

**Figure S1.** Effect of sex (being a man) on dysregulation after controlling for PAL as a mediator

Results are presented as estimations (points) together with 95% CIs (segments).

ACME: average causal mediation effect (indirect effect of the mediator “PAL”);

ADE: average direct effect (direct effect of the independent factor “sex”);

Total effect (direct + indirect effects).

When ACME is significant (95% CI not containing 0), this indicates that the physical activity level (PAL) had a significant effect on the relationship between sex and dysregulation. When ADE is significant, this indicates that sex had a significant effect on dysregulation after controlling for PAL. All analyses showed that the effect of sex on dysregulation decreased once PAL is included in the model.

Significant at *p* < 0.05