

APPENDIX 2

PARTICIPANTS: STUDY 1

In the study, there were $N = 408$ participants aged 18 to 70 ($M = 26.26$, $SD = 9.60$), with 49.9% being female ($n = 203$). BMI in the study ranged from 15.57 to 44.06 ($M = 22.68$, $SD = 4.30$). For women, the BMI ranged from 15.57 to 44.06 ($M = 22.28$, $SD = 4.10$), while for men, the BMI ranged from 15.73 to 37.50 ($M = 24.33$, $SD = 4.43$). Regarding residence, 17.4% lived in rural areas ($n = 71$), 19.6% in cities with up to 50,000 inhabitants ($n = 80$), 10.5% in cities with up to 100,000 inhabitants ($n = 43$), 12.3% in cities with up to 250,000 inhabitants ($n = 50$), 8.1% in cities with up to 500,000 inhabitants ($n = 33$), and 32.1% in cities with over 500,000 inhabitants ($n = 131$). In terms of education, 1.5% had primary education ($n = 6$), 1.7% had completed middle school ($n = 7$), 1.2% had vocational education ($n = 5$), 50.5% had completed secondary education ($n = 206$), and 45.1% had higher education ($n = 184$). Regarding relationship status, 47.3% were single ($n = 193$), 11.3% were in a formal relationship ($n = 46$), 40.7% were in an informal relationship ($n = 166$), and 0.7% were widows or widowers ($n = 3$). In terms of employment status, 18.6% worked full-time ($n = 76$), 34.3% worked and studied simultaneously ($n = 140$), 41.2% were students ($n = 168$), 3.7% were not employed ($n = 15$), and 2.2% were retired or on a pension ($n = 9$).

education, 92.9% had postsecondary education, and 5.7% had higher education. Regarding employment status, 39.4% were employed part-time, 0.8% were unemployed, and 59.8% were students. Marital status was as follows: 40.4% were married or in a relationship, and 59.6% were single.

*The Polish version
of the BEECOM*

PARTICIPANTS: STUDY 2

A total of 70 Polish adults were recruited for Study 2 ($M = 20.34$, $SD = 2.74$, age range = 18-37) and completed all three waves of data collection (March, April, and May 2024). Among the retained participants, 61% were female and 39% were male. In terms of education, 48% had completed secondary education, 29% had postsecondary education, and 23% had higher education. Regarding employment status, 63% were employed full-time, 12% part-time, 9% were unemployed, 8% retired, and 8% were students. Marital status was as follows: 68% were married or in a relationship, 25% were single, and 7% were divorced or widowed.

PARTICIPANTS: STUDY 3

A total of 129 Polish adults ($M = 20.68$, $SD = 2.77$, range = 18-65) participated in a three-wave longitudinal second study (March, April, and May 2025). Among the retained participants, 86.8% were female, 10.1% were male, and 3.1% identified as non-binary. In terms of education, 1.4% had completed secondary