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| **Supplementary Table 1. Eating Disorder Examination (Questionnaire version) Subscales** |
|  | **SPT****(n=11)****Mean ± SD** | **REaCH (n=11)****Mean ± SD** |  |  |  |
| **BASELINE** |  |  | **t20** | ***p*** |  |
| EDE-Q, Eating Concerns | 4.0 ±1.5 | 3.4 ±1.6 | -.85 | 0.40 |  |
| EDE-Q, Restraint | 4.9 ± 1.6 | 4.1 ± 2.0 | -.90 | 0.38 |  |
| EDE-Q, Weight Concerns | 5.0 ± 1.2 | 4.5 ± 1.9 | -.80 | 0.43 |  |
| EDE-Q, Shape Concerns | 4.9 ± 1.3 | 4.8 ± 1.7 | -.14 | 0.89 |  |
| **POST-TREATMENT** |  |  | **ANCOVA****F1,19** | ***p*** | **ηp2**† |
| EDE-Q, Eating Concerns | 2.6 ± 1.3 | 1.5 ± 1.1 | 3.7 | 0.07 | 0.16 |
| EDE-Q, Restraint | 1.9 ± 1.3 | 0.9 ± 0.8 | 3.9 | 0.09 | 0.14 |
| EDE-Q, Weight Concerns | 4.5 ± 1.8 | 3.0 ± 1.9 | 3.2 | 0.09 | 0.14 |
| EDE-Q, Shape Concerns | 4.8 ± 1.6 | 3.8 ± 2.0 | 5.3 | **0.03** | 0.23 |
| EDE-Q Shape Concerns data are missing for 1 participant in the REACH group. Baseline variables compared using Independent samples t-test.Post-treatment variables compared using ANCOVA, controlling for baseline value.†Effect size interpretation guidelines for eta squared: 0.01=small, 0.06=medium, 0.14=large.REaCH=Regulating Emotions and Changing Habits; SPT=Supportive Psychotherapy; EDE-Q=Eating Disorder Examination Questionnaire |