### Variables assessed in the meal and emotion protocolling function of Jourvie Research

<table>
<thead>
<tr>
<th>Variable</th>
<th>Description</th>
<th>Format</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protocol type</td>
<td>Participants can either fill in a complete protocol (meal, emotion, tension and regulation) or a short protocol (tension and regulation only) in situations with high psychological distress but absence of a meal situation</td>
<td></td>
</tr>
<tr>
<td>Timestamp</td>
<td>Time and date of the protocol</td>
<td></td>
</tr>
<tr>
<td>Meal protocol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meal type</td>
<td></td>
<td>Breakfast, snack, lunch, dinner, no meal</td>
</tr>
<tr>
<td>Location</td>
<td></td>
<td>At home, at work, hospital, restaurant, school/university, on the way, other</td>
</tr>
<tr>
<td>Company</td>
<td></td>
<td>Family, friends, co-workers, relatives, others</td>
</tr>
<tr>
<td>Hunger</td>
<td>How hungry was the participant</td>
<td>Visual analog scale from 0 to 100</td>
</tr>
<tr>
<td>Saturation</td>
<td>How saturated the participant felt after the meal</td>
<td>Visual analog scale from 0 to 100</td>
</tr>
<tr>
<td>Food intake</td>
<td>Participants can state if they ate or restricted their food intake</td>
<td>Yes, No</td>
</tr>
<tr>
<td>Type of food</td>
<td>Explanation of which food they ate</td>
<td>Plain text</td>
</tr>
<tr>
<td>Emotion Protocol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anxiety, Disgust, Happiness, Shame, Guilt, Sadness, &amp; Anger</td>
<td></td>
<td>Visual analog scale from 0 to 100</td>
</tr>
<tr>
<td>Thoughts</td>
<td>Participants can fill in any relevant thoughts they had during the meal situation</td>
<td>Plain text</td>
</tr>
<tr>
<td>Aversive tension</td>
<td>How tense the participant felt</td>
<td>Visual analog scale from 0 to 100</td>
</tr>
<tr>
<td>Emotion regulation protocol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DBT-Skill, Bingeing, Dehydration, Purging, Laxatives, Excessive drinking, Excessive sports, Dieting pills, &amp; Non-suicidal self-injury</td>
<td>The participant can tick various behaviors she has undertaken previous to the protocol. In addition, the urge towards a specific behavior can also be described</td>
<td>Urge: Visual analog scale from 0 to 100, Committed behavior: tick</td>
</tr>
<tr>
<td>Response to skill presentation</td>
<td>After the presentation of a skill within the app, the participant can fill in if the presented skill was helpful in this specific situation</td>
<td>Helpful: yes/no</td>
</tr>
</tbody>
</table>