**Supplementary material**

**A*.*** *Path model predicting nutritional habits (N = 146)*

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| **Dependent variable**  **(R2)** | **Predictor** | **B** | **S.E.** | **β** | **Critical Ratio** | **p** |
| Illness consequences perception  (.26) | BMI | 0.19 | 0.06 | .27 | 3.04 | .002 |
| Symptoms | 0.30 | 0.05 | .44 | 6.02 | *P < .001* |
| Treatment perception  (.09) | Time line perception | -0.27 | 0.07 | -.31 | -4.05 | *P < .001* |
| Emotional representation  (.31) | Illness consequences perception | 0.79 | 0.10 | .56 | 8.31 | *P < .001* |
| Illness understanding degree  (.20) | Gender | -0.46 | 0.19 | -.18 | -2.46 | .014 |
| Symptoms | -0.22 | 0.10 | -.19 | -2.23 | .026 |
| Illness consequences perception | 0.79 | 0.14 | .46 | 5.54 | *P < .001* |
| Self-efficacy  (.14) | Gender | -0.24 | 0.11 | -.17 | -2.15 | .031 |
| Treatment perception | 0.23 | 0.06 | .32 | 4.07 | *P < .001* |
| Emotional representation | -0.12 | 0.06 | -.17 | -2.12 | .034 |
| Nutrition  habits  (.15) | Time line perception | 0.22 | 0.11 | .17 | 2.10 | .036 |
| Illness understanding degree | 0.30 | 0.10 | .26 | 3.13 | .002 |
| Self-efficacy | 0.50 | 0.17 | .25 | 2.99 | .003 |