## Questionnaire used in the study

## Four letter code :

$\square$

## 1. General questions:

Gender:
Year of bearth:
University student
High-school student (circle the right answer)
Body mass (kg):
Body height (cm):
Examples of salt snack products (used in separate eating occasions): chips, flips, popcorn, fried corn, salted sticks, pretzels, crackers, fish-shaped products, roasted and baked nuts, seeds, and salty peanuts.
2. How often do you consume salty snack products?
never $1-3 \times$ month 1 nedeljno $2-4 \times$ week 1 daily several times per
day
3. Where do you most often consume salty snacks?

At home At school/Faculty Outdoors
4. What is your preferable salty snack products? (write the snack type)
5. When do you usually consume salty snacks?
A. Before the main meal

During the main meal
Immediately after the main meal
Instead of the main meal
Between the main meals
B. What is your preferable part of day for salty snack consumption?

| In the morning | Never | Sometimes | Often |
| :--- | :--- | :--- | :--- |
| In the afternoon | Never | Sometimes | Often |
| In the evening | Never | Sometimes | Often |

6. What is the main characteristic that attracts you to these products?

Taste
Satiety potential
No other food available at the moment Commercials

Other reasons (write them please)
7. Do you pay attention to the nutritive value of these products?

Yes, I read the information on the labels
No, I do not read information on the labels
8. Do you consume salty snack in front of TV or computer?

Often Sometimes Never
9. Do you often drink beverages with salty snacks?

No Yes, soft drinks Yes, drinks with alcohol
10. Do you change your habits in salty snacks consumption during periods of intensive learning?

No Yes, I use them more Yes, I use them less
11. How many daily meals do you usually have?

Main meals (write the number)
Refreshments (write the number)
12. What is your overall opinion about the quality of your diet?

Very bad Bad Good Very good

Supplementary Table S1.- Descriptive characteristics of study participants.

|  | University students <br> $\mathbf{N}=\mathbf{8 0 6}$ | High school students <br> $\mathbf{N}=\mathbf{5 0 7}$ | $\mathbf{p}$ |
| :---: | :---: | :---: | :---: |
| Parameter |  | $23.0 \pm 2.4$ | $17.3 \pm 1.3$ |
| Age, years | $\mathrm{N}=202(25 \%)$ | $\mathrm{N}=160(31.6 \%)$ | $\chi^{2}=6.8$ |
| Male | $\mathrm{N}=605(75 \%)$ | $\mathrm{N}=346(68.4 \%)$ | $<.01$ |
| Female |  | $20.8 \pm 2.5$ | $<.01$ |
| $\mathbf{B M I , ~ k g / \mathbf { m } ^ { 2 }}$ | $21.2 \pm 2.7$ | $94.7 \%$ |  |
| $<\mathbf{2 5} \mathbf{~ k g / \mathbf { m } ^ { \mathbf { 2 } }}$ | $91.4 \%$ | $4.7 \%$ |  |
| $\mathbf{2 5 - 3 0}$ | $7.9 \%$ | $0.6 \%$ |  |
| $>\mathbf{3 0}$ | $0.7 \%$ |  |  |

$p=$ ANOVA with post-hoc Tukey test, or Chi-square test.
Supplementary Table S2. - The rotated pattern matrix of the questionnaire scale. The four factors and their items.

| 1. Pattern of salty snack consumption |  |
| :---: | :---: |
| Dominant place of salty snack consumption | 0.950 |
| Frequency of salty snack consumption | 0.911 |
| Time of salty snack consumption (regarding main meal) | 0.813 |
| SP type | 0.787 |
| 2. Information about nutritive value |  |
| Information on food labels | 0.747 |
| 3. General dietary habits |  |
| Number of main meals | 0.821 |
| Number of refreshments | 0.720 |
| Eating with nonalcoholic or alcoholic beverages | 0.595 |
| Eating in front of TV | 0.384 |
| 4. Preferences |  |
| Faculty/high school | 0.796 |
| Motivational reasons for salty snack consumption | -0.561 |
| Day period related consumption | 0.342 |

Supplementary Table S3. Logistic regression analysis of the variables (questionnaire's items) that could predict a high level of salty snack product intake among the population of urban living students.

| Population | All |  |  |  | High-school students |  |  |  | University students |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Parameter/Data | $\beta$ (SE) | Wald | OR 95 ${ }^{\text {th }} \mathrm{CI}$ | $p$ | $\beta$ (SE) | Wald | OR 95 ${ }^{\text {th }} \mathrm{CI}$ | $p$ | $\beta$ (SE) | Wald | OR 95 ${ }^{\text {th }} \mathrm{CI}$ | $p$ |
| Gender m/f | $\begin{gathered} 0.016 \\ (0.221) \end{gathered}$ | 0.01 | $\begin{gathered} 1.016 \\ (0.659-1.565) \end{gathered}$ | 0.943 | $\begin{gathered} 0.268 \\ (0.319) \end{gathered}$ | 0.70 | $\begin{gathered} 1.307 \\ (0.700-2.442) \end{gathered}$ | 0.401 | $\begin{gathered} -0.189 \\ (0.306) \end{gathered}$ | 0.382 | $\begin{gathered} 0.828 \\ (0.454-1.509) \end{gathered}$ | 0.537 |
| Age (years) | $\begin{aligned} & -0.122 \\ & (0.031) \end{aligned}$ | 16.0 | $\begin{gathered} 0.885 \\ (0.833-0.939) \end{gathered}$ | <0.001 | $\begin{aligned} & -0.328 \\ & (0.111) \end{aligned}$ | 8.67 | $\begin{gathered} 0.721 \\ (0.579-0.896) \end{gathered}$ | 0.003 | $\begin{gathered} -0.053 \\ (0.060) \end{gathered}$ | 0.777 | $\begin{gathered} 0.948 \\ (0.843-1.067) \end{gathered}$ | 0.378 |
| BMI | $\begin{aligned} & -0.024 \\ & (0.037) \end{aligned}$ | 0.424 | $\begin{gathered} 0.976 \\ (0.907-1.050) \end{gathered}$ | 0.515 | $\begin{aligned} & -0.042 \\ & (0.057) \end{aligned}$ | 0.54 | $\begin{gathered} 0.959 \\ (0.857-1.073) \end{gathered}$ | 0.464 | $\begin{gathered} 0.010 \\ (0.049) \end{gathered}$ | 0.044 | $\begin{gathered} 1.010 \\ (0.918-1.112) \end{gathered}$ | 0.834 |
| Type of snack products | $\begin{aligned} & -0.320 \\ & (0.051) \end{aligned}$ | 32.5 | $\begin{gathered} 0.780(0.700- \\ 0.853) \end{gathered}$ | < 0.001 | $\begin{gathered} 0.260 \\ (0.064) \end{gathered}$ | 22.4 | $\begin{gathered} 0.816 \\ (0.796-0.856) \end{gathered}$ | <0.001 | $\begin{aligned} & -0.374 \\ & (0.063) \end{aligned}$ | 18.5 | $\begin{gathered} 0.922 \\ (0.867-0.980) \end{gathered}$ | <0.001 |
| Awareness of SP intake | $\begin{gathered} 0.507 \\ (0.220) \end{gathered}$ | 5.3 | $\begin{gathered} 1.660 \\ (1.081-2.550) \end{gathered}$ | 0.021 | $\begin{gathered} 0.192 \\ (0.313) \end{gathered}$ | 0.38 | $\begin{gathered} 1.212 \\ (0.655-2.239) \end{gathered}$ | 0.540 | $\begin{aligned} & 0.688 \\ & (0.314) \end{aligned}$ | 4.81 | $\begin{gathered} 1.991 \\ (1.076-3.682) \end{gathered}$ | 0.028 |
| Morning consumption frequency | $\begin{gathered} 1.091 \\ (0.174) \end{gathered}$ | 39.4 | $\begin{gathered} 2.98 \\ (2.121-4.182) \end{gathered}$ | <0.001 | $\begin{gathered} 1.690 \\ (0.286) \end{gathered}$ | 35.18 | $\begin{gathered} 5.464 \\ (3.119-9.589) \end{gathered}$ | <0.001 | $\begin{gathered} 0.729 \\ (0.237) \end{gathered}$ | 9.47 | $\begin{gathered} 2.074 \\ (1.303-3.300) \end{gathered}$ | 0.002 |
| Midday consumption frequency | $\begin{gathered} 1.550 \\ (0.191) \end{gathered}$ | 56.7 | $\begin{gathered} 4.71 \\ (3.240-6.845) \end{gathered}$ | <0.001 | $\begin{gathered} 1.593 \\ (0.285) \end{gathered}$ | 31.23 | $\begin{gathered} 4.916 \\ (2.812-8.594) \end{gathered}$ | <0.001 | $\begin{gathered} 1.498 \\ (0.263) \end{gathered}$ | 32.46 | $\begin{gathered} 4.473 \\ (2.672-7.490) \end{gathered}$ | <0.001 |
| Evening consumption frequency | $\begin{gathered} 1.40 \\ (\mathbf{0 . 1 7 7 )} \end{gathered}$ | 63.0 | $\begin{gathered} 4.074 \\ (2.886-5.753) \end{gathered}$ | <0.001 | $\begin{gathered} 1.056 \\ (0.231) \end{gathered}$ | 20.92 | $\begin{gathered} 2.876 \\ (1.829-4.522) \end{gathered}$ | <0.001 | $\begin{gathered} 1.981 \\ (0.302) \end{gathered}$ | 43.03 | $\begin{gathered} 7.252 \\ (4.012-13.110) \end{gathered}$ | <0.001 |
| Motivational reasons | $\begin{gathered} 0.001 \\ (0.000) \end{gathered}$ | 1.74 | $\begin{gathered} 1.000 \\ (1.000-1.001) \end{gathered}$ | 0.187 | $\begin{gathered} 0.001 \\ (0.001) \end{gathered}$ | 1.35 | $\begin{gathered} 1.001 \\ (1.000-1.002) \end{gathered}$ | 0.245 | $\begin{gathered} 0.000 \\ (0.001) \end{gathered}$ | 0.01 | $\begin{gathered} 1.000 \\ (0.999-1.002) \end{gathered}$ | 0.932 |
| Number of main meals | $\begin{gathered} 0.264 \\ (0.168) \end{gathered}$ | 2.45 | $\begin{gathered} 1.303 \\ (0.936-1.812) \end{gathered}$ | 0.117 | $\begin{gathered} 0.272 \\ (0.247) \end{gathered}$ | 1.21 | $\begin{gathered} 1.313 \\ (0.809-2.131) \end{gathered}$ | 0.271 | $\begin{gathered} 0.173 \\ (0.253) \end{gathered}$ | 0.54 | $\begin{gathered} 1.189 \\ (0.749-1.885) \end{gathered}$ | 0.436 |
| Number of refreshments | $\begin{gathered} 0.560 \\ (0.097) \end{gathered}$ | 33.4 | $\begin{gathered} 1.751 \\ (1.451-2.122) \end{gathered}$ | <0.001 | $\begin{aligned} & 0.473 \\ & (0.117) \end{aligned}$ | 16.44 | $\begin{gathered} 1.605 \\ (1.277-2.018) \end{gathered}$ | <0.001 | $\begin{gathered} 0.577 \\ (0.185) \end{gathered}$ | 9.67 | $\begin{gathered} 1.780 \\ (1.238-2.561) \end{gathered}$ | 0.002 |
| Self-perception of overall diet quality | $\begin{array}{r} -0.636 \\ (0.161) \end{array}$ | 15.7 | $\begin{gathered} 0.529 \\ (0.386-0.725) \\ \hline \end{gathered}$ | <0.001 | $\begin{array}{r} -\mathbf{1 . 0 1 1} \\ (\mathbf{0 . 2 3 9}) \\ \hline \end{array}$ | 17.96 | $\begin{gathered} 0.364 \\ (0.288-0.581) \\ \hline \end{gathered}$ | <0.001 | $\begin{gathered} -0.313 \\ (0.234) \\ \hline \end{gathered}$ | 1.78 | $\begin{gathered} 0.732 \\ (0.462-1.158) \\ \hline \end{gathered}$ | 0.182 |

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[^0]:    *SP = salty snack products; OR-odds ratio coefficient ( $95^{\text {th }} \mathrm{CI}$ - confidence interval).

