

## Supplementary Material

*Themes with Subthemes and Quotes from the Qualitative Interviews (N = 16)*

Themes	Participants sentiments towards concealed weighing			How concealed weighing differed from typical overt weigh-ins			How concealed weighing reduced certain validity issues that may have influenced study outcomes		
Subthemes	Positive	Neutral	Negative	Reluctance to Participate	Anticipated Discomfort	Fear of Judgement/ Shame/ Self-Consciousness	Attentional Bias	Compensatory Behaviors	Response Bias
118	I think it's a better way to approach it just because for me going into this study, I think the thing that drew me into the study was it had a really healthy way of describing weight loss, right?	I think it was better this way that I didn't know and I had no hard feelings afterwards it because at that point, it doesn't affect me.		I would have maybe dreaded showing up.	I think it would have been a bit different. I feel like I would maybe challenged myself to say like, okay, I have somebody already weighing me might as well actually try to like, lose weight before, I'm happy I didn't have that pressure. There's just like internalized	It's so silly. I guess it's just like social behavior like you want to? I don't know, the research is checking my weight. They don't know me. I don't care about them. But you still want to show like, okay, this person lost weight good for them.	Like you would just be knowing that they would be weighing me it could have been on my, on my mind. Does that make sense? Like just wondering, like, increase or decrease?	Oh, my gosh, yeah, I wouldn't eat as many snacks! I would have like taken off my shoes. My jacket. I think it's silly, but I have a feeling that definitely would have affected the way I just naturally acted.	
	I think it just								

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	helped me focus more. I think the questions are, a lot of it was focused on mindfulness, right and just strategies on the day that you're using to stay present. The focus was on that I wasn't focused on the weight aspect of it.				pressure to like, oh, someone's checking me. It wouldn't have been as comfortable and as casual and having that awkward experience where somebody is taking my weight. So uncomfortable. I really liked the researcher who like was very comfortable. He made everything just smooth,				
	I think it's a really, really				comfortable, but like, no matter				

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	good thing and research that is aimed towards looking at weight in a more healthy way. I think it's a wonderful thing, especially with a lot of rise in mental health distress around appearance, right? Just with like all these				how great he was, I think it would be an uncomfortable position for anybody to be put in.				

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	expectations. I think it's a really good technique to integrate into place.								
119	I think it's so good measurement.	They were kind of more neutral. It was like to be to be expected. It was neutral for me.					Like, if, like, for me, if I'm informed at the beginning, I will be weighed for my weight. Every time I come to the lab, I might pay attention to my body weight during that period or? And yeah,		Yeah, I might have been less likely to bias the data in a certain way.  I'm like, I, I might be affected by that. And may affect my answer to the questionnaire. I'm not sure.

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							so yeah, that may affect the study. Yeah.		It may affect the data collected for the study, it may induce some bias.
							We may pay extra attention to our body weight.		
120	It didn't put any emphasis throughout the process of have to be weighed, like four times in the course of a year or something.	I wasn't like angry or or didn't have any really hard feelings or anything. It was just very surprising.		I might be more reluctant to have done the study.		Yeah, I think it would be like, maybe I would feel like more judged, depending on where we are.  Yeah, I think it would put a bit more pressure maybe.			Like, maybe in terms of the answers, I would put in certain questions regarding eating and exercise, maybe?  I don't think it would be

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									more hard to admit like my might be a bit more skewed by the numbers versus like, just how I thought I perceived my feelings to be.
102	I thought it was really cool. I thought it was a novel approach... I found it was found it was really cool and I thought						If I would have known that someone was regularly checking my weight to see if there were differences. Like I said, I don't really	I perhaps would have been more mindful of taking care of my weight at the time.	I am not sure. I think, I think when I would answer the questions, I was trying to be kinder and a little bit more mindful towards

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	it was really smart.						weigh myself unless I'm going to the doctor unless it's planned to.		myself at the time. And since I haven't really thought about my weight. And the way that I'm being perceived since doing the study in a more kind way to myself. I think, now, knowing I may have answered the questions differently. Like, like, for
	I think I was able to appreciate the study for what it was.						And in those instances, I'm often thinking about my weight more, or I take the weight and I say, okay, maybe I need to work on it. Or maybe I need to leave it be or maintain it, you know. So perhaps I		
	Yeah, I found I was very comfortable. I found the way that you approached it as well, was extremely informative. I didn't feel like I had any questions								

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	regarding the study of the process.						perhaps I would have been more thinking about my weight, if I would have known that I was being weighed.		example, if I was actively trying to work out more, or trying to eat better, because I knew that I would be someone who would be monitoring my weight, perhaps I would have been a little bit more kinder to myself, when responding to the questions.
							But I do know, if I, if I know that I'm being weighed, I'll be more conscience conscious of it.		



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									Yeah, it's, I liked how the questions prompted you to think about how you think towards yourself. And I think in that sense, if I were thinking of that more than I would have been kinder to myself, let's say, I'll be honest, just because like I said, I

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									<p>don't think I would have been authentic in my answer as authentic in my answers, knowing that I was being weighed because I can take that accountability and know that yes, I would have been thinking more about my weight and how people perceive me and what not,</p>

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									<p>whereas this I was just being as authentic as possible. I wasn't really thinking of it. And I was really thinking of how to answer the answer how to yeah, respond to the answers as truthfully as possible.</p>
101	I still feel very positive.	Not at all because, you know, you're there. You're							

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		there. If I'm going there for research, so it's normal to not have to have all the information and that's okay.							
127	I thought it was pretty clever.			Probably, I guess, maybe just any social interaction. Sometimes it's always a bit of like, especially in a research setting, there's		A little bit of added stress, knowing that you have to go there and someone's going to be looking at your weight. Yeah, exactly.	It might have been more like a challenge for next time to like sort of meet the weight, whatever it will be my weight goals, whether it's		Yeah, I guess. Yeah, that would be that would I it's hard to put the thing my finger on it, I guess the focus of it would be a little bit more thing, because

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				always sort of that white coat syndrome, whether you're used to it or not. So I guess there'd be sort of that added white coat aspect of like, you know, going back and going to the doctor's office getting weighed being assessed. So,			like increased weight or decreased weight or stay the same. So I might have set a benchmark.		I was always sort of wondering like you were asking us about our weight, and see a bit more on the subjective side, I guess. With the questionnaire, even though like, I know, questionnaires can sometimes be more objective, like more

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				I think there would be maybe a bit more stress during like before, but not like an extraordinary amount, just a little bit.					<p>predictive of factors then, like weight or other, like, sort of more objective variables, but it would have felt a bit more objective, I guess, in some ways.</p> <p>Yeah, I probably would, because I guess you could you have some sort of</p>

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									number that could bias you like, either positive or negative direction. Or even just neutral, depending if you knew what you're weight is. So, I think it would definitely sort of bias in either direction, whether the weight was a good number

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									for me or a bad number.
108	Yeah, I was positive... Like, I think I liked it. Yeah.	I think I was very surprised. And I'm like, when the researcher told me I was a little bit like, oh, okay, but I wasn't like, offended or anything, honestly. Like, I wasn't, I like, it was like, it was just like, a surprise for me.		Because I feel like if I don't know it, that I'll be like, okay, whatever, I'll just participate. I do like, okay, it's fine. And option one, I would feel a little bit more like pressured.	Yeah, because, um, I think it would be a little awkward because, for example, again, if you gain weight, then it would be a little bit awkward.  Honestly, it really depends on the individuals, but I'm just, I'm just thinking, like, you know, like, if I knew it, I would feel a little bit	Yeah, I think it would be a little bit of discomfort, not guilt or shame, but maybe like, well, maybe for some people, it might be guilt or shame, like if they're, if they are, like concerned about their weight.  It's a little bit of an awkward situation. You might feel like okay, are they gonna judge me or are they gonna like you, you're gonna			Um, because the questionnaires are more like focused on goals as well. Right. So, um, so I'm debating I'm thinking, yes. Because I would be cautious of the weight weight section, because you remember, there was a



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		No, there was no, no, no, absolutely not. There was no anger, there was no frustration or, you know, other negative feelings. I was I was kind of understanding. I was like, okay, it makes sense.			uncomfortable. Sure, for sure. Yeah. Like I had, I felt no pressure. I didn't feel uncomfortable in any situation. I think it went really well. Um, yeah. Overall, it went really well. So I didn't feel any pressure uncomfortableness or anything like that.	think like, what are they gonna think of me or something?			goal about like, the weight. So for that section, I would be more conscious. I'm not sure about the other section, if I would be conscious about that. But for the for the weight section, I probably will be conscious about that.
124			I'm kind of uncomfortable					So I think having like a	Yeah, I think it might have

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			about it at first and kind of an almost, yeah, look misled, because of the use of deception.					specifically target almost like, like, I know, I have to go into the lab and like, you know, like next month or something like that. So trying to focus more on, you know, like, achieving, like a certain goal or something like that.	had some influence, and influence in a, like in a, in a positive way, I guess, like in a more truthful way? Because it was, I feel like I you there would be a possibility of potentially being, like biased in some of those answers. If you think that it could be,

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									<p>like, traced back, but like, like, maybe traced back to, like, you know, like the weight or that kind of thing, like what's being weighed so and can kind of, like, make connections between them. So I do think that it could make a difference.</p> <p>Yeah, I feel</p>

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									like, um, I can't remember, it's been a blast. I can't remember all the questions, but I feel like any questions on eating behaviors, and that can be influenced because, because there's just such a, even though there's obviously so many variables to it,

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									because it's so you know, just like everyone, like kind of relates on automatically, like food consumption and weight and kind of just group them together. So those ones in particular would make the difference.
111			So I don't like it. If I know that it's like, something		Kind of like, maybe I don't want to share my real body weight				

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			that they hide it. Even anger, anger, too... I feel that so far I cannot trust any other studies anymore. So okay, it's kind of ruined my trust to each kind of study, because it's like, I know that there should be some ethics that they have to follow. So if they don't		with, like, someone that I don't know. So kind of like that feeling.				

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			have those ethics, and they hide something, it's kind of like, make me angry.						
104	I'm just because I really wouldn't want to have it on my mind really, at all.						I think because like with the, with the study, like really helped me to focus on the non physical side of weight and weight loss and all that, like, it's like, the emotional, the	I would have taken my jacket off. And you guys offered a snacks, I probably wouldn't have taken a snack... And like really watch my weight leading up to like	

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							psychological.	events.	
								And on that day, I would have been a little bit more careful to like, eat healthy and probably the night before, I would have made sure I wouldn't have any snacks or anything like that. So I definitely think that would be something I would do.	
114				I would say a				But if I would	



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			little bit of a shock, maybe, because I did not expect something to be under my seat and being monitored.					have known that my I was being weighed, I might have kept my weight in a little bit of more check.	
100		I really wasn't bothered by it.							
103		Mostly still pretty neutral.							
106			I felt kind of like, I think betrayed would be way too harsh of a word, but I definitely did. Was kind of upset with it.			What if I during that period of time, what if I gained back my weight?			

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126	I like it.	Okay, so because it's more neutral, it's more objective.		And it's just like the extra little, little stress.	I don't really want him to know, like, I don't want a male because it's like this is something to be kept secret.	A little shy for my actual weight. So maybe feelings of being ashamed. Maybe that you're like, oh, no, I don't. I don't remember if I gained any, if I gained weight during that time, and maybe they saw that weight fluctuation and I feel a bit of shame. I'll be I will worried if like, data entry will judge me and stuff.  Yeah. Okay.	I would totally pay more attention during but like I was still enter it because the compensation is good.	I would try to work out a little bit more and eat less. And just because during the time I remember letting go and giving into my cravings, I would have fought a bit harder if I had, like that at the back of my mind.	Because I remember a lot of questions are very subjective. And, and, like, go without knowing I was just answering truthfully, sometimes even a bit more negatively, just because I like that's how I perceive the world at that

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						Because you know, it like, it's higher than I remember, it would have been shameful but if it had, like, stayed, this its weird. And I, I will be fine.			time. But if I had known I was being weighed, maybe like the, I would have chose more positive emotions, like on the survey.
									It's though being weighed, let me think it's in the lecture. It's like social desirability. Is it like social desirability, right? So

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									you're kind of giving the answers that you think that we would like for you to give us? Is that it?
131	I honestly thought that was like a pretty clever way of assessing like gathering that information.  I felt good about it.	Um, yeah, I didn't have any strong reason. So, yeah, I didn't have any strong effect, or like, any strong feelings about it one way or the other.						Well, I think that it sort of it got around the potential issue of like, where people to go into the study knowing that they were being weighed, like, changing their behavior in some way	I think I probably would have been more self critical in my answers.  I think that my, I think I would have, I remember feeling at the time, like, I

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		It was like, it was neutral.						prior to that, like, even wearing lighter shoes that day or something like that.	had lost some weight, but not a ton. And I think that if I, if the, like, if I knew my weight was out in the open, then I might not have. I might have like, expressed, like more harsh, harsh answers. Like I said before, like, I think it would have altered my behavior
								Yeah, smaller meals or, wearing something light.	

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									going into it. And my answers in the question there. Like, I think it I think, like for me personally, the data is probably more accurate having not known beforehand.