**Supplementary Table 40. Mixed model coefficients for hunger for a cohort of thirty-nine resistance trained adult males and females that either habitually consumed or did not consume breakfast and participated in a randomized crossover investigation seeking to elicit the impact of breakfast consumption on afternoon resistance training performance in an isoenergetic state.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Value** | | |
| *Predictors* | *Estimates* | *CI* | *p* |
| (Intercept) | 39.22 | 22.68 – 55.76 | **<.001** |
| Condition [BO] | -14.56 | -34.36 – 5.25 | .149 |
| Breakfast [NonConsumer] | -17.82 | -41.32 – 5.68 | .133 |
| Sex [Male] | -13.32 | -36.82 – 10.18 | .258 |
| Assessment [2] | -8.22 | -18.38 – 1.93 | .112 |
| Assessment [3] | -10.78 | -24.16 – 2.60 | .114 |
| Assessment [4] | -22.56 | -37.89 – -7.22 | **.004** |
| Condition [BO] × Breakfast [NonConsumer] | 1.96 | -25.34 – 29.26 | .888 |
| Condition [BO] × Sex [Male] | -3.14 | -30.44 – 24.16 | .821 |
| Breakfast [NonConsumer] × Sex [Male] | 19.32 | -13.47 – 52.11 | .240 |
| Condition [BO] × Assessment [2] | 13.56 | -0.80 – 27.91 | .064 |
| Condition [BO] × Assessment [3] | 10.44 | -8.48 – 29.37 | .278 |
| Condition [BO] × Assessment [4] | 25.33 | 3.65 – 47.02 | **.022** |
| Breakfast [NonConsumer] × Assessment [2] | -2.58 | -16.57 – 11.42 | .717 |
| Breakfast [NonConsumer] × Assessment [3] | -2.32 | -20.77 – 16.12 | .804 |
| Breakfast [NonConsumer] × Assessment [4] | 15.16 | -5.98 – 36.29 | .159 |
| Sex [Male] × Assessment [2] | 10.92 | -3.07 – 24.92 | .126 |
| Sex [Male] × Assessment [3] | 19.58 | 1.13 – 38.02 | **.038** |
| Sex [Male] × Assessment [4] | 41.76 | 20.62 – 62.89 | **<.001** |
| (Condition [BO] × Breakfast [NonConsumer]) × Sex [Male] | 6.64 | -31.45 – 44.74 | .731 |
| (Condition [BO] × Breakfast [NonConsumer]) × Assessment [2] | -4.66 | -24.45 – 15.14 | .644 |
| (Condition [BO] × Breakfast [NonConsumer]) × Assessment [3] | 0.06 | -26.03 – 26.14 | .997 |
| (Condition [BO] × Breakfast [NonConsumer]) × Assessment [4] | -16.53 | -46.42 – 13.36 | .277 |
| (Condition [BO] × Sex [Male]) × Assessment [2] | -10.46 | -30.25 – 9.34 | .299 |
| (Condition [BO] × Sex [Male]) × Assessment [3] | -13.54 | -39.63 – 12.54 | .307 |
| (Condition [BO] × Sex [Male]) × Assessment [4] | -25.23 | -55.12 – 4.66 | .098 |
| (Breakfast [NonConsumer] × Sex [Male]) × Assessment [2] | 9.08 | -10.45 – 28.61 | .361 |
| (Breakfast [NonConsumer] × Sex [Male]) × Assessment [3] | 5.32 | -20.42 – 31.06 | .684 |
| (Breakfast [NonConsumer] × Sex [Male]) × Assessment [4] | -17.16 | -46.65 – 12.34 | .253 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Assessment [2] | -6.14 | -33.77 – 21.48 | .662 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Assessment [3] | -7.56 | -43.96 – 28.85 | .683 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Assessment [4] | 13.33 | -28.38 – 55.04 | .530 |
| **Random Effects** | | | |
| σ2 | 454.96 | | |
| τ00 ID | 179.69 | | |
| N ID | 39 | | |
| Observations | 312 | | |
| Marginal R2 / Conditional R2 | .217 / NA | | |