**Supplementary material 1: Testing the mediating effect of DEP**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| DV | IV | Unstd.Est | B | T | P | R2 | 95%CL |
| β | SE | LLCI | ULCI |
| DEP | Constant | 2.824 | 0.084 |  | 33.506 | 0.000 | 0.012 | 2.658 | 2.990 |
| LAC | -0.124 | 0.055 | -0.109 | -2.251 | 0.025 |  | -0.233 | -0.016 |
| BMI | Constant | 2.109 | 0.144 |  | 14.624 | 0.000 | 0.027 | 1.839 | 2.582 |
| DEP | 0.093 | 0.044 | 0.104 | 2.142 | 0.033 |  | 0.008 | 0.179 |
| LAC | -0.121 | 0.050 | -0.118 | -2.447 | 0.015 |  | -0.219 | -0.024 |
|  | DEP mediation effect test value |
| Effect | Effect | SE | t | p | LLCI | ULCI |
| Total effect | -0.133 | 0.050 | -2.686 | 0.008 | -0.230 | -0.036 |
| Direct effect | -0.121 | 0.050 | -2.447 | 0.015 | -0.219 | -0.024 |
| Indirect effect | -0.012 | 0.009 |  |  | -0.032 | 0.001 |