# Supplementary material

Table S1

*Standardized estimates (B), confidence intervals (CI), standard errors (SE), and p-values for the linear mixed models with the predictors days (0 = rest day, 1 = intervention day), group (0 = experimental group, 1 = placebo control group), and their interaction to predict chocolate craving intensity and frequency*

| | Chocolate craving intensity | | | | Chocolate craving frequency | | | |
|---|---|---|---|---|---|---|---|---|
| | *B* | *CI* | *SE* | *p* | *B* | *CI* | *SE* | *p* |
| **Fixed Parts** | | | | | | | | |
| (Intercept) | 32.1 | 27.1 – 37.2 | 2.59 | <.001 | 25.9 | 20.9 – 30.9 | 2.55 | <.001 |
| Days | 1.41 | −2.83 – 5.65 | 2.16 | .517 | 3.49 | −0.46 – 7.44 | 2.01 | .087 |
| Group | 0.11 | −7.04 – 7.25 | 3.65 | .976 | 2.87 | −4.17 – 9.90 | 3.59 | .427 |
| Days × Group | −0.98 | −7.03 – 5.08 | 3.09 | .753 | −2.10 | −7.75 – 3.54 | 2.88 | .467 |
| **Random Parts** | | | | | | | | |
| $\sigma^2$ | | 339 | | | | 294 | | |
| $\tau_{00,\ participants}$ | | 154 | | | | 157 | | |
| $N_{participants}$ | | 70 | | | | 70 | | |
| Observations | | 580 | | | | 580 | | |
| $R^2$ / $\Omega_0^2$ | | .385 / .368 | | | | .423 / .410 | | |

Table S2

*Standardized estimates (B), confidence intervals (CI), standard errors (SE), and p-values for the linear mixed models with the predictors days (0 = rest day, 1 = intervention day), group (0 = experimental group, 1 = placebo control group), pretest scores of the Food Cravings Questionnaire–Trait–reduced (chocolate version), and their interactions to predict chocolate craving intensity and frequency*

| | Chocolate craving intensity | | | | Chocolate craving frequency | | | |
|---|---|---|---|---|---|---|---|---|
| | *B* | *CI* | *SE* | *p* | *B* | *CI* | *SE* | *p* |
| **Fixed Parts** | | | | | | | | |
| (Intercept) | 33.2 | 29.1 – 37.3 | 2.10 | <.001 | 26.7 | 22.5 – 30.9 | 2.13 | <.001 |
| Days | 1.75 | −2.54 – 6.03 | 2.19 | .426 | 4.04 | 0.05 – 8.03 | 2.04 | .050 |
| Group | 0.12 | −5.65 – 5.89 | 2.94 | .968 | 3.11 | −2.76 – 8.99 | 2.30 | .302 |
| Food Cravings Questionnaire–Trait–reduced (chocolate version) | 11.4 | 6.37 – 16.5 | 2.58 | <.001 | 8.26 | 3.12 – 13.4 | 2.63 | .002 |
| Days × Group | −1.34 | −7.44 – 4.76 | 3.11 | .668 | −2.57 | −8.25 – 3.11 | 2.90 | .378 |
| Days × Food Cravings Questionnaire–Trait–reduced (chocolate version) | 1.17 | −4.18 – 6.51 | 2.73 | .670 | 3.66 | −1.32 – 8.63 | 2.54 | .153 |
| Group × Food Cravings Questionnaire–Trait–reduced (chocolate version) | −2.96 | −9.45 – 3.54 | 3.32 | .375 | 0.43 | −6.18 – 7.04 | 3.37 | .899 |
| Days × Group × Food Cravings Questionnaire–Trait–reduced (chocolate version) | −0.58 | −7.47 – 6.30 | 3.51 | .869 | −3.01 | −9.41 – 3.40 | 3.27 | .361 |
| **Random Parts** | | | | | | | | |
| $\sigma^2$ | | 340 | | | | 294 | | |
| $\tau_{00,\ participants}$ | | 71.9 | | | | 87.5 | | |
| $N_{participants}$ | | 70 | | | | 70 | | |
| Observations | | 580 | | | | 580 | | |
| $R^2$ / $\Omega_0^2$ | | .367 / .357 | | | | .414 / .405 | | |

Table S3

*Standardized estimates (B), confidence intervals (CI), standard errors (SE), and p-values for the linear mixed models with the predictors days (0 = rest day, 1 = intervention day), group (0 = experimental group, 1 = placebo control group), pretest scores of the Restraint Scale, and their interactions to predict chocolate craving intensity and frequency*

| | Chocolate craving intensity | | | | Chocolate craving frequency | | | |
|---|---|---|---|---|---|---|---|---|
| | *B* | *CI* | *SE* | *p* | *B* | *CI* | *SE* | *p* |
| **Fixed Parts** | | | | | | | | |
| (Intercept) | 32.1 | 27.0 – 37.2 | 2.61 | <.001 | 25.9 | 20.9 – 30.9 | 2.56 | <.001 |
| Days | 1.35 | −2.91 – 5.61 | 2.17 | .536 | 3.49 | −0.48 – 7.46 | 2.02 | .089 |
| Group | 0.27 | −6.92 – 7.46 | 3.67 | .942 | 3.10 | −3.96 – 10.2 | 3.60 | .392 |
| Restraint Scale | −0.60 | −5.48 – 4.29 | 2.49 | .812 | −0.75 | −5.53 – 4.04 | 2.44 | .761 |
| Days × Group | −0.88 | −6.96 – 5.20 | 3.10 | .778 | −2.11 | −7.78 – 3.56 | 2.89 | .468 |
| Days × Restraint Scale | −1.10 | −5.18 – 2.99 | 2.08 | .600 | −0.17 | −3.97 – 3.64 | 1.94 | .933 |
| Group × Restraint Scale | −2.01 | −9.31 – 5.29 | 3.72 | .591 | −2.86 | −10.0 – 4.29 | 3.65 | .435 |
| Days × Group × Restraint Scale | 0.88 | −5.21 – 6.98 | 3.11 | .777 | 0.94 | −4.75 – 6.62 | 2.90 | .748 |
| **Random Parts** | | | | | | | | |
| $\sigma^2$ | 340 | | | | 295 | | | |
| $\tau_{00,\ participants}$ | 156 | | | | 157 | | | |
| $N_{participants}$ | 70 | | | | 70 | | | |
| Observations | 580 | | | | 580 | | | |
| $R^2$ / $\Omega_0^2$ | .385 / .369 | | | | .423 / .410 | | | |

Table S4

*Standardized estimates (B), confidence intervals (CI), standard errors (SE), and p-values for the linear mixed models with the predictors days (0 = rest day, 1 = intervention day), group (0 = experimental group, 1 = placebo control group), pretest scores of the Dutch Eating Behavior Questionnaire (restrained eating subscale), and their interactions to predict chocolate craving intensity and frequency*

| | Chocolate craving intensity | | | | Chocolate craving frequency | | | |
|---|---|---|---|---|---|---|---|---|
| | *B* | *CI* | *SE* | *p* | *B* | *CI* | *SE* | *p* |
| **Fixed Parts** | | | | | | | | |
| (Intercept) | 32.1 | 27.0 – 37.3 | 2.63 | <.001 | 25.9 | 20.9 – 31.0 | 2.58 | <.001 |
| Days | 1.41 | −2.83 – 5.65 | 2.16 | .516 | 3.50 | −0.46 – 7.45 | 2.02 | .087 |
| Group | 0.06 | −7.19 – 7.32 | 3.70 | .987 | 2.80 | −4.34 – 9.94 | 3.64 | .444 |
| Dutch Eating Behavior Questionnaire (restrained eating subscale) | 0.32 | −4.15 – 4.78 | 2.28 | .889 | −0.59 | −4.98 – 3.81 | 2.24 | .794 |
| Days × Group | −0.90 | −6.96 – 5.16 | 3.09 | .773 | −2.03 | −7.68 – 3.62 | 2.88 | .483 |
| Days × Dutch Eating Behavior Questionnaire (restrained eating subscale) | −0.87 | −4.46 – 2.73 | 1.83 | .638 | 0.60 | −2.75 – 3.95 | 1.71 | .728 |
| Group × Dutch Eating Behavior Questionnaire (restrained eating subscale) | −1.20 | −8.63 – 6.22 | 3.79 | .752 | −1.01 | −8.32 – 6.30 | 3.73 | .787 |
| Days × Group × Dutch Eating Behavior Questionnaire (restrained eating subscale) | 3.95 | −2.18 – 10.1 | 3.13 | .210 | 2.19 | −3.53 – 7.91 | 2.92 | .455 |
| **Random Parts** | | | | | | | | |
| $\sigma^2$ | | 339 | | | | 294 | | |
| $\tau_{00,\ participants}$ | | 161 | | | | 163 | | |
| $N_{participants}$ | | 70 | | | | 70 | | |
| Observations | | 580 | | | | 580 | | |
| $R^2$ / $\Omega_0^2$ | | .388 / .372 | | | | .425 / .412 | | |

Table S5

*Standardized estimates (B), confidence intervals (CI), standard errors (SE), and p-values for the linear mixed models with the predictors days (0 = rest day, 1 = intervention day), group (0 = experimental group, 1 = placebo control group), and their interaction to predict chocolate consumption quantity and frequency*

| | Chocolate consumption quantity | | | | Chocolate consumption frequency | | | |
|---|---|---|---|---|---|---|---|---|
| | *B* | *CI* | *SE* | *p* | *B* | *CI* | *SE* | *p* |
| **Fixed Parts** | | | | | | | | |
| (Intercept) | 24.9 | 19.7 – 30.1 | 2.66 | <.001 | 21.6 | 16.8 – 26.4 | 2.44 | <.001 |
| Days | 3.86 | −0.64 – 8.36 | 2.30 | .097 | 3.41 | −0.99 – 7.81 | 2.25 | .132 |
| Group | 2.18 | −5.18 – 9.53 | 3.75 | .564 | 1.30 | −5.44 – 8.04 | 3.44 | .706 |
| Days × Group | −0.92 | −7.35 – 5.52 | 3.28 | .781 | −0.74 | −7.03 – 5.54 | 3.21 | .817 |
| **Random Parts** | | | | | | | | |
| $\sigma^2$ | | 382 | | | | 365 | | |
| $\tau_{00,\ participants}$ | | 158 | | | | 123 | | |
| $N_{participants}$ | | 70 | | | | 70 | | |
| Observations | | 580 | | | | 580 | | |
| $R^2$ / $\Omega_0^2$ | | .374 / .356 | | | | .336 / .314 | | |

Table S6

*Standardized estimates (B), confidence intervals (CI), standard errors (SE), and p-values for the linear mixed models with the predictors days (0 = rest day, 1 = intervention day), group (0 = experimental group, 1 = placebo control group), pretest scores of the Food Cravings Questionnaire–Trait–reduced (chocolate version), and their interactions to predict chocolate consumption quantity and frequency*

| | Chocolate consumption quantity | | | | Chocolate consumption frequency | | | |
|---|---|---|---|---|---|---|---|---|
| | *B* | *CI* | *SE* | *p* | *B* | *CI* | *SE* | *p* |
| **Fixed Parts** | | | | | | | | |
| (Intercept) | 25.7 | 21.4 – 30.0 | 2.18 | <.001 | 22.1 | 18.0 – 26.2 | 2.10 | <.001 |
| Days | 4.57 | 0.03 – 9.10 | 2.32 | .051 | 4.30 | −0.12 – 8.73 | 2.26 | .059 |
| Group | 2.57 | −3.43 – 8.57 | 3.06 | .403 | 1.60 | −4.17 – 7.37 | 2.94 | .588 |
| Food Cravings Questionnaire–Trait–reduced (chocolate version) | 8.12 | 2.85 – 13.4 | 2.69 | .003 | 5.51 | 0.45 – 10.6 | 2.58 | .034 |
| Days × Group | −1.60 | −8.06 – 4.86 | 3.30 | .628 | −1.34 | −7.64 – 4.96 | 3.21 | .678 |
| Days × Food Cravings Questionnaire–Trait–reduced (chocolate version) | 5.10 | −0.56 – 10.8 | 2.89 | .080 | 6.45 | 0.92 – 12.0 | 2.82 | .024 |
| Group × Food Cravings Questionnaire–Trait–reduced (chocolate version) | 2.39 | −4.36 – 9.15 | 3.45 | .489 | 1.87 | −4.63 – 8.37 | 3.31 | .573 |
| Days × Group × Food Cravings Questionnaire–Trait–reduced (chocolate version) | −5.85 | −13.1 – 1.44 | 3.72 | .118 | −4.18 | −11.3 – 2.93 | 3.63 | .251 |
| **Random Parts** | | | | | | | | |
| $\sigma^2$ | | 381 | | | | 362 | | |
| $\tau_{00,\ participants}$ | | 74.6 | | | | 66.7 | | |
| $N_{participants}$ | | 70 | | | | 70 | | |
| Observations | | 580 | | | | 580 | | |
| $R^2$ / $\Omega_0^2$ | | .359 / .349 | | | | .324 / .312 | | |

Table S7

*Standardized estimates (B), confidence intervals (CI), standard errors (SE), and p-values for the linear mixed models with the predictors days (0 = rest day, 1 = intervention day), group (0 = experimental group, 1 = placebo control group), pretest scores of the Restraint Scale, and their interactions to predict chocolate consumption quantity and frequency*

| | Chocolate consumption quantity | | | | Chocolate consumption frequency | | | |
|---|---|---|---|---|---|---|---|---|
| | *B* | *CI* | *SE* | *p* | *B* | *CI* | *SE* | *p* |
| **Fixed Parts** | | | | | | | | |
| (Intercept) | 24.8 | 19.6 – 30.0 | 2.65 | <.001 | 21.5 | 16.7 – 26.3 | 2.4 | <.001 |
| Days | 3.77 | −0.75 – 8.29 | 2.31 | .106 | 3.36 | −1.04 – 7.76 | 2.24 | .138 |
| Group | 2.42 | −4.90 – 9.73 | 3.73 | .519 | 1.46 | −5.26 – 8.18 | 3.43 | .671 |
| Restraint Scale | −1.99 | −6.96 – 3.00 | 2.54 | .435 | −1.48 | −6.06 – 3.10 | 2.34 | .528 |
| Days × Group | −0.70 | −7.15 – 5.75 | 3.29 | .832 | −0.38 | −6.66 – 5.90 | 3.20 | .905 |
| Days × Restraint Scale | −1.97 | −6.31 – 2.36 | 2.21 | .375 | −1.36 | −5.58 – 2.87 | 2.15 | .531 |
| Group × Restraint Scale | −0.05 | −7.48 – 7.38 | 3.79 | .990 | 1.45 | −5.39 – 8.30 | 3.49 | .678 |
| Days × Group × Restraint Scale | 0.18 | −6.29 – 6.66 | 3.30 | .956 | −4.03 | −10.3 – 2.27 | 3.21 | .213 |
| **Random Parts** | | | | | | | | |
| $\sigma^2$ | 383 | | | | 363 | | | |
| $\tau_{00,\ participants}$ | 154 | | | | 121 | | | |
| $N_{participants}$ | 70 | | | | 70 | | | |
| Observations | 580 | | | | 580 | | | |
| $R^2$ / $\Omega_0^2$ | .374 / .358 | | | | .341 / .322 | | | |

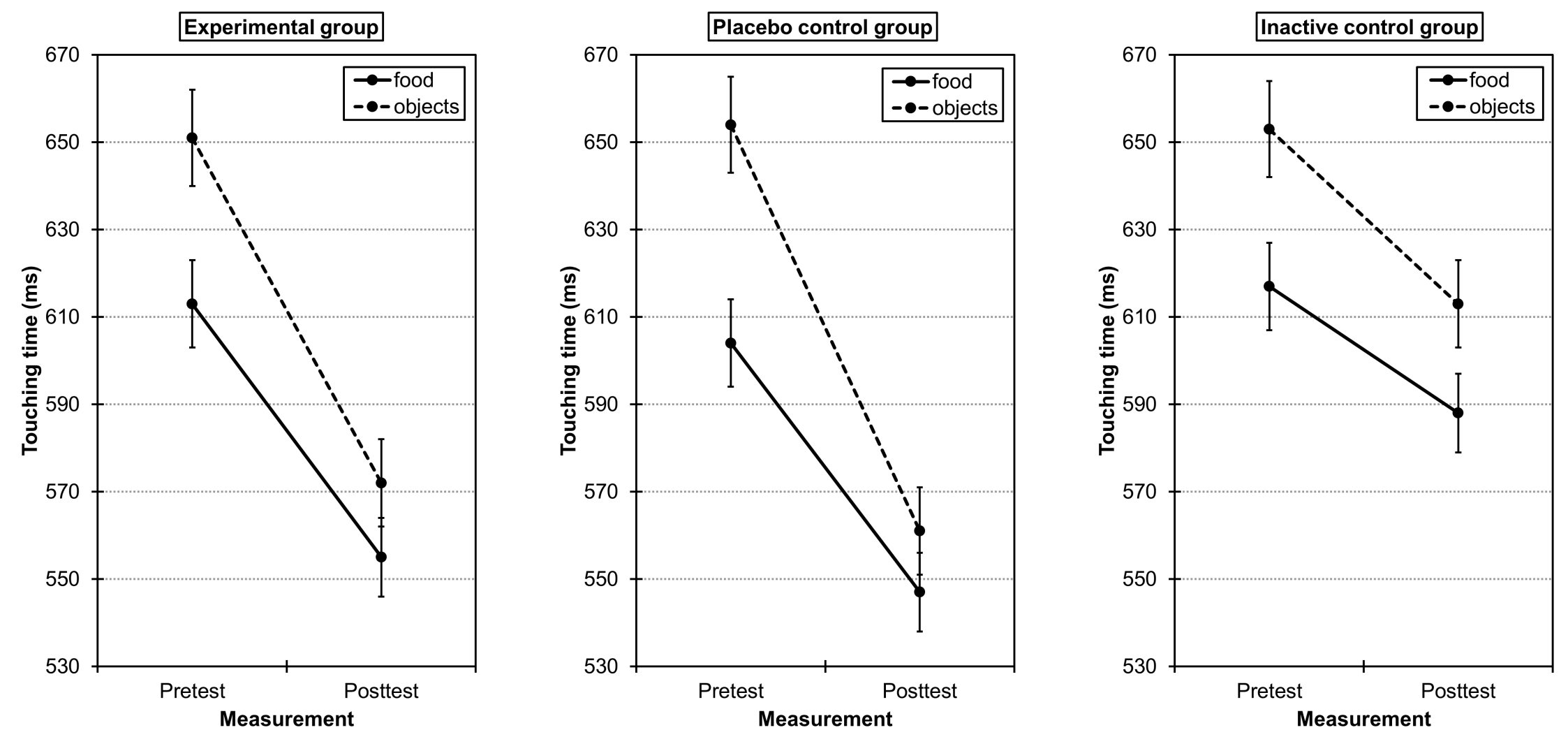
Table S8

*Standardized estimates (B), confidence intervals (CI), standard errors (SE), and p-values for the linear mixed models with the predictors days (0 = rest day, 1 = intervention day), group (0 = experimental group, 1 = placebo control group), pretest scores of the Dutch Eating Behavior Questionnaire (restrained eating subscale), and their interactions to predict chocolate consumption quantity and frequency*

| | Chocolate consumption quantity | | | | Chocolate consumption frequency | | | |
|---|---|---|---|---|---|---|---|---|
| | *B* | *CI* | *SE* | *p* | *B* | *CI* | *SE* | *p* |
| **Fixed Parts** | | | | | | | | |
| (Intercept) | 24.8 | 19.6 – 30.0 | 2.67 | <.001 | 21.5 | 16.7 – 26.3 | 2.45 | <.001 |
| Days | 3.87 | −0.63 – 8.39 | 2.30 | .096 | 3.43 | −0.97 – 7.83 | 2.25 | .130 |
| Group | 2.31 | −5.07 – 9.69 | 3.77 | .542 | 1.38 | −5.38 – 8.14 | 3.45 | .690 |
| Dutch Eating Behavior Questionnaire (restrained eating subscale) | −2.26 | −6.80 – 2.29 | 2.32 | .334 | −2.04 | −6.21 – 2.12 | 2.13 | .340 |
| Days × Group | −0.99 | −7.43 – 5.46 | 3.29 | .765 | −0.85 | −7.14 – 5.44 | 3.21 | .792 |
| Days × Dutch Eating Behavior Questionnaire (restrained eating subscale) | −0.85 | −4.67 – 2.97 | 1.96 | .664 | −0.41 | −4.14 – 3.32 | 1.90 | .829 |
| Group × Dutch Eating Behavior Questionnaire (restrained eating subscale) | 3.45 | −4.11 – 11.0 | 3.86 | .374 | 2.50 | −4.42 – 9.43 | 3.54 | .481 |
| Days × Group × Dutch Eating Behavior Questionnaire (restrained eating subscale) | −1.04 | −7.56 – 5.48 | 3.33 | .755 | −3.04 | −9.41 – 3.32 | 3.25 | .351 |
| **Random Parts** | | | | | | | | |
| $\sigma^2$ | | 383 | | | | 366 | | |
| $\tau_{00,\ participants}$ | | 159 | | | | 124 | | |
| $N_{participants}$ | | 70 | | | | 70 | | |
| Observations | | 580 | | | | 580 | | |
| $R^2$ / $\Omega_0^2$ | | .374 / .358 | | | | .338 / .317 | | |

Figure caption

*Figure S1*. Means and standard errors of touching time displaying the three-way interaction *group* × *measurement* × *stimulus*. Participants reacted faster to pictures of food than to pictures of objects and reacted faster at posttest than at pretest, with larger decreases in touching times in the experimental and placebo control group than in the inactive control group. Following up the three-way interaction, however, was inconclusive: between-group comparisons showed that the experimental and placebo control group did not differ from each other in any touching times (all $t_{(68)}$s < 0.77, all *p*s > .446), did not differ from the inactive control group at pretest (all $t_{(68)}$s < 0.85, all *p*s > .400) but had faster touching times than the inactive control group at posttest for both food and objects (all $t_{(68)}$s > 2.59, all *p*s < .012); within-group comparisons showed that touching times decreased from pre- to posttest within each group and for both food and objects (all $t_{(34)}$s > 4.08, all *p*s < .001) and touching times were faster for food than for objects within each group and at both pretest and posttest (all $t_{(34)}$s > 3.51, all *p*s < .002).


Experimental group
Placebo control group
Inactive control group
food
objects
Touching time (ms)
670
650
630
610
590
570
550
530
Pretest
Posttest
Measurement