**Supplement**

During a clinical screening asking about the specific eating disorder behaviors and frequency of engagement. After meeting eligibility to participate in the study, participants were instructed to tap twice on the Empatica E4 wristband button every time they engaged in any eating disorder behaviors. Eating disorder behaviors and their definitions were discussed both during the clinical screening, as well as given examples prior to using the band. Participants were asked if they had any questions and were given contact information in case they had any questions.

Table S1. Eating Disorder Behavioral Examples and Definitions.

|  |  |
| --- | --- |
| **Example of Eating Disorder Behavior** | **Definition of Eating Disorder Behavior** |
| Fasting | Skipping at least two meals in a row to compensate for overconsumption of eating or drinking, to control weight/shape, or prevent weight gain. |
| Restriction | Not eating food or certain types of foods to compensate for overconsumption of eating or drinking, to control weight/shape, or prevent weight gain. |
| Self-induced vomiting | Making oneself sick to compensate for overconsumption of eating or drinking, to control weight/shape, or prevent weight gain. |
| Laxative, diuretic, or enema use | Using medicines such as Ex-Lax, Correctol, Phenamint, Nature’s Remedy, Sunril, Aqua-Ban, Pamprin, Midol-PMS, or other medications or enemas, to compensate for overconsumption of eating or drinking, to control weight/shape, or prevent weight gain. |
| Excessive exercise | Intense exercise such as 30+ min of intense exercise (sweating) or 60+ min of moderate-light exercise to compensate for overconsumption of eating or drinking, to control weight/shape, or prevent weight gain. |
| Binge eating | Eating a lot of food in a short period of time [within any two-hour period] and feel out of control. |