|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplementary Table A**  Remission rates of CBT-E for various eating disorder classifications | | | | | | | | | | | |
|  |  | |  |  | |  | |  | | | | |
| Diagnosis | Type of Remission | | Time of Measurement | | Remission Rates1 | | Author, year | |  | | | | |
| **Transdiagnostic model** | | | | | | |  | |  | | | | |
|  | EDE-Q | | EOT | | 35-69.1% | | Berg., et al, 2020 ; Byrne., et al, 2011; Dalle Grave., et al, 2015; Fairburn et al., 2015; Fairburn et al., 2009;  Signorini., et al, 2018; Byrne., et al, 2017; Wade et al., 20162; Watson., et al, 2012 | | | | | | |
|  |  | | 20 weeks FU | | 58-65% | | Fairburn et al., 2015; Fairburn et al., 2009; Signorini et al., 2018 | | | | | | |
|  |  | | 40 weeks FU | | 65-70% | | Fairburn et al., 2015; Fairburn et al., 2009 | | | | | | |
|  | Full recovery | | EOT | | 45% | | Fairburn et al., 2015 | |  | | | | |
|  |  | | EOT | | 50% | | Dalle Grave et al., 2015 | |  | | | | |
|  |  | | EOT | | 39.1% | | Berg., et al, 2020 | |  | | | | |
| **AN** |  | |  | |  | |  | |  | | | | |
|  | EDE-Q | | EOT | | 18-40% | | Byrne et al., 2011; Calugi, El Ghoch, & Dalle Grave, 2017; Watson et al., 2012 | | | | | | |
|  | Full recovery | | EOT | | 14.3-30% | | Calugi et al., 2017; Wade et al., 2017 | | | | | | |
|  | BMI>18,5 | | EOT | | 31.2-36.4% | | Byrne et al., 2011; Frostad et al., 2018 | | | | | | |
|  |  | | One year FU | | 50-77.3% | | Frostad et al., 2018 | |  | | | | |
| **BN** |  | |  | |  | |  | |  | | | | |
|  | EDE-Q | | EOT | | 22.5-53% | | Fairburn et al., 2009; Poulsen et al., 2014; Watson et al., 2012; Wonderlich et al., 2014 | | | | | | |
|  |  | | 60 weeks FU | | 50-69% | | Fairburn et al., 2009; Fairburn et al., 2015., Wonderlich et al., 2014 | | | | | | |
| **BN and OSFED** | | | | | | |  | |  | | | | |
|  | EDE-Q | | EOT | | 78% | | Knott, Woodward, Hoefkens, & Limbert, 2015 | |  | | | | |
| **BN and borderline personality disorder** | | | | | | |  | |  | | | | |
|  | EDE-Q | | EOT | | 40-44% | | Thompson-Brenner et al., 2016 | | | | | | | | |
| **OSFED** |  | |  | |  | |  | | | |  | | | | |
|  | EDE-Q | | EOT | | 27-54% | | Fairburn et al., 2009; Watson et al., 2012 | | | | | | | | |
|  |  | 60 weeks FU | | | 46% | | Fairburn et al., 2009 | | |  | | | | |
|  |  | |  |  | |  | |  | | | | |
|  |  | |  |  | |  | |  | | | | |
| 1 EDE-Q < 1SD above community norm, no remission rates for BED specifically have been reported, 2 group CBT-E  *EOT* end of treatment, *FU* follow-up | | | | | | | | | | | | | | | |