

Data supplement

Table DS1 Treatment modules of the Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA)	
Module number and title	Content
Module 1 Getting Started	Motivational enhancement module. Exploration of motivation to change through readiness rulers, imagining a future with or without anorexia, casting one's mind backwards to life before anorexia, identification of pro-anorexia beliefs and the function of anorexia in the person's life, use of externalisation, exploration of personal values and how anorexia has changed these, anorexia from others' perspectives, how to choose others for support.
Module 2 Nutrition	Education about nutrition, eating patterns and medical risk. Assessment of medical risk, others' assessment of risk and ability to change, daily calorie needs for maintaining weight and for gaining weight, education about the consequences of starvation, what to eat/healthy eating, bingeing/overeating, a day in the life of my stomach, supports and blocks to safe-guarding nutritional health, nutritional change plan.
Module 3 My Anorexia: Why, What and How?	This module allows patients to build a case conceptualisation of how their anorexia developed and is maintained
Module 4 Goals and Experiments	Identifying areas of concern or difficulty and aspirations, how to set SMART goals for yourself (specific, measurable, achievable, realistic, tangible); using behavioural experiments to achieve goals
Module 5 Working Towards Change: Exploring Thinking Styles	Psychoeducation and behavioural experiments related to thinking style. Thinking about thinking: Am I overly focused on detail at the expense of the bigger picture? Am I finding it hard to be flexible and switch between different thoughts, rules, tasks and perspectives? What is the impact of this thinking style on my life? The balance between speed and accuracy. The impact of anxiety about making mistakes. What does your thinking style mean for you? How to make most of your thinking style. Strengthening bigger picture thinking, strengthening cognitive flexibility. Strengthening being good enough; problem-solving.
Module 6 Working Towards Change: The Emotional and Social Mind	What are emotions and why do we have them? Emotions in the context of relationships/relationship patterns. Becoming an expert on your emotions: listening to your emotions, identifying your beliefs about emotions and learning to express emotions and needs appropriately. Learning to manage extreme and overwhelming emotions. The emotional lives of others: learning to see the world from other people's perspective to get a more balanced bigger picture view of interpersonal/emotionally distressing situations. Developing self-compassion.
Module 7 Working Towards Change: Identity	Anorexia and my identity; my best possible self, qualities, values, struggles and coping skills of others, who I admire, developing a new identity beyond anorexia. Who will allow me to develop? Practising living a new identity.
Module 8 Moving Forward	Reflection on how to maintain gains, what else needs doing, what could get in the way. Toolkit for keeping well. Managing difficult thoughts, feelings and behaviours during the recovery process; developing mottos for a bigger life.

Table DS2 Differences between the Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA) and specialist supportive clinical management (SSCM)

Aspect of therapy	MANTRA	SSCM
General therapeutic style and content		
Context	Developed specifically for anorexia; based on biological and psychological research	Developed specifically for anorexia as control treatment in a research trial
Theoretical model	Yes	No
Therapist style	Motivational, client-centred, focused, strategic	Warm, supportive, reassuring
Target	Intra- and interpersonal maintaining factors	Re-learn healthy eating Other issues as raised by the client
Overall goal	To facilitate change through examination of patient's values, goals and traits	To provide a supportive context in which client can make changes
BMI goal	No specific BMI goal	Minimum BMI range
Balance of process v. content	Focus on process (e.g. thinking style) rather than cognitive content	Content rather than process
Motivational strategies	Motivational interviewing style	No specific strategy
Structure of sessions		
Patient manual	Yes	No
Use of feedback	Yes	No
Sessions structured	No	Review of target symptoms provides minimal structure
Agenda setting	No	No
Prescribed content	Yes	No
Sessions patient directed	Yes	Yes
Weighing at each session	Yes	Yes
Self-monitoring of eating and symptoms	Not prescribed	Not prescribed
Change strategies elicited from patient	Yes	No
Content of sessions		
Individualised formulation	Yes. Predisposing and maintaining factors.	No
Systematic focus on psychological maintaining factors	Yes	No
Psychoeducation	Yes, if patient is ready for this	Yes
Nutritional advice	Yes, if patient is ready for this and involving carers in those with high risk	Yes
Prescribed regular eating	Yes, if patient is ready for this and involving carers in those with high risk	Yes
Focus on 'target' symptoms	Yes, tailored to patient's readiness	Yes
Focus on modifying disturbed body image, including strategies to reduce body checking and avoidance	Not specifically targeted	Not specifically targeted
Structured homework	Yes	No, but planned behavioural change
Use of behavioural experiments	Yes	No
Focus on exploration of valued nature of anorexia	Yes	No
Focus on and exploration of thinking style and processes	Yes	No
Focus on understanding and managing own and others' emotions. Theory of mind and relationships	Yes	No
Use of experiential and writing techniques	Yes	No
Involvement of significant others	Yes, to target close others' maintenance of anorexia	Yes, supportive only
Teaching of relapse prevention strategies	Yes	No

BMI, body mass index.