

SUPPLEMENTARY TABLES

Table S1. Full ANCOVA results by strength sport for personality dimensions.

	Strength Sport	N	Mean (SD)	Adjusted M (SE)	F	p	η^2
Openness	Bodybuilding	31	83.00 (10.62)	82.54 (2.17)	1.624	0.170	0.035
	Powerlifting	86	80.78 (10.91)	80.57 (1.26)			
	CrossFit®	14	75.43 (14.58)	75.51 (2.98)			
	Weightlifting	34	84.09 (10.09)	83.78 (1.99)			
	Strongman/Strongwoman	22	79.36 (11.67)	79.12 (2.41)			
Conscientiousness	Bodybuilding	31	87.74 (11.37)	89.90 (2.21)	2.223	0.068	0.047
	Powerlifting	86	83.13 (10.67)	84.93 (1.28)			
	CrossFit®	14	84.29 (14.60)	83.93 (3.04)			
	Weightlifting	34	83.50 (11.79)	84.96 (2.03)			
	Strongman/Strongwoman	22	79.82 (12.37)	80.95 (2.46)			
Extraversion	Bodybuilding	31	77.52 (13.91)	76.80 (2.53)	0.375	0.826	0.008
	Powerlifting	86	76.95 (11.80)	76.63 (1.47)			
	CrossFit®	14	74.00 (15.05)	74.12 (3.47)			
	Weightlifting	34	79.35 (14.44)	78.87 (2.32)			
	Strongman/Strongwoman	22	78.09 (12.15)	77.72 (2.81)			
Agreeableness	Bodybuilding	31	87.19 (12.04)	90.48 (2.52)	0.593	0.668	0.013
	Powerlifting	86	86.98 (13.71)	88.47 (1.46)			
	CrossFit®	14	86.93 (14.32)	86.39 (3.46)			
	Weightlifting	34	88.29 (13.71)	90.52 (2.31)			
	Strongman/Strongwoman	22	90.14 (11.83)	91.85 (2.80)			
Neuroticism	Bodybuilding	31	65.00 (11.77)	66.67 (2.63)	3.698	0.006	0.076
	Powerlifting	86	69.55 (13.29)	70.30 (1.53)			
	CrossFit®	14	58.86 (10.93)	58.58 (3.62)			
	Weightlifting	34	71.12 (14.80)	72.24 (2.42)			
	Strongman/Strongwoman	22	73.41 (16.32)	74.23 (2.93)			

Note. M = Mean, SD = Standard Deviation, Adjusted M = mean adjusted for sex, SE = Standard Error

Table S2. Full ANCOVA results by strength sport for openness facets.

	Strength Sport	N	Mean (SD)	Adjusted M (SE)	F	p	η^2
Imagination					0.188	0.944	0.004
	Bodybuilding	31	13.29 (2.33)	13.05 (0.48)			
	Powerlifting	86	13.11 (2.58)	13.00 (0.28)			
	CrossFit®	14	12.86 (2.35)	12.90 (0.66)			
	Weightlifting	34	13.41 (2.48)	13.25 (0.44)			
	Strongman/Strongwoman	22	13.55 (2.24)	13.42 (0.53)			
Intellect					1.012	0.403	0.022
	Bodybuilding	31	16.36 (2.50)	15.67 (0.53)			
	Powerlifting	86	15.52 (2.70)	15.21 (0.31)			
	CrossFit®	14	14.50 (4.07)	14.61 (0.72)			
	Weightlifting	34	15.79 (2.47)	15.33 (0.48)			
	Strongman/Strongwoman	22	14.64 (2.92)	14.28 (0.59)			
Artist Interest					3.220	0.014	0.066
	Bodybuilding	31	14.52 (3.73)	14.40 (0.69)			
	Powerlifting	86	13.56 (3.49)	13.50 (0.40)			
	CrossFit®	14	10.57 (4.27)	10.59 (0.95)			
	Weightlifting	34	13.92 (2.88)	13.83 (0.63)			
	Strongman/Strongwoman	22	12.46 (3.74)	12.39 (0.77)			
Adventurousness					0.331	0.857	0.007
	Bodybuilding	31	11.45 (3.48)	11.32 (0.66)			
	Powerlifting	86	10.66 (3.27)	10.60 (0.38)			
	CrossFit®	14	10.36 (3.63)	10.38 (0.90)			
	Weightlifting	34	10.94 (3.59)	10.85 (0.60)			
	Strongman/Strongwoman	22	10.55 (2.92)	10.48 (0.73)			
Emotionality					1.668	0.159	0.036
	Bodybuilding	31	14.65 (3.15)	15.62 (0.62)			
	Powerlifting	86	14.38 (3.62)	14.78 (0.36)			
	CrossFit®	14	13.36 (3.00)	13.20 (0.85)			
	Weightlifting	34	14.88 (2.71)	15.54 (0.57)			
	Strongman/Strongwoman	22	14.27 (3.10)	14.78 (0.69)			
Liberalism					2.420	0.050	0.051
	Bodybuilding	31	12.74 (4.02)	12.49 (0.64)			
	Powerlifting	86	13.59 (3.14)	13.48 (0.37)			
	CrossFit®	14	13.79 (2.75)	13.83 (0.88)			
	Weightlifting	34	15.15 (3.15)	14.97 (0.59)			
	Strongman/Strongwoman	22	13.91 (3.19)	13.78 (0.71)			

Note. M = Mean, SD = Standard Deviation, Adjusted M = mean adjusted for sex, SE = Standard Error

Table S3. Full ANCOVA results by strength sport for conscientiousness facets.

	Strength Sport	N	Mean (SD)	Adjusted M (SE)	F	p	η^2
Self-efficacy					1.420	0.229	0.030
	Bodybuilding	31	16.77 (1.78)	16.97 (0.43)			
	Powerlifting	86	16.33 (2.21)	16.41 (0.25)			
	CrossFit®	14	16.86 (2.48)	16.83 (0.59)			
	Weightlifting	34	16.35 (2.28)	16.49 (0.40)			
Orderliness	Strongman/Strongwoman	22	15.46 (2.54)	15.56 (0.48)	3.063	0.018	0.063
	Bodybuilding	31	14.74 (4.50)	15.44 (0.84)			
	Powerlifting	86	12.14 (4.20)	12.46 (0.49)			
	CrossFit®	14	13.71 (4.62)	13.60 (1.16)			
	Weightlifting	34	12.74 (4.14)	13.20 (0.77)			
Dutifulness	Strongman/Strongwoman	22	11.64 (5.01)	12.00 (0.94)	1.683	0.156	0.036
	Bodybuilding	31	16.97 (2.46)	17.64 (0.45)			
	Powerlifting	86	16.66 (2.28)	16.97 (0.26)			
	CrossFit®	14	15.79 (3.04)	15.68 (0.62)			
	Weightlifting	34	16.65 (2.28)	17.10 (0.41)			
Achievement-striving	Strongman/Strongwoman	22	16.86 (2.51)	17.22 (0.50)	0.283	0.889	0.006
	Bodybuilding	31	15.03 (2.03)	15.55 (0.42)			0.007
	Powerlifting	86	15.52 (2.20)	15.76 (0.24)			
	CrossFit®	14	15.86 (1.66)	15.77 (0.57)			
	Weightlifting	34	14.97 (2.53)	15.32 (0.38)			
Self-discipline	Strongman/Strongwoman	22	15.46 (2.13)	15.73 (0.46)	1.349	0.253	0.029
	Bodybuilding	31	13.39 (2.14)	13.72 (0.42)			
	Powerlifting	86	12.94 (2.01)	13.09 (0.24)			
	CrossFit®	14	12.86 (2.51)	12.80 (0.57)			
	Weightlifting	34	12.76 (2.31)	12.99 (0.38)			
Cautiousness	Strongman/Strongwoman	22	12.18 (2.32)	12.36 (0.46)	2.589	0.038	0.054
	Bodybuilding	31	11.45 (3.00)	11.45 (0.64)			
	Powerlifting	86	9.74 (3.41)	9.75 (0.37)			
	CrossFit®	14	10.00 (2.77)	10.00 (0.87)			
	Weightlifting	34	10.35 (2.93)	10.36 (0.58)			
	Strongman/Strongwoman	22	8.68 (3.66)	8.68 (0.71)			

Note. M = Mean, SD = Standard Deviation, Adjusted M = mean adjusted for sex, SE = Standard Error

Table S4. Full ANCOVA results by strength sport for extroversion facets.

	Strength Sport	N	Mean (SD)	Adjusted M (SE)	F	p	η^2
Friendliness	Bodybuilding	31	12.72 (3.57)	12.58 (0.70)	0.373	0.828	0.008
	Powerlifting	86	12.55 (3.57)	12.47 (0.41)			
	CrossFit®	14	13.21 (3.75)	13.24 (0.96)			
	Weightlifting	34	13.29 (3.67)	13.19 (0.64)			
	Strongman/Strongwoman	22	13.14 (3.39)	13.05 (0.78)			
Assertiveness	Bodybuilding	31	15.03 (3.03)	14.90 (0.64)	0.298	0.879	0.007
	Powerlifting	86	14.81 (3.21)	14.75 (0.37)			
	CrossFit®	14	14.79 (3.02)	14.81 (0.87)			
	Weightlifting	34	14.59 (3.44)	14.50 (0.58)			
	Strongman/Strongwoman	22	14.09 (3.56)	14.02 (0.71)			
Gregariousness	Bodybuilding	31	9.42 (4.30)	9.25 (0.73)	0.196	0.940	0.004
	Powerlifting	86	9.30 (3.57)	9.23 (0.43)			
	CrossFit®	14	9.36 (3.27)	9.39 (1.01)			
	Weightlifting	34	9.85 (3.60)	9.74 (0.67)			
	Strongman/Strongwoman	22	9.91 (4.17)	9.82 (0.82)			
Activity level	Bodybuilding	31	13.26 (3.53)	13.81 (0.67)	0.535	0.71	0.012
	Powerlifting	86	13.92 (3.31)	14.17 (0.39)			
	CrossFit®	14	12.93 (3.75)	12.84 (0.92)			
	Weightlifting	34	13.85 (3.64)	14.23 (0.61)			
	Strongman/Strongwoman	22	13.96 (3.44)	14.24 (0.74)			
Excitement-seeking	Bodybuilding	31	13.84 (2.46)	13.04 (0.52)	0.421	0.794	0.009
	Powerlifting	86	13.71 (2.79)	13.35 (0.30)			
	CrossFit®	14	13.64 (2.82)	13.77 (0.72)			
	Weightlifting	34	14.35 (3.17)	13.81 (0.48)			
	Strongman/Strongwoman	22	13.96 (2.46)	13.54 (0.58)			
Cheerfulness	Bodybuilding	31	13.42 (2.55)	13.53 (0.53)	0.472	0.756	0.010
	Powerlifting	86	13.01 (2.67)	13.06 (0.31)			
	CrossFit®	14	13.43 (3.11)	13.41 (0.72)			
	Weightlifting	34	13.68 (2.72)	13.75 (0.48)			
	Strongman/Strongwoman	22	13.41 (2.54)	13.47 (0.59)			

Note. M = Mean, SD = Standard Deviation, Adjusted M = mean adjusted for sex, SE = Standard Error

Table S5. Full ANCOVA results by strength sport for agreeableness facets.

	Strength Sport	N	Mean (SD)	Adjusted M (SE)	F	p	η^2
Trust	Bodybuilding	31	13.10 (4.11)	13.09 (0.72)	0.838	0.503	0.018
	Powerlifting	86	13.16 (3.74)	13.16 (0.42)			
	CrossFit®	14	14.43 (3.28)	14.43 (0.98)			
	Weightlifting	34	12.85 (3.35)	12.85 (0.66)			
	Strongman/Strongwoman	22	14.23 (3.35)	14.23 (0.80)			
Morality	Bodybuilding	31	16.77 (3.13)	17.29 (0.58)	0.395	0.812	0.009
	Powerlifting	86	16.42 (3.14)	16.65 (0.34)			
	CrossFit®	14	16.57 (3.01)	16.49 (0.79)			
	Weightlifting	34	16.82 (2.25)	17.17 (0.53)			
	Strongman/Strongwoman	22	16.50 (3.25)	16.77 (0.64)			
Altruism	Bodybuilding	31	16.13 (2.23)	16.67 (0.49)	1.952	0.104	0.041
	Powerlifting	86	16.17 (2.62)	16.42 (0.28)			
	CrossFit®	14	15.64 (2.95)	15.56 (0.67)			
	Weightlifting	34	17.12 (2.57)	17.48 (0.45)			
	Strongman/Strongwoman	22	16.86 (2.34)	17.14 (0.54)			
Cooperation	Bodybuilding	31	15.45 (3.52)	16.55 (0.65)	0.530	0.714	0.012
	Powerlifting	86	15.76 (3.57)	16.25 (0.38)			
	CrossFit®	14	15.57 (4.69)	15.39 (0.89)			
	Weightlifting	34	16.12 (2.67)	16.86 (0.59)			
	Strongman/Strongwoman	22	16.00 (3.31)	16.57 (0.72)			
Modesty	Bodybuilding	31	11.48 (3.56)	11.98 (0.63)	0.534	0.711	0.012
	Powerlifting	86	11.09 (3.38)	11.32 (0.37)			
	CrossFit®	14	11.57 (2.85)	11.49 (0.87)			
	Weightlifting	34	11.44 (3.11)	11.77 (0.58)			
	Strongman/Strongwoman	22	12.05 (3.15)	12.30 (0.71)			
Sympathy	Bodybuilding	31	15.32 (2.34)	15.68 (0.59)	2.030	0.092	0.043
	Powerlifting	86	14.66 (3.34)	14.82 (0.35)			
	CrossFit®	14	13.57 (2.82)	13.51 (0.82)			
	Weightlifting	34	15.77 (3.16)	16.01 (0.55)			
	Strongman/Strongwoman	22	14.82 (2.74)	15.00 (0.66)			

Note. M = Mean, SD = Standard Deviation, Adjusted M = mean adjusted for sex, SE = Standard Error

Table S6. Full ANCOVA results by strength sport for neuroticism facets.

	Strength Sport	N	Mean (SD)	Adjusted M (SE)	F	p	η^2
Anxiety	Bodybuilding	31	11.10 (3.35)	12.02 (0.74)	1.645	0.165	0.035
	Powerlifting	86	12.27 (3.72)	12.69 (0.43)			
	CrossFit®	14	10.64 (4.24)	10.49 (1.02)			
	Weightlifting	34	12.62 (4.33)	13.24 (0.68)			
	Strongman/Strongwoman	22	12.77 (4.44)	13.26 (0.83)			
Anger	Bodybuilding	31	11.36 (3.98)	11.53 (0.78)	0.443	0.778	0.010
	Powerlifting	86	11.19 (4.25)	11.26 (0.45)			
	CrossFit®	14	10.71 (4.21)	10.69 (1.07)			
	Weightlifting	34	10.53 (3.49)	10.65 (0.72)			
	Strongman/Strongwoman	22	11.82 (3.58)	11.91 (0.87)			
Depression	Bodybuilding	31	9.13 (3.39)	8.87 (0.77)	2.205	0.070	0.046
	Powerlifting	86	10.34 (3.59)	10.22 (0.45)			
	CrossFit®	14	8.00 (4.32)	8.04 (1.05)			
	Weightlifting	34	11.03 (4.39)	10.85 (0.70)			
	Strongman/Strongwoman	22	10.96 (4.87)	10.82 (0.85)			
Self-consciousness	Bodybuilding	31	13.07 (3.48)	13.52 (0.67)	1.037	0.389	0.022
	Powerlifting	86	13.44 (3.23)	13.65 (0.39)			
	CrossFit®	14	11.71 (3.07)	11.64 (0.92)			
	Weightlifting	34	12.94 (4.11)	13.25 (0.62)			
	Strongman/Strongwoman	22	13.32 (3.43)	13.56 (0.75)			
Immoderation	Bodybuilding	31	9.13 (3.04)	9.04 (0.64)	3.594	0.008	0.074
	Powerlifting	86	10.65 (3.28)	10.61 (0.37)			
	CrossFit®	14	10.21 (3.85)	10.23 (0.88)			
	Weightlifting	34	11.79 (2.84)	11.73 (0.59)			
	Strongman/Strongwoman	22	11.91 (3.74)	11.86 (0.71)			
Vulnerability	Bodybuilding	31	11.23 (2.67)	11.90 (0.51)	2.945	0.022	0.061
	Powerlifting	86	11.66 (2.77)	11.97 (0.30)			
	CrossFit®	14	10.29 (2.16)	10.18 (0.70)			
	Weightlifting	34	12.21 (2.91)	12.66 (0.47)			
	Strongman/Strongwoman	22	12.64 (2.30)	12.99 (0.57)			

Note. M = Mean, SD = Standard Deviation, Adjusted M = mean adjusted for sex, SE = Standard Error