

Supplementary Table S1. Prevalence of gastrointestinal conditions and use of restrictive diets and their association with health-related quality of life (physical and mental component scores) among individuals ≥ 20 years in South Australia in 2015 (N=2912), adjusted for mental health, lifestyle variables and body mass index.

	Yes		Physical component score		Mental component score	
			Adjusted ¹	Adjusted ²	Adjusted ¹	Adjusted ²
	n	%	β (95%CI)*	β (95%CI)*	β (95%CI)*	β (95%CI)*
Gastrointestinal condition						
Gastroesophageal reflux	245	8.4	-3.3 (-4.7;-1.8)	-2.8 (-4.2;-1.3)	-1.1 (-2.4;0.3)	-1.0 (-2.4;0.4)
Irritable bowel syndrome	230	7.9	-3.0 (-4.5;-1.5)	-2.7 (-4.2;-1.3)	-2.0 (-3.3;-0.7)	-1.8 (-3.1;-0.5)
Ulcerative colitis	26	0.9	-2.6 (-6.9;1.8)	-1.9 (-6.4;2.6)	-5.4 (-8.8;-2.0)	-4.8 (-8.1;-1.6)
Crohn's disease	23	0.8	-4.1 (-9.5;1.2)	-3.4 (-8.9;2.0)	-1.7 (-5.1;1.7)	-1.1 (-4.5;2.3)
Coeliac disease	20	0.7	-1.5 (-4.8;1.7)	-1.6 (-4.9;1.6)	0.0 (-2.4;2.5)	-0.2 (-2.4;2.0)
Any ³	478	16.4	-3.1 (-4.1;-2.1)	-2.7 (-3.8;-1.6)	-1.5 (-2.4;-0.5)	-1.4 (-2.3;-0.4)
Restrictive diet						
Avoid foods for pain, bloating or diarrhoea	678	23.3	-1.9 (-2.9;-1.0)	-1.7 (-2.6;-0.9)	-1.0 (-1.9;-0.1)	-0.9 (-1.8;-0.1)

Lactose restricted	577	19.8	-1.4 (-2.2;-0.5)	-1.6 (-2.4;-0.8)	-0.7 (-1.6;0.1)	-0.8 (-1.6;0.1)
Gluten restricted	268	9.2	-0.8 (-2.0;0.3)	-1.0 (-2.1;0.1)	-0.8 (-2.0;0.1)	-0.9 (-2.1;0.3)
Any ⁴	1051	36.1	-1.8 (-2.7;-1.0)	-1.8 (-2.5;-1.0)	-1.0 (-1.7;-0.3)	-1.0 (-1.7;-0.2)

* The β coefficients represent the mean difference in health-related quality of life between those positive for that condition and the negative ones.

Numbers in bold represent the associations with statistical difference between the groups ($p < 0.05$).

1 – Results are adjusted for sex, age, marital status, area of residence, educational level, working status, socioeconomic position, and mental health status

2 – Results are adjusted for 1 + fruit/vegetable consumption, physical activity level, alcohol intake, smoking status, and body mass index

3 – Either with irritable bowel syndrome, celiac disease, Crohn's disease, ulcerative colitis, and/or gastrointestinal reflux.

4 – Either those restricting milk/dairy products, gluten, and/or if they avoid other foods causing pain, bloating, and/or diarrhoea