

**Supplementary Table S2:** Summary of demographic characteristics of the empirical studies

Studies	<i>n</i> = 11	% of sample
N of participants		
≤ 4	3	27.3
10 - 50	4	36.4
400 ≤	4	36.4
Gender*		
Female	633	31.1
Male	1401	68.7
Other	4	0.2
Level**		
Competitive sport	3	27.3
Mixed of competitive and recreational	2	18.2
Elite	5	45.5
Not reported	1	9.1
Country		
USA	5	41.7
Sweden	2	16.7
Norway***	1	8.3
New Zealand	1	8.3
Switzerland	1	8.3
Portugal	1	8.3
Not reported	1	8.3
Sport****		
Various sport included	4	33.3
Lacrosse	1	8.3
Soccer	1	8.3
Athletics	1	8.3
Figure skating	1	8.3
Parasports*****	1	8.3
Not reported	3	25

\*% of total sample in the included studies \*\*Elite defined as Division 1 College and coaching at least national level; Competitive sport = high-school and Division 3 College \*\*\*only control group from Norway included \*\*\*\*figure skating and athletics in the same study \*\*\*\*\* No further information than parasports