**S1 Inventory**

**Dance Addiction Inventory**

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|  | **DSM-5 criteria of abuse** | **Exercise Addiction Inventory item** | **Dance Addiction Inventory** |
| 1.  | **Salience** | Exercise is the most important thing in my life  | Dance is the most important thing in my life |
| 2.  | **Conflict with social environment** | Conflicts have arisen between me and my family and/or my partner about the amount of exercise I do | Conflicts have arisen between me and my family and/or my partner about the amount of dancing I do |
| 3.  | **Mood enhancement** |  I use exercise as a way of changing my mood  |  I use dancing as a way of changing my mood  |
| 4.  | **Tolerance** | Over time I have increased the amount of exercise I do in a day  | Over time I have increased the amount of dancing I do in a day  |
| 5.  | **Withdrawal symptoms** | If I have to miss an exercise session I feel moody and irritable  | If I have to miss a dance session I feel moody and irritable  |
| 6.  | **Relapse** | If I cut down the amount of exercise I do, and then start again, I always end up exercising as often as I did before | If I cut down the amount of dancing I do, and then start again, I always end up exercising as often as I did before |
| 7.  | **Craving** | - | I feel a constant urge to dance |

*Note: Rating: 1 to 5, where 1=strongly disagree and 5=strongly agree*