Supplementary material for Strahler et al. Obsessive healthy eating and orthorexic eating tendencies in sport contexts: A systematic review and meta-analysis

S3 Procedure for calculating, converting and combining the effect sizes

Conversion from bivariate r to z:

$$z = 0.5 \cdot \ln\left(\frac{1+r}{1-r}\right)$$

Calculation variance of z V_z :

$$v_z = \frac{1}{n-3}$$

Calculation of standard error SE_z : $SE_z = \sqrt{v_z}$

Conversion from z to r.

 $r = \frac{e^{2z} - 1}{e^{2z} + 1}$

If there are 2 groups: From arithmetic mean comparison to bivariate r

(1) Calculation of Hedges' g: $g = \frac{M_1 - M_2}{SD_{pooled}}$

using the pooled and weighted standard deviation (according to Cohen):

$$SD_{pooled} = \sqrt{\frac{(n_1 - 1)SD_1^2 + (n_2 - 1)SD_2^2}{n_1 + n_2 - 2}}$$

(2) Conversion to bivariate *r*.

$$r_{pb} = \frac{M_1 - M_2}{SD_{pooled}} \sqrt{\frac{n_1 n_2}{n(n-1)}} = g \cdot \sqrt{\frac{n_1 n_2}{n(n-1)}}$$

If there are two comparison/control groups: From multiple arithmetic mean comparisons to bivariate r

(1) Combine arithmetic means of multiple groups (here: multiple control groups) $M_{merged} = \frac{(M_1 \cdot n_1) + (M_2 \cdot n_2)}{(n_1 + n_2)}$

(2) Combine standard deviation of multiple groups (here: multiple control groups)

$$SD_{merged} = \frac{(SD_1 \cdot n_1) + (SD_2 \cdot n_2)}{(n_1 + n_2)}$$

(3) Calculation of Hedges' g:

 $g = \frac{M_{merged} - M_3}{SD_{pooled}}$

using the pooled and weighted standard deviation (according to Cohen):

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$$SD_{pooled} = \sqrt{\frac{(n_{merged} - 1)SD_{merged}^2 + (n_3 - 1)SD_3^2}{n_{merged} + n_3 - 2}}$$

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(4) Conversion to bivariate r.

$$r_{pb} = \frac{M_{merged} - M_3}{SD_{pooled}} \sqrt{\frac{n_{merged}n_3}{n(n-1)}} = g \cdot \sqrt{\frac{n_{merged}n_3}{n(n-1)}}$$

If there are 3 and more groups in ascending order (A, B, C, D, E): From multiple arithmetic mean comparisons to bivariate r

All pairwise comparisons

- 3 groups (i.e. ABC): 3 comparisons AB, BC, AC.

- 4 groups (i.e. ABCD): 6 comparisons AB, AC, AD, BC, BD, CD.

- 5 groups (i.e. ABCDE): 10 comparisons AB, AC, AD, AE, BC, BD, BE, CD, CE, DE.

(1) For each comparison:

$$r_{pb} = \frac{M_1 - M_2}{SD_{pooled}} \sqrt{\frac{n_1 n_2}{n(n-1)}} = g \cdot \sqrt{\frac{n_1 n_2}{n(n-1)}}$$

With $SD_{pooled} = \sqrt{\frac{(n_1 - 1)SD_1^2 + (n_2 - 1)SD_2^2}{n_1 + n_2 - 2}}$

(2) z-transformation of each individual r.

$$z = 0.5 \cdot \ln\left(\frac{1+r}{1-r}\right)$$

(3) Averaging of all z scores:

 $z_{merged} = \frac{z_1, z_2, \dots z_5}{1, 2, \dots, 5}$

(4) Conversion to merged bivariate r.

$$r_{merged} = \frac{e^{2z} - 1}{e^{2z} + 1}$$

From frequencies (A, B, C, D) to bivariate r

- If 2 groups (i.e. AB): one 2 x 2 Contingency Table
- If 3 groups (i.e. ABC): two 2 x 2 Contingency Tables AB and BC
- If 4 groups (i.e. ABCD): three 2 x 2 Contingency Tables AB, BC and CD

(1) Calculation of the Odds Ratio (for each 2 x 2 Contingency Table):

$$OR = \left(\frac{A}{A+B}\right) / \left(\frac{C}{C+D}\right)$$

With

| | Outcome | Outcome |
|---------------|---------|---------|
| | yes | no |
| Predictor yes | А | В |
| Predictor no | С | D |

(2) Calculation of Cohen's *d* (for each 2 x 2 Contingency Table):

$$d = \frac{\ln (OR)\sqrt{3}}{\pi}$$

(3) Calculation of bivariate *r* (for each 2 x 2 Contingency Table):

$$r = \frac{d}{\sqrt{d^2 + a}}$$

With $a = \frac{(n_1 + n_2)^2}{n_1 \cdot n_2}$

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(4) z-transformation of each individual bivariate r.

$$z = 0.5 \cdot \ln\left(\frac{1+r}{1-r}\right)$$

(5) Averaging of all *z* scores: $z_{merged} = \frac{z_1, z_2, \dots z_5}{1, 2, \dots, 5}$

(6) Conversion to merged bivariate *r*: $r_{merged} = \frac{e^{2z} - 1}{e^{2z} + 1}$

Combine multiple bivariate correlations to rmerged

(1) *z*-transformation of each individual bivariate *r*. $z = 0.5 \cdot \ln \left(\frac{1+r}{1-r}\right)$

(2) Averaging of all z scores: $z_{merged} = \frac{z_1, z_2, \dots z_5}{1, 2, \dots, 5}$

(3) Conversion to merged bivariate r.

 $r_{merged} = \frac{e^{2z} - 1}{e^{2z} + 1}$