### Supplementary Table 2. Social psychology variables of the study population

|                                | Total (n=731) | RKFD (n=125) | No RKFD (n=606) | p value |
|--------------------------------|---------------|--------------|-----------------|---------|
| Education level                |               |              |                 |         |
| None, n (%)                    | 31 (4.2%)     | 12 (9.6%)    | 19 (3.1%)       | 0.005   |
| Elementary school, n (%)       | 172 (23.5%)   | 34 (27.2%)   | 138 (22.8%)     |         |
| Junior high school, n (%)      | 118 (16.1%)   | 24 (19.2%)   | 94 (15.5%)      |         |
| Senior high school, n (%)      | 246 (33.7%)   | 36 (28.8%)   | 210 (34.7%)     |         |
| College or university, n (%)   | 138 (18.9%)   | 15 (12.0%)   | 123 (20.3%)     |         |
| Graduate school, n (%)         | 19 (2.6%)     | 3 (2.4%)     | 16 (2.6%)       |         |
| Smoking, n (%)                 | 130 (17.7%)   | 15 (12.0%)   | 115 (19.0%)     | NS (0.072) |
| Betel nut, n (%)               | 27 (3.7%)     | 5 (4.0%)     | 22 (3.6%)       | NS (0.795) |
| Alcohol, n (%)                 | 178 (24.3%)   | 22 (17.6%)   | 156 (25.7%)     | 0.036   |
| Meat diet, n (%)               | 641 (87.6%)   | 101 (80.8%)  | 540 (89.1%)     | 0.017   |
| Vegetarian food, n (%)         | 81 (11.1%)    | 22 (17.6%)   | 59 (9.7%)       |         |
| Depressive mood, n (%)         | 95 (13.0%)    | 27 (21.6%)   | 68 (11.2%)      | 0.003   |

Abbreviations: MHNW, metabolically healthy normal-weight; MHOW, metabolically healthy overweight; MUNW, metabolically unhealthy normal-weight; MUOW, metabolically unhealthy overweight