

Data supplement

	Pre-treatment		Post-treatment		1-year follow-up		Long-term follow-up		Treatment		Time		Interaction		
	Mean	s.e.	Mean	s.e.	Mean	s.e.	Mean	s.e.	F (d.f.)	P	F (d.f.)	P	F (d.f.)	P	
EDE objective bulimic episode, days															
Cognitive-behavioural therapy	16.44	0.81	0.49	0.82	1.09	0.91	5.86	1.09	0.88 (1,75)	0.351	155.94 (3,171)	<0.001	2.42 (3,171)	0.068	
Interpersonal psychotherapy	15.78	0.81	1.16	0.81	2.15	0.85	2.32	0.98	1.70 (1,101)	0.196	7.59 (3,198)	<0.001	1.63 (3,198)	0.184	
EDE-Q – restraint															
Cognitive-behavioural therapy	2.41	0.20	1.65	0.21	1.25	0.23	2.11	0.27	1.92 (1,98)	0.169	121.78 (3,197)	<0.001	6.96 (3,197)	<0.001	
Interpersonal psychotherapy	2.55	0.20	2.03	0.20	1.94	0.22	1.96	0.25	0.04 (1,103)	0.841	48.51 (3,204)	<0.001	3.03 (3,204)	0.030	
EDE-Q – eating concern															
Cognitive-behavioural therapy	3.63	0.15	1.05	0.16	0.92	0.18	1.57	0.21	0.99 (1,105)	0.322	42.98 (3,203)	<0.001	2.27 (3,203)	0.082	
Interpersonal psychotherapy	3.55	0.15	1.85	0.15	1.50	0.17	1.19	0.19	1.34 (1,97)	0.249	72.98 9(3,197)	0.001	4.72 (3,197)	0.003	
EDE-Q – shape concern															
Cognitive-behavioural therapy	4.85	0.18	3.19	0.19	2.92	0.21	3.25	0.25	0.00 (1,48)	0.985	11.39 (3,127)	<0.001	0.65 (3,127)	0.587	
Interpersonal psychotherapy	4.79	0.18	3.72	0.19	3.12	0.20	2.82	0.23	2.52 (1,51)	0.119	7.05 (3,130)	<0.001	1.28 (3,130)	0.283	
EDE-Q – weight concern															
Cognitive-behavioural therapy	4.16	0.17	2.65	0.18	2.42	0.19	2.72	0.23	1.34 (1,90)	0.250	0.92 (3,211)	0.433	0.16 (3,211)	0.921	
Interpersonal psychotherapy	4.29	0.17	3.26	0.17	2.69	0.19	2.47	0.21	0.03 (1,64)	0.866	27.56 (3,153)	<0.001	3.38 (3,153)	0.020	
EDE-Q – global score															
Cognitive-behavioural therapy	3.76	0.14	2.14	0.14	1.88	0.16	2.41	0.19							
Interpersonal psychotherapy	3.80	0.14	2.72	0.14	2.32	0.15	2.12	0.17							
BSI – depression															
Cognitive-behavioural therapy	1.16	0.15	0.49	0.15	0.48	0.15	0.70	0.15							
Interpersonal psychotherapy	1.02	0.13	0.53	0.13	0.63	0.14	0.64	0.14							
BSI – anxiety															
Cognitive-behavioural therapy	0.69	0.11	0.33	0.12	0.35	0.12	0.49	0.12							
Interpersonal psychotherapy	0.71	0.10	0.50	0.10	0.48	0.11	0.87	0.11							
BMI, kg/m ²															
Cognitive-behavioural therapy	37.94	0.82	37.97	0.83	37.61	0.85	37.36	0.89							
Interpersonal psychotherapy	36.58	0.82	36.82	0.82	36.47	0.83	35.90	0.86							
EDE shape/weight															
Cognitive-behavioural therapy	4.92	0.28	2.90	0.28	2.78	0.28	3.80	0.28							
Interpersonal psychotherapy	4.65	0.25	3.40	0.25	3.27	0.25	3.26	0.25							

a. Hierarchical linear model analysis of treatment (cognitive-behavioural therapy, interpersonal psychotherapy) × time (pre-treatment, post-treatment, 1-year follow-up, long-term follow-up) with participants nested within time; time and treatment as fixed factors, participants as random factor. Numbers presented are estimated values.
EDE, Eating Disorder Examination; EDE-Q, Eating Disorder Examination Questionnaire (range: 0–6, with 6 less favourable); BSI, Brief Symptom Inventory (range: 0–4, with 4 less favourable); BMI, body mass index; EDE shape/weight (range: 0–6, with 6 less favourable).