**Supplementary table 3 Comparison of Pre and Post- Expedition psychological testing**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Score Pre | Score Post (‘during expedition’) | *p* |
| Several periods of psychological stress | 5 | 2 | 0.079 |
| Permanent psychosocial stress | 0 | 0 | 1.0 |
| Some periods of psychological stress | 1 | 3 | 0.2 |
| Never experienced psychological stress | 0 | 1 | 1 |
| One or more adverse events | 4 | 1 | 0.079 |
| High or severe financial stress | 0 | 0 | 1.0 |
| IES-R  Median (range) | 36 (9 – 52)\* | 41\*\* | N/A |
| PHQ-9  Median (range) | 3 (0 – 11) | 4 (1 – 6) | 1.0 |
| BAI  Median (range) | 11 (2 – 15) | 6 (2 – 11) | 0.386 |
| CDRISC 10  Median (range) | 34 (31 – 36) | 31 (29 – 35) | 0.076 |
| BEDA-Q |  |  |  |
| Score  Median (range) | 4 (0-6) | 7 (2-8) | 0.009 |
| BEDA-Q part B |  |  |  |
| “Are you trying to lose weight now?” | | |  |
| Yes  n (%) | 0 (0.0) | 1 (16.7) | 1.00 |
| “Have you ever tried to lose weight?” | | |  |
| Yes  n (%) | 3 (50) | 4 (66.7) | 0.558 |
| “If so, how many times?” | |  |  |
|  | 3-5 (2)  >5 (1) | >1 (1)  3-5 (2)  >5 (1) |  |

BEDA-Q: brief eating disorders in athletes questionnaire, IES-R: Impact of events scale (revised), PHQ-9 adjusted patient health questionnaire 9, BAI Beck Anxiety Inventory, CDRISC10 Connor Davidson Resilience Scale 10, N/A not applicable

\* Applies to four subjects who experienced a significant event

\*\*Applies to one subject who experienced a significant event