

Table DS1 Means and standard deviations (median and interquartile range (IQR)) by centre and treatment

	Low-risk strata (n=143)						High-risk strata (n=50)						Total						Effect sizes ^b						
	CBT (n=121)			Stepped care (n=122)			CBT (n=26)			Stepped care (n=24)			CBT (n=147)			Stepped care (n=146)			Post-test			Follow-up			
	BL	PT	FU	BL	PT	FU	BL	PT	FU	BL	PT	FU	BL	PT	FU	BL	PT	FU	b	AUC	NNT	b	AUC	NNT	
EDE																									
Objective binges, ^{a,g}	25	3	7	26	8	3	32	10	20	30	8	5	27	4	10	27	8	3	0.16	0.55	11	-0.14	0.46	-13	
median (IQR)	(22)	(20)	(22)	(25)	(23)	(22)	(24)	(28)	(44)	(15)	(25)	(24)	(25)	(21)	(25)	(24)	(24)	(22)							
Compensatory behaviours, ^{a,d,g}	42	12	15	40	20	5	58	14	20	60	16	14	44	12	15	43	19	5	0.09	0.53	19	-0.21	0.44	-8	
median (IQR)	(36)	(37)	(39)	(38)	(34)	(30)	(59)	(42)	(66)	(58)	(37)	(33)	(38)	(39)	(43)	(42)	(34)	(29)							
Restraint, ^d	2.9	1.6	1.7	3.0	2.1	1.6	3.9	2.9	2.9	3.9	2.6	2.4	3.0	1.9	1.9	3.2	2.1	1.8	0.17	0.55	11	-0.08	0.48	-23	
mean (s.d.)	(1.4)	(1.5)	(1.5)	(1.4)	(1.5)	(1.5)	(1.2)	(1.9)	(1.7)	(1.0)	(1.9)	(1.6)	(1.4)	(1.6)	(1.6)	(1.4)	(1.6)	(1.6)							
Shape concerns,	3.3	2.2	2.4	3.2	2.6	2.3	5.2	3.5	4.0	5.3	3.5	3.6	3.6	2.5	2.7	3.6	2.7	2.5	0.18	0.55	10	-0.14	0.46	-13	
mean (s.d.)	(1.2)	(1.5)	(1.4)	(1.4)	(1.5)	(1.5)	(0.3)	(1.9)	(1.7)	(0.4)	(1.6)	(1.7)	(1.4)	(1.6)	(1.6)	(1.5)	(1.6)	(1.6)							
Weight concerns,	3.2	2.2	2.1	3.2	2.7	2.1	4.7	3.4	3.4	4.8	3.5	3.0	3.5	2.4	2.4	3.5	2.8	2.3	0.26	0.57	7	-0.06	0.48	0.27	
mean (s.d.)	(1.4)	(1.5)	(1.4)	(1.5)	(1.5)	(1.5)	(0.8)	(1.6)	(1.6)	(0.8)	(1.4)	(1.5)	(1.4)	(1.6)	(1.5)	(1.5)	(1.5)	(1.5)							
Eating concerns	2.2	1.0	1.0	2.2	1.3	1.0	3.3	1.9	1.9	4.0	2.1	1.9	3.6	1.2	1.2	2.4	1.4	1.2	0.17	0.55	11	-0.01	0.50	-254	
mean (s.d.)	(1.3)	(1.3)	(1.2)	(1.5)	(1.2)	(1.3)	(1.7)	(1.8)	(2.0)	(1.1)	(1.7)	(1.9)	(1.5)	(1.4)	(1.4)	(1.4)	(1.4)	(1.4)							
Global, ^d mean (s.d.)	2.9	1.8	1.8	2.9	2.2	1.8	4.3	2.9	3.0	4.5	2.9	2.7	3.1	2.0	2.0	3.2	2.1	1.9	0.07	0.52	24	-0.06	0.48	-30	
mean (s.d.)	(1.1)	(1.2)	(1.2)	(1.2)	(1.2)	(1.3)	(0.8)	(1.6)	(1.5)	(0.5)	(1.4)	(1.5)	(1.1)	(1.4)	(1.9)	(1.2)	(1.3)	(1.4)							
BMI, mean (s.d.)	22.7	22.7	2.9	23.6	23.7	23.7	25.9	26.0	26.0	22.8	22.9	23.4	23.3	23.3	23.4	23.5	23.6	23.6	-0.06	0.48	-32	0.04	0.51	48	
mean (s.d.)	(4.1)	(4.2)	(4.6)	(5.7)	(5.8)	(6.2)	(5.0)	(5.1)	(5.8)	(2.5)	(2.9)	(3.0)	(4.5)	(4.5)	(5.0)	(5.3)	(5.4)	(5.8)							
BDI, ^{d,f,g,i} mean (s.d.)	15.8	10.8	11.4	15.4	11.9	11.1	27.5	19.1	22.4	28.1	17.2	17.2	17.9	12.3	13.3	17.5	12.7	12.1	-0.04	0.49	-41	-0.11	0.47	-15	
mean (s.d.)	(8.6)	(9.1)	(9.4)	(9.1)	(9.3)	(10.1)	(7.5)	(12.9)	(11.3)	(9.1)	(14.0)	(14.3)	(9.5)	(10.3)	(10.6)	(10.3)	(10.4)	(11.1)							
TFEQ, ²⁸ mean (s.d.)																									
Restraint	13.2	12.1	12.2	13.2	12.6	11.8	12.7	12.7	13.0	13.5	13.4	12.6	13.1	12.2	12.3	13.2	12.8	11.9	-0.11	0.47	-16	-0.09	0.48	-20	
Disinhibition ^c	12.7	9.9	10.6	12.6	11.0	10.0	14.3	12.4	13.2	13.7	11.0	10.6	12.9	10.3	11.1	12.7	11.0	10.1	-0.19	0.45	-9	-0.24	0.43	-7	
Hunger	8.4	7.1	6.8	8.4	7.2	6.5	9.1	7.4	8.1	9.2	7.7	7.4	8.5	7.1	7.0	8.5	7.3	6.6	-0.03	0.49	-52	-0.10	0.47	-19	
mean (s.d.)	(3.6)	(3.7)	(3.8)	(3.9)	(4.0)	(4.3)	(3.5)	(3.8)	(3.9)	(3.6)	(3.7)	(4.4)	(3.6)	(3.7)	(3.8)	(3.9)	(3.9)	(4.3)							
YBC-EDS, mean (s.d.)																									
Preoccupation	9.1	6.0	5.7	9.3	7.2	5.5	11.7	7.7	8.3	12.1	8.1	7.4	9.6	6.3	6.2	9.8	7.3	5.8	-0.24	0.43	-7	-0.08	0.48	-21	
Ritual, ^e	8.3	5.0	4.8	8.8	6.0	4.7	10.8	6.8	7.0	10.6	7.0	5.5	8.8	5.4	5.2	9.1	6.2	4.8	-0.18	0.45	-10	-0.07	0.48	-24	
mean (s.d.)	(3.0)	(4.0)	(4.0)	(3.0)	(4.0)	(4.4)	(1.7)	(4.7)	(4.3)	(2.0)	(4.5)	(5.1)	(3.0)	(4.2)	(4.2)	(3.1)	(4.1)	(4.5)							
mean (s.d.)	(3.5)	(4.5)	(4.5)	(3.6)	(4.4)	(4.7)	(2.6)	(4.7)	(5.1)	(3.1)	(5.2)	(5.6)	(3.5)	(4.5)	(4.6)	(3.6)	(4.6)	(4.8)							
Abstinence, ^d %	0	17	17	0	8	26	0	4	19	0	25	25	0	15	18	0	11	26		0.52	25		0.46	-13	
Remission, %	0	60	45	0	52	30	0	42	38	0	54	46	0	57	44	0	52	32		0.52	20		0.56	-8	

CBT, cognitive-behavioural therapy; BL, baseline; PT, post-treatment; FU, follow-up; AUC, area under the curve; NNT, number needed to treat; EDE, Eating Disorder Examination; BDI, Beck Depression Inventory; YBC-EDS, Yale-Brown-Cornell Eating Disorders Scale; TFEQ, three-factor eating questionnaire.

a. Square root used in analysis.

b. Positive effect size favours CBT.

c. Statistically significant differences ($P < 0.05$) between treatments at post-test.

d. Statistically significant differences ($P < 0.05$) between treatments in the risk strata at post-test.

e. Statistically significant differences ($P < 0.05$) between treatments in the sites at post-test.

f. Statistically significant differences ($P < 0.01$) between treatments in the sites at post-test.

g. Statistically significant differences ($P < 0.05$) between treatments at follow-up.

h. Statistically significant differences ($P < 0.01$) between treatments at follow-up.

i. Statistically significant differences ($P < 0.01$) between treatments in the risk strata at follow-up.