**SUPPLEMENTAL DIGITAL CONTENT 1. Self-assessment of the Impact of Submental Fat on the Feelings/Emotional Well-being (White Boxes) and Actions/Behaviors (Grey Boxes) of Respondents**

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| --- | --- | --- | --- |
| **How much do you agree with each of the following statements about the area underneath your chin?** | **Percentage of Respondents**  **N = 1996** | **Percentage of Respondents by Sex** | |
| **Male**  **n = 971** | **Female**  **n = 1025** |
| I am bothered by the appearance of the area underneath my chin | 47 | 40 | 55\* |
| I have a double chin | 41 | 38 | 43 |
| I am confident in my appearance | 63 | 71 | 55\* |
| I like the way the area underneath my chin looks | 47 | 57 | 38\* |
| The way the area underneath my chin looks negatively affects my appearance | 49 | 45 | 54\* |
| I feel people notice the area underneath my chin | 45 | 43 | 46 |
| I am happy with the area underneath my chin | 52 | 62 | 43\* |
| I feel embarrassed about the area underneath my chin | 43 | 36 | 49\* |
| I feel the area underneath my chin makes me look older | 48 | 45 | 52 |
| I feel the area underneath my chin makes me look overweight | 51 | 46 | 56\* |
| I feel that the area underneath my chin does not match the rest of my body | 36 | 35 | 37 |
| The appearance of the area underneath my chin does not affect the way I interact with others socially | 71 | 73 | 70 |
| I wear clothing (eg, a scarf or turtleneck) that conceals my neck area because I am self‐conscious about the area underneath my chin | 23 | 25 | 22 |
| I avoid video chats/conference calls because of the area underneath my chin | 27 | 26 | 27 |
| I have grown a beard in an effort to hide the area underneath my chin [males only] | NA | 29 | NA |
| I find posting photos or selfies on social media stressful due to the appearance of the area underneath my chin | 39 | 34 | 44\* |
| I don’t shy away in photos due to the appearance of the area underneath my chin | 65 | 69 | 60\* |

\* *p* < .05 for comparison between female and male respondents.

NA, not applicable.