

Appendix 1

Supplementary Table SI. Standardized Total Effects (Poland, 2022)

| | AGE | BMI | PSS4 | JSS-4 | ATRRRA | HEALTH |
|--------|-------|-------|-------|-------|--------|--------|
| BMI | .212 | .000 | .000 | .000 | .000 | .000 |
| PSS4 | -.110 | .019 | .009 | .006 | .066 | .032 |
| SEN | -.016 | .065 | .263 | .002 | .017 | .332 |
| ATRRRA | -.061 | .286 | .136 | .091 | .009 | .496 |
| HEALTH | .013 | .190 | .242 | .001 | .016 | .008 |
| SEX | -.119 | -.150 | -.228 | -.095 | -.360 | -.436 |

HEALTH – health problems self-assessment; ATRRA – body image self-assessment; SEX – sexual life evaluation index; PSS-4 – stress; JSS-4 – sleep.

Supplementary Table SII. Standardized Direct Effects (Poland, 2022)

| | AGE | BMI | PSS4 | JSS-4 | ATRRRA | HEALTH |
|--------|-------|------|-------|-------|--------|--------|
| BMI | .212 | .000 | .000 | .000 | .000 | .000 |
| PSS4 | -.106 | .000 | .000 | .000 | .065 | .000 |
| SEN | .000 | .000 | .183 | .000 | .000 | .323 |
| ATRRRA | -.107 | .193 | .000 | .091 | .000 | .462 |
| HEALTH | .000 | .185 | .240 | .000 | .000 | .000 |
| SEX | -.150 | .000 | -.106 | -.063 | -.345 | -.238 |

HEALTH – health problems self-assessment; ATRRA – body image self-assessment; SEX – sexual life evaluation index; PSS-4 – stress; JSS-4 – sleep.

Supplementary Table SIII. Standardized Indirect Effects (Poland, 2022)

| | AGE | BMI | PSS4 | JSS-4 | ATRRRA | HEALTH |
|---------------|------------|------------|-------------|--------------|---------------|---------------|
| BMI | .000 | .000 | .000 | .000 | .000 | .000 |
| PSS4 | - .004 | .019 | .009 | .006 | .001 | .032 |
| SEN | - .016 | .065 | .080 | .002 | .017 | .008 |
| ATRRRA | .045 | .094 | .136 | .001 | .009 | .034 |
| HEALTH | .013 | .004 | .002 | .001 | .016 | .008 |
| SEX | .031 | - .150 | - .122 | - .033 | -.015 | -.197 |

HEALTH – health problems self-assessment; ATRRA – body image self-assessment; SEX – sexual life evaluation index; PSS-4 – stress; JSS-4 – sleep.

Appendix 2

As suggested by the data presented for both genders, the corresponding SEM models differ. The general model closely resembles the model obtained for women, who constituted a significantly larger portion of the sample. For men, sexual life evaluation has three predictors, as the associations with stress and sleep disturbances were found to be less significant. Additionally, age is a less important factor than it is for women, and its relationship with body weight is marginal ($p=0.068$). In men, the pathway between sleep disturbances and body image self-assessment is not significant, and the link between BMI and body image is borderline significant ($p=0.092$). Similarly, regarding professions, the model estimated for nurses is the closest to the general model. However, no significant association was found between sexual life evaluation and sleep disturbances or stress, and the link between body image and stress was borderline significant ($p=0.093$). In the model for physicians, 11 pathways remained significant, and one showed a borderline result (stress and age; $p=0.077$). Sexual life evaluation had three significant predictors – the same as in the male population. For the small group of paramedics, 9 pathways were significant, and one was borderline significant. Sexual life evaluation had three significant predictors (excluding sleep disturbances), and its relationship with health was borderline significant ($p=0.072$).

The indirect relationships between BMI and sexual life evaluation were found to be -0.110 for men and -0.164 for women. By profession, the results were -0.092 for physicians, -0.174 for nurses, and -0.210 for paramedics (Appendix 2, Supplementary Table SII).

Supplementary Table SI. Standardized regression weights for SEM models divided by gender.

| | | | Men | | Women | |
|--------|---|--------|----------|--------|----------|--------|
| | | Path | Estimate | P | Estimate | P |
| BMI | → | HEALTH | 0.158 | 0.003 | 0.196 | <0.001 |
| BMI | → | ATRRRA | 0.078 | 0.097 | 0.226 | <0.001 |
| HEALTH | → | JSS-4 | 0.324 | <0.001 | 0.323 | <0.001 |
| HEALTH | → | SEX | -0.357 | <0.001 | -0.210 | <0.001 |
| HEALTH | → | ATRRRA | 0.490 | <0.001 | 0.453 | <0.001 |
| ATRRRA | → | SEX | -0.324 | <0.001 | -0.351 | <0.001 |
| ATRRRA | → | PSS4 | 0.069 | 0.284 | 0.066 | 0.055 |
| WIEK | → | BMI | 0.100 | 0.068 | 0.263 | <0.001 |
| WIEK | → | ATRRRA | -0.039 | 0.406 | -0.134 | <0.001 |
| WIEK | → | PSS4 | -0.073 | 0.176 | -0.123 | <0.001 |
| WIEK | → | SEX | -0.167 | <0.001 | -0.143 | <0.001 |

| | | | | | | |
|-------|---|--------|--------|--------|--------|--------|
| PSS4 | → | SEX | -0.030 | 0.509 | -0.125 | <0.001 |
| PSS4 | → | JSS-4 | 0.152 | 0.004 | 0.189 | <0.001 |
| PSS4 | → | HEALTH | 0.229 | <0.001 | 0.240 | <0.001 |
| JSS-4 | → | SEX | -0.001 | 0.987 | -0.074 | 0.005 |
| JSS-4 | → | ATTRRA | 0.056 | 0.262 | 0.097 | <0.001 |

HEALTH – health problems self-assessment; ATTRRA – body image self-assessment; SEX – sexual life evaluation index; PSS-4 – stress; JSS-4 – sleep.

Supplementary Table SII. Standardized regression weights for SEM models divided by medical profession.

| | | | Physicians | | Nurses | | Paramedics | |
|--------|---|--------|------------|--------|----------|--------|------------|--------|
| | | Path | Estimate | P | Estimate | P | Estimate | P |
| BMI | → | HEALTH | 0.117 | 0.015 | 0.217 | <0.001 | 0.192 | 0.018 |
| BMI | → | ATTRRA | 0.132 | 0.003 | 0.225 | <0.001 | 0.236 | <0.001 |
| HEALTH | → | JSS-4 | 0.272 | <0.001 | 0.337 | <0.001 | 0.360 | <0.001 |
| HEALTH | → | SEX | -0.226 | <0.001 | -0.255 | <0.001 | -0.147 | 0.072 |
| HEALTH | → | ATTRRA | 0.434 | <0.001 | 0.461 | <0.001 | 0.497 | <0.001 |
| ATTRRA | → | SEX | -0.341 | <0.001 | -0.327 | <0.001 | -0.490 | <0.001 |
| ATTRRA | → | PSS4 | 0.009 | 0.873 | 0.064 | 0.093 | 0.239 | 0.013 |
| WIEK | → | BMI | 0.295 | <0.001 | 0.219 | <0.001 | 0.117 | 0.160 |
| WIEK | → | ATTRRA | -0.057 | 0.198 | -0.141 | <0.001 | -0.088 | 0.159 |
| WIEK | → | PSS4 | -0.087 | 0.077 | -0.144 | <0.001 | -0.068 | 0.397 |
| WIEK | → | SEX | -0.192 | 0.002 | -0.167 | <0.001 | -0.143 | <0.001 |
| PSS4 | → | SEX | -0.142 | 0.033 | -0.030 | 0.509 | -0.125 | <0.001 |
| PSS4 | → | JSS-4 | 0.019 | 0.816 | 0.152 | 0.004 | 0.189 | <0.001 |
| PSS4 | → | HEALTH | 0.105 | 0.283 | 0.229 | <0.001 | 0.240 | <0.001 |
| JSS-4 | → | SEX | 0.019 | 0.778 | -0.001 | 0.987 | -0.074 | 0.005 |

JSS-4 → ATRRA 0.112 0.015 0.083 0.004 0.150 0.028

HEALTH – health problems self-assessment; ATRRA – body image self-assessment; SEX – sexual life evaluation index; PSS-4 – stress; JSS-4 – sleep.