

Supplementary File 1

The aim of this study is to validate a previously validated rapid weight loss questionnaire authored by Artioli and colleagues in 2010, which was originally designed and previously validated for a judo athlete population group. For this research, the questionnaire was taken through a three phase validation (content, face validity and test-retest reliability) process to adapt the questionnaire for Olympic weightlifting athletes. This supplementary file is the final survey that was developed as a result of the validation process.

Body Mass management practices survey created for Olympic Weightlifting athletes:

Q1 What is your gender?

- Male (1)
 - Female (2)
 - Prefer to not disclose (3)
 - Prefer to self-describe (4)
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Q2 What is your most recent body weight? (In Kg's)

Weight (13)

▼ have not weighed myself recently (1) ... 160+ (123)

Q3 How tall are you? (In cm)

Height (2)

▼ 140 (1) ... 200 (61)

Q4 What is your age?

Age (10)

▼ 18 (1) ... 80 (63)

Q5 At what age did you **start training** specifically in the Olympic weightlifting lifts (snatch, clean and jerk)?

Age (4)

▼ 8 (1) ... 80 (73)

Q6 At what age did you **start competing** in Olympic weightlifting?

Age (1)

▼ 8 (1) ... 80 (73)

Q7 How many times did you compete in an Olympic weightlifting competition in the past 12 months?

Times competed (1)

▼ 0 (1) ... 10 (11)

Q8 Excluding the Olympic Games, which weight category have you competed in most over the past two years? E.g. Under 59kg

Weight Category (4)

▼ F 49kg (1) ... M +109kg (18)

Q9 In your usual body weight category, what is the highest total weight lifted (combined snatch and CNJ weight) you have achieved in an Olympic weightlifting competition to date?

Highest total (1)

▼ 50 (1) ... 400 (351)

Q10 In the last two years, have you competed in another weight category?

Yes, and if so, which category? (3)

No (4)

Skip To: Q12 If In the last two years, have you competed in another weight category? = No

Q11 In the last two years, why did you compete in a different body weight category?
(Can select more than one answer)

- Too difficult to make weight (4)
 - Did not need to make weight (15)
 - Returning to sport from injury (16)
 - No longer competitive in the weight category (5)
 - Wanted to be more competitive in a different weight category (12)
 - Wanted to increase/decrease lean mass/fat mass into the next body weight category (8)
 - To qualify for states/nationals/international competitions (11)
 - Lack of understanding on how to make weight into a different category (17)
 - Other - please specify (14)
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Q12 Have you ever had to lose weight to compete in a specified weight category?

- Yes (1)
- No (2)

Skip To: End of Survey If Have you ever had to lose weight to compete in a specified weight category? = No

Q13 Have you ever missed competing in an Olympic weightlifting competition as a result of not making weight?

Yes, and if so how many times (1)

No (2)

Q14 What was the **maximum** amount of weight loss you have had to lose for an Olympic weightlifting competition?

Weight loss in kg (6)

▼ 1 (1) ... 33 (33)

Q15 In what time frame was this weight loss achieved?

Time (6)

▼ Final 24 hours (1) ... Last 2 months (9)

Q16 What is the **maximum** amount of weight you have lost in the week before an Olympic weightlifting competition? (In kgs)

Weight in kgs (6)

▼ 1 (1) ... 33 (33)

Q17 How much weight do you **usually** lose before Olympic weightlifting competitions and in what time frame? **Please answer each row/drop down arrow.** For example: if

you were to lose 4kg in the 2 months prior, you might select 4kg in 2 months, 2kg in the last month, 2kg in the last week, <1kg in the last day.

	<1kg (1)	1-2kg (2)	3-4kg (3)	5-6kg (4)	7-8kg (5)	9+kg (7)
In the last day prior? (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the last week prior? (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the month prior? (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the 2 months prior? (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q18 How much weight do you usually regain in the following week of a competition? (in kgs)

Weight regained in the following week (9)

▼ unsure (1) ... 8+ (18)

Q19 Please rate the influence that each person/source listed below has on your **weight loss** practices? **Please answer every row.**

	Unsure (1)	Not influential (2)	A little influential (3)	Highly influential (4)	Very highly influential (5)
Another Olympic weightlifter/training partner (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doctor (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical trainer/other coach (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Olympic weightlifting coach (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parents (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dietitian (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social Media (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Internet (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Journal articles/textbooks (14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other - select unsure if this is not required (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q20 The table below presents several methods to lose weight. Using the table below, identify which of the following weight loss methods you **usually** use and over what time frame, **before competition?** **Please answer every row/drop down arrow.**

Other -
select never
used if this
is not
required
(30)

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