994) was administered during the intake, intermediate, and final assessment sessions. The EDE-Q is a 36-item self-report questionnaire derived from the Eating Disorders

[1]The Minnesota Eating Behavior Survey (MEBS; previously known as the Minnesota Eating Disorder Inventory [M-EDI]) was adapted and reproduced by special permission of Psychological Assessment Resources, 16204 North Florida Avenue, Lutz, Florida 33549, from the Eating Disorder Inventory (collectively, EDI and EDI-2) by Garner, Olmstead, Polivy, Copyright 1983 by Psychological Assessment Resources. Further reproduction of the MEBS is prohibited without prior permission from Psychological Assessment Resources.

Examination (EDE) (Cooper & Fairburn, 1987) that assesses eating pathology over the past 28 days. Thus, at the intake session, the EDEQ covered the 28 days prior to the intake session, while at the intermediate and final assessments, the questions referred to the most recent 28 days that occurred since the last assessment period (although, given variation in intermediate and final assessment dates, the interval between these assessment sessions may have been somewhat shorter or longer than 28 days).

In the current study, we focused on the *EDEQ total score* and the *weight concerns, shape concerns,* and *restraint* subscales to ensure adequate coverage of key weight/shape and dieting constructs. Items on these scales are scored continuously on a 0-6 scale (0 = no days where symptom was present; 6 = symptom was present every day). The EDEQ has good internal consistency (alphas = .84-.93 in non-clinical samples of women; Luce & Crowther, 1999) and test-retest reliability (*r*s = .81-.94 across two weeks; Luce & Crowther, 1999), and successfully discriminates between women with and without an eating disorder (Aardoom et al., 2012). We also examined the EDEQ items that ask about *subjective binge eating* (SBE; believing that one has eaten too much food and has lost control over the eating episode) and the use of *self-induced vomiting, laxatives, and diuretics* (combined into a single purging variable due to low frequency of individual behaviors), *excessive exercise* (i.e., "exercising hard"), and *fasting* (i.e., going for ≥8 hours without eating) to control body weight or shape. Notably, we did not analyze the eating concerns subscale or the EDEQ item assessing objective binge eating (OBE; eating a large amount of food in a short period of time in an uncontrollable way) given the more limited validity/reliability of the eating concerns scale (Grilo et al., 2015) and the fact that we had numerous other measures of binge eating, eating concerns, and emotional eating, including daily

reports of OBEs and emotional eating across the study period (see more on these measures below).

Body Mass Index (BMI). BMI (kilograms/meters^2) was calculated from height and weight measured using a wall-mounted ruler and digital scale, respectively. Differences in BMI were minimal and non-significant across the COVID-19 groups (see Table S3) and within-subjects across the three study assessments (mean change = .007; *SD* = 1.15).

Measures Administered Daily

Participants completed the following measures each day for 49 consecutive days.

Disordered Eating. Using a daily log book, participants reported whether they had *dieted* that day (yes/no) as well as the frequency of *OBEs* on that day (0 episodes to 9 or more episodes). Because very few participants reported more than one OBE on any day of the study (99.5% of days had either 0 or 1 OBEs), the OBE variable was recoded dichotomously as 0 = no OBEs or 1 = ≥1 OBEs on that day. To help ensure that participants accurately reported their OBE frequency, a detailed definition of OBEs was provided during the intake assessment. Participants were told that binge eating was eating an unusually large amount of food (i.e., something that most people would think is larger than a normal meal) with a sense of loss of control over eating that is experienced as feeling driven or compelled to eat, not being able to stop eating once started, and/or not being able to keep from eating large amounts of certain kinds of food in the first place. Participants were then provided with four case examples and asked to report whether OBEs and/or loss of control were present for each case, according to the definitions provided. If participants responded incorrectly to any of the items, trained research assistants would provide the correct answer, taking care to explain why their answer was incorrect. At the end of the intake assessment, participants were asked to report the OBE

definitions again. If the participant did not accurately report the definition, the research assistants continued to talk through the definitions with the participant to make sure they understood the concepts. Participants were provided a copy of the OBE definitions to refer to during their daily assessments. Then, during the intermediate assessment (occurring around day 23), participants were again asked about the definitions, and understanding of the concepts was assessed. Further, participants have a copy of the definitions to refer to when completing their daily questionnaires though the course of the 49-day study.

Emotional eating (i.e., eating in response to negative emotions) was assessed using the emotional eating scale from the Dutch Eating Behavior Questionnaire (DEBQ; van Strien et al., 1986) modified with permission to refer to that day. Specifically, in the measure instructions, participants were instructed to decide whether "each item was true in relation to you TODAY". The emotional eating scale correlates with measures of binge eating (e.g., the bulimia scale of the Eating Disorders Inventory; van Strien, 1996) and palatable food (i.e., high fat/high sugar food like cake, cookies) consumption in laboratory settings (van Strien, 2000), and differentiates between women with and without binge-eating disorder after controlling for weight status (Schulz & Laessle, 2010). Internal consistency for the daily form of the DEBQ emotional eating scale is excellent ($\alpha = .90$; Klump et al., 2014).

Daily weight preoccupation was measured using the MEBS weight preoccupation scale modified with permission to refer to that day. Specifically, in the measure instructions, participants instructed to read the questions "…and answer them as they relate to TODAY". The daily form of the MEBS weight preoccupation scale shows good internal consistency ($\alpha = .82$ in past research; Hildebrandt et al., 2015).

Hunger and Food Liking and Wanting. Daily *hunger* was measured using a 0-100 visual analogue scale (0 = "I am not hungry at all"; 100 = "I have never been more hungry"). A self-report questionnaire was used to assess daily *"liking"* (i.e., how much the participant enjoyed the actual taste of the food) and *"wanting"* (i.e., how much the participant craved or desired the food) of four food categories examined in prior work (Monteiro, 2010; White et al., 2002): "sweets" (e.g., brownies, cookies), "carbohydrates" (e.g., bread, pancakes/waffles), "fast food" (e.g., hamburger, French fries, pizza), and "whole" foods (e.g., vegetables, fruit, plain chicken/fish).

Daily liking and wanting of these foods were assessed with four items per food category that were adapted from Born et al. (2011). The first item asked if the participant consumed any foods from the food category on that day; if they answered yes, they were asked "How much did you *like* the taste of the (sweets, carbohydrates, fast food, or whole foods) when you were eating them TODAY?" and "How much did you *want* the (sweets, carbohydrates, fast food, or whole foods) today?". Responses were recorded on a 0 ("Not at all") to 9 ("Extremely") scale. If the participant replied no, they did not consume the food type on that day, then they were only asked "How much did you *want* the (sweets, carbohydrates, fast food, or whole foods) TODAY, even though you did not eat them?" using the same 0-9 scale. We did not ask about liking foods that were not eaten on that day, as liking is based on the actual consumption of the food, while individuals can want foods even if they do not consume them. Participants were provided with the definitions of liking, wanting, and the food categories during their intake assessment, and examples of each food category were listed above the response options on the questionnaire. Similar to the OBE quiz, participants were then presented with eight cases where they were asked to assess if liking or wanting of food was high or low in each case. They were also

presented with 23 food items and asked if the foods fell under the sweets, carbohydrates, fast food, or whole foods category. If the participant responded incorrectly to any of the scenarios or items, trained research assistants would provide the correct answer, taking care to explain why their answer was incorrect. The participant's understanding of each concept was then re-assessed at the very end of the intake assessment, as well as at the intermediate assessment, in the same process as outlined above. Again, participants were also given a copy of the definitions to refer to when completing their daily questionnaires.

Post-Hoc Power Analyses for Within-Person Models

Given the smaller sample sizes in the within-person models, we conducted post-hoc power analyses using Optimal Design (a specialized power analysis software for multilevel models; Raudenbush et al., 2011) to determine our observed power to detect changes in disordered eating across the pandemic events. Admittedly, power analyses for our 3-level mixed linear models (MLMs) are a little less straightforward than for other statistical methods (e.g., standard regression), as there are a number of factors (e.g., average level of similarity between co-twins) that can influence power to detect an effect. Nonetheless, it is important to note that in these analyses, the effective sample size is the number of days (N = 49) x the number of participants. Our smallest sample size in the within-person MLMs (N = 22 for SHOs) resulted in an effective sample size of 1,078, while the largest sample size (N = 34 for 1st US case) resulted in an effective sample size of 1,666. Using our smallest effective sample size (N = 1,078), and a p value of .05, we had ≥ 80% power to detect medium effect sizes (d = .50). Our power was increased in analyses of the largest effective sample size (effective N = 1, 666) where we had ≥ 80% power to detect small effect sizes (d = .30).

Table S1

Data Specifications

Decisions	**Specifications**
Between-Person Analyses	
Which COVID definition to analyze?	1st US case 1st state case SHO Effect sizes aggregated across all three COVID-19 definitions ("All")
How to assess overall/global levels of disordered eating (DE)?	MEBS total score – intake assessment EDEQ total score – averaged over intake, intermediate, final assessment
How to assess binge eating?	MEBS binge eating – intake assessment DEBQ emotional eating – averaged across daily assessments OBEs – categorical (odds of OBEs during study period) OBEs – continuous (proportion of days with an OBE) EDEQ SBEs – categorical (odds of SBE during study period) EDEQ SBEs – continuous (number of days with an SBE)
How to assess body weight and shape concerns?	MEBS body dissatisfaction – intake assessment MEBS weight preoccupation – intake assessment MEBS weight preoccupation – averaged across daily assessments EDEQ weight concerns – averaged over intake, intermediate, final assessment EDEQ shape concerns – averaged over intake, intermediate, final assessment
How to assess dietary restraint and dieting?	EDEQ restraint – averaged over intake, intermediate, final assessment dieting – continuous (proportion of days dieted) dieting – categorical (odds of dieting during study period)

Decisions	**Specifications**
How to assess compensatory behaviors?	MEBS compensatory behavior – intake assessment EDEQ fasting – categorical (odds of fasting during study period) EDEQ fasting – continuous (number of days with fasting rated from 0 (no days) to 6 (every day)) EDEQ excessive exercise – categorical (odds of exercise during study period) EDEQ excessive exercise – continuous (number of days with exercise) EDEQ purging – categorical (odds of self-induced vomiting, diuretic use, or laxative use during study period)
How to assess hunger?	Daily hunger VAS – averaged across daily assessments
How to assess liking/wanting of palatable food (PF) and whole foods?[1]	PF[2]: *Individual Like/Want Variables:* Like carbohydrates eaten – averaged across daily assessments Want carbohydrates eaten – averaged across daily assessments Want carbohydrates not eaten – averaged across daily assessments Like sweets eaten – averaged across daily assessments Want sweets eaten – averaged across daily assessments Want sweets not eaten – averaged across daily assessments Like fast food eaten – averaged across daily assessments Want fast food eaten – averaged across daily assessments Want fast food not eaten – averaged across daily assessments *Combined Variables:* Combined like/want carbohydrates eaten – averaged across daily assessments Combined like/want sweets eaten – averaged across daily assessments Combined like/want fast food eaten – averaged across daily assessments Combined like/want of all PFs eaten – average of all PF across daily assessments Combined like of PFs eaten – average of all PF across daily assessments Combined want PFs eaten – average of all PF across daily assessments Combined want PFs not eaten – average of all PF across daily assessments

Decisions	**Specifications**
	Whole Foods: *Individual Like/Want Variables:* Like whole foods eaten – averaged across daily assessments Want whole foods eaten – averaged across daily assessments Want whole foods not eaten – averaged across daily assessments *Combined Variables:* Combined like/want whole foods eaten – averaged across daily assessments
Within-Person Analyses	
Which COVID definition to analyze?	1st US case 1st state case SHO Effect sizes aggregated across all three COVID-19 definitions ("All")
How to assess binge eating?	DEBQ emotional eating – daily values OBEs – categorical (odds of OBEs on that study day) SBEs – daily frequency too low for analysis; not included in within-person analyses
How to assess overall/global levels of DE?	EDEQ total score – total score from intermediate used for days between intake and intermediate; total score from final used for days between intermediate and final[3]
How to assess weight/shape concerns?	MEBS weight preoccupation – daily values EDEQ weight concerns – weight concerns score from intermediate used for days between intake and intermediate; weight concerns score from final used for days between intermediate and final[3] EDEQ shape concerns – shape concerns score from intermediate used for days between intake and intermediate; shape concerns score from final used for days between intermediate and final[3]

Decisions	**Specifications**
How to assess dietary restraint and dieting?	EDEQ restraint – restraint score from intermediate used for days between intake and intermediate; restraint score from final used for days between intermediate and final[3] Daily log book dieting – categorical (odds of dieting on that study day). Daily log book dieting – continuous – sample size and daily frequency too low for analysis; not included in within-person analyses
How to assess compensatory behaviors?	EDEQ fasting, excessive exercise, and purging – sample size and daily frequency too low for analysis; not included in within-person analyses
How to assess hunger?	Daily hunger VAS – daily values
How to assess liking/wanting of PF and whole foods?[1]	PF[2]: *Individual Like/Want Variables:* Like carbohydrates eaten – daily values Want carbohydrates eaten – daily values Want carbohydrates not eaten – daily values Like sweets eaten – daily values Want sweets eaten – daily values Want sweets not eaten – daily values Like fast food eaten – daily values Want fast food eaten – daily values Want fast food not eaten – daily values *Combined Variables:* Combined like/want of carbohydrates eaten – daily average of like/want Combined like/want of sweets eaten – daily average of like/want Combined like/want of fast food eaten – daily average of like/want Combined like/want of all PFs eaten – daily average of all PFs Combined like of PFs eaten – daily average of all PFs Combined want PFs eaten – daily average of all PFs Combined want PFs not eaten – daily average of all PFs

Decisions	Specifications
	Whole Foods: *Individual Like/Want Variables:* Like whole foods eaten – daily values Want whole foods eaten – daily values Want whole foods not eaten – daily values *Combined Variables:* Combined like/want of whole foods eaten – daily values

Note. DEBQ = Dutch Eating Behavior Questionnaire; EDEQ = Eating Disorder Examination Questionnaire; Hunger VAS = hunger rated using a visual analogue scale; MEBS = Minnesota Eating Behavior Survey; OBE = objective binge eating episode; SBE = subjective binge eating episode; PF = palatable food; SHO = stay-at-home orders. When not including the "all" category examining the median values across COVID-19 dates, there were 206 total specifications for primary analyses and 303 specifications for post-hoc analyses. If the "all" category is included, there were 273 specifications for primary analyses and 392 specifications for post-hoc analyses.

[1]For both PF and whole foods, there were strong correlations between liking and wanting of the foods eaten (*r*s = .79 to .80); consequently, in addition to keeping liking and wanting as separate variables, we also included a combined average liking/wanting score in analyses. These combined scores showed high internal consistency for both palatable (α = .89) and whole (α = .89) foods.

[2]Past studies have created an overall "palatable food" (PF) score for analyses by averaging the ratings for sweets, carbohydrates, and fast food. These foods tend to be high in sugar and/or fat and are commonly consumed during an OBE (Allison & Timmerman, 2007; Rosen et al., 1986). Thus, we created an average PF score that incorporated all three PFs (i.e., carbohydrates, sweets, fast food), but we also conducted separate analyses for the individual PF types to determine if the pandemic events were associated with increased intake of particular food groups.

[3]Because the EDEQ items ask about the last 28 days, this scoring method ensures that the daily values reflect symptoms that occurred between the intake and intermediate assessment, and between the intermediate and final assessment (see Statistical Analyses for more information).

Table S2

Means for Daily Variables in Pre-COVID, Pre- and Post-COVID, and Post-COVID Only Groups

	1st US Case		
Variable	**Pre-1st US Case** ($N = 335$) ***M (SD)***	**During 1st US Case** ($N = 34$) ***M (SD)***	**Post-1st US Case** ($N = 33$) ***M (SD)***
Demographic Variables:			
Age	21.51 (2.61)	22.80 (4.13)	22.39 (3.77)
Race (*n*, %)			
White	302 (90.2%)	31 (91.2%)	30 (90.9%)
Black/African American	17 (5.1%)	2 (2.9%)	1 (3.0%)
Asian/Asian American	2 (0.6%)	0 (0.0%)	0 (0.0%)
Multiracial	14 (4.2%)	1 (5.9%)	2 (6.1%)
Latina ethnicity (*n*, %)	10 (3.0%)	1 (2.9%)	3 (9.1%)
Educational attainment			
Less than high school	21 (6.4%)	3 (8.8%)	4 (12.1%)
High school graduate	49 (14.9%)	6 (17.7%)	4 (12.1%)
Post-high school trade school	3 (0.9%)	0 (0.0%)	1 (3.0%)
Some college	129 (39.2%)	12 (35.3%)	7 (21.2%)
Associate's degree	26 (7.9%)	1 (2.9%)	4 (12.1%)
Bachelor's degree	89 (27.1%)	10 (29.4%)	13 (39.4%)
Graduate degree	12 (3.7%)	2 (5.9%)	0 (0.0%)
Combined parental income			
<$20,000	4 (1.3%)	3 (9.7%)	1 (3.5%)
$20,000-$40,000	10 (3.2%)	0 (0.0%)	1 (3.5%)
$40,000-$60,000	42 (13.5%)	2 (6.5%)	1 (3.5%)
$60,000-$100,000	90 (28.9%)	7 (22.6%)	11 (37.9%)
>$100,000	166 (53.2%)	19 (61.3%)	15 (51.7%)
Body mass index (BMI)	24.63 (5.14)	25.72 (8.60)	23.55 (5.18)
BMI, including self report	24.46 (5.07)	24.71 (7.92)	22.92 (4.62)
Averaged Daily Variables:			
EDEQ total score	1.16 (1.07)	1.26 (1.13)	1.19 (.96)
Binge Eating			
Participants reporting OBEs (*N*)	80 (23.9%)	12 (35.3%)	14 (42.4%)
Proportion of days with OBE	.03 (.10)	.03 (.05)	.04 (.09)
Participants reporting SBEs (*N*)	46 (13.7%)	9 (26.5%)	14 (42.4%)
Number of days reporting SBEs on EDEQ	.53 (1.73)	.59 (1.18)	1.91 (3.97)
DEBQ emotional eating	1.35 (.44)	1.32 (.35)	1.38 (.42)

Variable	Pre-1st US Case (N = 335) *M (SD)*	During 1st US Case (N = 34) *M (SD)*	Post-1st US Case (N = 33) *M (SD)*
Hunger and Liking/Wanting Food			
Hunger	43.73 (12.69)	46.22 (15.06)	46.42 (17.12)
Palatable Food (PF):			
Liking/wanting PF eaten	5.60 (1.39)	6.30 (1.05)	5.97 (1.48)
Wanting PF not eaten	2.78 (1.74)	3.10 (1.88)	2.99 (2.19)
Liking PF	5.65 (1.38)	6.34 (1.06)	6.02 (1.42)
Wanting PF eaten	5.50 (1.48)	6.23 (1.10)	5.87 (1.67)
Carbohydrates (carbs):			
Liking/wanting carbs eaten	5.59 (1.44)	6.26 (1.11)	5.85 (1.45)
Wanting carbs not eaten	3.62 (1.95)	3.66 (1.80)	3.90 (2.89)
Liking carbs	5.61 (1.43)	6.27 (1.12)	5.85 (1.37)
Wanting carbs eaten	5.55 (1.54)	6.24 (1.17)	5.85 (1.70)
Sweets:			
Liking/wanting sweets eaten	5.72 (1.45)	6.55 (1.18)	6.33 (1.58)
Wanting sweets not eaten	3.58 (2.02)	3.92 (1.93)	3.82 (2.21)
Liking sweets	5.82 (1.44)	6.66 (1.17)	6.43 (1.57)
Wanting sweets eaten	5.51 (1.61)	6.32 (1.31)	6.12 (1.77)
Fast Food (FF):			
Liking/wanting FF eaten	5.26 (1.45)	5.98 (1.24)	5.98 (1.60)
Wanting FF not eaten	2.49 (1.83)	2.70 (2.11)	2.68 (2.39)
Liking FF	5.35 (1.44)	6.04 (1.24)	6.10 (1.57)
Wanting FF eaten	5.08 (1.62)	5.88 (1.42)	5.74 (1.85)
Whole Food:			
Liking/wanting whole food eaten	5.92 (1.50)	6.29 (1.15)	6.02 (1.45)
Wanting whole food not eaten	4.60 (2.21)	4.34 (2.19)	4.48 (2.80)
Liking whole food	5.91 (1.50)	6.35 (1.12)	6.04 (1.37)
Wanting whole food eaten	5.94 (1.58)	6.19 (1.26)	5.96 (1.65)
Weight/Shape Concerns			
MEBS weight preoccupation	2.38 (2.43)	2.79 (2.31)	3.14 (2.67)
EDEQ weight concerns	1.39 (1.33)	1.51 (1.45)	1.35 (1.13)
EDEQ shape concerns	1.60 (1.40)	1.64 (1.43)	1.45 (1.15)
Dieting and Restraint			
Participants reporting dieting (N)	140 (41.8%)	14 (41.2%)	17 (51.5%)
Proportion of days dieting	.16 (.31)	.15 (.29)	.24 (.35)

Variable	Pre-1st US Case (N = 335) ***M (SD)***	During 1st US Case (N = 34) ***M (SD)***	Post-1st US Case (N = 33) ***M (SD)***
EDEQ restraint	.79 (.92)	.94 (1.05)	1.09 (1.16)
Compensatory Behavior			
EDEQ fasting – *N* participants	90 (26.9%)	9 (26.5%)	10 (30.3%)
EDEQ fasting – number of days	1.22 (.52)	1.27 (.60)	1.44 (.91)
EDEQ purging – *N* participants	15 (4.5%)	4 (11.8%)	1 (3.0%)
EDEQ exercise – *N* participants	102 (30.4%)	13 (38.2%)	17 (51.5%)
EDEQ exercise – number of days	2.48 (5.00)	3.13 (5.53)	3.97 (6.22)

1st State Case

Variable	Pre-1st State Case (N = 362) ***M (SD)***	During 1st State Case (N = 31) ***M (SD)***	Post-1st State Case (N = 9) ***M (SD)***
Demographic Variables:			
Age	21.61 (2.77)	22.57 (3.70)	21.75 (4.22)
Race (*n*, %)			
White	326 (90.1%)	28 (90.3%)	9 (100%)
Black/African American	18 (5.0%)	1 (3.2%)	0 (0.0%)
Asian/Asian American	2 (0.6%)	0 (0.0%)	0 (0.0%)
Multiracial	16 (4.4%)	2 (6.5%)	0 (0.0%)
Latina ethnicity (*n*, %)	10 (2.8%)	4 (12.9%)	0 (0.0%)
Educational attainment			
Less than high school	24 (6.7%)	2 (6.5%)	2 (22.2%)
High school graduate	53 (14.9%)	5 (16.1%)	1 (11.1%)
Post-high school trade school	3 (0.8%)	1 (3.2%)	0 (0.0%)
Some college	139 (39.0%)	7 (22.6%)	2 (22.2%)
Associate's degree	27 (7.6%)	4 (12.9%)	0 (0.0%)
Bachelor's degree	97 (27.3%)	11 (35.5%)	4 (44.4%)
Graduate degree	13 (3.7%)	1 (3.2%)	0 (0.0%)
Combined parental income			
<$20,000	6 (1.8%)	2 (6.9%)	0 (0.0%)
$20,000-$40,000	10 (3.0%)	1 (3.5%)	0 (0.0%)
$40,000-$60,000	44 (13.1%)	1 (3.5%)	0 (0.0%)
$60,000-$100,000	96 (28.6%)	9 (31.0%)	3 (42.9%)
>$100,000	180 (53.6%)	16 (55.2%)	4 (57.1%)
Body mass index (BMI)	24.70 (5.48)	24.23 (5.65)	22.57 (2.25)
BMI, including self report	24.52 (5.39)	22.99 (4.95)	22.30 (2.25)
Averaged Daily Variables:			
EDEQ total score	1.18 (1.08)	1.11 (1.00)	.98 (.48)

Variable	Pre-1st State Case (N = 362) *M (SD)*	During 1st State Case (N = 31) *M (SD)*	Post-1st State Case (N = 9) *M (SD)*
Binge Eating			
Participants reporting OBEs (N)	90 (24.9%)	11 (35.5%)	5 (55.6%)
Proportion of days with OBE	.03 (.09)	.02 (.04)	.10 (.13)
Participants reporting SBEs (N)	53 (14.6%)	12 (38.7%)	4 (44.4%)
Number of days reporting SBEs on EDEQ	.54 (1.70)	1.81 (4.10)	1.00 (1.32)
DEBQ emotional eating	1.35 (.44)	1.33 (.38)	1.48 (.42)
Hunger and Liking/Wanting Food			
Hunger	43.85 (12.89)	45.85 (16.47)	50.83 (17.36)
Palatable Food (PF):			
Liking/wanting PF eaten	5.64 (1.37)	6.02 (1.61)	6.54 (.91)
Wanting PF not eaten	2.82 (1.75)	2.42 (1.86)	4.25 (2.61)
Liking PF	5.69 (1.36)	6.08 (1.59)	6.53 (.91)
Wanting PF eaten	5.54 (1.46)	5.90 (1.74)	6.57 (1.08)
Carbohydrates (carbs):			
Liking/wanting carbs eaten	5.62 (1.42)	5.97 (1.62)	6.40 (.90)
Wanting carbs not eaten	3.65 (1.93)	2.97 (2.55)	6.08 (1.98)
Liking carbs	5.65 (1.40)	5.98 (1.56)	6.33 (.90)
Wanting carbs eaten	5.58 (1.51)	5.95 (1.81)	6.54 (1.01)
Sweets:			
Liking/wanting sweets eaten	5.77 (1.43)	6.34 (1.75)	6.95 (1.01)
Wanting sweets not eaten	3.63 (2.02)	3.17 (1.94)	5.47 (2.03)
Liking sweets	5.87 (1.42)	6.48 (1.74)	7.01 (1.02)
Wanting sweets eaten	5.56 (1.58)	6.06 (1.91)	6.81 (1.29)
Fast Food (FF):			
Liking/wanting FF eaten	5.31 (1.44)	5.84 (1.64)	6.89 (1.16)
Wanting FF not eaten	2.52 (1.85)	2.10 (2.06)	3.93 (3.00)
Liking FF	5.39 (1.43)	5.99 (1.60)	6.91 (1.31)
Wanting FF eaten	5.13 (1.61)	5.53 (1.85)	6.84 (1.43)
Whole Food:			
Liking/wanting whole food eaten	5.93 (1.47)	6.18 (1.62)	6.38 (.95)
Wanting whole food not eaten	4.57 (2.20)	4.25 (2.79)	6.06 (1.86)
Liking whole food	5.92 (1.46)	6.22 (1.56)	6.41 (.86)
Wanting whole food eaten	5.94 (1.55)	6.11 (1.79)	6.32 (1.17)
Weight/Shape Concerns			
MEBS weight preoccupation	2.43 (2.44)	2.70 (2.68)	3.27 (2.09)

Variable	Pre-1st State Case (N = 362) *M (SD)*	During 1st State Case (N = 31) *M (SD)*	Post-1st State Case (N = 9) *M (SD)*
EDEQ weight concerns	1.42 (1.35)	1.27 (1.14)	1.21 (.78)
EDEQ shape concerns	1.63 (1.41)	1.29 (1.19)	1.26 (.79)
Dieting and Restraint			
Participants reporting dieting (N)	153 (42.3%)	15 (48.4%)	3 (30.0%)
Proportion of days dieting	.16 (.31)	.23 (.35)	.11 (.25)
EDEQ restraint	.80 (.93)	1.15 (1.15)	.77 (1.04)
Compensatory Behavior			
EDEQ fasting – N participants	98 (27.1%)	10 (32.3%)	1 (11.1%)
EDEQ fasting – number of days	1.23 (.54)	1.47 (.93)	1.04 (.11)
EDEQ purging – N participants	19 (5.3%)	0 (0.0%)	1 (11.1%)
EDEQ exercise – N participants	111 (30.7%)	14 (45.2%)	7 (77.8%)
EDEQ exercise – number of days	2.46 (4.92)	4.42 (7.36)	4.50 (4.69)

Stay at Home Orders (SHOs)

Variable	Pre-SHO (N = 380) *M (SD)*	During SHO (N = 22) *M (SD)*
Demographic Variables:		
Age	21.69 (2.83)	21.69 (2.83)
Race (n, %)		
White	342 (90.0%)	21 (95.5%)
Black/African American	19 (5.0%)	0 (0.0%)
Asian/Asian American	2 (0.5%)	0 (0.0%)
Multiracial	17 (4.5%)	1 (4.5%)
Latina ethnicity (n, %)	14 (3.7%)	0 (0.0%)
Educational attainment		
Less than high school	25 (6.7%)	3 (13.6%)
High school graduate	56 (15.0%)	3 (13.6%)
Post-high school trade school	3 (0.8%)	1 (4.6%)
Some college	143 (38.2%)	5 (22.7%)
Associate's degree	28 (7.5%)	3 (13.6%)
Bachelor's degree	105 (28.1%)	7 (31.8%)
Graduate degree	14 (3.7%)	0 (0.0%)
Combined parental income		
<$20,000	8 (2.3%)	0 (0.0%)
$20,000-$40,000	10 (2.8%)	1 (5.3%)
$40,000-$60,000	44 (12.5%)	1 (5.3%)
$60,000-$100,000	99 (28.1%)	9 (47.4%)
>$100,000	192 (54.4%)	8 (42.1%)
Body mass index (BMI)	24.70 (5.52)	23.24 (3.54)

Variable	Pre-SHO (N = 380) *M (SD)*	During SHO (N = 22) *M (SD)*
BMI, including self report	24.44 (5.41)	22.89 (3.21)
Averaged Daily Variables:		
EDEQ total score	1.16 (1.08)	1.24 (.87)
Binge Eating		
Participants reporting OBEs (*N*)	96 (25.3%)	10 (45.5%)
Proportion of days with OBE	.03 (.09)	.06 (.10)
Participants reporting SBEs (N*)*	59 (15.5%)	10 (45.5%)
Number of days reporting SBEs on EDEQ	.55 (1.71)	2.34 (4.51)
DEBQ emotional eating	1.35 (.44)	1.36 (.36)
Hunger and Liking/Wanting Food		
Hunger	43.87 (12.96)	48.33 (17.46)
Palatable Food (PF):		
Liking/wanting PF eaten	5.66 (1.39)	6.26 (1.28)
Wanting PF not eaten	2.79 (1.76)	3.26 (2.24)
Liking PF	5.71 (1.38)	6.27 (1.26)
Wanting PF eaten	5.55 (1.48)	6.24 (1.41)
Carbohydrates (carbs):		
Liking/wanting carbs eaten	5.64 (1.43)	6.16 (1.24)
Wanting carbs not eaten	3.60 (1.95)	4.55 (2.99)
Liking carbs	5.66 (1.42)	6.12 (1.21)
Wanting carbs eaten	5.60 (1.54)	6.24 (1.38)
Sweets:		
Liking/wanting sweets eaten	5.79 (1.46)	6.66 (1.24)
Wanting sweets not eaten	3.60 (2.01)	4.21 (2.31)
Liking sweets	5.90 (1.45)	6.71 (1.28)
Wanting sweets eaten	5.58 (1.62)	6.55 (1.32)
Fast Food (FF):		
Liking/wanting FF eaten	5.33 (1.46)	6.31 (1.43)
Wanting FF not eaten	2.50 (1.86)	2.84 (2.62)
Liking FF	5.42 (1.44)	6.36 (1.46)
Wanting FF eaten	5.14 (1.63)	6.23 (1.54)
Whole Food:		
Liking/wanting whole food eaten	5.94 (1.47)	6.24 (1.38)
Wanting whole food not eaten	4.54 (2.23)	5.08 (2.61)
Liking whole food	5.94 (1.47)	6.27 (1.27)

Variable	Pre-SHO (N = 380) *M (SD)*	During SHO (N = 22) *M (SD)*
Wanting whole food eaten	5.95 (1.56)	6.17 (1.65)
Weight/Shape Concerns		
MEBS weight preoccupation	2.42 (2.44)	3.32 (2.51)
EDEQ weight concerns	1.39 (1.34)	1.49 (1.06)
EDEQ shape concerns	1.60 (1.40)	1.48 (1.12)
Dieting and Restraint		
Participants reporting dieting (N)	161 (42.4%)	10 (45.5%)
Proportion of days dieting	.16 (.31)	.21 (.33)
EDEQ restraint	.82 (.94)	1.05 (1.18)
Compensatory Behavior		
EDEQ fasting – *N* participants	102 (26.8%)	7 (31.8%)
EDEQ fasting – number of days	1.23 (.54)	1.48 (.97)
EDEQ purging – *N* participants	19 (5.0%)	1 (4.6%)
EDEQ exercise – *N* participants	119 (31.3%)	13 (59.1%)
EDEQ exercise – number of days	2.61 (5.20)	3.50 (4.39)

Note. DEBQ = Dutch Eating Behavior Questionnaire; EDEQ = Eating Disorder Examination Questionnaire; MEBS = Minnesota Eating Behavior Survey; *N* participants = number of participants endorsing the behavior during the study; OBE = objective binge eating episode; proportion of days = proportion of days on which the behavior was reported, scaled from 0 (no days) to 1 (every day); SBE = subjective binge eating episode; SHO = stay-at-home orders. Pre-1st US Case = all daily assessments completed before the first US COVID-19 case; During 1st US Case = some daily assessments completed before the first US COVID-19 case, and some daily assessments completed after the first US COVID-19 case; Post-1st US Case = all daily assessments completed after the first US COVID-19 case; Pre-1st State Case = all daily assessments completed before the first COVID-19 case in the participant's state; During 1st State Case = some daily assessments completed before the first COVID-19 case in the participant's state, and some daily assessments completed after the first state case; Post-1st State Case = all daily assessments completed after the first COVID-19 case in the participant's state; Pre-SHO =

all daily assessments completed before SHO; During SHO = some daily assessments completed before SHO, and some daily assessments completed after SHO. Intake assessment variables (e.g., MEBS binge eating) are not included in this table because there was no separate “during COVID” group for these variables – all participants either completed their intake pre-COVID events, or post-COVID events.

Table S3

Descriptive Statistics for the Full Sample and each COVID-19 Group

Variable	Full Sample (N = 402) ***M (SD)***	First US Case		First State Case		Stay-at-Home Orders (SHO)	
		Pre-1st US Case (N = 335) ***M (SD)***	**Post-1st US Case** (N = 67) ***M (SD)***	**Pre-1st State Case** (N = 362) ***M (SD)***	**Post-1st State Case** (N = 40) ***M (SD)***	**Pre-SOH** (N = 380) ***M (SD)***	**During SOH** (N = 22) ***M (SD)***
Demographic Variables:							
Age	21.69 (2.89)	21.51 (2.61)	22.60 (3.93)	21.61 (2.77)	22.39 (3.78)	21.69 (2.83)	21.70 (3.86)
Race (*n*, %)							
White	363 (90.3%)	302 (90.1%)	61 (91.0%)	326 (90.1%)	37 (92.5%)	342 (90.0%)	21 (95.5%)
Black/African American	19 (4.7%)	17 (5.1%)	2 (3.0%)	18 (5.0%)	1 (2.5%)	19 (5.0%)	0 (0.0%)
Asian/Asian American	2 (0.5%)	2 (0.6%)	0 (0.0%)	2 (0.6%)	0 (0.0%)	2 (0.5%)	0 (0.0%)
Multiracial	18 (4.5%)	14 (4.2%)	4 (6.0%)	16 (4.4%)	2 (5.0%)	17 (4.5%)	1 (4.5%)
Latina ethnicity (*n*, %)	14 (3.5%)	10 (3.0%)	4 (6.0%)	10 (2.8%)	4 (10.0%)	14 (3.7%)	0 (0.0%)
Educational attainment							
Less than high school	28 (7.1%)	21 (6.4%)	7 (10.5%)	24 (6.7%)	4 (10.0%)	25 (6.7%)	3 (13.6%)
High school graduate	59 (14.9%)	49 (14.9%)	10 (14.9%)	53 (14.9%)	6 (15.0%)	56 (15.0%)	3 (13.6%)
Post-high school trade school	4 (1.0%)	3 (0.9%)	1 (1.5%)	3 (0.8%)	1 (2.5%)	3 (0.8%)	1 (4.6%)
Some college	148 (37.4%)	129 (39.2%)	19 (28.4%)	139 (39.0%)	9 (22.5%)	143 (38.2%)	5 (22.7%)
Associate's degree	31 (7.8%)	26 (7.9%)	5 (7.5%)	27 (7.6%)	4 (10.0%)	28 (7.5%)	3 (13.6%)
Bachelor's degree	112 (28.3%)	89 (27.1%)	23 (34.3%)	97 (27.3%)	15 (37.5%)	105 (28.1%)	7 (31.8%)
Graduate degree	14 (3.5%)	12 (3.7%)	2 (3.0%)	13 (3.7%)	1 (2.5%)	14 (3.7%)	0 (0.0%)
Combined parental income							
<$20,000	8 (2.2%)	4 (1.3%)	4 (6.7%)	6 (1.8%)	2 (5.6%)	8 (2.3%)	0 (0.0%)
$20,000-$40,000	11 (3.0%)	10 (3.2%)	1 (1.7%)	10 (3.0%)	1 (2.8%)	10 (2.8%)	1 (5.3%)
$40,000-$60,000	45 (12.1%)	42 (13.5%)	3 (5.0%)	44 (13.1%)	1 (2.8%)	44 (12.5%)	1 (5.3%)
$60,000-$100,000	108 (29.0%)	90 (28.9%)	18 (30.0%)	96 (28.6%)	12 (33.3%)	99 (28.1%)	9 (47.4%)

Variable	Full Sample (N = 402) ***M (SD)***	First US Case		First State Case		Stay-at-Home Orders (SHO)	
		Pre-1st US Case (N = 335) ***M (SD)***	**Post-1st US Case** (N = 67) ***M (SD)***	**Pre-1st State Case** (N = 362) ***M (SD)***	**Post-1st State Case** (N = 40) ***M (SD)***	**Pre-SOH** (N = 380) ***M (SD)***	**During SOH** (N = 22) ***M (SD)***
>$100,000	200 (53.8%)	166 (53.2%)	34 (56.7%)	180 (53.6%)	20 (55.6%)	192 (54.4%)	8 (42.1%)
Body mass index (BMI)	24.64 (5.45)	24.63 (5.14)	24.68 (7.18)	24.70 (5.48)	23.84 (5.08)	24.70 (5.52)	23.24 (3.54)
BMI, including self report	24.35 (5.32)	24.46 (5.07)	23.82 (6.50)	24.52 (5.39)	22.83 (4.47)	24.44 (5.41)	22.89 (3.21)
Intake Assessment Variables:							
MEBS total score	6.45 (5.44)	6.38 (5.48)	7.68 (4.57)	6.43 (5.45)	8.20 (5.12)	6.45 (5.44)	—
Percent above clinical cutoff	8.7%	8.7%	9.1%	8.9%	0.0%	8.7%	—
MEBS binge eating	1.31 (1.45)	1.27 (1.43)	2.00 (1.69)	1.30 (1.44)	2.20 (2.17)	1.31 (1.45)	—
MEBS compensatory behaviors	.22 (.60)	.22 (.60)	.18 (.50)	.22 (.60)	.20 (.45)	.22 (.60)	—
MEBS body dissatisfaction	1.72 (1.88)	1.74 (1.90)	1.36 (1.43)	1.71 (1.88)	1.80 (1.64)	1.72 (1.88)	—
MEBS weight preoccupation	2.58 (2.34)	2.55 (2.36)	3.14 (1.81)	2.58 (2.34)	3.20 (2.17)	2.58 (2.34)	—
Averaged Daily Variables:							
EDEQ total score	1.17 (1.07)	1.16 (1.07)	1.23 (1.04)	1.18 (1.08)	1.08 (.90)	1.16 (1.08)	1.24 (.87)
Binge Eating							
Participants reporting OBEs (N)	106 (26.4%)	80 (23.9%)	26 (38.8%)	90 (24.9%)	16 (40.0%)	96 (25.3%)	10 (45.5%)
Proportion of days with OBE	.03 (.09)	.03 (.10)	.04 (.07)	.03 (.09)	.04 (.08)	.03 (.09)	.06 (.10)
Participants reporting SBEs (N)	69 (17.2%)	46 (13.7%)	23 (34.3%)	53 (14.6%)	16 (40.0%)	59 (15.5%)	10 (45.5%)
Number of days reporting SBEs on EDEQ	.65 (2.00)	.53 (1.73)	1.24 (2.97)	.54 (1.70)	1.63 (3.67)	.55 (1.71)	2.34 (4.51)
DEBQ emotional eating	1.35 (.43)	1.35 (.44)	1.35 (.38)	1.35 (.44)	1.36 (.39)	1.35 (.44)	1.36 (.36)
Hunger and Liking/Wanting Food							
Hunger	44.16 (13.31)	43.73 (12.69)	46.32 (15.99)	43.85 (12.89)	46.97 (16.58)	43.87 (12.96)	48.33 (17.46)

Variable	Full Sample (N = 402) *M (SD)*	First US Case		First State Case		Stay-at-Home Orders (SHO)	
		Pre-1st US Case (N = 335) *M (SD)*	**Post-1st US Case** (N = 67) *M (SD)*	**Pre-1st State Case** (N = 362) *M (SD)*	**Post-1st State Case** (N = 40) *M (SD)*	**Pre-SOH** (N = 380) *M (SD)*	**During SOH** (N = 22) *M (SD)*
Palatable Food (PF):							
Liking/wanting PF eaten	5.69 (1.39)	5.60 (1.39)	6.14 (1.28)	5.64 (1.37)	6.14 (1.49)	5.66 (1.39)	6.26 (1.28)
Wanting PF not eaten	2.82 (1.79)	2.78 (1.74)	3.04 (2.02)	2.82 (1.75)	2.83 (2.16)	2.79 (1.76)	3.26 (2.24)
Liking PF	5.74 (1.38)	5.65 (1.38)	6.18 (1.25)	5.69 (1.36)	6.18 (1.46)	5.71 (1.38)	6.27 (1.26)
Wanting PF eaten	5.59 (1.48)	5.50 (1.48)	6.05 (1.41)	5.54 (1.46)	6.05 (1.63)	5.55 (1.48)	6.24 (1.41)
Carbohydrates (carbs):							
Liking/wanting carbs eaten	5.67 (1.43)	5.59 (1.44)	6.06 (1.30)	5.62 (1.42)	6.06 (1.49)	5.64 (1.43)	6.16 (1.24)
Wanting carbs not eaten	3.64 (2.02)	3.62 (1.95)	3.77 (2.35)	3.65 (1.93)	3.61 (2.73)	3.60 (1.95)	4.55 (2.99)
Liking carbs	5.69 (1.41)	5.61 (1.43)	6.06 (1.26)	5.65 (1.40)	6.06 (1.44)	5.66 (1.42)	6.12 (1.21)
Wanting carbs eaten	5.63 (1.53)	5.55 (1.54)	6.05 (1.45)	5.58 (1.51)	6.08 (1.67)	5.60 (1.54)	6.24 (1.38)
Sweets:							
Liking/wanting sweets eaten	5.83 (1.46)	5.72 (1.45)	6.44 (1.38)	5.77 (1.43)	6.48 (1.62)	5.79 (1.46)	6.66 (1.24)
Wanting sweets not eaten	3.63 (2.03)	3.58 (2.02)	3.87 (2.06)	3.63 (2.02)	3.64 (2.15)	3.60 (2.01)	4.21 (2.31)
Liking sweets	5.94 (1.45)	5.82 (1.44)	6.55 (1.37)	5.87 (1.42)	6.60 (1.60)	5.90 (1.45)	6.71 (1.28)
Wanting sweets eaten	5.63 (1.62)	5.51 (1.61)	6.22 (1.54)	5.56 (1.58)	6.23 (1.80)	5.58 (1.62)	6.55 (1.32)
Fast Food (FF):							
Liking/wanting FF eaten	5.38 (1.47)	5.26 (1.45)	5.98 (1.42)	5.31 (1.44)	6.06 (1.60)	5.33 (1.46)	6.31 (1.43)
Wanting FF not eaten	2.52 (1.91)	2.49 (1.83)	2.69 (2.23)	2.52 (1.85)	2.51 (2.39)	2.50 (1.86)	2.84 (2.62)
Liking FF	5.47 (1.46)	5.35 (1.44)	6.07 (1.40)	5.39 (1.43)	6.19 (1.57)	5.42 (1.44)	6.36 (1.46)
Wanting FF eaten	5.20 (1.64)	5.08 (1.62)	5.81 (1.63)	5.13 (1.61)	5.81 (1.84)	5.14 (1.63)	6.23 (1.54)
Whole Food:							
Liking/wanting whole food eaten	5.96 (1.47)	5.92 (1.50)	6.16 (1.30)	5.93 (1.47)	6.23 (1.49)	5.94 (1.47)	6.24 (1.38)

Variable	Full Sample (N = 402) *M (SD)*	First US Case		First State Case		Stay-at-Home Orders (SHO)	
		Pre-1st US Case (N = 335) *M (SD)*	Post-1st US Case (N = 67) *M (SD)*	Pre-1st State Case (N = 362) *M (SD)*	Post-1st State Case (N = 40) *M (SD)*	Pre-SOH (N = 380) *M (SD)*	During SOH (N = 22) *M (SD)*
Wanting whole food not eaten	4.57 (2.25)	4.60 (2.21)	4.40 (2.47)	4.57 (2.20)	4.54 (2.72)	4.54 (2.23)	5.08 (2.61)
Liking whole food	5.96 (1.46)	5.91 (1.50)	6.20 (1.25)	5.92 (1.46)	6.26 (1.42)	5.94 (1.47)	6.27 (1.27)
Wanting whole food eaten	5.96 (1.56)	5.94 (1.58)	6.08 (1.46)	5.94 (1.55)	6.16 (1.66)	5.95 (1.56)	6.17 (1.65)
Weight/Shape Concerns							
MEBS weight preoccupation	2.47 (2.45)	2.38 (2.43)	2.96 (2.48)	2.43 (2.44)	2.83 (2.55)	2.42 (2.44)	3.32 (2.51)
EDEQ weight concerns	1.40 (1.33)	1.39 (1.33)	1.43 (1.30)	1.42 (1.35)	1.26 (1.06)	1.39 (1.34)	1.49 (1.06)
EDEQ shape concerns	1.59 (1.38)	1.60 (1.40)	1.54 (1.29)	1.63 (1.41)	1.28 (1.10)	1.60 (1.40)	1.48 (1.12)
Dieting and Restraint							
Participants reporting dieting (N)	171 (42.5%)	140 (41.8%)	31 (46.3%)	153 (42.3%)	18 (45.0%)	161 (42.4%)	10 (45.5%)
Proportion of days dieting	.17 (.31)	.16 (.31)	.19 (.32)	.16 (.31)	.20 (.33)	.16 (.31)	.21 (.33)
EDEQ restraint	.83 (.96)	.79 (.92)	1.02 (1.10)	.80 (.93)	1.06 (1.12)	.82 (.94)	1.05 (1.18)
Compensatory Behavior							
EDEQ fasting – *N* participants	109 (27.1%)	90 (26.9%)	19 (28.4%)	98 (27.1%)	11 (27.5%)	102 (26.8%)	7 (31.8%)
EDEQ fasting – number of days	1.24 (.57)	1.22 (.52)	1.36 (.77)	1.23 (.54)	1.38 (.84)	1.23 (.54)	1.48 (.97)
EDEQ purging – *N* participants	20 (5.0%)	15 (4.5%)	5 (7.5%)	19 (5.3%)	1 (2.5%)	19 (5.0%)	1 (4.6%)
EDEQ exercise – *N* participants	132 (32.8%)	102 (30.4%)	30 (44.8%)	111 (30.7%)	21 (52.5%)	119 (31.3%)	13 (59.1%)
EDEQ exercise – number of days	2.66 (5.15)	2.48 (5.00)	3.54 (5.84)	2.46 (4.92)	4.44 (6.78)	2.61 (5.20)	3.50 (4.39)

Note. DEBQ = Dutch Eating Behavior Questionnaire; EDEQ = Eating Disorder Examination Questionnaire; MEBS = Minnesota Eating Behavior Survey; *N* participants = number of participants endorsing the behavior during the study; OBE = objective binge eating episode; proportion of days = proportion of days on which the behavior was reported, scaled from 0 (no days) to 1 (every day); SBE = subjective binge eating episode; SHO = stay-

at-home orders. Pre-1st US Case = all daily assessments completed before the first US COVID-19 case; During 1st US Case = some daily assessments completed before the first US COVID-19 case, and some daily assessments completed after the first US COVID-19 case; Post-1st US Case = all daily assessments completed after the first US COVID-19 case; Pre-1st State Case = all daily assessments completed before the first COVID-19 case in the participant's state; During 1st State Case = some daily assessments completed before the first COVID-19 case in the participant's state, and some daily assessments completed after the first state case; Post-1st State Case = all daily assessments completed after the first COVID-19 case in the participant's state; Pre-SHO = all daily assessments completed before SHO; During SHO = some daily assessments completed before SHO, and some daily assessments completed after SHO. All participants in the post-SHO group are also included in the post-first US COVID case group. Data for the intake assessment variables are not provided for the post-SHO group because no intakes occurred after stay-at-home orders.

Table S4

Between-Person Differences in Disordered Eating Variables Before and After 1st State Case, Controlling for Ethnicity in addition to Age and Recruitment Source.

COVID-19 Definitions and Statistics		Global DE	Binge Eating (contin.)	Binge Eating (OR)	Compens Behav (contin.)	Compens Behav (OR)	Restraint/ Dieting (contin.)	Dieting (OR)	Wt/Shape Concerns	PF Liking/ Wanting	Whole Foods Liking/ Wanting	Hunger
1st State Case	Median ES	-.158	.214	**4.650**	.226	1.000	.069	.754	-.135	.314	.188	.239
	95% CIs	-.54, .22	-.16, .59	**1.46, 15.47**	-.14, .59	.33, 5.12	-.31, .44	.27, 2.09	-.51, .24	-.07, .70	-.19, .57	-.12, .60
	Median *p*-value	.419	.268	**.026**	.331	.389	.730	.586	.486	.106	.336	.195
	% $p < .05$	0%	25%	**50%**	0%	33%	0%	--	0%	31%	0%	--
	Avg *Z*-score	-.810	1.430	**2.600**	1.225	.407	.355	-.540	-.653	1.453	.883	1.300

Note. DE = disordered eating; contin = continuous scores; OR = odds ratio; Compens Behav = compensatory behaviors; Wt = weight; PF = palatable food; Avg = average; ES = effect size; $N = 362$ pre-COVID, 40 post-COVID. Variables included in each disordered eating category are described in Table 1. A dashed line "--" indicates that no value is available for this cell, as the disordered eating category only has one score - the ES, 95% CIs, *p*-values, and *Z*-scores are the observed values for the individual score rather than medians or averages.

Table S5

Post-hoc Analyses of Within-Person Changes in all Women in the Sample (N = 402)

COVID-19 Definitions and Statistics		Global DE	Emotional Eating	Binge Eating (OR)	Restraint Only	Dieting (OR)	Weight/Shape Concerns	PF Liking/ Wanting	Whole Foods Liking/Wanting	Hunger
All	Median ES	-.001	**-.182**	1.180	<.001	**.549**	-.002	**.210**	.115	**.146**
	95% CIs	-.03, .03	**-.30, -.07**	.61, 2.27	-.03, .03	**.32, .95**	-.04, .03	**.09, .36**	-.03, .27	**.02, .25**
	Median *p*-value	.346	**.001**	.558	.664	**.034**	.662	**.001**	.118	**.027**
	% $p <$ .05	0%	**100%**	0%	33%	**67%**	11%	**79%**	33%	**67%**
	Avg *Z*-score	.050	**-3.723**	.437	-.670	**-1.940**	-.258	**3.284**	1.700	**1.953**
1st US case	Median ES	-.001	**-.153**	1.180	<.001	.887	-.001	**.259**	.058	**.146**
	95% CIs	-.03, .03	**-.24, -.06**	.61, 2.27	-.03, .03	.53, 1.48	-.03, .03	**.15, .39**	-.05, .16	**.04, .25**
	Median *p*-value	.965	**.001**	.618	.996	.645	.916	**<.001**	.259	**.007**
	% $p <$ .05	--	--	--	--	--	0%	**100%**	0%	--
	Avg *Z*-score	-.040	**-3.310**	.500	.000	-.460	.043	**4.665**	1.103	**2.700**
1st State Case	Median ES	-.013	**-.248**	.772	**-.044**	**.549**	-.007	**.170**	.117	.060
	95% CIs	-.04, .01	**-.35, -.15**	.33, 1.83	**-.08, -.01**	**.32, .95**	-.04, .02	**.03, .33**	-.03, .25	-.06, .18
	Median *p*-value	.346	**<.001**	.558	**.015**	**.034**	.662	**.020**	.118	.341

COVID-19 Definitions and Statistics		Global DE	Emotional Eating	Binge Eating (OR)	Restraint Only	Dieting (OR)	Weight/Shape Concerns	PF Liking/ Wanting	Whole Foods Liking/Wanting	Hunger
	% $p <$ .05	--	--	--	--	--	33%	**69%**	25%	--
	Avg *Z*-score	-.940	**-4.800**	.590	**-2.440**	**-2.120**	-1.123	**2.606**	1.718	.950
SHO	Median ES	.019	**-.182**	1.836	.009	**.356**	.020	**.185**	**.172**	**.162**
	95% CIs	-.01, .05	**-.30, -.07**	.78, 4.30	-.03, .05	**.19, .66**	-.02, .06	**.04, .35**	**.03, .31**	**.02, .31**
	Median *p*-value	.257	**.002**	.161	.664	**.001**	.122	**.012**	**.025**	**.027**
	% $p <$ .05	--	--	--	--	--	0%	**69%**	**75%**	--
	Avg *Z*-score	1.130	**-3.060**	1.400	.430	**-3.240**	.307	**2.582**	**2.280**	**2.210**

Note. DE = disordered eating; OR = odds ratio; Wt = weight; PF = palatable food; Avg = average; All = analyses across all COVID-19 definitions; SHO = stay-at-home orders; ES = effect size; 1st US Case $N = 369$ any assessments before, 67 any assessments after; 1st State Case $N = 393$ any assessments before, 40 any assessments after; SHO $N = 402$ any assessments before, 22 any assessments after. In these models, the days before the pandemic events included daily data from women whose assessments were all completed before the pandemic began, as well as the pre-pandemic days in the women whose data collection spanned the pandemic dates. Likewise, the days after the pandemic event included daily data from the women who completed all of their assessments after the pandemic dates, as well as the post-pandemic daily data from the women who completed their assessments during the pandemic dates. Variables included in each disordered eating category are described in Table 1. A dashed line "--" indicates that no value is available

for this cell, as the disordered eating category only has one score - the ES, 95% CIs, *p*-values, and *Z*-scores are the observed values for the individual score rather than medians or averages.

Table S6

Post-hoc Analyses Examining Moderation of Within-Person Differences in Disordered Eating Variables by MEBS Total Scores and Binge Eating Subscale

Moderation by MEBS Total Score										
COVID-19 Definitions and Statistics		Global DE	Emotional Eating	Binge Eating (OR)	Restraint Only	Dieting (OR)	Weight/Shape Concerns	PF Liking/ Wanting	Whole Foods Liking/Wanting	Hunger
All	Median ES	<.001	.060	.720	<.001	**.310**	-.004	.025	-.107	.140
	95% CIs	-.04, .03	-.07, .18	.27, 2.29	-.03, .04	**.14, .83**	-.04, .03	-.14, .20	-.26, .06	-.01, .27
	Median *p*-value	.969	.367	.526	.686	**.004**	.493	.540	.196	.072
	% $p <$ .05	0%	0%	0%	0%	**100%**	33%	6%	8%	33%
	Avg *Z*-score	-.263	.897	-.460	.180	**-.640**	-.682	.324	-.853	1.670
1st US case	Median ES	-.001	-.010	.723	<.001	**2.146**	-.001	.099	-.104	**.139**
	95% CIs	-.03, .30	-.13, .11	.27, 1.97	-.03, .30	**1.36, 3.38**	-.03, .03	-.06, .25	-.25, .03	**.01, .27**
	Median *p*-value	.969	.872	.526	.978	**.001**	.962	.232	.129	**.035**
	% $p <$ .05	--	--	--	--	**--**	33%	19%	25%	--
	Avg *Z*-score	-.040	-.160	-.630	-.030	**3.290**	.773	1.239	-1.388	**2.110**
	Median ES	<.001	.057	.954	.020	**.303**	-.004	-.032	-.123	.078

		Global DE	Emotional Eating	Binge Eating (OR)	Restraint Only	Dieting (OR)	Weight/Shape Concerns	PF Liking/ Wanting	Whole Foods Liking/Wanting	Hunger
1st State Case	95% CIs	-.04, .04	-.07, .18	.34, 2.67	-.02, .06	**.11, .83**	-.04, .03	-.18, .13	-.31, .05	-.06, .22
	Median *p*-value	.986	.367	.928	.332	**.021**	.840	.567	.154	.270
	% $p <$ .05	--	--	--	--	--	33%	0%	0%	--
	Avg *Z*-score	-.020	.900	-.090	.970	**-2.320**	-1.013	-.381	-1.435	1.100
SHO	Median ES	-.017	.166	.653	-.010	**.308**	-.019	.015	.052	.152
	95% CIs	-.06, .03	-.001, .33	.19, 2.29	-.06, .04	**.14, .68**	-.06, .02	-.18, .21	-.18, .29	-.01, .32
	Median *p*-value	.465	.051	.506	.686	**.004**	.388	.720	.396	.072
	% $p <$ .05	--	--	--	--	--	33%	0%	0%	--
	Avg *Z*-score	-.730	1.950	-.660	-.400	**-2.890**	-1.807	.113	.263	1.800
Moderation by MEBS Binge Eating										
		Global DE	Emotional Eating	Binge Eating (OR)	Restraint Only	Dieting (OR)	Weight/Shape Concerns	PF Liking/ Wanting	Whole Foods Liking/Wanting	Hunger
All	Median ES	-.010	.050	1.270	<.001	**2.320**	-.005	-.026	-.121	.030
	95% CIs	-.05, .04	-.10, .19	.49, 2.99	-.04, .05	**1.21, 4.43**	-.05, .04	-.20, .16	-.29, .04	-.13, .20
	Median *p*-value	.830	.499	.467	.873	**.017**	.641	.443	.160	.711
	% $p <$ .05	0%	0%	0%	0%	**67%**	22%	10%	8%	33%

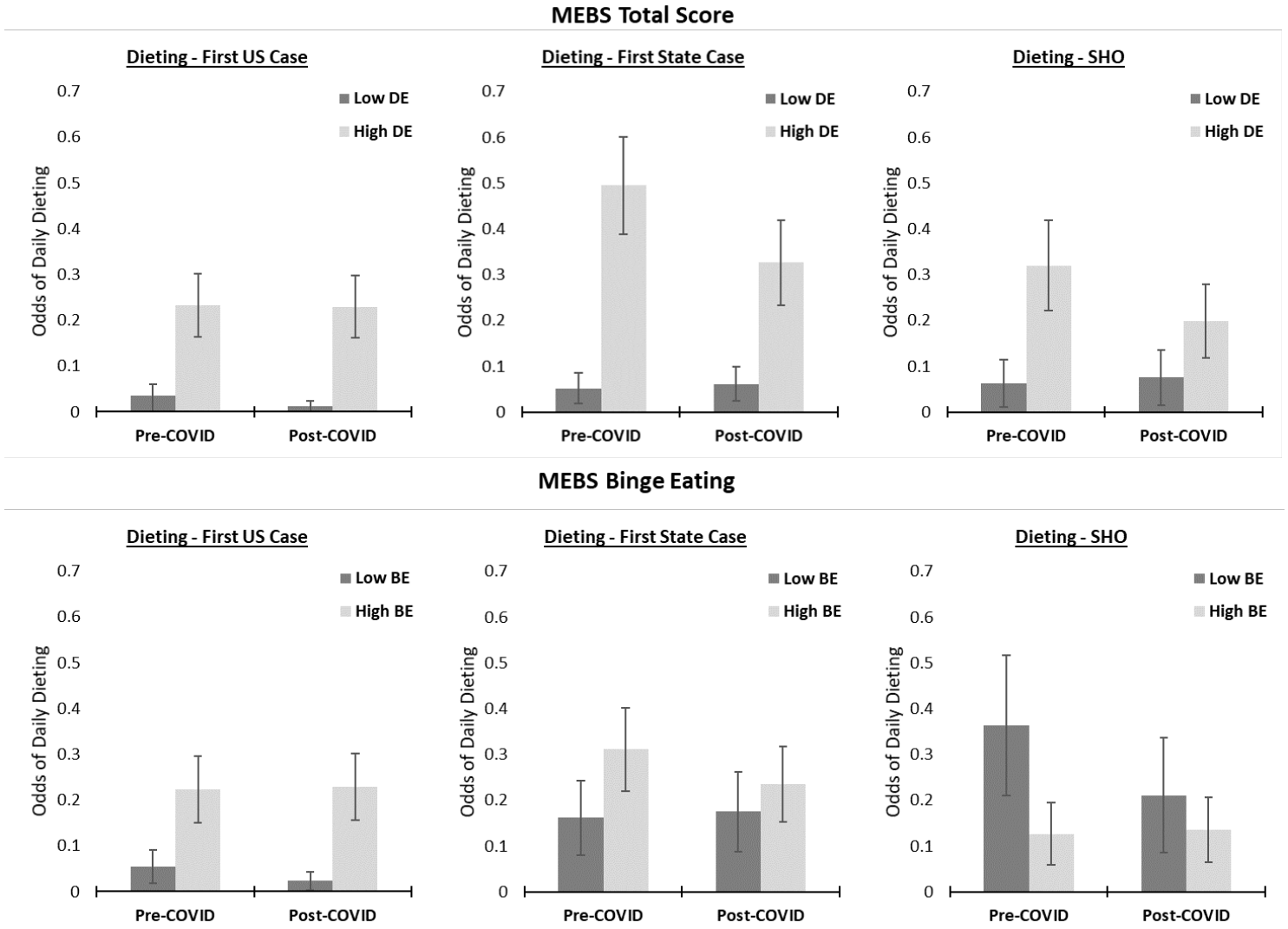
		Global DE	Emotional Eating	Binge Eating (OR)	Restraint Only	Dieting (OR)	Weight/Shape Concerns	PF Liking/ Wanting	Whole Foods Liking/Wanting	Hunger
	Avg *Z*-score	-.237	.617	-.133	-.017	**.990**	-.270	-.064	-1.179	1.020
1st US case	Median ES	<.001	.019	1.269	<.001	**2.317**	-.001	.044	-.132	**.172**
	95% CIs	-.03, .03	-.11, .15	.54, 2.99	-.03, .03	**1.21, 4.43**	-.03, .03	-.12, .19	-.28, .01	**.04, .31**
	Median *p*-value	.972	.777	.586	.980	**.011**	.958	.490	.073	**.013**
	% $p <$ .05	--	--	--	--	**--**	33%	0%	25%	**--**
	Avg *Z*-score	-.030	.280	.550	-.020	**2.540**	.630	.335	-1.373	**2.490**
1st State Case	Median ES	-.005	.050	1.520	.004	.438	-.005	-.047	-.137	.030
	95% CIs	-.05, .04	-.09, .19	.49, 4.71	-.04, .05	.19, 1.00	-.05, .04	-.23, .12	-.31, .03	-.13, .19
	Median *p*-value	.830	.499	.467	.873	.050	.826	.455	.106	.711
	% $p <$ .05	--	--	--	--	--	33%	6%	0%	--
	Avg *Z*-score	-.210	.680	.730	.160	-1.960	-.867	-.279	-1.603	.370
SHO	Median ES	-.012	.083	.448	-.005	**3.802**	-.015	-.086	-.095	.018
	95% CIs	-.06, .04	-.10, .27	.18, 1.15	-.06, .05	**1.27, 11.37**	-.06, .04	-.28, .10	-.30, .12	-.16, .20
	Median *p*-value	.637	.371	.094	.847	**.017**	.547	.191	.385	.845
	% $p <$ .05	--	--	--	--	**--**	0%	25%	0%	--

		Global DE	Emotional Eating	Binge Eating (OR)	Restraint Only	Dieting (OR)	Weight/Shape Concerns	PF Liking/ Wanting	Whole Foods Liking/Wanting	Hunger
	Avg *Z*-score	-.470	.890	-1.680	-.190	**2.390**	-.573	-.246	-.563	.200

Note. MEBS = Minnesota Eating Behavior Questionnaire; DE = disordered eating; OR = odds ratio; Wt = weight; PF = palatable food; Avg = average; All = analyses across all COVID-19 definitions; SHO = stay-at-home orders; ES = effect size; 1st US Case N = 34, 1st State Case N = 31, SHO N = 22. All values in the table above (e.g., effect sizes, measures of statistical significance) are reported for the COVID-19 x disordered eating interaction effect. Variables included in each disordered eating category are described in Table 1. A dashed line "--" indicates that no value is available for this cell, as the disordered eating category only has one score - the ES, 95% CIs, *p*-values, and *Z*-scores are the observed values for the individual score rather than medians or averages.

Figure S1

Significant Two-Way Interactions between COVID-19 Event Dates and MEBS Total and Binge Eating Scores in the Odds of Dieting



Note. MEBS = Minnesota Eating Behavior Survey; DE = MEBS total score; BE = MEBS binge eating subscale score; SHO = stay-at-home orders. Values for low scorers represent the estimated odds of daily dieting for participants one standard deviation below the mean on the MEBS total score or MEBS binge eating, while values for high scorers represent the estimated odds of daily dieting for participants one standard deviation above the mean on the MEBS total score or MEBS binge eating.

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