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| **Supplementary Table 1**  **Proportions of Participants who Accessed Intervention Pages** | | |
| **Session Number** | **Brief Description** | **% accessed** |
| **SESSION 1** |  |  |
| Introduction | Brief introduction to Session 1, including key learning objectives, what is expected, and the importance of regular skill utilization | 64% |
| When diets can become harmful | Understanding what types of weight loss diets can make an individual susceptible to disordered eating patterns and other adverse outcomes. Distinguishing between different food rules that can contribute to binge eating. | 60% |
| Trapped in the diet cycle | Understand the processes involves in the typical diet cycle. Understand what binge eating means and its core characteristics. | 58% |
| What is normal eating? | Reflecting on what it is like to have a normal relationship with food, independent of the desire to diet. | 53% |
| Assessing your readiness to change | Learn about the stages of change model and recognize the importance of achieving the preparation or action stage in the context of modifying dieting behaviors. | 51% |
| **SESSION 2** |  |  |
| Getting ready | A brief primer on what to expect from session 2. | 43% |
| The importance of self-monitoring | Understanding why real-time monitoring is a fundamental strategy to help you identify harmful dieting practices that contribute to binge eating. | 39% |
| I’m reluctant to monitor | Address any reservations to self-monitoring so that barriers to change can be alleviated. | 38% |
| Learning how to monitor | Tips for engaging in real-time self-monitoring, including what, when, and how to record your eating patterns to get the most out of this strategy. | 36% |
| **SESSION 3** |  |  |
| Establishing a pattern of regular eating | Learning about regular eating as a fundamental strategy to tackle harmful dieting patterns, including what it is, why it is beneficial, and what a day of regular eating looks like. | 26% |
| Executing your regular eating schedule | Tips on how to plan a pattern of regular eating. | 24% |
| Sticking to your regular eating plan | How to avoid going off plan, including regular grazing patterns and giving in to the urge to binge. | 21% |
| **SESSION 4** |  |  |
| Paying attention to “forbidden” foods | Learn about why you fear certain foods, how these fears contribute to binge eating, and harmful thinking styles that contribute to this fear. | 13% |
| Correcting these beliefs/fears through exposure | Three step cognitive restructuring and exposure exercise to correct maladaptive beliefs about feared, forbidden foods. | 11% |

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| **Supplementary Table 2**  **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)** | ***ES*** | ***p*** | ***M* (95% CI)** | ***ES*** | ***p*** | **M (95% CI)** | ***ES*** | ***p*** |
| Objective binge eating |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 16.71 (15.39) | 201 | 18.69 (18.81) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 149 | 17.31 (17.78) | 90 | 11.13 (11.69) | -0.15 (-0.37, 0.07) | 0.86 | .183 | -0.32 (-0.58, -0.05) | 0.73 | .020 | -0.24 (-0.46, -0.01) | 0.79 | .039 |
| Subjective binge eating |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 12.45 (15.37) | 201 | 15.46 (20.14) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 139 | 14.23 (16.79) | 90 | 8.97 (10.46) | -0.11 (-0.49, 0.26) | 0.89 | .546 | -0.33 (-0.72, 0.07) | 0.72 | .103 | -0.19 (-0.58, 0.21) | 0.83 | .350 |
| EDE-Q shape concern |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 4.42 (1.29) | 201 | 4.68 (1.18) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 147 | 4.24 (1.44) | 86 | 3.82 (1.55) | -0.33 (-0.62, -0.04) | -0.26 | .026 | -0.50 (-0.76, -0.23) | -0.40 | <.001 | -0.35 (-0.59, -0.12) | -0.28 | .004 |
| EDE-Q weight concern |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 3.98 (1.27) | 201 | 4.20 (1.20) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 147 | 3.91 (1.38) | 86 | 3.55 (1.48) | -0.31 (-0.59, -0.02) | -0.25 | .034 | -0.43 (-0.70, -0.16) | -0.34 | .002 | -0.31 (-0.55, -0.07) | -0.25 | .013 |
| EDE-Q eating concern |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 3.31 (1.49) | 201 | 3.54 (1.37) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 147 | 3.21 (1.57) | 86 | 2.45 (1.46) | -0.44 (-0.75, -0.14) | -0.31 | .004 | -0.59 (-0.88, -0.29) | -0.41 | <.001 | -0.46 (-0.73, -0.20) | -0.32 | .001 |
| DTES eat subscale |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 3.15 (0.77) | 201 | 3.19 (0.75) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 147 | 3.14 (0.83) | 86 | 2.66 (0.89) | -0.24 (-0.41, -0.07) | -0.32 | .007 | -0.26 (-0.42, -0.10) | -0.34 | .001 | -0.24 (-0.38, -0.11) | -0.32 | .001 |
| IEQ total scores |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 41.89 (7.63) | 201 | 42.62 (7.44) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 147 | 40.63 (9.02) | 86 | 37.94 (9.71) | -1.41 (-3.26, 0.45) | -0.19 | .136 | -2.06 (-3.90, -0.22) | -0.27 | .028 | -1.67 (-3.39, 0.04) | -0.22 | .056 |
| TFEQ disinhibition |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 13.05 (2.49) | 201 | 13.12 (2.51) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 147 | 13.06 (2.61) | 86 | 11.97 (2.95) | -0.48 (-0.94, -0.02) | -0.19 | .040 | -0.50 (-0.97, -0.03) | -0.20 | .037 | -0.47 (-0.88, -0.06) | -0.18 | .024 |
| PHQ-4 total scores |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 6.17 (3.30) | 201 | 6.58 (3.38) |  |  |  |  |  |  |  |  |  |
| Post-intervention | 146 | 6.10 (3.67) | 86 | 5.81 (3.34) | -0.33 (-0.90, 0.25) | -0.09 | .262 | -0.53 (-1.19, 0.14) | -0.15 | .121 | -0.29 (-0.88, 0.30) | -0.08 | .338 |
| 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; ES = effect size; for objective and subjective binge, the reported value is a risk ratio. For all other outcomes, effect size is a standardized mean difference | | | | | | | | | | | | | |

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| Supplementary Table3  Per Protocol Analyses at Post-Test for those who Accessed at least 50% of Intervention Content | | | | | | | | | | |
|  | **Control Group** | | | **Intervention** | | | **Difference in change score (adjusted)** | | |  |
| **Outcome** | ***n*** | ***M*** | ***SD*** | ***n*** | ***M*** | ***SD*** | ***M*** | **95% CIs** | **ES** | ***p*** |
| Objective binge eating frequency |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 16.71 | 15.39 | 80 | 18.38 | 16.18 |  |  |  |  |
| Post-intervention | 149 | 17.31 | 17.78 | 60 | 10.92 | 11.16 | -0.59 | -0.83, -0.35 | 0.55 | <.001 |
| Subjective binge eating frequency |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 12.45 | 15.37 | 80 | 15.34 | 21.49 |  |  |  |  |
| Post-intervention | 149 | 14.23 | 16.79 | 60 | 8.35 | 10.33 | -0.65 | -1.12, -0.19 | 0.52 | 0.006 |
| EDE-Q eating concern |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 3.31 | 1.49 | 80 | 3.61 | 1.47 |  |  |  |  |
| Post-intervention | 147 | 3.21 | 1.57 | 57 | 2.42 | 1.56 | -1.1 | -1.47, -0.74 | -0.74 | <.001 |
| EDE-Q shape concern |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 4.42 | 1.29 | 80 | 4.74 | 1.14 |  |  |  |  |
| Post-intervention | 147 | 4.24 | 1.44 | 57 | 3.66 | 1.61 | -0.94 | -1.29, -0.59 | -0.75 | <.001 |
| EDE-Q weight concern |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 3.98 | 1.27 | 80 | 4.33 | 1.25 |  |  |  |  |
| Post-intervention | 147 | 3.91 | 1.38 | 57 | 3.42 | 1.55 | -0.84 | -1.18, -0.49 | -0.66 | <.001 |
| DTES – eating subscale |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 3.15 | 0.77 | 80 | 3.17 | 0.72 |  |  |  |  |
| Post-intervention | 147 | 3.14 | 0.83 | 57 | 2.51 | 0.84 | -0.64 | -0.83, -0.44 | -0.84 | <.001 |
| IEQ total scores |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 41.89 | 7.63 | 80 | 42.26 | 7.28 |  |  |  |  |
| Post-intervention | 147 | 40.63 | 9.02 | 57 | 36.47 | 9.37 | -4.37 | -6.64, -2.10 | -0.58 | <.001 |
| PHQ-4 total scores |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 6.17 | 3.3 | 80 | 6.28 | 3.12 |  |  |  |  |
| Post-intervention | 146 | 6.1 | 3.67 | 57 | 5.91 | 3.36 | -0.49 | -1.26, 0.29 | -0.10 | 0.217 |
| TFEQ disinhibition |  |  |  |  |  |  |  |  |  |  |
| Baseline | 202 | 13.05 | 2.49 | 80 | 13.34 | 2.43 |  |  |  |  |
| Post-intervention | 147 | 13.06 | 2.61 | 57 | 12.14 | 2.87 | -1.16 | -0.17, 0.22 | -0.46 | <.001 |
| ES = effect size; for objective and subjective binge, the reported value is a risk ratio. For all other outcomes, effect size is a standardized mean difference | | | | | | | | | | |