

Supplementary file 2

RED-S Risk Score calculation for DEAQ

The RED-S Risk Score was calculated as the sum of positive and negative points assigned to responses, as show below.

BMI +1 unless <20 -1 or <18 -2

BMI min +1 unless <20 -1 or <18 -2

How often do you weight yourself per week? >6 -1

For males: As an indication of your hormone levels, how often do you have morning erections per week? +1 unless <4 -1 or if <2 -2

First period '11 years or younger': +1, '12-13 years': +1, '13-14 years': +1, '15 years or older': -1, 'Never started': -2

Are your menstrual cycles regular? 'Yes (9 or more per calendar year)': +1, 'No (less than 9 per calendar year)': -1

Have your periods stopped for 3 or more consecutive months (besides pregnancy or taking hormonal contraception)? 'No, never': +1, 'Yes, it has happened before': -1, 'Yes, that is the situation now': -1

Are you vegetarian? 'No': +1, 'Yes': -1

Are you vegan? 'No': +1, 'Yes': -2

Carbohydrates (excluded from diet): -1

Do you smoke? 'No': +1, 'Yes': -1

During the last year how many days off dancing have you had due to injury? 0 unless >=7 days -1 or >=14 days -2

During the last year how many soft tissue injuries, e.g. muscle, ligament, tendon, joint (excluding fractures) have you had? 0 unless one injury -1 or more -2

Of these soft tissue injuries, how many were recurrent (i.e. in the same place, or same type of injury)? if >2 then -1

If you had bone injuries how many of these were recurrent, i.e. same place, or same type of injury? if >2 then -1

Fracture Legs -1

Fracture Feet -1

Fracture Pelvis -2

Fracture Spine -2

Fracture Arms -1

Extremely fatigued all the time vs No fatigue at all (scale 1 to 6) '1': -2, '2': -1, '3': 0, '4': 0, '5': +1, '6': +2

Hardly ever a good night's sleep vs Always a good night's sleep (scale 1 to 6) '1': -2, '2': -1, '3': 0, '4': 0, '5': +1, '6': +2

Continuous problems vs No problems (scale 1 to 6) '1': -2, '2': -1, '3': 0, '4': 0, '5': +1, '6': +2

Controlling what you eat (scale 1 to 6) '1': +2, '2': +1, '3': 0, '4': 0, '5': -1, '6': -2

Controlling what you weigh (scale 1 to 6) '1': +2, '2': +1, '3': 0, '4': 0, '5': -1, '6': -2

Have you ever been diagnosed with an eating disorder? 'No': +1, 'Yes': -2