

Checklist for Reporting Results of Internet E-Surveys (CHERRIES)		
Item Category	Checklist Item	Description
Design	Describe survey design	An online, anonymous, open, voluntary, and cross-sectional survey was applied to a convenience sample of Portuguese adult chess players aged between 18 and 69 years old, residing in Portugal and with at least six months of chess experience.
RB (Institutional Review Board) approval and informed consent process	IRB approval	This project received approval from the Ethics Commission of the Faculty of Nutrition and Food Science of the University of Porto (Nº 82/2022/CEFCNAUP/2022).
	Informed consent	The study's main goals, the lead investigator's name, an email address for further information requests, the anticipated completion time, a guarantee of the anonymity and privacy of the data collected, a request for informed consent, and an invitation to participate were all listed on a landing page made on Google Sites.
	Data protection	Anonymized electronic data was gathered via Google Forms, downloaded, and saved in a password-protected electronic spreadsheet file. The General Data Protection Regulation was adhered to, and the data remained on a personal computer under strict security and confidentiality guidelines.
Development and pre-testing	Development and testing	The survey was pre-tested by the research team to ensure that its usability and technical functionality were suitable.
Recruitment process and description of the sample having access to the questionnaire	Open survey versus closed survey	This study applied an open survey, accessible by anyone with access to the link to the landing page (google site) or google form.
	Contact mode	The potential respondents were contacted through emails sent to chess teams and chess organizations, and through private messages on the chess-related websites chess.com and lichess.org.
	Advertising the survey	This survey was advertised on chess-related Facebook pages and Facebook groups.
Survey administration	Web/E-mail	This inquiry was applied through google forms, meaning a web page accessible through a web browser.
	Context	A Google site was created exclusively for use as a landing page that only contained information regarding the survey and a link to the questionnaire (Google form).
	Mandatory/voluntary	This was a voluntary survey. Individual involvement in the study was kept as optional as possible.
	Incentives	No incentives were offered to individuals for their participation.
	Time/Date	The survey was conducted between 1 July 2022 and 30 September 2022.
	Randomization of items or questionnaires	Not applied.
	Adaptive questioning	To minimize the number of questions, the 4 th page of the google form contained one adaptive questionnaire item regarding supplement usage in the past 12 months. If the individual answered "No", he would be directed to the 6 th page.
	Number of Items	1 st page: 12 questions (all mandatory); 2 nd page: 6 questions (5 mandatory); 3 rd page: 14 questions (all mandatory); 4 th page: 1 question (mandatory); 5 th page: 5 questions (4 mandatory); 6 th page: 9 questions (all mandatory); 7 th page: 9 questions (5 mandatory).
	Number of screens (pages)	This survey was distributed through seven pages, with a total of 56 questionnaire items.
	Completeness check	The google form presented a native completeness progress bar which allowed the user to assess their degree of completeness before submitting the form.
Review step	The questionnaire was seven pages long, with obligatory questions on each page that had to be answered to move on to the next.	
Response rates	Unique site visitor	The individual received an informative warning and was directed to the unanswered question if any mandatory question was left unanswered. The submission of the survey was only possible after answering all the obligatory questions.
	View rate (Ratio of unique survey visitors/unique site visitors)	Except for the first one, all pages included a back button which allowed the individual to review and edit his answers. The users were unable to edit their responses upon questionnaire submission.
	Participation rate (Ratio of unique visitors who agreed to participate / unique first survey page visitors)	Google Analytics 4 was used to determine the number of unique site visitors (n= 523).
	Completion rate (Ratio of users who finished the survey/users who agreed to participate)	The view rate was 67,1%, as determined by the number of individuals who agreed to participate in the survey by clicking on a hyperlink to the google form located on the landing page (n= 351), divided by the number of unique site visitors (n= 523).
Preventing multiple entries from the same individual	Cookies used	Not applicable. Google Forms does not include this feature.
	IP check	The completion rate was 65,5%, as determined by the number of completed surveys (n= 230), divided by the number of individuals who agreed to participate by clicking on a button on the landing page (n= 351).
	Log file analysis	Google Analytics 4 cookies were employed on the landing page (google site) to track the number of unique visits. Website visitors were presented with a consent box for cookies on their first visit, as required by the General Data Protection Regulation (GDPR). No measures were undertaken to avoid duplicate answers.
	Registration	Not applicable. Google Analytics 4 does not log or store individual IP addresses. Thus, no IP address nor any personal information has been collected, conforming to GDPR regulations.
Analysis	Handling of incomplete questionnaires	To detect possible duplicates, the data was checked for identical form delivery timestamp, birthday date, and remaining answers for all questions. No duplicates were detected and excluded from the analysis.
	Questionnaires submitted with an atypical timestamp	Not applicable as this was an open survey.
	Statistical correction	Not applicable. The respondent could only submit the questionnaire after its completion. Thus, only complete questionnaires were collected and analyzed.