**Participant flow diagram**

**Recruitment**

Invited to take part (N/A\*)

Declined to participate (N/A\*)

Screened for eligibility (N/A\*)

Did not meet inclusion criteria (N/A\*)

Drop-out (N/A\*)

Recruited (N=159)

**Experimental session**

Randomised to Group 1: bowl near (N=79)

Randomised to Group 2: bowl far (N=80)

**Analysis**

Analysed (N=80)

Analysed (N=79)

**\*** This data is unavailable since it was collected by a recruitment agency and is no longer on record.

**Baseline characteristics**

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| Table 1: Demographic and baseline characteristics of the study sample |
| Characteristics | Bowl distance group |  *p*-value |
| Near (n=79) | Far (n=80) |
| Age (Mean(SD)) | 38.8(15.6) | 38.0(14.8) | 0.73 |
| Gender (%(n)) |   |   |  |
|  Male  | 35.4(28) | 37.5(30) | 0.92 |
|  Female  | 64.6(51) | 62.5(50) |  |
| BMI (Mean(SD)) | 24.8(4.8) | 24.7(3.8) | 0.84 |
| Education (%(n)) |   |   |  |
|  <4 GCSEs  | 17.7(14) | 30.0(24) | 0.061, 0.062 |
|  >5 GCSEs/1 A-level | 15.2(12) | 18.8(15) |  |
|  >2 A-levels | 11.4(9) | 10.0(8) |  |
|  Degree/Diploma  | 36.7(29) | 25.0(20) |  |
|  Postgraduate degree  | 19.0(15) | 16.3(13) |  |
| Ethnicity (%(n)) |  |  |  |
|  White | 79.7 (63) | 90.0 (72) | 0.073,0.034 |
|  Mixed | 2.5 (2) | 6.3 (5) |  |
|  Asian | 12.7 (10) | 2.5 (2) |  |
|  Black | 1.3 (1) | 0.0 (0) |  |
|  Other/rather not say | 3.8 (3) | 1.3 (1) |  |
| Stroop M(SD) |   |   |  |
|  Baseline reaction time | 1844.6(797.9) | 1831.1(898.5) | 0.91 |
|  Baseline interference score | 308.6(310.8) | 268.9(291.2) | 0.41 |
| Liking for chocolate (Mean(SD)) | 32.6(27.2) | 37.3(30.7) | 0.30  |
| Hunger (Mean(SD)) | 2.2(1.3) | 2.9(1.7) | 0.035, 0.016 |

*Education was assessed as a 1dichotomous variable (low(up to >5 GCSEs), high(2 A-Levels or more) and as 2an ordinal variable. Ethnicity was assessed as a 3 dichotomous variable (white, non-white) and as 4an ordinal variable. Hunger was assessed as a 5 dichotomous variable (no hunger, some hunger) and as 6an ordinal variable.*

**Outcome measures**

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| **Table 2:** Proportion (%(n)) of participants taking snacks in each distance condition  |
|   | Bowl distance group |   |  |
| All participants | Near (n=79) | Far (n=80) | Effect without control variables | Effect with control variables |
|  | 63.3 | (50) | 53.8 | (43) | X2=1.12, p=0.22 | β = -0.39, p=0.26  |
|  |  |  |  |  |
| Excluding bowl movers |  Near (n=61) |  Far (n=61) |  |  |
|  | 63.9 | (39) | 39.3 | (24) | X2=6.43, p=0.01 | β = -0.91, p=0.02  |

*Table 2: Control variables were socio-economic position (SEP), hunger and ethnicity. Without control variables, the X2-statistic of a 2-sample test for equality of proportions with continuity correction is reported. With control variables, the estimated logistic regression coefficient (β) is reported.*

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| **Table 3a:** Amount (g) of snack participants consumed (M(SD)) in each distance condition |
|  | Bowl distance group | Effect without control variables\* | Effect with control variables\* |
| Near (50) | Far (43) |
| All Participants | 26.3 (29.9) | 27.3 (26.0) | β =0.06, p=0.55 | β =0.06, p=0.59 |
|  |  |  |  |  |
|  | Near (39) | Far (24) |  |  |
| Excluding bowl movers | 22.1 (27.2) | 17.2 (15.1) | β =-0.05, p=0.69 | β =0.01, p=0.95 |

*Note: NO OUTLIERS WERE EXCLUDED. Participants who did not take any of the snack were excluded. Control variables were SEP, hunger and ethnicity. The estimated log-normal linear regression is reported (β).*

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| **Table 3b:** Amount (g) of snack participants consumed (M(SD)) in each distance condition |
|  | Bowl distance group | Effect without control variables\* | Effect with control variables\* |
| Near (48) | Far (43) |
| All Participants | 22.0 (21.6) | 27.3 (26.0) | β =0.10, p=0.31 | β =0.09, p=0.35 |
|  |  |  |  |  |
|  | Near (38) | Far (24) |  |  |
| Excluding bowl movers | 19.0 (19.6) | 17.2 (15.1) | β =-0.02, p=0.87 | β =0.13, p=0.92 |

*Note: Outliers (>3 SDs above the mean intake) and participants who did not take any of the snack were excluded. Control variables were SEP, hunger and ethnicity. The estimated log-normal linear regression is reported (β).*

**Adverse effects**

There were no adverse effects associated with this trial.