Supplementary material

Table S1

Baseline, six-week, six-month and 12-month clinical outcome data and process measures for the trial’s participants. Data imputed using maximum likelihood imputation based upon the Expectation-Maximization (EM) algorithm (n=187 participants). Primary outcome = Body Mass Index at 6 weeks.

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| --- | --- | --- | --- | --- | --- | --- |
| Outcome measure | Time point | RecoveryMANTRA + TAU | TAU | Test and p values | Effect size of comparison between groups | 95% CI [lower, upper] |
| Mean | SE | Mean | SE | Test value | p-value |
| CLINICAL OUTCOMES |
| Body Mass Index | 6 weeks | 16.56 | .12 | 16.61 | .13 | .25 | .79 | 0.03 | [-0.06, 0.11] |
| 6 months | 17.22 | .25 | 17.66 | .21 | .67 | .50 | 0.14 | [0.05, 0.22] |
| 12 months | 17.04 | .09 | 17.28 | .09 | .04 | .82 | 0.09 | [-0.01, 0.19] |
| Eating Disorder Examination Questionnaire - Total score | 6 weeks | 3.50 | .07 | 3.75 | .08 | 2.20 | .03 | 0.23 | [0.15, 0.32] |
| 6 months | 3.15 | .10 | 3.14 | .10 | -.07 | .93 | 0.01 | [-0.09, 0.08] |
| 12 months | 3.37 | .06 | 3.617 | .06 | .06 | .80 | 0.13 | [0.03, 0.24] |
| Depression Anxiety Stress Scales – Depression subscale | 6 weeks | 20.74 | .83 | 20.31 | .88 | -.35 | .72 | 0.04 | [-0.12, 0.05] |
| 6 months | 18.15 | .89 | 18.24 | .94 | .07 | .94 | 0.01 | [-0.08, 0.09] |
| 12 months | 17.60 | 1.01 | 16.99 | 1.09 | .16 | .68 | 0.04 | [-0.15, 0.06] |
| Depression Anxiety Stress Scales – Anxiety subscale | 6 weeks | 13.12 | .70 | 16.18 | .75 | 2.94 | .004 | 0.31 | [0.23, 0.40] |
| 6 months | 12.71 | .67 | 11.73 | .64 | 1.09 | .29 | 0.11 | [-0.19, -0.03] |
| 12 months | 12.06 | .81 | 12.06 | .86 | .00 | 1.00 | 0.00 | [-0.11, 0.11] |
| Depression Anxiety Stress Scales – Stress subscale | 6 weeks | 23.58 | .66 | 24.86 | .71 | 1.30 | .19 | 0.14 | [0.05, 0.22] |
| 6 months | 20.76 | .74 | 20.24 | .79 | -.48 | .63 | 0.05 | [-0.13, 0.03] |
| 12 months | 20.25 | .90 | 19.93 | .92 | .06 | .80 | 0.03 | [-0.13, 0.08] |
| Work and Social Adjustment | 6 weeks | 19.68 | .57 | 18.58 | .61 | -1.31 | .19 | 0.14 | [-0.22, -0.06] |
| 6 months | 17.01 | .66 | 16.28 | .70 | -.75 | .45 | 0.08 | [-0.16, 0.00] |
| 12 months | 17.41 | .39 | 17.85 | .41 | .73 | .39 | 0.04 | [-0.07, 0.15] |
| PROCESS MEASURES |
| Cognitive Behavioural Flexibility | 6 weeks | 3.35 | 0.08 | 3.42 | 0.09 | .61 | .53 | 0.07 | [-0.02, 0.15] |
| Autonomous motivation to change | 6 weeks | 4.85 | 0.09 | 4.67 | 0.10 | 1.74 | 0.18 | 0.14 | [-0.22, -0.06] |
| Controlled motivation to change  | 6 weeks | 4.62 | 0.09 | 4.53 | 0.09 | 0.43 | 0.51 | 0.07 | [-0.15, 0.01] |
| Confidence in ability to change | 6 weeks | 5.74 | 0.23 | 4.79 | 0.24 | -2.82 | 0.005 | 0.30 | [-0.38, -0.21] |
| 6 months | 5.66 | .23 | 5.22 | .27 | -1.34 | .18 | 0.13 | [-0.21, -0.04] |
| 12 months | 5.34 | .11 | 5.35 | .12 | 1.47 | .22 | 0.00 | [-0.11, 0.11] |
| Importance to change | 6 weeks | 8.37 | .26 | 7.58 | .24 | 4.66 | .031 | 0.23 | [-0.31, -0.14] |
| 6 months | 7.65 | .28 | 7.56 | .27 | -.98 | .32 | 0.02 | [-0.11, 0.06] |
| 12 months | 7.84 | .11 | 7.78 | .11 | 3.66 | .06 | 0.02 | [-0.13, 0.09] |
| Alliance with the therapist delivering outpatient therapy | 6 weeks | 5.47 | .17 | 4.42 | .15 | 19.48 | <0.0001 | 0.46 | [-0.55, -0.38] |