

**Table S1. Codes, subthemes and themes**

<b>Codes</b>	<b>Subthemes</b>	<b>Themes</b>
<ul style="list-style-type: none"><li>-Divided loyalties in parental divorce conflicts</li><li>-Impossible to satisfy both parents</li><li>-Replaced and pushed to the sidelines by the father's new family</li><li>-Keeping up the family facade, leading to shame</li><li>-High level of conflict</li><li>-Unpredictable parents</li><li>-Direct or indirect body criticism by parents</li><li>-Unpredictable relationships with friends</li><li>-Peer harassment</li><li>-Poor family eating habits</li><li>-No help for unhealthy eating habits and lifestyle</li></ul>	<ul style="list-style-type: none"><li>-Insecure relationships</li><li>-Unmet emotional and social needs</li><li>-Fear of not being good enough</li><li>-Unmet physical needs for healthy food and adequate exercise</li><li>- To be in a state of preparedness/ Between a rock and a hard place</li></ul>	Unmet essential needs
<ul style="list-style-type: none"><li>-Bad genes</li><li>-Puberty as a vulnerable phase: changes in habits and biology</li><li>-Moving away from home</li><li>-Living with a partner</li><li>-Education</li><li>-Illness and injuries (self or close family member)</li><li>-Effect of medication on weight</li></ul>	<ul style="list-style-type: none"><li>-Hard to fight a genetic predisposition for weight gain</li><li>-Vulnerable transitions</li><li>-Life-changing experiences</li><li>-Altered life situation disturbed routines</li><li>-Injuries and illnesses as turning points</li></ul>	Genetic predisposition, challenging life course transitions and turning points
<ul style="list-style-type: none"><li>-Toxic body criticism</li><li>-Being put on a diet</li><li>-Can't find clothes in your size</li><li>-The photo proves it: now you're fat</li><li>-Can't join in play like the others</li><li>-You become awkward and stiff</li><li>-To put on a happy mask</li><li>-Strong and robust</li><li>-Weight is no obstacle</li><li>-Being seen as a whole person</li></ul>	<ul style="list-style-type: none"><li>-Body consciousness and realization</li><li>-Being defined by your weight</li><li>-Self-objectification and objectification by others</li><li>-Obesity compensation: succeeding in other areas</li><li>-Feeling unfree and forced into a role</li><li>-Being prevented from showing your potential</li><li>-Feeling good in your body, your weight doesn't define you as a person</li></ul>	Under a critical eye: an ever-present bodily awareness
<ul style="list-style-type: none"><li>-Emotional eating patterns</li><li>-Loss of control over eating</li><li>-Food as a respite</li><li>-Food as compensation</li></ul>	<ul style="list-style-type: none"><li>-Emotional hunger</li></ul>	Wrestling with food