**Table S1**

*Breakdown by group of baseline scores on variables included in network analysis*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Non-Responder** | **Responder** | **Wait-list** |  |
|  | **(N=77)** | **(N=49)** | **(N=155)** | **P-value** |
| Restraint | 3.08 (1.40) | 2.87 (1.56) | 3.06 (1.67) | .720 |
| Eating Concerns | 3.46 (1.35) | 3.71 (1.26) | 3.63 (1.17) | .523 |
| Overvaluation | 4.82 (1.44) | 4.86 (1.60) | 4.96 (1.31) | .741 |
| Dissatisfaction | 5.01 (1.27) | 4.95 (1.44) | 5.14 (1.15) | .605 |
| Preoccupation | 3.75 (2.06) | 3.84 (2.18) | 3.80 (2.05) | .975 |
| Fear Weight Gain | 5.10 (1.61) | 5.16 (1.82) | 5.26 (1.51) | .754 |
| Depression | 2.81 (1.97) | 2.71 (1.83) | 2.74 (1.82) | .957 |
| Binge | 12.9 (7.61)R | 21.9 (18.9)NR | 17.2 (16.8) | <.001 |

*Notes.* Superscript specifies groups that a specific group significantly differs from using Tukey’s HSD post-hoc comparison approach (*p* < .05). R = responder group, nr = non-responder group.

**Table S2**

*Levene’s test for equal variances on baseline variables included in network analysis*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Non-Responder** | **Responder** | **Wait-list** |  |
|  | **(N=77)** | **(N=49)** | **(N=155)** | **P-value** |
| Restraint | 1.96 | 2.43 | 2.79 | .069 |
| Eating Concerns | 1.82 | 1.59 | 1.37 | .097 |
| Overvaluation | 2.07 | 2.56 | 1.72 | .093 |
| Dissatisfaction | 1.61 | 2.07 | 1.32 | .349 |
| Preoccupation | 4.24 | 4.75 | 4.20 | .446 |
| Fear Weight Gain | 2.59 | 3.31 | 2.28 | .261 |
| Depression | 3.88 | 3.35 | 3.31 | .502 |
| Binge | 57.91 | 357.21 | 282.24 | .026 |

*Notes.* Variances are reported in columns per group.

**Table S3**

*Levene’s test for equal variances on post-intervention variables included in network analysis*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Non-Responder** | **Responder** | **Wait-list** |  |
|  | **(N=77)** | **(N=49)** | **(N=155)** | **P-value** |
| Restraint | 2.04 | 2.43 | 2.37 | .813 |
| Eating Concerns | 2.19 | 1.49 | 1.56 | .237 |
| Overvaluation | 2.66 | 3.38 | 1.90 | .003 |
| Dissatisfaction | 2.02 | 2.43 | 1.51 | .003 |
| Preoccupation | 4.08 | 3.92 | 4.20 | .701 |
| Fear Weight Gain | 3.38 | 4.88 | 2.31 | <.001 |
| Depression | 4.24 | 2.96 | 3.24 | .011 |
| Binge | 43.16 | 28.62 | 262.44 | <.001 |

*Notes.* Variances are reported in columns per group.

**Table S4**

*Change in**correlations among modelled variables at baseline vs follow-up for the intervention group combined*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Rest | EatCon | Overval | Dissat | Preocc | FearWG | Dep |
| Restraint |  |  |  |  |  |  |  |
| Eating Concerns | 0.01 |  |  |  |  |  |  |
| Overvaluation | -0.01 | 0.02 |  |  |  |  |  |
| Dissatisfaction | -0.01 | 0.07 | 0.04 |  |  |  |  |
| Preoccupation | 0.12 | 0.04 | 0.01 | -0.05 |  |  |  |
| Fear Weight Gain | 0.06 | 0.02 | -0.10 | 0.03 | -0.02 |  |  |
| Depression | 0.12 | 0.00 | 0.21\* | 0.27\*\* | -0.08 | 0.08 |  |
| Binge | -0.12 | 0.09 | 0.12 | 0.07 | 0.07 | 0.17† | -0.08 |

*Notes.*

Rest = dietary restraint, EatCon = eating concerns, Overval = overvaluation of weight and shape, Dissat = appearance-related dissatisfaction, Preocc = preoccupation with weight and shape, FearWG = fear of weight gain, and Dep = depressive symptoms.

Positive values indicate correlation became increasingly positive over time.

\*p < .05, \*\* p <.01, \*\*\*p < .001, †p < .10

Changes in correlation greater than |.2| may be deemed practically significant.

**Table S5**

*Correlations among modelled variables at baseline and follow-up for responder group*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Baseline | Rest | EatCon | Overval | Dissat | Preocc | FearWG | Dep |
| Restraint |  |  |  |  |  |  |  |
| Eating Concerns | .49 |  |  |  |  |  |  |
| Overvaluation | .42 | .68 |  |  |  |  |  |
| Dissatisfaction | .32 | .60 | .86 |  |  |  |  |
| Preoccupation | .36 | .65 | .64 | .57 |  |  |  |
| Fear Weight Gain | .39 | .72 | .56 | .54 | .55 |  |  |
| Depression | .30 | .06 | .25 | .12 | .23 | .07 |  |
| Binge | .13 | .23 | .20 | .12 | .17 | .09 | .27 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Follow-up | Rest | EatCon | Overval | Dissat | Preocc | FearWG | Dep |
| Restraint |  |  |  |  |  |  |  |
| Eating Concerns | .43 |  |  |  |  |  |  |
| Overvaluation | .38 | .58 |  |  |  |  |  |
| Dissatisfaction | .16 | .56 | .74 |  |  |  |  |
| Preoccupation | .39 | .66 | .52 | .27 |  |  |  |
| Fear Weight Gain | .37 | .70 | .61 | .61 | .40 |  |  |
| Depression | .57 | .27 | .51 | .34 | .19 | .31 |  |
| Binge | -.23 | .30 | .13 | .12 | .17 | .13 | -.01 |

*Notes.* Rest = dietary restraint, EatCon = eating concerns, Overval = overvaluation of weight and shape, Dissat = appearance-related dissatisfaction, Preocc = preoccupation with weight and shape, FearWG = fear of weight gain, and Dep = depressive symptoms.

**Table S6**

*Correlations among modelled variables at baseline and follow-up for non-responder group*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Baseline | Rest | EatCon | Overval | Dissat | Preocc | FearWG | Dep |
| Restraint |  |  |  |  |  |  |  |
| Eating Concerns | .38 |  |  |  |  |  |  |
| Overvaluation | .24 | .56 |  |  |  |  |  |
| Dissatisfaction | .06 | .36 | .63 |  |  |  |  |
| Preoccupation | .26 | .67 | .40 | .21 |  |  |  |
| Fear Weight Gain | .21 | .52 | .69 | .38 | .37 |  |  |
| Depression | .11 | .39 | .34 | .20 | .41 | .35 |  |
| Binge | -.01 | .24 | -.01 | .05 | .13 | -.05 | .10 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Follow-up | Rest | EatCon | Overval | Dissat | Preocc | FearWG | Dep |
| Restraint |  |  |  |  |  |  |  |
| Eating Concerns | .41 |  |  |  |  |  |  |
| Overvaluation | .22 | .62 |  |  |  |  |  |
| Dissatisfaction | .16 | .48 | .79 |  |  |  |  |
| Preoccupation | .43 | .71 | .47 | .32 |  |  |  |
| Fear Weight Gain | .31 | .53 | .42 | .35 | .42 |  |  |
| Depression | .15 | .21 | .49 | .48 | .26 | .30 |  |
| Binge | .12 | .43 | .34 | .14 | .27 | .16 | .10 |

*Notes.* Rest = dietary restraint, EatCon = eating concerns, Overval = overvaluation of weight and shape, Dissat = appearance-related dissatisfaction, Preocc = preoccupation with weight and shape, FearWG = fear of weight gain, and Dep = depressive symptoms.

**Table S7**

*Correlations among modelled variables at baseline and follow-up for intervention group combined*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Baseline | Rest | EatCon | Overval | Dissat | Preocc | FearWG | Dep |
| Restraint |  |  |  |  |  |  |  |
| Eating Concerns | .41 |  |  |  |  |  |  |
| Overvaluation | .31 | .60 |  |  |  |  |  |
| Dissatisfaction | .18 | .45 | .73 |  |  |  |  |
| Preoccupation | .30 | .66 | .50 | .37 |  |  |  |
| Fear Weight Gain | .29 | .59 | .63 | .45 | .45 |  |  |
| Depression | .19 | .27 | .30 | .17 | .34 | .24 |  |
| Binge | .04 | .25 | .10 | .08 | .15 | .02 | .16 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Follow-up | Rest | EatCon | Overval | Dissat | Preocc | FearWG | Dep |
| Restraint |  |  |  |  |  |  |  |
| Eating Concerns | .42 |  |  |  |  |  |  |
| Overvaluation | .30 | .62 |  |  |  |  |  |
| Dissatisfaction | .17 | .52 | .77 |  |  |  |  |
| Preoccupation | .42 | .70 | .51 | .32 |  |  |  |
| Fear Weight Gain | .35 | .61 | .53 | .49 | .43 |  |  |
| Depression | .31 | .27 | .51 | .44 | .26 | .32 |  |
| Binge | -.07 | .34 | .21 | .15 | .21 | .20 | .08 |

*Notes.* Rest = dietary restraint, EatCon = eating concerns, Overval = overvaluation of weight and shape, Dissat = appearance-related dissatisfaction, Preocc = preoccupation with weight and shape, FearWG = fear of weight gain, and Dep = depressive symptoms.

**Table S8**

*Correlations among modelled variables at baseline and follow-up for wait-list control group*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Baseline | Rest | EatCon | Overval | Dissat | Preocc | FearWG | Dep |
| Restraint |  |  |  |  |  |  |  |
| Eating Concerns | .43 |  |  |  |  |  |  |
| Overvaluation | .10 | .36 |  |  |  |  |  |
| Dissatisfaction | -.04 | .28 | .41 |  |  |  |  |
| Preoccupation | .44 | .57 | .41 | .21 |  |  |  |
| Fear Weight Gain | .46 | .49 | .26 | .18 | .36 |  |  |
| Depression | .23 | .28 | .21 | .09 | .40 | .18 |  |
| Binge | .16 | .36 | .16 | .10 | .16 | .22 | .14 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Follow-up | Rest | EatCon | Overval | Dissat | Preocc | FearWG | Dep |
| Restraint |  |  |  |  |  |  |  |
| Eating Concerns | .46 |  |  |  |  |  |  |
| Overvaluation | .20 | .43 |  |  |  |  |  |
| Dissatisfaction | -.01 | .42 | .52 |  |  |  |  |
| Preoccupation | .43 | .74 | .38 | .28 |  |  |  |
| Fear Weight Gain | .30 | .50 | .30 | .37 | .41 |  |  |
| Depression | .22 | .30 | .29 | .25 | .29 | .24 |  |
| Binge | .19 | .47 | .25 | .28 | .33 | .17 | .13 |

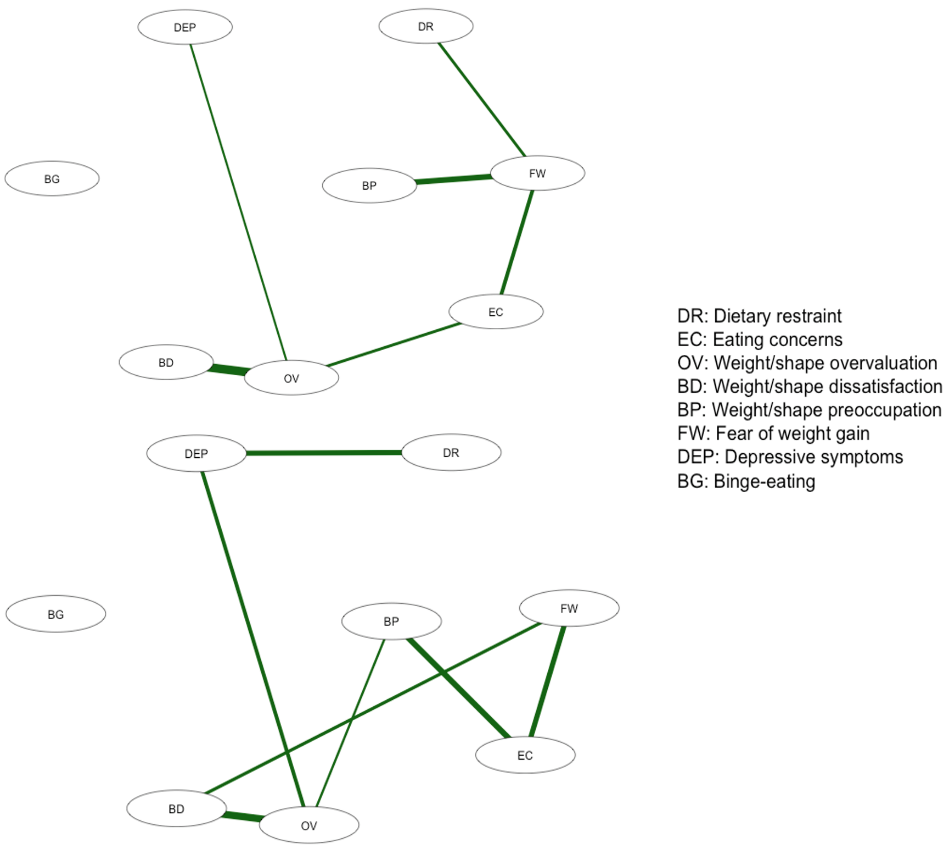
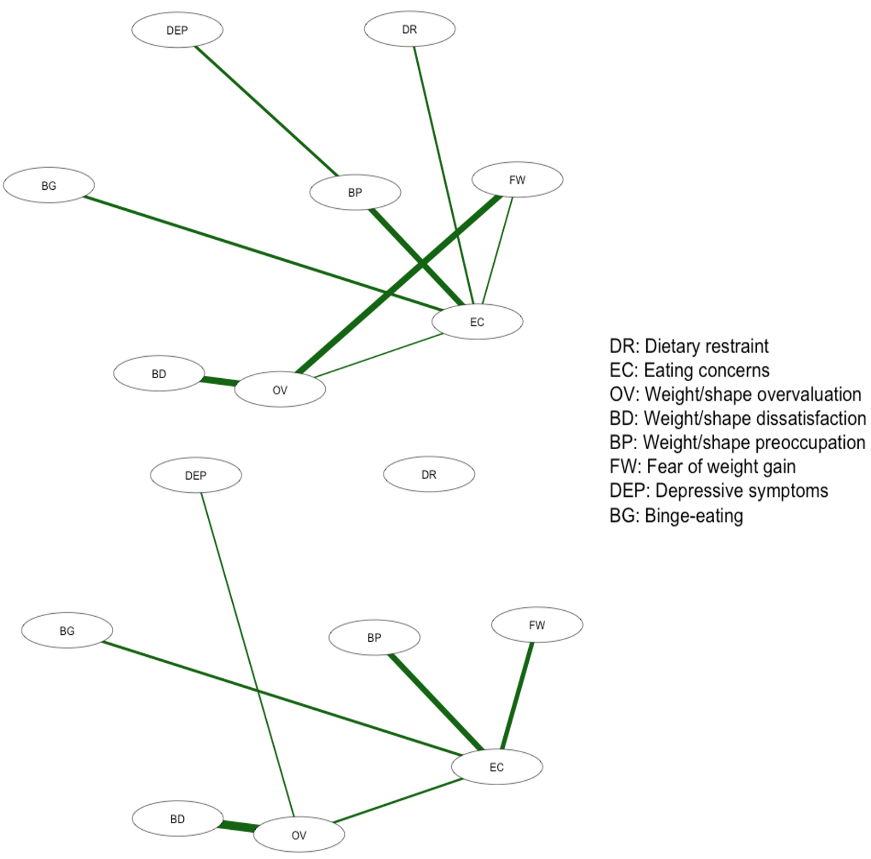
*Notes.* Rest = dietary restraint, EatCon = eating concerns, Overval = overvaluation of weight and shape, Dissat = appearance-related dissatisfaction, Preocc = preoccupation with weight and shape, FearWG = fear of weight gain, and Dep = depressive symptoms.

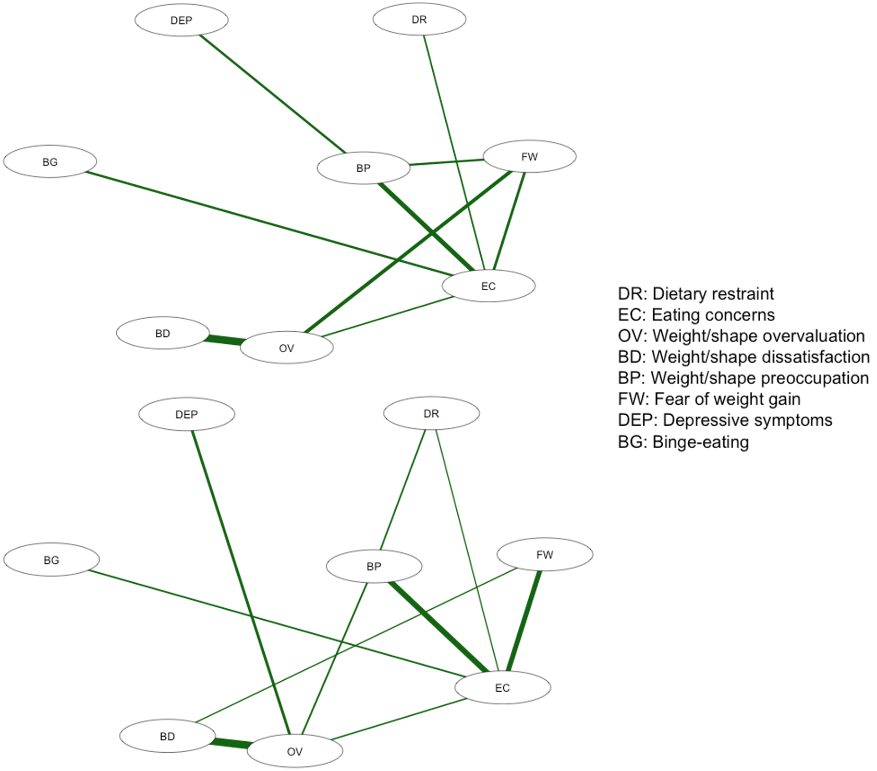
**Table S9**

*Statistically comparing networks*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Comparison | Corr\_adj | Corr\_strength | Global invar | Structural invar |
| RT0 v NRT0 | .22 | .68 | .060 | .019 |
| RT0 v WLT0 | .34 | .36 | .441 | .030 |
| INTT0 v WLT0 | .51 | .60 | .212 | .125 |
| RT1 v NRT1 | .60 | .67 | .124 | .053 |
| RT1 v WLT1 | .44 | .32 | .226 | .105 |
| INTT1 v WLT1 | .46 | .63 | .593 | .492 |
| RT0 v RT1 | .35 | .77 | .623 | .656 |
| NRT0 v NRT1 | .63 | .94 | .492 | .020 |
| INTT0 v INTT1 | .46 | .96 | .555 | .376 |
| WLT0 v WLT1 | .31 | .61 | .964 | .402 |

*Notes.* R = responders, NR = non-responders, WL = wait-list, INT = intervention group combined (responders + non-responders), T0 = baseline, T1 = post-intervention, corr\_adj = correlation between adjacency matrices, corr\_strength = correlation between strength matrices, invar = invariance test p-value



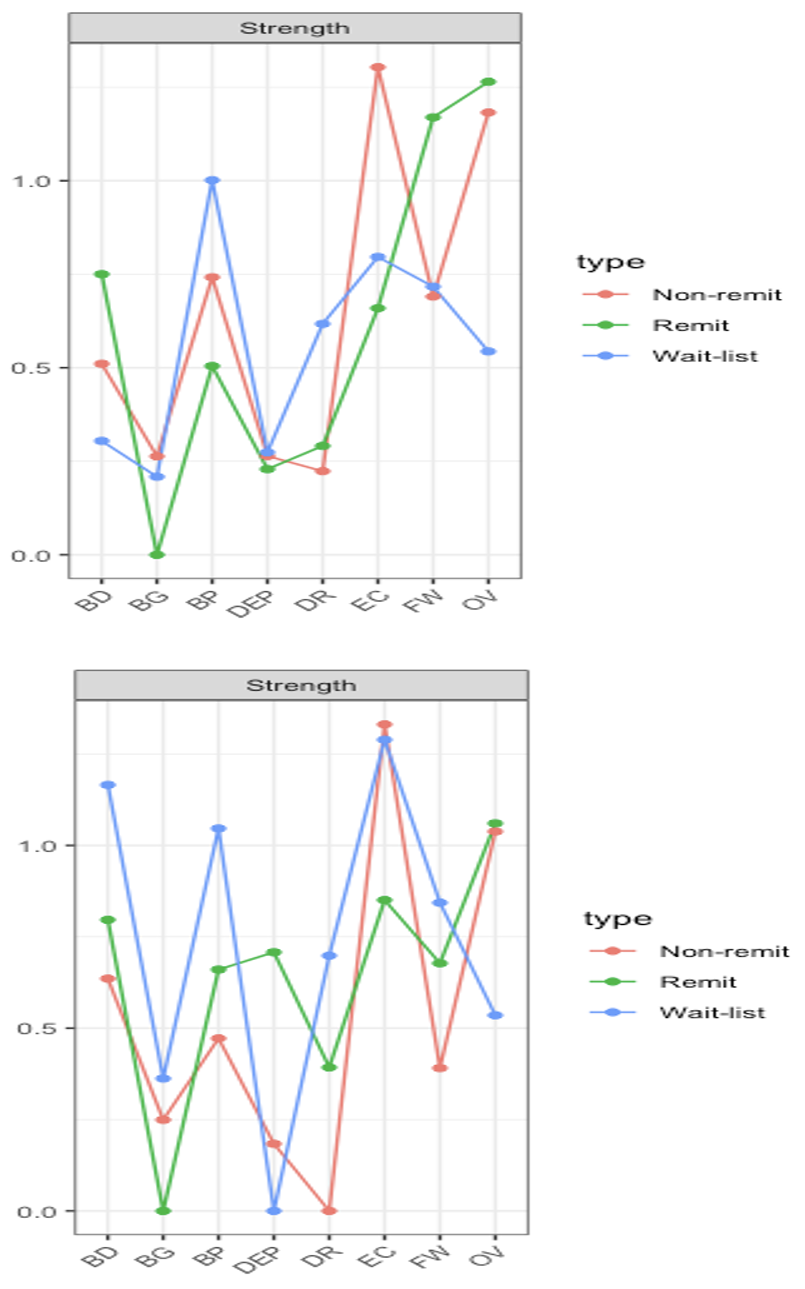


***Figure S1.*** Network structures baseline (top) and post-intervention (bottom). Top left panel networks are for non-responders, top right for responders, and bottom left pan is for the waitlist group.

Diagram

Description automatically generated

***Figure S2.*** Network structures for wait-list at baseline (top) and post-intervention (bottom)



***Figure S3.*** Node strength at baseline (top panel) and post-intervention (bottom panel) for non-responders, responders, and wait-list control groups. BD = appearance-related dissatisfaction, BG = binge eating, BP = preoccupation with weight and shape, DEP = depressive symptoms, DR = dietary restraint, EC = eating concerns, FW = fear of weight gain, OV = overvaluation of weight and shape.

Chart, line chart

Description automatically generated

***Figure S4.*** Node strength at baseline (top panel) and post-intervention (bottom panel) for intervention group combined (non-responders and responders) and wait-list control groups. BD = appearance-related dissatisfaction, BG = binge eating, BP = preoccupation with weight and shape, DEP = depressive symptoms, DR = dietary restraint, EC = eating concerns, FW = fear of weight gain, OV = overvaluation of weight and shape.