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| **Supplementary Table 1**  **Sensitivity Analyses on Primary and Secondary Outcomes at Post-Test** | | | | | | | | | | | | | |
|  | **Study Condition** | | | | **Difference in change score (LMCF)** | | | **Difference in change score (J2R)** | | | **Difference in change score (CIR)** | | |
|  | **Control** | | **Intervention** | | **Intervention – control** | |  | **Intervention – control** | |  | **Intervention – control** | | |
| **Outcome** | ***n*** | ***M* (SD)** | ***n*** | ***M* (SD)** | ***M* (95% CI)** | ***d*** | ***p*** | ***M* (95% CI)** | ***d*** | ***p*** | **M (95% CI)** | ***d*** | ***p*** |
| EDE-Q Global |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 195 | 3.91 (1.07) | 197 | 4.06 (1.07) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 153 | 3.84 (1.16) | 95 | 3.15 (1.27) | -0.38 [-0.60, -0.16] | -0.35 | 0.001 | -0.48 [-0.71, -0.25] | -0.44 | <.001 | -0.40 [-0.60, -0.19] | -0.37 | <.001 |
| EDE-Q Shape Concern |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 195 | 4.68 (1.18) | 197 | 4.76 (1.26) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 153 | 4.59 (1.28) | 95 | 3.83 (1.52) | -0.40 [-0.66, -0.14] | -0.32 | 0.003 | -0.46 [-0.73, -0.19] | -0.37 | 0.001 | -0.41 [-0.66, -0.17] | -0.33 | 0.001 |
| EDE-Q Weight Concern |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 195 | 4.22 (1.22) | 197 | 4.29 (1.20) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 155 | 4.23 (1.22) | 95 | 3.56 (1.44) | -0.32 [-0.59, -0.05] | -0.26 | 0.019 | -0.38 [-0.63, -0.14] | -0.31 | 0.002 | -0.34 [-0.60, -0.09] | -0.28 | 0.008 |
| EDE-Q Eating Concern |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 195 | 3.55 (1.38) | 197 | 3.87 (1.23) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 155 | 3.26 (1.48) | 95 | 2.66 (1.51) | -0.36 [-0.68, -0.04] | -0.27 | 0.028 | -0.62 [-0.92, -0.33] | -0.47 | <.001 | -0.45 [-0.76, -0.15] | -0.34 | 0.004 |
| EDE-Q Dietary Restraint |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 195 | 3.20 (1.52) | 197 | 3.33 (1.56) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 155 | 3.20 (1.63) | 95 | 2.55 (1.46) | -0.44 [-0.77, -0.10] | -0.28 | 0.012 | -0.49 [-0.83, -0.16] | -0.31 | 0.004 | -0.42 [-0.76, -0.08] | -0.27 | 0.016 |
| Objective Binge Episodes |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 195 | 16.25 (12.70) | 197 | 18.92 (17.36) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 156 | 17.06 (14.90) | 96 | 11.51 (10.43) | -4.04 [-7.33, -0.75] | -0.26 | 0.016 | -4.84 [-8.30, -1.39] | -0.31 | 0.006 | -3.34 [-6.78, 0.09] | -0.21 | **0.057** |
| Subjective Binge Episodes |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 195 | 12.23 (18.09) | 197 | 15.65 (19.34) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 156 | 11.90 (16.96) | 96 | 10.32 (11.64) | -2.72 [-6.85, 1.42] | -0.14 | **0.197** | -4.52 [-8.94, -0.10] | -0.24 | 0.045 | -2.62 [-7.19, 1.96] | -0.13 | **0.262** |
| Compensatory Behaviors |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 195 | 4.87 (8.34) | 197 | 4.98 (7.51) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 155 | 3.52 (6.12) | 95 | 2.63 (8.29) | -0.17 [-2.25, 1.91] | -0.02 | **0.871** | -0.71 [-2.59, 1.18] | -0.09 | **0.461** | -0.63 [-2.67, 1.41] | -0.08 | **0.541** |
| CIA |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 195 | 29.88 (10.43) | 197 | 31.42 (10.30) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 154 | 29.44 (11.63) | 93 | 23.05 (12.03) | -3.22 [-5.42, -1.01] | -0.31 | 0.004 | -4.01 [-6.20, -1.81] | -0.38 | <.001 | -3.32 [-5.30, -1.35] | -0.32 | 0.001 |
| PHQ Depression |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 195 | 2.69 (1.68) | 197 | 2.96 (1.80) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 153 | 2.96 (1.76) | 92 | 2.39 (1.65) | -0.45 [-0.87, -0.04] | -0.25 | 0.033 | -0.44 [-0.84, -0.03] | -0.25 | 0.037 | -0.30 [-0.68, -0.08] | -0.17 | **0.118** |
| PHQ Anxiety |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 195 | 3.32 (1.74) | 197 | 3.61 (1.83) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 153 | 3.56 (1.71) | 92 | 2.98 (1.62) | -0.44 [-0.83, -0.05] | -0.24 | 0.028 | -0.48 [-0.88, -0.08] | -0.26 | 0.019 | -0.34 [-0.72, -0.05] | -0.19 | **0.086** |
| Note. Bold indicates statistically non-significant; Covariates were age, BMI, sex, current ED treatment, confidence, motivation, current depressive and anxiety disorder; LMCF = last mean carried forward; J2R = jump to reference; CIR = copy increments in reference | | | | | | | | | | | | | |

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| Supplementary Table 2  Acceptability and Satisfaction Ratings of the Break Binge Eating App (*n* = 153) | |
| **Variable** | ***N* (%)** |
| Would you recommend the app to others? |  |
| Yes | 141 (92%) |
| No | 12 (8%) |
| Which modules did you find useful? |  |
| Module 1 (yes) | 86 (56%) |
| Module 2 (yes) | 96 (63%) |
| Module 3 (yes) | 86 (56%) |
| Module 4 (yes) | 50 (33%) |
| None of these | 11 (7%) |
| Which exercises did you find useful? |  |
| Binge eating quiz (yes) | 59 (39%) |
| Word association test (yes) | 42 (28%) |
| Daily food diary (yes) | 77 (50%) |
| Mindfulness meditation (yes) | 65 (42%) |
| My problem solving (yes) | 50 (33%) |
| Broadening my scheme of self-worth (yes) | 49 (32%) |
| Challenging appearance ideals (yes) | 47 (31%) |
| Appreciating the functionality of my body (yes) | 58 (38%) |
| Feedback graphs monitoring my progress (yes) | 30 (20%) |
| None of these activities | 12 (8%) |
|  | ***M* (SD); Range** |
| Perceived usefulness of the app | 3.66 (1.17); 0-5 |
| How engaging were the: |  |
| Audio recordings | 3.01 (1.42); 0-5 |
| Exercises | 3.36 (1.42); 0-5 |
| Satisfaction ratings | 7.06 (2.35); 0-10 |
| Data are based off *N* = 153 | |