Table S1. Descriptive Statistics of Strength Measures (kg)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Sample | | | | |
|  | 1 | 2 | 3 | 4 | 5 |
| Grip strength |  |  |  |  |  |
| Female | 28.10 ± 7.06 | 29.63 ± 5.51 | 19.41 ± 6.08 | 21.63 ± 6.88 | 23.52 ± 5.54 |
| Male | 46.03 ± 8.00 | 47.43 ± 7.52 | 39.22 ± 9.90 | 35.27 ± 9.45 | 40.70 ± 9.60 |
| Chest strength |  |  |  |  |  |
| Female | 18.26 ± 6.91 | 23.29 ± 6.03 | 15.70 ± 7.22 | --- | --- |
| Male | 42.03 ± 12.89 | 46.59 ± 13.70 | 37.62 ± 15.76 | --- | --- |

Table S2**.** Correlations and Mediation, Emotionality Dimension, Separated by Sample.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | Mediation analysis | | | |
|  | Correlations with strength | | | Total effect | Direct effect | Indirect effect  through strength | Percentage of effect |
| Sample | All | Women | Men | of sex | of sex | [95% CI] | mediated |
| 1 | -0.48\*\*\* | -0.02 | -0.48\*\*\* | 0.42 ± 0.07\*\*\* | 0.12 ± 0.11 | 0.31 [0.15, 0.48] | 74% |
| 2 | -0.45\*\*\* | -0.20 | -0.28\*\* | 0.39 ± 0.06\*\*\* | 0.07 ± 0.10 | 0.32 [0.12, 0.51] | 82% |
| 3 | -0.51\*\*\* | -0.26\*\*\* | -0.21\*\* | 0.52 ± 0.04\*\*\* | 0.29 ± 0.07\*\*\* | 0.22 [0.11, 0.34] | 42% |
| 4 | -0.37\*\*\* | -0.18\*\* | -0.13 | 0.42 ± 0.05\*\*\* | 0.30 ± 0.07\*\*\* | 0.13 [0.04, 0.21] | 31% |
| 5 | -0.42\*\*\* | 0.00 | -0.10 | 0.53 ± 0.05\*\*\* | 0.47 ± 0.07\*\*\* | 0.06 [-0.05, 0.17] | 11% |

Table S3**.** Correlations and Mediation, Fearfulness Facet, Separated by Sample.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | Mediation analysis | | | |
|  | Correlations with strength | | | Total effect | Direct effect | Indirect effect  through strength | Percentage of effect |
| Sample | All | Women | Men | of sex | of sex | [95% CI] | mediated |
| 1 | -0.50\*\*\* | -0.08 | -0.53\*\*\* | 0.40 ± 0.07\*\*\* | -0.02 ± 0.11 | 0.41 [0.22, 0.63] | >100% |
| 2 | -0.51\*\*\* | -0.24\* | -0.45\*\*\* | 0.38 ± 0.06\*\*\* | -0.08 ± 0.10 | 0.46 [0.29, 0.62] | >100% |
| 3 | -0.50\*\*\* | -0.28\*\*\* | -0.39\*\*\* | 0.41±0.05\*\*\* | 0.06 ± 0.07 | 0.35 [0.25, 0.46] | 85% |
| 4 | -0.32\*\*\* | -0.14\* | -0.16 | 0.35 ± 0.05\*\*\* | 0.24 ± 0.07\*\*\* | 0.12 [0.04, 0.20] | 34% |
| 5 | -0.48\*\*\* | -0.18\* | -0.25\*\* | 0.47 ± 0.05\*\*\* | 0.26 ± 0.07\*\*\* | 0.21 [0.10, 0.32] | 45% |

Table S4**.** Correlations and Mediation, Anxiety Facet, Separated by Sample.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | Mediation analysis | | | |
|  | Correlations with strength | | | Total effect | Direct effect | Indirect effect  through strength | Percentage of effect |
| Sample | All | Women | Men | of sex | of sex | [95% CI] | mediated |
| 1 | -0.30\*\*\* | -0.03 | -0.33\*\* | 0.23 ± 0.07\*\* | -0.03 ± 0.12 | 0.26 [0.08, 0.45] | >100% |
| 2 | -0.33\*\*\* | -0.13 | -0.16 | 0.31 ± 0.07\*\*\* | 0.11 ± 0.11 | 0.19 [0.00, 0.38] | 61% |
| 3 | -0.33\*\*\* | -0.18\* | -0.08 | 0.34 ± 0.05\*\*\* | 0.21 ± 0.08\*\* | 0.13 [-0.01, 0.28] | 38% |
| 4 | -0.31\*\*\* | -0.12 | -0.23\* | 0.30 ± 0.05\*\*\* | 0.16 ± 0.07\* | 0.14 [0.04, 0.24] | 47% |
| 5 | -0.26\*\*\* | 0.08 | 0.03 | 0.38 ± 0.05\*\*\* | 0.42 ± 0.08\*\*\* | -0.04 [-0.15, 0.07] | <0% |

Table S5**.** Correlations and Mediation, Emotional Dependence Facet, Separated by Sample.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | Mediation analysis | | | |
|  | Correlations with strength | | | Total effect | Direct effect | Indirect effect  through strength | Percentage of effect |
| Sample | All | Women | Men | of sex | of sex | [95% CI] | mediated |
| 1 | -0.26\*\*\* | 0.01 | -0.33\*\* | 0.20 ± 0.07\*\* | -0.03 ± 0.12 | 0.23 [0.05, 0.42] | >100% |
| 2 | -0.24\*\*\* | -0.21\* | -0.20\* | 0.16 + 0.07\* | -0.10 ± 0.11 | 0.27 [0.05, 0.48] | >100% |
| 3 | -0.31\*\*\* | -0.15\* | -0.05 | 0.35 ± 0.05\*\*\* | 0.25 ± 0.08\*\*\* | 0.09 [-0.03, 0.21] | 26% |
| 4 | -0.22\*\*\* | -0.17\*\* | 0.04 | 0.25 ± 0.06\*\*\* | 0.18 ± 0.07\* | 0.07 [-0.02, 0.17] | 28% |
| 5 | -0.24\*\*\* | 0.09 | -0.02 | 0.34 ± 0.05\*\*\* | 0.36 ± 0.08\*\*\* | -0.02 [-0.14, 0.10] | <0% |

Table S6**.** Correlations and Mediation, Sentimentality Facet, Separated by Sample.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | Mediation analysis | | | |
|  | Correlations with strength | | | Total effect | Direct effect | Indirect effect  through strength | Percentage of effect |
| Sample | All | Women | Men | of sex | of sex | [95% CI] | mediated |
| 1 | -0.35\*\*\* | 0.04 | -0.04 | 0.44 ± 0.07\*\*\* | 0.44 ± 0.11\*\*\* | 0.00 [-0.14, 0.13] | 0% |
| 2 | -0.30\*\*\* | 0.06 | -0.08 | 0.35 ± 0.07\*\*\* | 0.30 ± 0.11\*\* | 0.04 [-0.14, 0.23] | 11% |
| 3 | -0.38\*\*\* | -0.09 | -0.03 | 0.44 ± 0.05\*\*\* | 0.36 ± 0.07\*\*\* | 0.08 [-0.02, 0.20] | 18% |
| 4 | -0.22\*\*\* | -0.07 | 0.01 | 0.31 ± 0.05\*\*\* | 0.28 ± 0.07\*\*\* | 0.03 [-0.06, 0.12] | 10% |
| 5 | -0.28\*\*\* | 0.01 | -0.03 | 0.36 ± 0.05\*\*\* | 0.35 ± 0.08\*\*\* | 0.02 [-0.10, 0.13] | 6% |