## **National Guideline Alliance**

Version 1.0

# Eating disorders: recognition and management

**Appendix M - Forest Plots** 

NICE Guideline

Methods, evidence and recommendations

December 2016

**Draft for Consultation** 

Commissioned by the National Institute for Health and Care Excellence

Eating disorders: recognition and management

#### **Disclaimer**

Healthcare professionals are expected to take NICE clinical guidelines fully into account when exercising their clinical judgement. However, the guidance does not override the responsibility of healthcare professionals to make decisions appropriate to the circumstances of each patient, in consultation with the patient and/or their guardian or carer.

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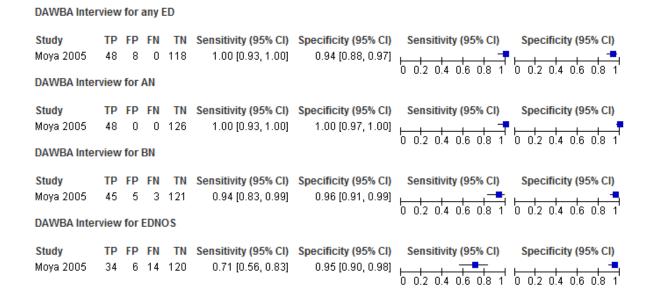
## Appendices

## 2 Appendix M: Forest Plots

- M.13 Clinical question: What are the utility, validity and reliability
  - 4 of the instruments, tools and methods used for case
  - 5 identification in eating disorders?

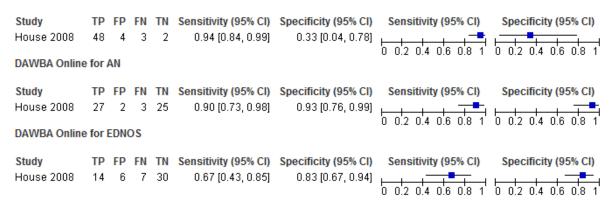
#### **M.1.16 DAWBA**

7 Figure 1: Forest plots of sensitivity and specificity for Development and Well-Being 8 Assessment (Eating Disorders section) Interview for case identification – 9 case control studies



# 1 Figure 2: Forest plots of sensitivity and specificity for Development and Well-Being 2 Assessment (Eating Disorders section) Online for case identification – 3 cohort and cross-sectional studies

#### DAWBA Online for any ED



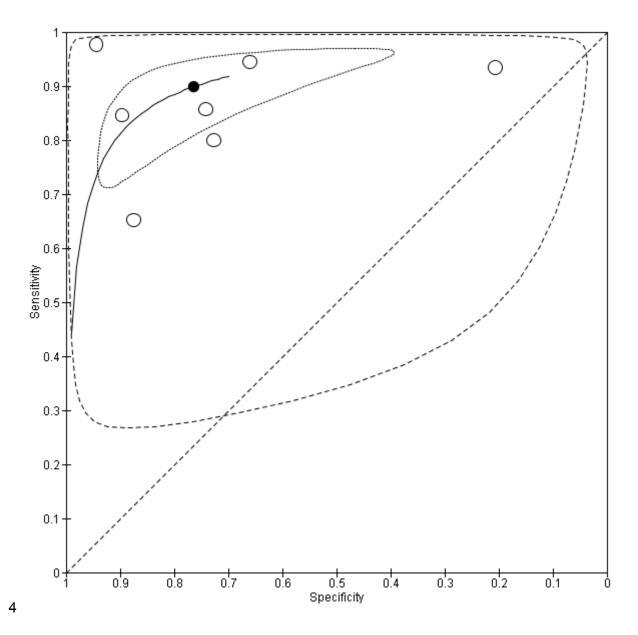
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#### M.1.25 SCOFF

6 Figure 3: Forest plots of sensitivity and specificity for SCOFF for case identification of any eating disorder at threshold of 2 or more – cohort and cross-sectional studies

Study	TP	FP	FN	TN	Sensitivity (95% CI)	Specificity (95% CI)	Sensitivity (95% CI)	Specificity (95% CI)
Aoun 2015	28	24	- 7	64	0.80 [0.63, 0.92]	0.73 [0.62, 0.82]		-
Baudet 2013	15	15	8	105	0.65 [0.43, 0.84]	0.88 [0.80, 0.93]		-
Garcia-Campayo 2005	128	4	3	68	0.98 [0.93, 1.00]	0.94 [0.86, 0.98]	•	-
Liu 2015 Female	205	244	12	475	0.94 [0.91, 0.97]	0.66 [0.62, 0.70]	•	•
Liu 2015 Male	30	147	5	423	0.86 [0.70, 0.95]	0.74 [0.70, 0.78]	-	•
Luck 2002	11	34	2	294	0.85 [0.55, 0.98]	0.90 [0.86, 0.93]		•
Siervo 2005	71	69	5	18	0.93 [0.85, 0.98]	0.21 [0.13, 0.31]	<del></del>	<del>-</del>
							0 0.2 0.4 0.6 0.8 1	0 0.2 0.4 0.6 0.8 1

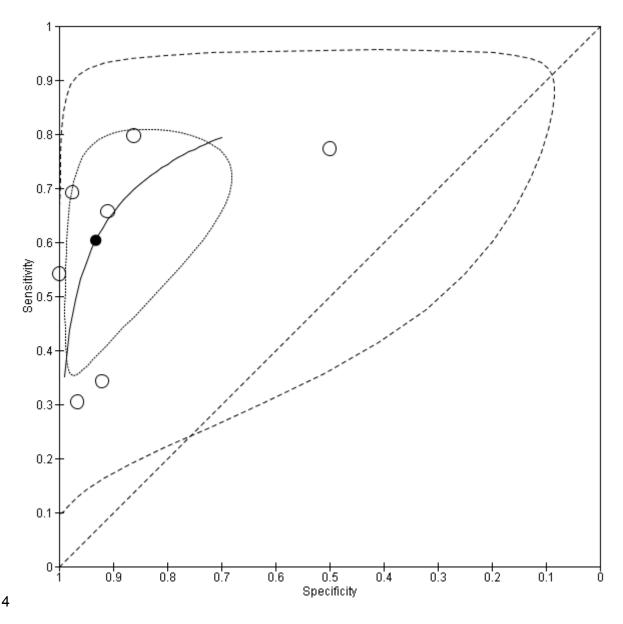
1 Figure 4: Summary Receiving Operating Characteristic curve for SCOFF for case 2 identification of any eating disorder at threshold of 2 or more – cohort and 3 cross-sectional studies



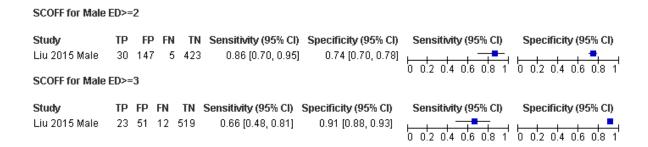
5 Figure 5: Forest plots of sensitivity and specificity for SCOFF for case identification of any eating disorder at threshold of 3 or more – cohort and cross sectional studies

Study	TP	FP	FN	TN	Sensitivity (95% CI)	Specificity (95% CI)	Sensitivity (95% CI)	Specificity (95% CI)
Aoun 2015	12	7	23	81	0.34 [0.19, 0.52]	0.92 [0.84, 0.97]		-
Baudet 2013	7	4	16	116	0.30 [0.13, 0.53]	0.97 [0.92, 0.99]		-
Garcia-Campayo 2005	71	0	60	72	0.54 [0.45, 0.63]	1.00 [0.95, 1.00]	-	-
Liu 2015 Female	173	99	44	620	0.80 [0.74, 0.85]	0.86 [0.83, 0.89]	-	•
Liu 2015 Male	23	51	12	519	0.66 [0.48, 0.81]	0.91 [0.88, 0.93]		•
Luck 2002	9	8	4	320	0.69 [0.39, 0.91]	0.98 [0.95, 0.99]		•
Siervo 2005	58	44	17	44	0.77 [0.66, 0.86]	0.50 [0.39, 0.61]		<del>-</del>
							0 0.2 0.4 0.6 0.8 1	0 0.2 0.4 0.6 0.8 1

1 Figure 6: Summary Receiving Operating Characteristic curve for SCOFF for case 2 identification of any eating disorder at threshold of 3 or more – cohort and 3 cross-sectional studies

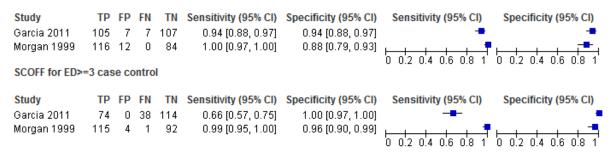


5 Figure 7: Forest plots of sensitivity and specificity for SCOFF at threshold of ≥2 and ≥3 for case identification of any eating disorder in adult males – cohort and cross sectional studies



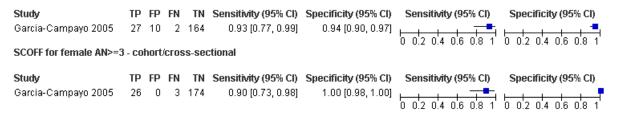
# 1 Figure 8: Forest plots of sensitivity and specificity for SCOFF at threshold of ≥2 and ≥3 2 for case identification of any eating disorder in adult females – case control 3 studies

SCOFF for ED>=2 case control



5 Figure 9: Forest plots of sensitivity and specificity for SCOFF at threshold of ≥2 and ≥3 for case identification of anorexia nervosa in adult females – cohort and cross-sectional studies

SCOFF for female AN>=2 - cohort/cross-sectional

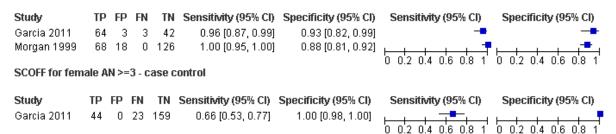


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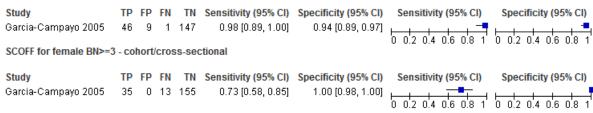
9 Figure 10: Forest plots of sensitivity and specificity for SCOFF at threshold of ≥2 and 10 ≥3 for case identification of anorexia nervosa in adult females case control studies

SCOFF for female AN>=2 - case control



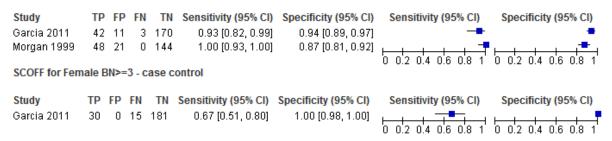
# 1 Figure 11: Forest plots of sensitivity and specificity for SCOFF at threshold of ≥2 and ≥3 for case identification of bulimia nervosa in adult females – cohort and cross-sectional studies

SCOFF for female BN>=2 - cohort/cross-sectional



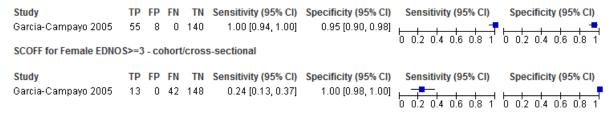
5 Figure 12: Forest plots of sensitivity and specificity for SCOFF at threshold of ≥2 and ≥3 for case identification of bulimia nervosa in adult females – case control studies

SCOFF for Female BN>=2 - case control



9 Figure 13: Forest plots of sensitivity and specificity for SCOFF at threshold of ≥2 and 10 ≥3 for case identification of EDNOS in adult females – cohort and cross-sectional studies

SCOFF for Female EDNOS>=2 - cohort/cross-sectional



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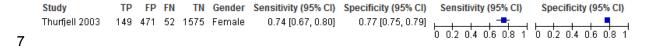
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#### M.21 Clinical question: What is the validity and reliability of the

- 2 instruments, tools and methods used to assess and
- **3 monitor eating disorders?**

#### M.2.14 Any eating disorder

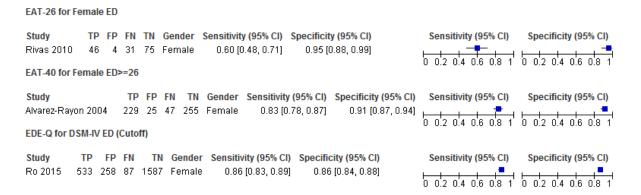
5 Figure 14: Forest plots of sensitivity and specificity of tools for assessment of any eating disorder in children and young people – case control studies



8 Figure 15: Forest plots of sensitivity and specificity of tools for assessment of any eating disorder in children, young people and adults – cohort and cross-sectional studies

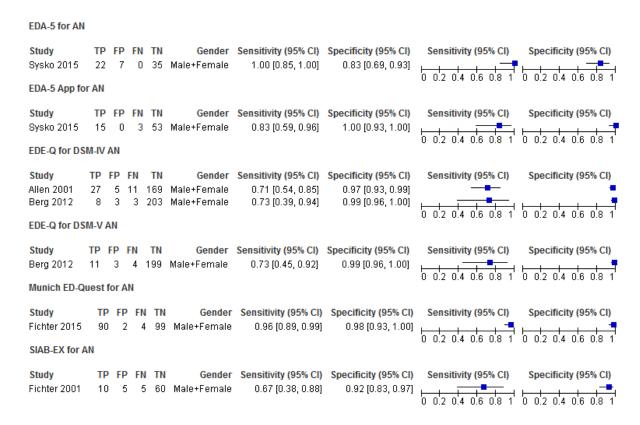


12 Figure 16: Forest plots of sensitivity and specificity of tools for assessment of any eating disorder in children, young people and adults – case control studies

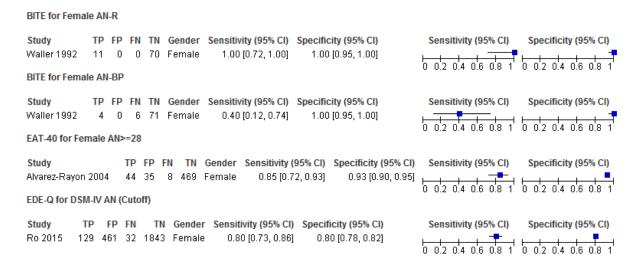


#### M.2.21 Anorexia nervosa

## 2 Figure 17: Forest plots of sensitivity and specificity of tools for assessment of anorexia nervosa in adults – cohort and cross-sectional studies

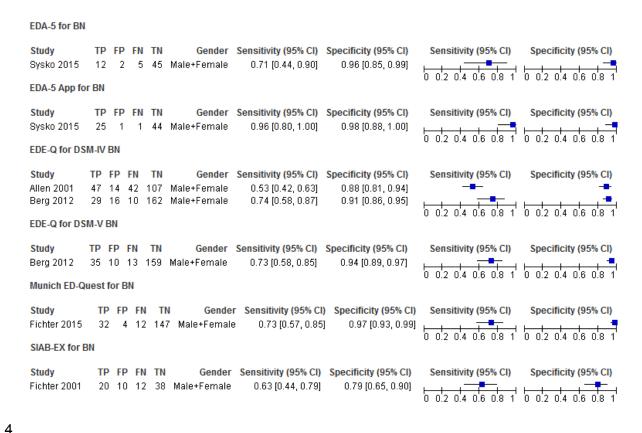


## 5 Figure 18: Forest plots of sensitivity and specificity of tools for assessment of anorexia nervosa in adults – case control studies

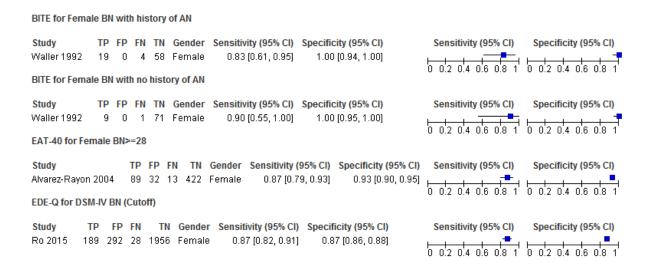


#### M.2.31 Bulimia nervosa

## 2 Figure 19: Forest plots of sensitivity and specificity of tools for assessment of bulimia 3 nervosa in adults – cohort and cross-sectional studies

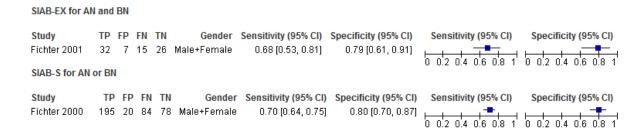


## Figure 20: Forest plots of sensitivity and specificity of tools for assessment of bulimia nervosa in adults – case control studies

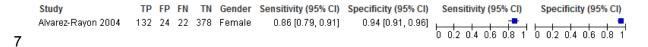


#### M.2.41 Anorexia nervosa and bulimia nervosa

## 2 Figure 21: Forest plots of sensitivity and specificity of tools for assessment of anorexia and bulimia nervosa in adults – cohort and cross-sectional studies



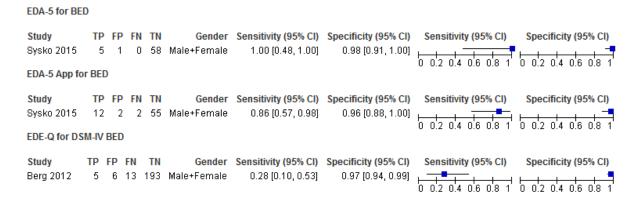
## 5 Figure 22: Forest plots of sensitivity and specificity of tools for assessment of anorexia and bulimia nervosa in adults – case control studies



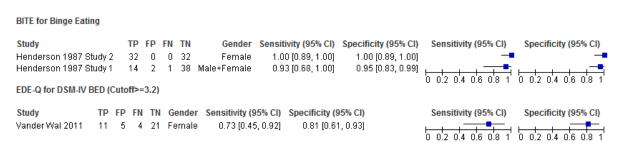
#### M.2.58 Binge eating disorder

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## 9 Figure 23: Forest plots of sensitivity and specificity of tools for assessment of binge eating disorder in adults – cohort and cross-sectional studies



## Figure 24: Forest plots of sensitivity and specificity of tools for assessment of binge eating disorder in adults – case control studies

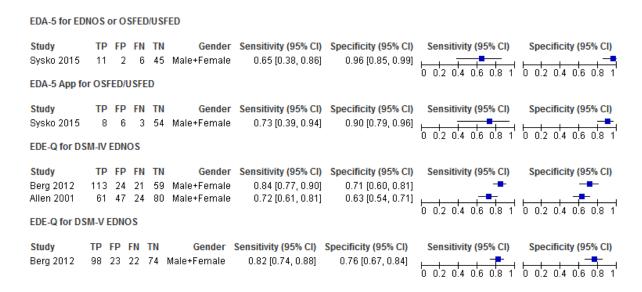


#### **M.2.61 EDNOS**

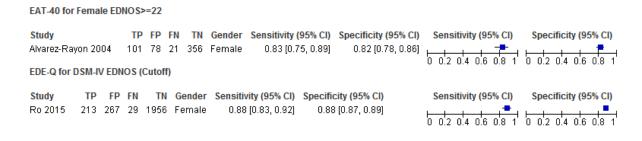
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## 2 Figure 25: Forest plots of sensitivity and specificity of tools for assessment of EDNOS in adults – cohort and cross-sectional studies



## Figure 26: Forest plots of sensitivity and specificity of tools for assessment of EDNOS in adults – case control studies



M.38 Clinical question: Does any group or individual 9 psychological intervention with or without a

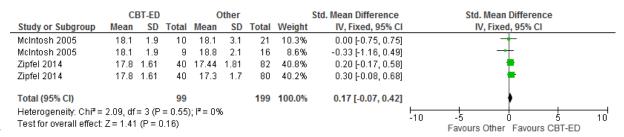
10 pharmacological intervention produce benefits/harms in

## people with eating disorders compared with any other intervention or controls?

#### M.3.13 Individual therapy for anorexia nervosa

## M.3.1.14 CBT-ED versus any other intervention in adults with anorexia nervosa at the end of treatment

#### 6 Figure 27: Body mass index



#### 8 Figure 28: EDE-restraint

	CBT-ED Other					Std. Mean Difference		Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
McIntosh 2005	2.8	1.7	9	1.8	1.6	16	46.5%	0.59 [-0.24, 1.43]		<del>-</del>	
McIntosh 2005	2.8	1.7	10	4	1.5	21	53.5%	-0.75 [-1.53, 0.03]			
Total (95% CI)			19			37	100.0%	-0.13 [-0.69, 0.44]		•	
Heterogeneity: Chi² = Test for overall effect:				2); I² = 8	1%				-10	-5 0 5 Favours CBT-ED Favours Other	10

10 Heterogeneity was detected at I<sup>2</sup>=81%, however, this is a three-armed trial and the data was 11 separated into two entries from the same study so heterogeneity could not be explored.

#### 12 Figure 29: EDE-eating concern

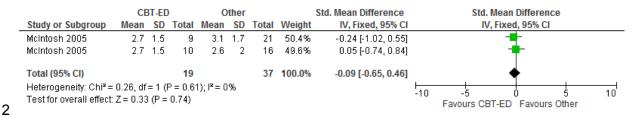
	CBT-ED			Other			Std. Mean Difference			Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	1	
McIntosh 2005	1.7	1.7	9	2.5	1.2	21	49.6%	-0.57 [-1.37, 0.22]				
McIntosh 2005	1.7	1.7	10	1.8	1.6	16	50.4%	-0.06 [-0.85, 0.73]		*		
Total (95% CI)			19			37	100.0%	-0.31 [-0.87, 0.25]		•		
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:		,		7); I² = 0	1%				-10	-5 0 Favours CBT-ED Favours	5 S Other	10

#### 14 Figure 30: EDE-weight concern

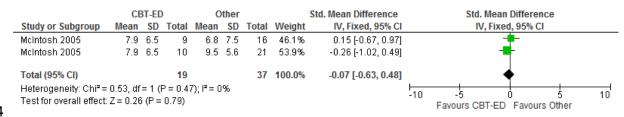
	CBT-ED			O	ther		Std. Mean Difference			Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI		
McIntosh 2005	2.4	1.5	10	1.8	1.5	16	49.3%	0.39 [-0.41, 1.19]		-		
McIntosh 2005	2.4	1.5	9	1.8	1.5	21	50.7%	0.39 [-0.40, 1.18]		+		
Total (95% CI)			19			37	100.0%	0.39 [-0.17, 0.95]		•		
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:		,		0); I² = 0	1%				-10	-5 0 Favours CBT-ED Favours	5 Other	10

13

#### 1 Figure 31: EDE-shape concern



#### 3 Figure 32: EDI-drive for thinness



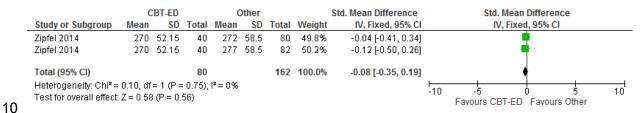
#### 5 Figure 33: EDI-body dissatisfaction

	CBT-ED			Other			Std. Mean Difference			Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI		
McIntosh 2005	5.8	6.9	10	7.3	7.6	21	54.1%	-0.20 [-0.95, 0.56]		-		
McIntosh 2005	5.8	6.9	9	7.7	9.5	16	45.9%	-0.21 [-1.03, 0.61]		+		
Total (95% CI)			19			37	100.0%	-0.20 [-0.76, 0.35]		•		
Heterogeneity: Chi² = Test for overall effect:				8); I² = 0	1%				-10	-5 0 5 Favours CBT-ED Favours Other	10	

#### 7 Figure 34: EDI-bulimia

	CBT-ED		Other			Std. Mean Difference			Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI		
McIntosh 2005	1.5	4	10	2.6	3.2	21	53.8%	-0.31 [-1.07, 0.45]		-		
McIntosh 2005	1.5	4	9	1.8	2.5	16	46.2%	-0.09 [-0.91, 0.72]		+		
Total (95% CI)			19			37	100.0%	-0.21 [-0.76, 0.35]		•		
Heterogeneity: Chi² = Test for overall effect:		,		0); I² = 0	)%				-10	-5 0 Favours CBT-ED Favours O	ther	10

#### 9 Figure 35: EDI-total



#### 11 Figure 36: Depression

	CE	BT-ED	)	0	ther			Std. Mean Difference		Std. Mean D	ifference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	95% CI		
McIntosh 2005	6.9	7.8	9	6.8	7.1	16	46.4%	0.01 [-0.80, 0.83]		-	-		
McIntosh 2005	6.9	7.8	10	9.9	7.3	21	53.6%	-0.39 [-1.15, 0.37]		-			
Total (95% CI)			19			37	100.0%	-0.20 [-0.76, 0.35]		•			
Heterogeneity: Chi² = Test for overall effect:		,		8); I² = 0	1%				-10	-5 0 Favours CBT-ED	Favours O	5 ther	10

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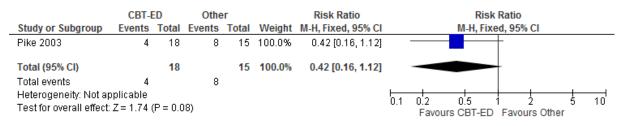
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#### 1 Figure 37: General psychopathology

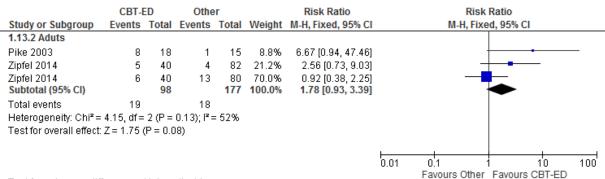
	CBT-E	D (hyb	rid)	0	Other			Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI	
Zipfel 2014	0.77	0.36	40	0.86	0.45	80	49.9%	-0.21 [-0.59, 0.17]	•	+	
Zipfel 2014	0.77	0.36	40	0.89	0.45	82	50.1%	-0.28 [-0.66, 0.10]	•		
Total (95% CI)			80			162	100.0%	-0.25 [-0.52, 0.02]	•		
Heterogeneity: Chi² = Test for overall effect:		•		l² = 0%					-10 -5 (hybrid)	) 5 Favours Other	10

#### 3 Figure 38: Relapse

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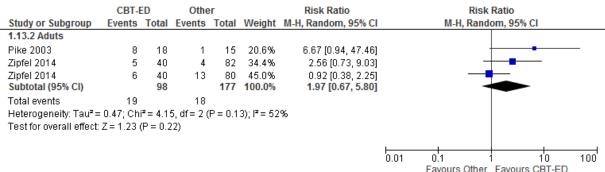
#### 5 Figure 39: Remission



6 Test for subgroup differences: Not applicable

Heterogeneity was detected at I²=52%. Both Pike and Ziphel were considered to have a high risk of bias. Pike included a population different to other studies where the participants had just been discharged from hospital. Consequently, the aim of this study is different to other studies, where the investigators aimed to maintain and consolidate on the gains achieved in hospital. While the paper by Ziphel was downgraded for indirectness since a number of participants received inpatient treatment during the study. If Pike is removed for risk of bias, heterogeneity is reduced to acceptable levels (I²=41%). However this not a legitimate sensitivity analysis because the software believes two studies are still remaining, but in fact Ziphel is a 3-arm trial and is entered twice. The subgroups described in the protocols to explore were either not different between the studies (duration: both >6 years of AN and severity: Pike BMI 16 and Zipfel BMI 16.5) or not reported (comorbidities). In the absence of a good explanation for the heterogeneity, random effects are reported.

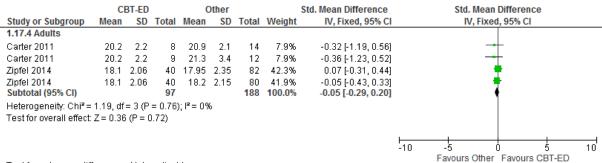
#### 19 Figure 40: Remission (random effects)



1 Test for subgroup differences: Not applicable

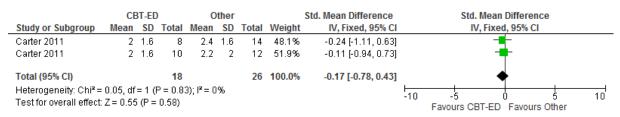
#### M.3.1.22 CBT-ED versus any other intervention in adults with anorexia nervosa at follow-up

#### 3 Figure 41: Body mass index

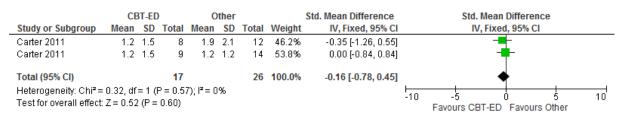


4 Test for subgroup differences: Not applicable

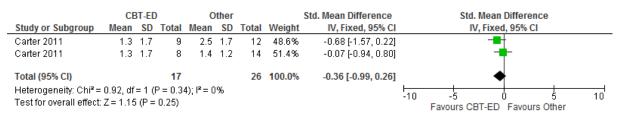
#### 5 Figure 42: EDE-shape concern



7 Figure 43: EDE-eating concern

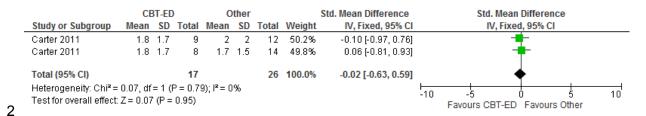


9 Figure 44: EDE-restraint

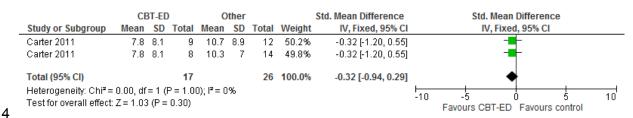


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#### 1 Figure 45: EDE-weight concern



#### 3 Figure 46: EDI-body dissatisfaction



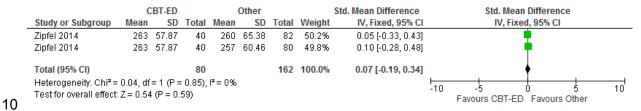
#### 5 Figure 47: EDI-drive for thinness

	CE	BT-ED	)	0	ther			Std. Mean Difference		Std. I	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Carter 2011	6.4	7.4	8	7.2	7	12	47.8%	-0.11 [-1.00, 0.79]			-		
Carter 2011	6.4	7.4	9	3.3	3.1	14	52.2%	0.58 [-0.28, 1.43]			-		
Total (95% CI)			17			26	100.0%	0.25 [-0.37, 0.87]			•		
Heterogeneity: Chi² = Test for overall effect:				8); I² = 1	5%				-10	-5 Favours CB	0 T-ED Favou	5 urs control	10

#### 7 Figure 48: EDI-bulimia

	CE	ST-ED	)	0	ther			Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Carter 2011	3	5.7	8	1.1	2.6	14	49.6%	0.46 [-0.42, 1.34]			-		
Carter 2011	3	5.7	9	1.2	2.7	12	50.4%	0.41 [-0.47, 1.28]			-		
Total (95% CI)			17			26	100.0%	0.43 [-0.19, 1.06]			•		
Heterogeneity: Chi² = Test for overall effect:		,		3); I² = 0	1%				-10	-5 Favours CB	0 T-ED Favoi	5 urs control	10

#### 9 Figure 49: EDI-total

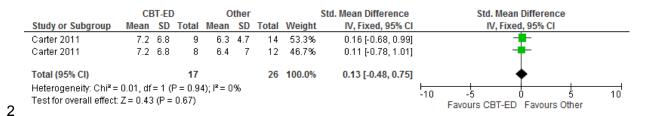


#### 11 Figure 50: General psychopathology

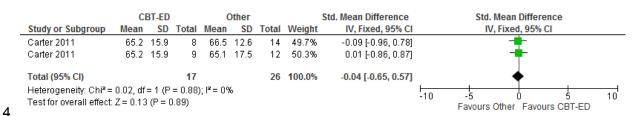
	CBT-E	D (hyb	rid)	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Zipfel 2014	0.73	0.45	40	0.72	0.36	80	49.8%	0.03 [-0.35, 0.40]	•
Zipfel 2014	0.73	0.45	40	0.71	0.54	82	50.2%	0.04 [-0.34, 0.42]	<b>†</b>
Total (95% CI)			80			162	100.0%	0.03 [-0.24, 0.30]	<b>•</b>
Heterogeneity: Chi² = Test for overall effect:	•	•		I <sup>2</sup> = 0%					-10 -5 0 5 10 Favours CBT-ED (hybrid) Favours Other

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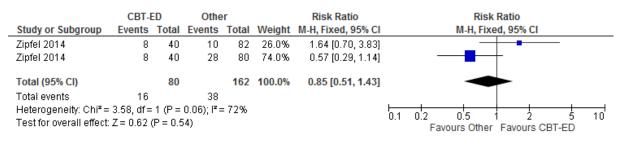
#### 1 Figure 51: Depression



#### 3 Figure 52: General function



#### 5 Figure 53: Remission



## M.3.1.37 CBT-ED versus any other intervention in young people with anorexia nervosa at 8 follow-up

#### 9 Figure 54: Body mass index

	CE	BT-ED	)	0	ther		!	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV,	Random, 95	% CI	
Gowers 2007	18.7	2.1	50	19.4	2.7	48	100.0%	-0.29 [-0.69, 0.11]					
Total (95% CI)			50			48	100.0%	-0.29 [-0.69, 0.11]			•		
Heterogeneity: Not ap Test for overall effect:			0.16)						-10	-5 Favours	0 Other Favo	5 urs CBT-E	10

#### 11 Figure 55: EDI-total

	C	BT-ED		0	ther		!	Std. Mean Difference		Std. Mean	Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% (	CI	
Gowers 2007	52.5	49.1	42	61	52	40	100.0%	-0.17 [-0.60, 0.27]					
Total (95% CI)			42			40	100.0%	-0.17 [-0.60, 0.27]		•	•		
Heterogeneity: Not a Test for overall effect			0.45)						-10	-5 Favours CBT-ED	0 Favou	5 Irs Other	10

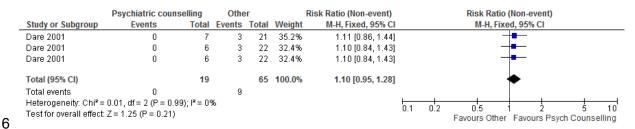
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#### 1 Figure 56: Remission

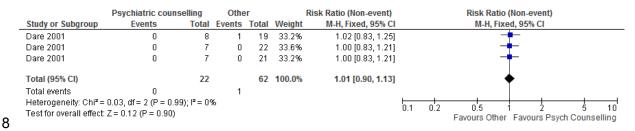


## M.3.1.43 Psychiatric counselling versus any other intervention in adults with anorexia nervosa 4 at the end of treatment

#### 5 Figure 57: Remission

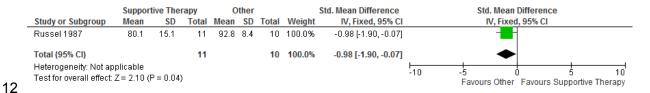


#### 7 Figure 58: All-cause mortality

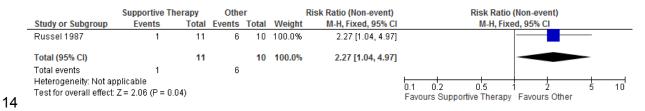


## M.3.1.59 Supportive therapy versus any other intervention in young people with anorexia 10 nervosa at the end of treatment

#### 11 Figure 59: Weight

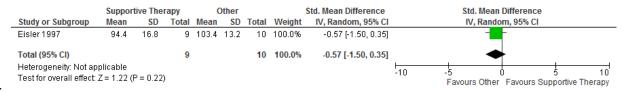


#### 13 Figure 60: Remission



## M.3.1.61 Supportive therapy versus any other intervention in young people with anorexia 2 nervosa at follow-up

#### 3 Figure 61: Body weight



#### 5 Figure 62: Remission

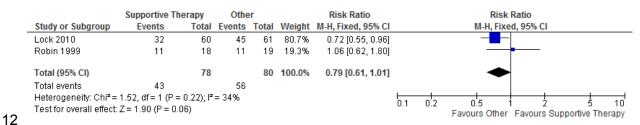


## M.3.1.77 Adolescent-focused therapy versus any other intervention in young people with 8 anorexia nervosa at the end of treatment

#### 9 Figure 63: Body weight

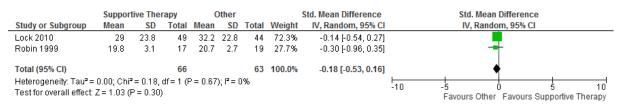
	Suppor	tive The	гару	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI
Lock 2010	23.4	19.6	52	31.4	19.8	51	74.5%	-0.40 [-0.79, -0.01]	]
Robin 1999	18.9	1.9	17	19.9	1.9	19	25.5%	-0.51 [-1.18, 0.15]	]
Total (95% CI)			69			70	100.0%	-0.43 [-0.77, -0.09]	1 •
Heterogeneity: Chi² = Test for overall effect:				0%					-10 -5 0 5 10 Favours Other Favours Supportive Therapy

#### 11 Figure 64: Remission

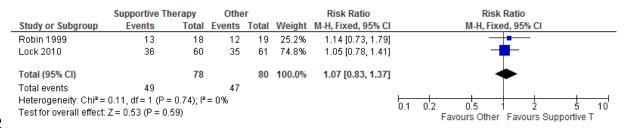


## M.3.1.83 Adolescent-focused therapy versus any other intervention in young people with anorexia nervosa at follow-up

#### 15 Figure 65: Body weight



#### 1 Figure 66: Remission



## M.3.1.93 Psychodynamic general versus any other intervention in adults with anorexia nervosa 4 at the end of treatment

#### 5 Figure 67: Body mass index

	Psychodyr	namic Ge	neral	Anothe	rinterve	ntion	9	Std. Mean Difference		Std	. Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		r	V, Fixed, 95%	CI	
Zipfel 2014	17.3	1.7	40	17.75	1.61	80	49.6%	-0.27 [-0.65, 0.11]			-		
Zipfel 2014	17.3	1.7	40	17.44	1.81	82	50.4%	-0.08 [-0.46, 0.30]			•		
Total (95% CI)			80			162	100.0%	-0.17 [-0.44, 0.09]			•		
Heterogeneity: Chi² = Test for overall effect:			l² = 0%						-10	-5 Favours	Other Favou	5 urs Psychody	10 ynamic

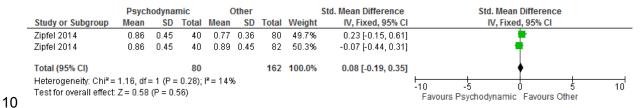
#### 7 Figure 68: EDI-total

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	Psychody	namic Ge	eneral	Anothe	r interve	ntion		Std. Mean Difference		Std. N	lean Differei	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% C	1	
Zipfel 2014	272	55.28	40	277	58.5	82	50.2%	-0.09 [-0.46, 0.29]			•		
Zipfel 2014	272	55.28	40	270	52.15	80	49.8%	0.04 [-0.34, 0.42]			•		
Total (95% CI)			80			162	100.0%	-0.02 [-0.29, 0.24]			•		
Heterogeneity: Chi² = Test for overall effect:	•		; I² = 0%						-10 Favours	-5 Psychodynam	0 ic G Favour	5 s Other	10

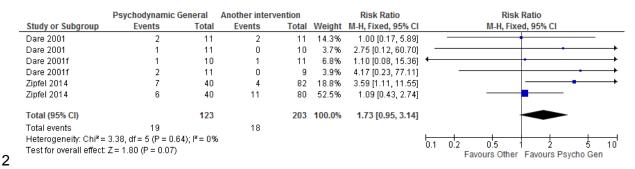
#### 9 Figure 69: General psychopathology



#### 11 Figure 70: All-cause mortality



#### 1 Figure 71: Remission



## M.3.1.103 Psychodynamic general versus any other intervention in adults with anorexia nervosa 4 at follow-up

#### 5 Figure 72: Body weight

	Psychody	namic Ge	neral	Another	interver	ntion		Std. Mean Difference		Std.	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, I	Random, 959	6 CI	
Hall 1987	45.1	10	15	46	6	15	11.0%	-0.11 [-0.82, 0.61]			+		
Treasure 1995	18.5	2.1	14	17.4	3	16	10.7%	0.41 [-0.32, 1.13]			+-		
Zipfel 2014	18.2	2.15	40	17.95	2.35	82	39.3%	0.11 [-0.27, 0.49]					
Zipfel 2014	18.2	2.15	40	18.1	2.06	80	39.0%	0.05 [-0.33, 0.43]			<b>+</b>		
Total (95% CI)			109			193	100.0%	0.09 [-0.14, 0.33]			•		
Heterogeneity: Tau² = Test for overall effect:			3 (P = 0.	78); I² = 09	%				-10	-5 Favours	0 Other Favou	5 Irs Psycho (	10 Gen

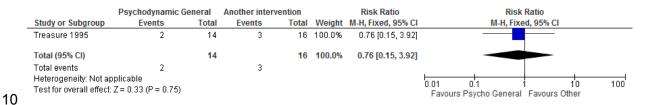
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#### 7 Figure 73: General psychopathology

	Psych	odyna	mic	(	Other			Std. Mean Difference		Std. Mea	n Diffe	erence		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95°	% CI		
Zipfel 2014	0.72	0.36	40	0.71	0.54	82	50.2%	0.02 [-0.36, 0.40]			•			
Zipfel 2014	0.72	0.36	40	0.73	0.45	80	49.8%	-0.02 [-0.40, 0.36]			•			
Total (95% CI)			80			162	100.0%	-0.00 [-0.27, 0.27]			•			
Heterogeneity: Chi² = Test for overall effect:		•		I= 0%					-10	-5 Favours Psycho Ge	0 n Fav	5 ours Othe	er	10

#### 9 Figure 74: EDE-Bulimia



11 Figure 75: EDI-total

	Psychody	ynamic Ge	neral	Anothe	r interve	ntion		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Zipfel 2014	257	60.46	40	260	65.38	82	50.2%	-0.05 [-0.42, 0.33]	<b>+</b>	
Zipfel 2014	257	60.46	40	263	57.87	80	49.8%	-0.10 [-0.48, 0.28]	•	
Total (95% CI)			80			162	100.0%	-0.07 [-0.34, 0.19]	•	
Heterogeneity: Chi² = Test for overall effect:		²=0%						-10 -5 0 5 Favours Psychodynamic G Favours Other	10	

#### 1 Figure 76: Morgan-Russell

	Psychodyn	namic Ge	neral	Another	interver	ntion		Std. Mean Difference		Std. Mean D	ifference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	95% CI	
Treasure 1995	7.3	2.7	14	6.4	2.8	16	100.0%	0.32 [-0.40, 1.04]			·	
Total (95% CI)			14			16	100.0%	0.32 [-0.40, 1.04]			•	
Heterogeneity: Not ap Test for overall effect:		0.39)							-10	-5 0 Favours Other	5 Favours Psyc	10 cho Gen

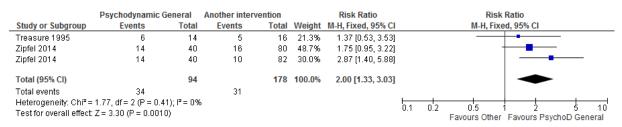
#### 3 Figure 77: Remission

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## M.3.1.115 Interpersonal therapy versus any other intervention in adults with anorexia nervosa at 6 the end of treatment

#### 7 Figure 78: Body mass index

		IPT		Another	interve	ntion		Std. Mean Difference		Std	. Mean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV,	Random, 95	5% CI	
McIntosh 2005	18.1	3.1	11	18.8	2.1	16	49.6%	-0.27 [-1.04, 0.51]			-		
McIntosh 2005	18.1	3.1	10	18.1	1.9	19	50.4%	0.00 [-0.77, 0.77]			•		
Total (95% CI)			21			35	100.0%	-0.13 [-0.68, 0.41]			•		
	Total (95% CI) 21 3 Heterogeneity: Tau² = 0.00; Chi² = 0.23, df = 1 (P = 0.63); l² = 0% Test for overall effect: Z = 0.48 (P = 0.63)								-10	-5 Favours	Other Favo	5 ours IPT	10

#### 9 Figure 79: EDE-restraint

		IPT		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2005	4	1.5	10	1.8	1.6	16	42.8%	1.36 [0.48, 2.25]			-		
McIntosh 2005	4	1.5	11	2.8	1.7	19	57.2%	0.72 [-0.05, 1.48]			-		
Total (95% CI)			21			35	100.0%	0.99 [0.41, 1.57]			•		
- '	otal (95% CI) 21 eterogeneity: Chi² = 1.17, df = 1 (P = 0.28); l² = 15% est for overall effect: Z = 3.35 (P = 0.0008)								-10	-5 Favoui	0 rs IPT Favo	5 urs Other	10

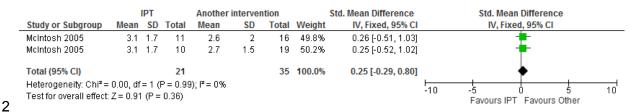
#### 11 Figure 80: EDE-eating concern

		IPT		Another	interver	ntion	!	Std. Mean Difference		Std.	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2005	2.5	1.2	10	1.8	1.6	16	47.0%	0.46 [-0.34, 1.27]			-		
McIntosh 2005	2.5	1.2	11	1.7	1.7	19	53.0%	0.51 [-0.25, 1.26]			-		
Total (95% CI)			21			35	100.0%	0.49 [-0.06, 1.04]			•		
Heterogeneity: Chi² = Test for overall effect		•		l); l² = 0%					-10	-5 Favour	0 s IPT Favou	5 urs Other	10

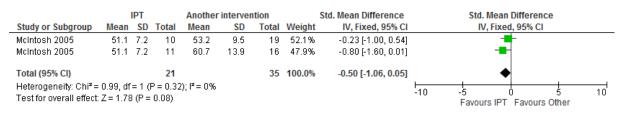
#### 13 Figure 81: EDE-weight concern

		IPT		Another	interver	ntion	:	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95%	CI	
McIntosh 2005	1.8	1.5	11	2.4	1.5	19	52.6%	-0.39 [-1.14, 0.36]			-		
McIntosh 2005	1.8	1.5	10	1.8	1.5	16	47.4%	0.00 [-0.79, 0.79]			•		
Total (95% CI)			21			35	100.0%	-0.20 [-0.75, 0.34]			•		
Heterogeneity: Chi <sup>2</sup> =				3); I² = 0%					-10	-5		5	10
Test for overall effect	Z=0.74	(==	0.40)							Favou	rs IPT Favo	urs Other	

#### 1 Figure 82: EDE-shape concern



#### 3 Figure 83: General function



#### 5 Figure 84: Depression

		IPT		Another	interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2005	9.9	7.3	10	6.8	7.1	16	46.8%	0.42 [-0.38, 1.22]			-		
McIntosh 2005	9.9	7.3	11	6.9	7.8	19	53.2%	0.38 [-0.37, 1.13]			-		
Total (95% CI)			21			35	100.0%	0.40 [-0.15, 0.95]			•		
- '	21 neity: Chi² = 0.00, df = 1 (P = 0.9 erall effect: Z = 1.43 (P = 0.15)			5); I² = 0%					-10	-5 Favou	0 's IPT Favo	5 urs Other	10

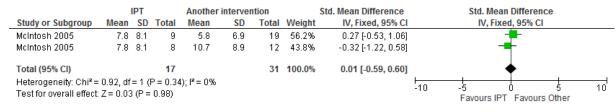
#### 7 Figure 85: EDI-drive for thinness

		IPT		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differ	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2005	6.4	7.4	8	7.2	7	12	44.1%	-0.11 [-1.00, 0.79]			-		
McIntosh 2005	6.4	7.4	9	7.9	6.5	19	55.9%	-0.21 [-1.01, 0.58]			-		
Total (95% CI)			17			31	100.0%	-0.17 [-0.76, 0.43]			•		
- '	17 = 0.03, df = 1 (P = 0.86); I <sup>2</sup> = 0% ct: Z = 0.55 (P = 0.58)								-10	-5 Favou	0 rs IPT Favo	5 ours Other	10

#### 9 Figure 86: EDI-bulimia

		IPT		Another	interver	ntion	!	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	Fixed, 95%	CI	
McIntosh 2005	3	5.7	9	1.5	4	19	56.3%	0.32 [-0.48, 1.12]			-		
McIntosh 2005	3	5.7	8	1.2	2.7	12	43.7%	0.42 [-0.49, 1.32]			-		
Total (95% CI)			17			31	100.0%	0.36 [-0.24, 0.96]			•		
Heterogeneity: Chi² = Test for overall effect		,		'); l² = 0%					-10	-5 Favour	0 s IPT Favoi	5 urs Other	10

#### 11 Figure 87: EDI-body dissatisfaction

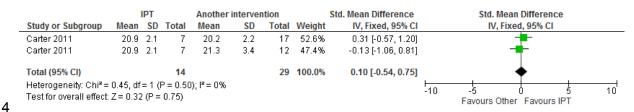


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## M.3.1.121 Interpersonal therapy versus any other intervention in adults with anorexia nervosa at 2 follow-up

#### 3 Figure 88: Body mass index



#### 5 Figure 89: EDE-shape concern



#### 7 Figure 90: EDE-eating concern

		IPT		Another	interve	ntion	!	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	Fixed, 95%	CI	
Carter 2011	1.2	1.2	7	1.2	1.5	17	53.3%	0.00 [-0.88, 0.88]			-		
Carter 2011	1.2	1.2	7	1.9	2.1	12	46.7%	-0.36 [-1.31, 0.58]			-		
Total (95% CI)			14			29	100.0%	-0.17 [-0.81, 0.47]			•		
Heterogeneity: Chi² = Test for overall effect		,		3); I² = 0%					-10	-5 Favour	0 s IPT Favo	5 urs Other	10

#### 9 Figure 91: EDE-restraint

		IPT		Another	interver	ntion	!	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	/, Fixed, 95%	CI	
Carter 2011	1.4	1.2	7	1.3	1.7	17	54.5%	0.06 [-0.82, 0.94]			-		
Carter 2011	1.4	1.2	7	2.5	1.7	12	45.5%	-0.68 [-1.64, 0.28]					
Total (95% CI)			14			29	100.0%	-0.28 [-0.93, 0.37]			•		
- '	95% CI) 14 ogeneity: Chi² = 1.24, df = 1 (P = 0.26); l² = 20% or overall effect: Z = 0.83 (P = 0.40)								-10	<del>-5</del>	-	5	10
restior overall ellect	∠= 0.8.	3 (P =	0.40)							Favou	rs IPT Favo	urs Other	

#### 11 Figure 92: EDE-weight concern

		IPT		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Carter 2011	1.7	1.5	7	1.8	1.7	17	52.9%	-0.06 [-0.94, 0.82]			-		
Carter 2011	1.7	1.7 1.5 7			2	12	47.1%	-0.16 [-1.09, 0.78]			-		
Total (95% CI)			14			29	100.0%	-0.10 [-0.74, 0.54]			•		
- '	14 hi² = 0.02, df = 1 (P = 0.88); l² = 0% ffect: Z = 0.32 (P = 0.75)								-10	-5 Favou	0 rs IPT Favo	5 urs Other	10

#### 13 Figure 93: EDI-drive for thinness

		IPT		Another	interve	ntion	9	Std. Mean Difference		Std. Mean	Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	1, 95%	CI	
Carter 2011	3.3	3.1	7	6.4	7.4	17	53.6%	-0.46 [-1.35, 0.43]		-	+		
Carter 2011	3.3	3.1	7	7.2	7	12	46.4%	-0.63 [-1.59, 0.33]		-	t		
Total (95% CI)			14			29	100.0%	-0.54 [-1.19, 0.11]		•			
Heterogeneity: Chi <sup>2</sup> : Test for overall effec		,		); I²= 0%					-10	-5 Favours IPT	0	5	10

8

10

#### 1 Figure 94: EDI-bulimia

		IPT		Another	interve	ntion	!	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95%	CI	
Carter 2011	1.1	2.6	7	3	5.7	17	52.5%	-0.36 [-1.25, 0.52]			-		
Carter 2011	1.1	2.6	7	1.2	2.7	12	47.5%	-0.04 [-0.97, 0.90]			-		
Total (95% CI)			14			29	100.0%	-0.21 [-0.85, 0.44]			•		
Heterogeneity: Chi² = Test for overall effect	= 0.25, df = 1 (P = 0.62); I <sup>z</sup> = 0%								-10	-5 Favou	0 rs IPT Favo	5 urs Other	10

#### 3 Figure 95: EDI-body dissatisfaction



#### 5 Figure 96: Depression



#### 7 Figure 97: General function

		IPT		Another	r interve	ntion	9	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV.	Fixed, 95%	CI	
Carter 2011	66.5	12.6	7	65.2	15.9	17	52.9%	0.08 [-0.80, 0.96]			-		
Carter 2011	66.5	12.6	7	65.1	17.5	12	47.1%	0.08 [-0.85, 1.02]			+		
Total (95% CI)			14			29	100.0%	0.08 [-0.56, 0.72]			•		
Heterogeneity: Chi² = Test for overall effect		,		; I² = 0%					-10	-5 Favour	0 s IPT Favo	5 urs Other	10

## M.3.1.131 SSCM versus any other intervention in adults with anorexia nervosa at the end of treatment

#### 3 Figure 98: Body mass index

	5	SCM		Another	interver	ntion		Std. Mean Difference		Std. I	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIntosh 2005	18.8	2.1	8	18.1	1.9	19	8.6%	0.35 [-0.49, 1.18]			+-		
McIntosh 2005	18.8	2.1	8	18.1	3.1	21	8.9%	0.24 [-0.58, 1.05]			+		
Schmidt 2012	17.2	2.19	37	17.3	2.1	34	27.5%	-0.05 [-0.51, 0.42]			+		
Schmidt 2015	17.41	2.09	72	17.7	2.21	70	55.0%	-0.13 [-0.46, 0.20]			•		
Total (95% CI)			125			144	100.0%	-0.04 [-0.28, 0.21]			•		
Heterogeneity: Chi² = Test for overall effect	•			; I² = 0%					-10	-5 Favours (	0 Other Favor	5 urs SSCM	10

#### 5 Figure 99: EDE-restraint

4

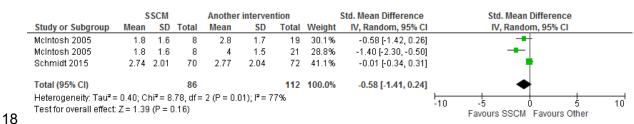
6

16

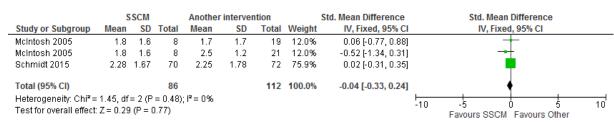
	5	SCM		Another	interver	ntion		Std. Mean Difference		Std. Mean Differer	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% C	l	
McIntosh 2005	1.8	1.6	8	2.8	1.7	19	11.9%	-0.58 [-1.42, 0.26]				
McIntosh 2005	1.8	1.6	8	4	1.5	21	10.4%	-1.40 [-2.30, -0.50]				
Schmidt 2015	2.74	2.01	70	2.77	2.04	72	77.8%	-0.01 [-0.34, 0.31]		•		
Total (95% CI)			86			112	100.0%	-0.23 [-0.52, 0.07]		•		
- '	eneity: Chi² = 8.78, df = 2 (P = 0.01); l² = 77% overall effect: Z = 1.52 (P = 0.13)								-10	-5 0 Favours SSCM Favour	5 s Other	10

Heterogeneity was detected at I²=77%. It is difficult to do a sensitivity analysis when only two studies are included. In McIntosh 2005, EDE-restraint was one of the few baseline characteristics that were not matched at baseline. Of the 3 subgroups to explore, one included comorbidities, however both studies included patients with comorbidities so the data could not be separated based on this variable. In McIntosh, 19-61% of the participants in each group had a lifetime history of bulimia nervosa and in Schmidt, 38% were currently on antidepressant medication. The other subgroups included severity of illness, however, both studies included a population with a similar BMI and duration of illness could not be explored because McIntosh did not report duration of illness. As a result random effects are reported.

#### 17 Figure 100: EDE-restraint (random effects)



#### 19 Figure 101: EDE-eating concern



#### 1 Figure 102: EDE-weight concern

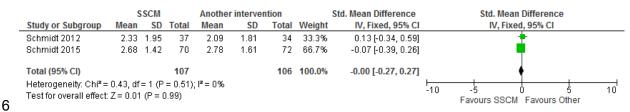
	S	SCM		Another	interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95%	CI	
McIntosh 2005	1.8	1.5	8	2.4	1.5	19	11.8%	-0.39 [-1.22, 0.45]					
McIntosh 2005	1.8	1.5	8	1.8	1.5	21	12.4%	0.00 [-0.81, 0.81]			+		
Schmidt 2015	2.62	1.92	70	2.68	2.04	72	75.8%	-0.03 [-0.36, 0.30]			•		
Total (95% CI)			86			112	100.0%	-0.07 [-0.36, 0.22]			•		
Heterogeneity: Chi²=	0.64, df	= 2 (P	= 0.72)	; I² = 0%					-10	-5	<del></del>		10
Test for overall effect	Z = 0.47	'(P=0	0.64)						.0	Favours	SSCM Favo	urs Other	10

#### 3 Figure 103: EDE-shape concern

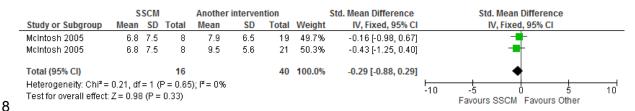
2



#### 5 Figure 104: EDE-global



#### 7 Figure 105: EDI-drive for thinness



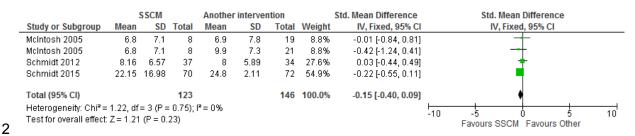
#### 9 Figure 106: EDI-body dissatisfaction



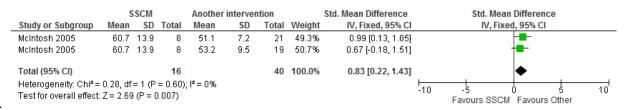
#### 11 Figure 107: EDI-bulimia

	S	SCM		Another	intervei	ntion		Std. Mean Difference		Std. Me	an Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fi	xed, 95%	CI	
McIntosh 2005	1.8	2.5	8	2.6	3.2	21	50.5%	-0.26 [-1.07, 0.56]			-		
McIntosh 2005	1.8	2.5	8	1.5	4	19	49.5%	0.08 [-0.75, 0.91]			+		
Total (95% CI)			16			40	100.0%	-0.09 [-0.67, 0.49]			•		
Heterogeneity: Chi² = Test for overall effect:		,		?); I² = 0%					-10	-5 Favours SS(	0 CM Favor	5 urs Other	10

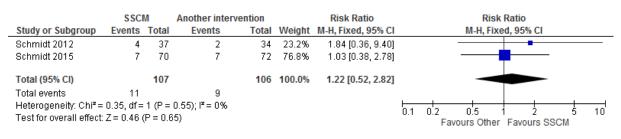
#### 1 Figure 108: Depression



#### 3 Figure 109: General function



#### 5 Figure 110: Remission

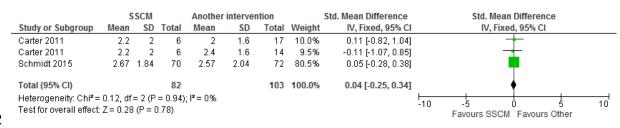


#### M.3.1.148 SSCM versus any other intervention in adults with anorexia nervosa at follow-up

#### 9 Figure 111: Body mass index

	S	SCM		Another	interver	ntion		Std. Mean Difference		Std. Mean Differer	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95%	CI	
Carter 2011	21.3	3.4	6	20.9	2.1	14	6.1%	0.15 [-0.81, 1.11]		+		
Carter 2011	21.3	3.4	6	20.2	2.2	17	6.3%	0.42 [-0.52, 1.36]		+-		
Schmidt 2012	17.6	2.49	37	17.8	2.33	34	25.7%	-0.08 [-0.55, 0.38]		+		
Schmidt 2015	18.05	3.01	70	18.4	3.05	72	51.4%	-0.11 [-0.44, 0.21]		•		
Treasure 1995	17.4	3	16	18.5	2.1	14	10.6%	-0.41 [-1.13, 0.32]				
Total (95% CI)			135			151	100.0%	-0.09 [-0.32, 0.15]		•		
Heterogeneity: Tau <sup>2</sup> =	= 0.00; C	hi²= 2	.13, df=	4 (P = 0.1	71); I² = 0	1%			-10	<u> </u>	<del></del>	10
Test for overall effect	Z = 0.73	(P = 0	0.47)						-10	Favours Other Favour	rs SSCM	10

#### 11 Figure 112: EDE-shape concerns



10

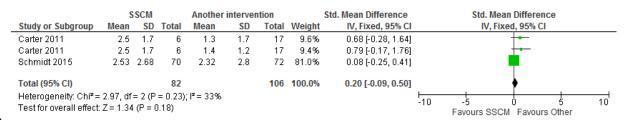
#### 1 Figure 113: EDE-eating concern

	S	SCM		Another	r interve	ntion	9	Std. Mean Difference		Std. Me	an Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	xed, 95%	CI	
Carter 2011	1.9	2.1	6	1.2	1.5	17	9.9%	0.41 [-0.53, 1.35]			+-		
Carter 2011	1.9	2.1	6	1.2	1.2	14	9.4%	0.45 [-0.52, 1.41]			<del>+-</del>		
Schmidt 2015	2.08	2.09	70	1.67	2.12	72	80.7%	0.19 [-0.14, 0.52]					
Total (95% CI)			82			103	100.0%	0.24 [-0.06, 0.53]			•		
Heterogeneity: Chi²= Test for overall effect				; I² = 0%					-10	-5 Favours SSC	0 CM Favor	5 urs Other	10

#### 3 Figure 114: EDE-restraint

2

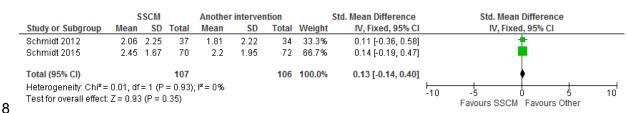
6



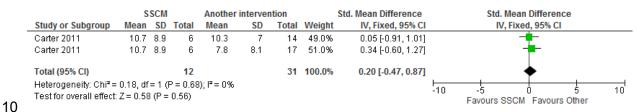
#### 5 Figure 115: EDE-weight concern

	5	SCM		Another	interver	ntion		Std. Mean Difference		Std. I	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Carter 2011	2	2	6	1.7	1.5	17	10.0%	0.18 [-0.76, 1.11]			-		
Carter 2011	2	2	6	1.8	1.7	17	10.0%	0.11 [-0.82, 1.04]			+		
Schmidt 2015	2.44	2.01	70	2.09	2.12	72	80.0%	0.17 [-0.16, 0.50]			•		
Total (95% CI)			82			106	100.0%	0.16 [-0.13, 0.46]			•		
	95% Ci) geneity: Chi² = 0.02, df = 2 (P = 0.99); l² = 0% r overall effect: Z = 1.09 (P = 0.28)								-10	-5 Favours S	0 SCM Favo	5 urs Other	10

#### 7 Figure 116: EDE-global



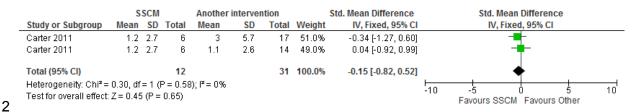
#### 9 Figure 117: EDI-body dissatisfaction



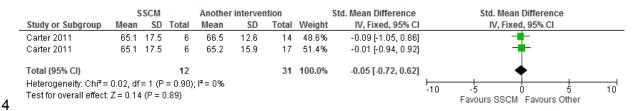
#### 11 Figure 118: EDI-drive for thinness

	S	SCM		Another	interve	ntion	9	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Carter 2011	7.2	7	6	3.3	3.1	14	46.6%	0.82 [-0.17, 1.82]			-		
Carter 2011	7.2	7	6	6.4	7.4	17	53.4%	0.11 [-0.83, 1.04]			•		
Total (95% CI)			12			31	100.0%	0.44 [-0.24, 1.12]			•		
Heterogeneity: Chi <sup>z</sup> = Test for overall effect	•	,		0); I² = 6%					-10	-5 Favours S	0 SCM Favor	5 urs Other	10

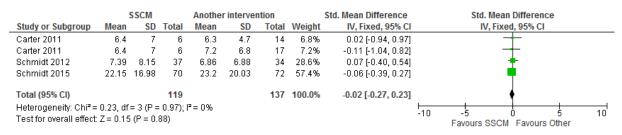
#### 1 Figure 119: EDI-bulimia



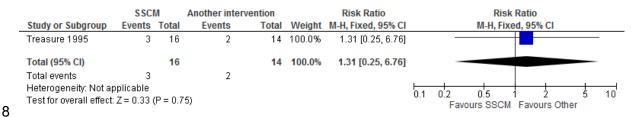
#### 3 Figure 120: General function



## 5 Figure 121: Depression



## 7 Figure 122: Bulimia

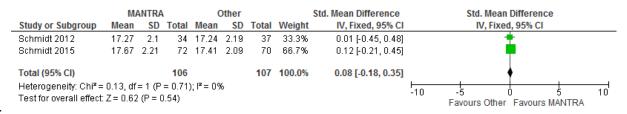


#### 9 Figure 123: Remission

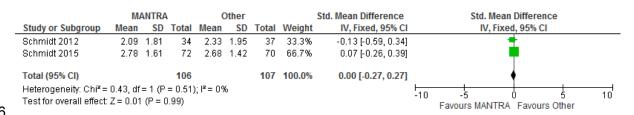


## M.3.1.151 MANTRA versus any other intervention in adults with anorexia nervosa at the end of treatment

#### 3 Figure 124: Body mass index



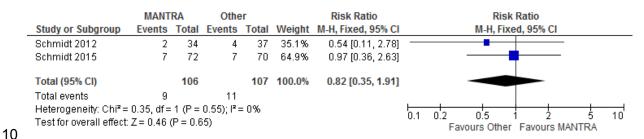
## 5 Figure 125: EDE-global



## 7 Figure 126: Depression

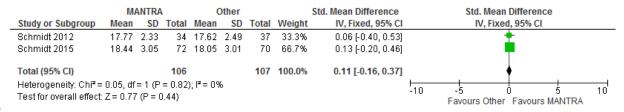
	MA	ANTRA			Other			Std. Mean Difference		Std. Me	an Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	xed, 95%	CI	
Schmidt 2012	8	5.89	34	8.16	6.57	37	33.3%	-0.03 [-0.49, 0.44]			+		
Schmidt 2015	24.8	17.9	72	24.92	15.48	70	66.7%	-0.01 [-0.34, 0.32]			•		
Total (95% CI)			106			107	100.0%	-0.01 [-0.28, 0.26]			•		
Heterogeneity: Chi² = Test for overall effect:		,		); I² = 09	6				-10	-5 Favours MANTF	0 RA Favo	5 urs Other	10

### 9 Figure 127: Remission



## M.3.1.161 MANTRA versus any other intervention in adults with anorexia nervosa at follow-up

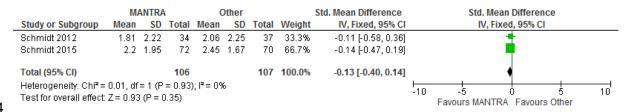
#### 12 Figure 128: Body mass index



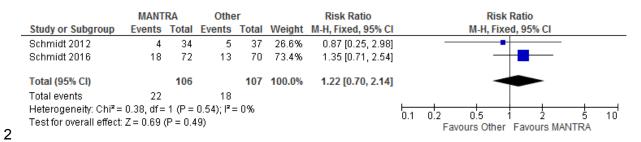
## 1 Figure 129: Depression



## 3 Figure 130: EDE-global

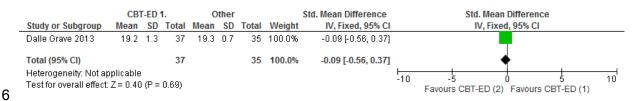


#### 1 Figure 131: Remission



## M.3.1.173 Inpatient CBT-ED versus another inpatient CBT-ED intervention in adults with anorexia 4 nervosa the end of treatment

### 5 Figure 132: Body mass index



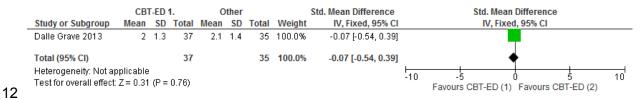
#### 7 Figure 133: EDE-restraint

	CB	Γ-ED '	1.	O	ther			Std. Mean Difference			Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed	i, 95% CI		
Dalle Grave 2013	0.8	8.0	37	0.8	0.7	35	100.0%	0.00 [-0.46, 0.46]						
Total (95% CI)			37			35	100.0%	0.00 [-0.46, 0.46]						
Heterogeneity: Not ap Test for overall effect:			1.00)						-10	Favour	5 's CBT-ED (1)	Favours CB1	5 「-ED (2)	10

## 9 Figure 134: EDE-eating concern

	CBT	Γ-ED '	1.	0	ther			Std. Mean Difference		Std.	Mean Differ	ence		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	/, Fixed, 95%	CI		
Dalle Grave 2013	1.2	1.1	37	1.1	1	35	100.0%	0.09 [-0.37, 0.56]			-			
Total (95% CI)			37			35	100.0%	0.09 [-0.37, 0.56]			<b>†</b>			
Heterogeneity: Not ap Test for overall effect:			0.69)						-10	-5 Favours CBT-I	0 ED (1) Favo	5 urs CBT-El	10 D (2)	1

#### 11 Figure 135: EDE-weight concern

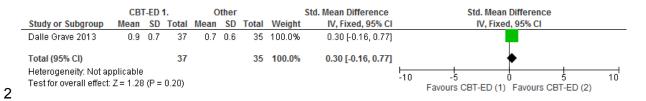


## 13 Figure 136: EDE-shape concern

	CB1	-ED	1.	0	ther			Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
Dalle Grave 2013	2.8	1.6	37	2.7	1.6	35	100.0%	0.06 [-0.40, 0.52]		<b>-</b>	
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•		<b>37</b> 0.79)			35	100.0%	0.06 [-0.40, 0.52]	<del>-</del> 10	-5 0 5 Favours CBT-ED (1) Favours CBT-ED (2)	10

8

## 1 Figure 137: General psychiatric feature



# M.3.1.183 Inpatient CBT-ED versus another inpatient CBT-ED intervention in adults with anorexia 4 nervosa at follow-up

#### 5 Figure 138: Body mass index

	CBT	Γ-ED	1.	0	ther			Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Rando	om, 95% CI	
Dalle Grave 2013	17.9	2.4	34	17.8	2.2	34	100.0%	0.04 [-0.43, 0.52]				
Total (95% CI)			34			34	100.0%	0.04 [-0.43, 0.52]			•	
Heterogeneity: Not ap Test for overall effect:			0.86)						-10	-5 Favours CBT-ED (2)	0 5 Favours CBT-ED (	10 1)

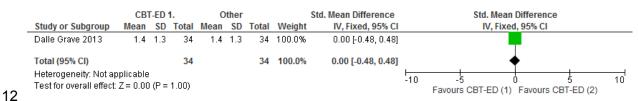
## 7 Figure 139: General psychiatric features

		CBT	Γ-ED '	1.	CB	T-ED	2		Std. Mean Difference		Std. Mean E	)ifference		
Study or	r Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	95% CI		
Dalle Gr	ave 2013	0.9	0.7	34	0.8	0.7	34	100.0%	0.14 [-0.33, 0.62]		•			
_	5 <b>% CI)</b> eneity: Not app overall effect: 2			<b>34</b> 0.56)			34	100.0%	0.14 [-0.33, 0.62]	<del>-</del> 10	-5 0 Favours CBT-ED (1)	Favours CBT-	ED (2)	10

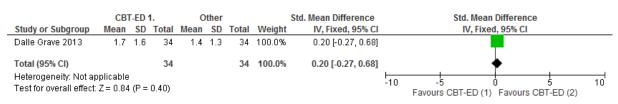
#### 9 Figure 140: EDE-restraint

	CB	T-ED '	1.	O	ther			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Dalle Grave 2013	1.4	1.8	34	1.5	1.5	34	100.0%	-0.06 [-0.54, 0.42]	l
Total (95% CI)			34			34	100.0%	-0.06 [-0.54, 0.42]	ı <b>♦</b>
Heterogeneity: Not ap Test for overall effect:	•		0.81)						-10 -5 0 5 10 Favours CBT-ED (1) Favours CBT-ED (2)

#### 11 Figure 141: EDE-eating concern



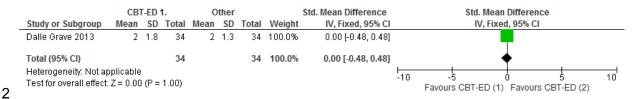
#### 13 Figure 142: EDE-weight concern



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## 1 Figure 143: EDE-shape concern



## M.3.1.193 CBT-ED versus any other intervention in adults with severe anorexia nervosa the end 4 of treatment

## 5 Figure 144: Body mass index

	(	СВТ		Another	interver	ntion	S	td. Mean Difference		Std. I	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Touyz 2013	16.8	1.5	31	16.8	2	32	100.0%	0.00 [-0.49, 0.49]					
Total (95% CI)			31			32	100.0%	0.00 [-0.49, 0.49]			•		
Heterogeneity: Not a Test for overall effect			1.00)						-10	-5 Favours (	0 Other Favo	5 urs CBT	10

#### 7 Figure 145: Depression

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		CBT		Anothe	r interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	/, Fixed, 95%	CI	
Touyz 2013	14.1	12.2	31	17.2	12.9	32	100.0%	-0.24 [-0.74, 0.25]					
Total (95% CI)			31			32	100.0%	-0.24 [-0.74, 0.25]			•		
Heterogeneity: Not a Test for overall effect			0.34)						-10	-5 Favours	0 S CBT Favo	5 urs Other	10

## 9 Figure 146: EDE-global



#### 11 Figure 147: Quality of life



# M.3.1.203 CBT-ED versus any other intervention in adults with severe anorexia nervosa at follow-up

## 15 Figure 148: Body mass index

	S	SCM		Another	interver	ntion		Std. Mean Difference		Std. I	Mean Diffe	erence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95	% CI	
Touyz 2013	16.8	2	32	16.8	1.5	31	100.0%	0.00 [-0.49, 0.49]					
Total (95% CI)			32			31	100.0%	0.00 [-0.49, 0.49]			•		
Heterogeneity: Not ap Test for overall effect			: 1.00)						-10	-5 Favours (	0 Other Fav	5 vours SSCM	10 I

#### 1 Figure 149: Quality of life

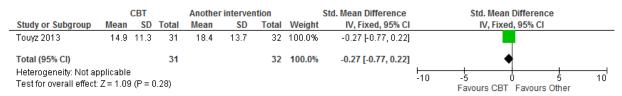
	(	CBT		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Touyz 2013	1.2	0.7	31	1.3	0.7	32	100.0%	-0.14 [-0.64, 0.35]					
Total (95% CI)			31			32	100.0%	-0.14 [-0.64, 0.35]			•		
Heterogeneity: Not ap Test for overall effect:			0.58)						-10	-5 Favours	0 Other Favo	5 urs CBT	10

## 3 Figure 150: Depression

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## 5 Figure 151: EDE-global

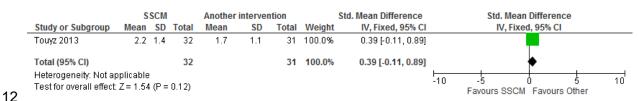
		CBT		Anothe	r interver	ntion		Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	l, 95% CI	
Touyz 2013	1.5	1.1	31	2.2	1.3	32	100.0%	-0.57 [-1.08, -0.07]				
Total (95% CI)			31			32	100.0%	-0.57 [-1.08, -0.07]		<b>*</b>		
Heterogeneity: Not ap Test for overall effect:			0.03)						-10	-5 ( Favours CBT	) 5 Favours Othe	10 er

## M.3.1.217 SSCM versus any other intervention in adults with severe anorexia nervosa at the end 8 of treatment

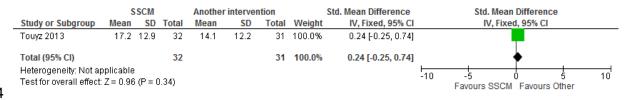
#### 9 Figure 152: Body mass index

	S	SCM		Another	r interver	ntion	9	Std. Mean Difference		Std. I	Aean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Touyz 2013	16.8	2	32	16.8	1.5	31	100.0%	0.00 [-0.49, 0.49]					
Total (95% CI)			32			31	100.0%	0.00 [-0.49, 0.49]			•		
Heterogeneity: Not ap Test for overall effect			1.00)						-10	-5 Favours S	0 SCM Favo	5 urs Other	10

#### 11 Figure 153: EDE-global



#### 13 Figure 154: Depression



## 1 Figure 155: Quality of life

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	S	SCM		Another	interver	ntion		Std. Mean Difference		Std. I	Aean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 959	% CI	
Touyz 2013	1.4	0.6	32	1.2	0.8	31	100.0%	0.28 [-0.22, 0.78]					
Total (95% CI)			32			31	100.0%	0.28 [-0.22, 0.78]			•		
Heterogeneity: Not ap Test for overall effect			0.27)						-10	-5 Favours (	0 Other Fav	5 ours SSCM	10

# M.3.1.223 SSCM versus any other intervention in adults with severe anorexia nervosa at follow-

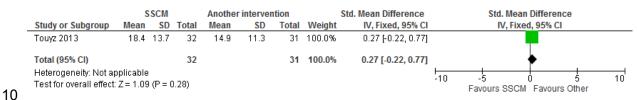
## 5 Figure 156: Body mass index

	S	SCM		Anothe	r interve	ntion		Std. Mean Difference		Std. N	lean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Touyz 2013	16.8	1.8	32	17	1.7	31	100.0%	-0.11 [-0.61, 0.38]					
Total (95% CI)			32			31	100.0%	-0.11 [-0.61, 0.38]			•		
Heterogeneity: Not a Test for overall effect			0.65)						-10	-5 Favours C	0 ther Favo	5 ours SSCM	10

## 7 Figure 157: EDE-global

	S	SCM		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Touyz 2013	2.2	1.3	32	1.5	1.1	31	100.0%	0.57 [0.07, 1.08]					
Total (95% CI)			32			31	100.0%	0.57 [0.07, 1.08]			•		
Heterogeneity: Not ap Test for overall effect:			0.03)						-10	-5 Favours (	0 SSCM Favo	5 urs Other	10

## 9 Figure 158: Depression



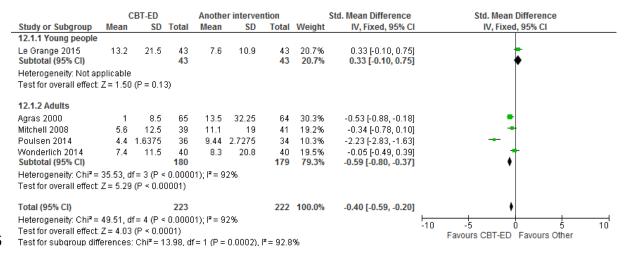
## 11 Figure 159: Quality of life

	S	SCM		Another	interver	ntion	9	Std. Mean Difference		Std. I	Aean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Touyz 2013	1.3	0.7	32	1.2	0.7	31	100.0%	0.14 [-0.35, 0.64]					
Total (95% CI)			32			31	100.0%	0.14 [-0.35, 0.64]			•		
Heterogeneity: Not ap Test for overall effect:			0.58)						-10	-5 Favours 0	0 Other Favo	5 urs SSCM	10

## M.3.21 Individual therapy for bulimia nervosa

## M.3.2.12 CBT-ED versus any other intervention in adults (unless otherwise stated) with bulimia a nervosa at the end of treatment

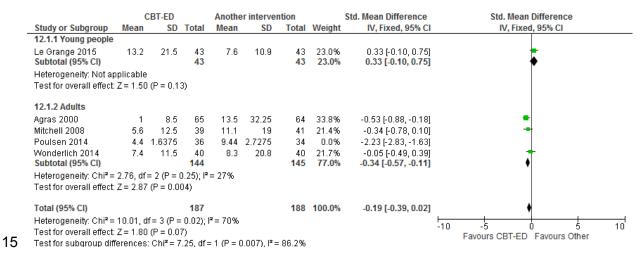
#### 4 Figure 160: Purges in young people and adults



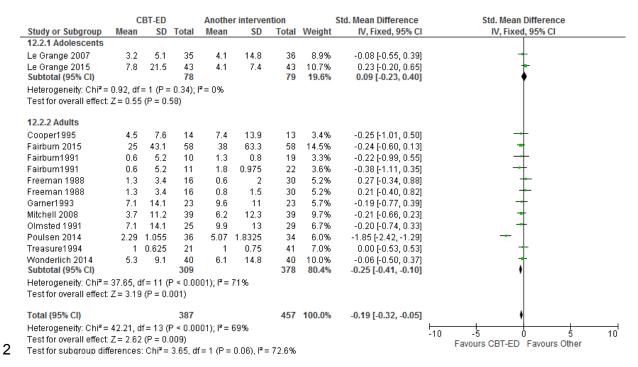
6 Heterogeneity was detected in adults at I<sup>2</sup>=92%. One paper by Poulsen 2014 carried a high 7 risk of bias given that the duration of the two treatments arms, CBT-ED and psychodynamic 8 therapy, were considerably different. CBT-ED was for 5 months while psychodynamic 9 therapy continued for 19 months thus making it difficult to compare end of treatment effects 10 and to account for inevitable improvements in people with an eating disorder that happen 11 over time. When a sensitivity analysis was performed and it was removed from the analysis, 12 heterogeneity was reduced to 27%.

#### 13 Figure 161: Purges in young people and adults (sensitivity analysis)

14

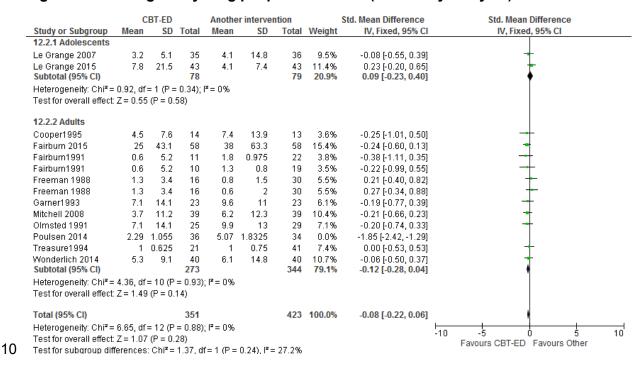


#### 1 Figure 162: Binges in young people and adults

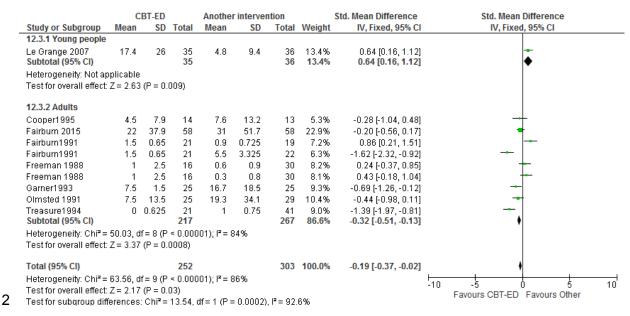


Heterogeneity was detected in adults at I<sup>2</sup>=71%. One paper by Poulsen 2014 carried a high risk of bias given that the duration of the two treatments arms, CBT-ED and psychodynamic therapy, were considerably different. CBT-ED was for 5 months while psychodynamic therapy continued for 19 months thus making it difficult to compare end of treatment effects and to account for inevitable improvements in people with an eating disorder that happen over time. If Poulsen is removed from the analysis heterogeneity is reduced to 0%.

#### 9 Figure 163: Binges in young people and adults (sensitivity analysis)



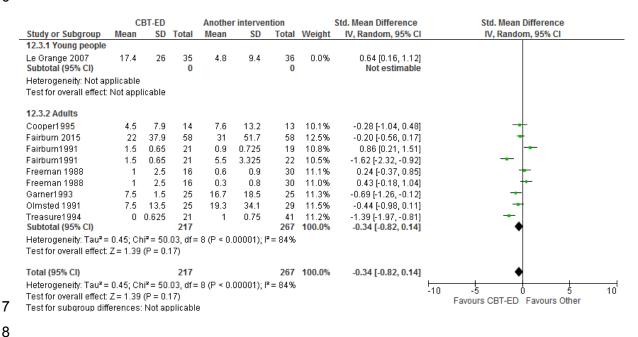
## 1 Figure 164: Vomiting in young people and adults



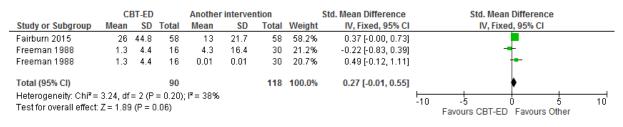
- 3 Heterogeneity was detected at 86%. Risk of bias did not account for any variability, nor did
- 4 stage of illness, severity or comorbidity. A random effects analysis was presented instead.

#### 5 Figure 165: Vomiting in young people and adults (random effects)

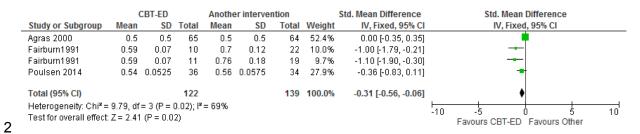
6



#### 9 Figure 166: Laxative use

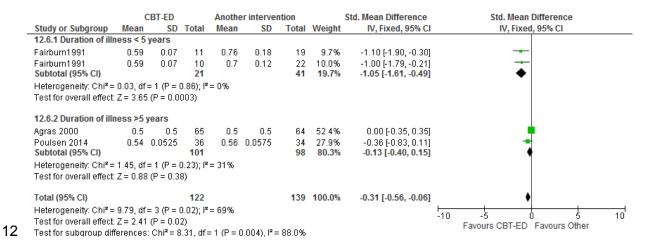


## 1 Figure 167: Symptom check-list (SCL-90-R)



Heterogeneity was detected at I<sup>2</sup>=69%. Removing Poulsen the study that carried a risk of bias because of different durations of treatment did not reduce the heterogeneity. However, an exploration of the other variables showed that duration of illness may explain the heterogeneity. A shorter duration of illness (<5 years) showed a better response to CBT-ED treatment compared with those who had endured a longer duration of illness (>5 years). Severity of illness was not different based on the number of binges per month was not different and the populations included all had comorbidities of varying degrees.

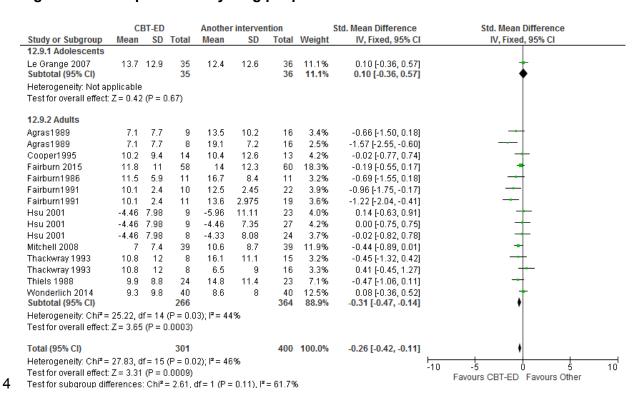
## 10 Figure 168: Symptom check-list (SCL-90-R) with sub-group analysis for duration of illness



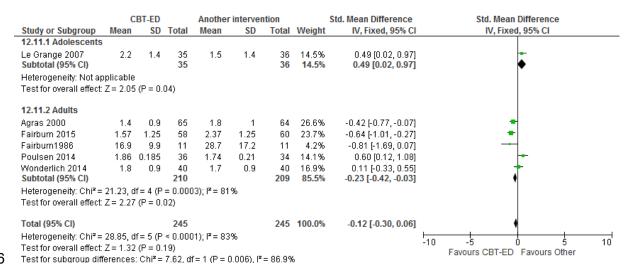
#### 1 Figure 169: Quality of life



#### 3 Figure 170: Depression in young people and adults



## 5 Figure 171: EDE-total in young people and adults

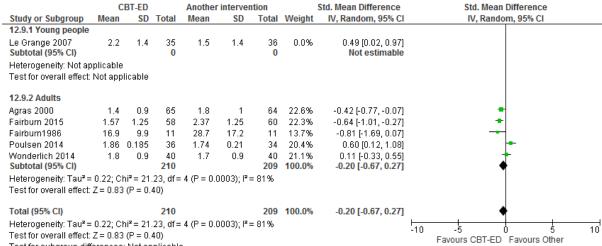


7 Heterogeneity was detected in adults at I<sup>2</sup>=81%. Removing Poulsen the study that carried a 8 risk of bias because of different durations of treatment significantly reduced the heterogeneity 9 to 60% but not to acceptable levels. All of the studies included a population with mental 10 health comorbidities, such as depression and anxiety, so this could not explain any

- 1 variability. Duration of illness could not explain the variability, because of the studies that
- 2 reported this, it was not significantly different. Severity of illness was difficult to guage. One
- 3 study, Fairburn 1986 reported the participants had a high EAT score and could be
- 4 considered having a severe illness but a sensitivity analysis showed it did not explain the
- 5 heterogeneity. Another study by Fairburn 2015 appeared to include people with a lower
- 6 severity of illness given the baseline number of binges was a median of 14 per month, whilst
- 7 the other studies had a mean of 20-25 or a median of 25 binges per month. However, this
- 8 did not explain the heterogeneity. In the absence of a good explanation of heterogeneity
- 9 random effects are presented.

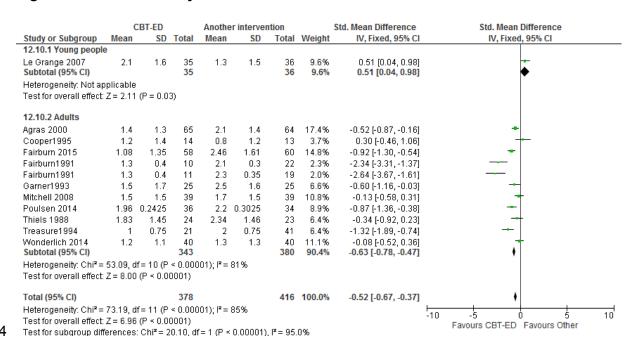
## 10 Figure 172: EDE-total in adults with random effects

11



12 Test for subgroup differences: Not applicable

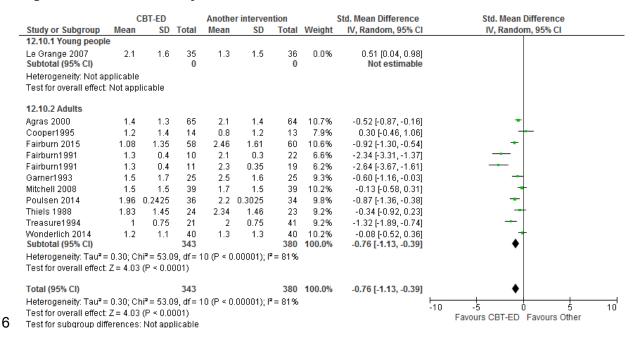
## 13 Figure 173: EDE-dietary restraint



Heterogeneity was detected in adults at I<sup>2</sup>=81%. Removing Poulsen the study that carried a risk of bias because of different durations of treatment had no effect on heterogeneity. All of the studies included a population with mental health comorbidities, such as depression and anxiety, so this could not explain any variability. Duration of illness could not explain the variability: one study by Fairburn 1991 appeared to have a population that had been ill for less than 5 years and a sub-group analysis showed heterogeneity was not reduced. Nor did

- 1 severity of illness appear to explain the heterogeneity. When studies with a number of
- 2 binges of less than 18 per month were separated from those with more than 18 per month,
- 3 heterogeneity was still detected in one of the subgroups. In the absence of a good
- 4 explanation of heterogeneity random effects are presented.

#### 5 Figure 174: EDE-dietary restraint with random effects



## 7 Figure 175: EDE-shape concern

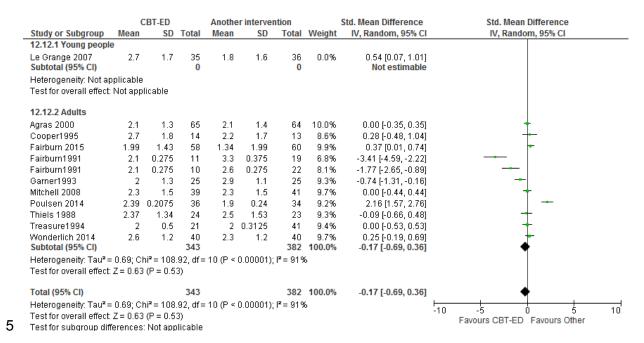
8

CBT-FD Another intervention Std. Mean Difference Std. Mean Difference Study or Subgroup Mean SD Total Mean SD Total Weight IV, Fixed, 95% CI IV, Fixed, 95% CI 12.12.1 Young people Le Grange 2007 1.6 0.54 [0.07, 1.01] Subtotal (95% CI) 35 36 9.5% 0.54 [0.07, 1.01] Heterogeneity: Not applicable Test for overall effect: Z = 2.23 (P = 0.03) 12.12.2 Adults Agras 2000 2.1 1.3 2.1 1.4 17.9% 0.00 (-0.35, 0.35) Cooper1995 2.7 1.8 14 2.2 1.7 13 3.7% 0.28 [-0.48, 1.04] Fairburn 2015 1.99 1.43 1.34 1.99 16.0% 0.37 [0.01, 0.74] Fairburn1991 2.1 0.275 11 3.3 0.375 19 1.5% -3.41 [-4.59, -2.22] -1.77 [-2.65, -0.89] Fairburn1991 2.1 0.275 2.6 0.275 2.7% Garner1993 1.3 25 2.9 1.1 25 6.4% -0.74 [-1.31, -0.16] Mitchell 2008 2.3 1.5 39 2.3 1.5 11.1% 0.00 [-0.44, 0.44] Poulsen 2014 2.39 0.2075 36 1.9 0.24 6.0% 2.16 [1.57, 2.76] Thiels 1988 2.37 1.34 24 2.5 1.53 6.5% -0.09 [-0.66, 0.48] Treasure1994 0.5 21 2 0.3125 7.7% 0.00 [-0.53, 0.53] 2.6 Wonderlich 2014 40 2.3 40 11.0% 0.25 [-0.19, 0.69] 1.2 Subtotal (95% CI) 343 90.5% 0.08 [-0.07, 0.23] 382 Heterogeneity:  $Chi^2 = 108.92$ , df = 10 (P < 0.00001);  $I^2 = 91\%$ Test for overall effect: Z = 1.03 (P = 0.30) Total (95% CI) 418 100.0% 0.12 [-0.02, 0.27] Heterogeneity: Chi<sup>2</sup> = 112.18, df = 11 (P < 0.00001); I<sup>2</sup> = 90% -10 Test for overall effect: Z = 1.67 (P = 0.10) Favours CBT-ED Favours Other Test for subgroup differences: Chi<sup>2</sup> = 3.26, df = 1 (P = 0.07), I<sup>2</sup> = 69.3%

Heterogeneity was detected in adults at I<sup>2</sup>=91%. Removing Poulsen the study that carried a risk of bias because of different durations of treatment had no effect on heterogeneity. All of the studies included a population with mental health comorbidities, such as depression and anxiety, so this could not explain any variability. Duration of illness could not explain the variability: only one study by Fairburn 1991 appeared to have a population that had been ill for less than 5 years and a sub-group analysis showed heterogeneity was not reduced. Nor did severity of illness appear to explain the heterogeneity. When studies with a number of

- 1 binges of less than 18 per month were separated from those with more than 18 per month,
- 2 heterogeneity was still detected in one of the subgroups. In the absence of a good
- 3 explanation of heterogeneity random effects are presented.

## 4 Figure 176: EDE-shape concern with random effects



## 6 Figure 177: EDE-weight concern

7

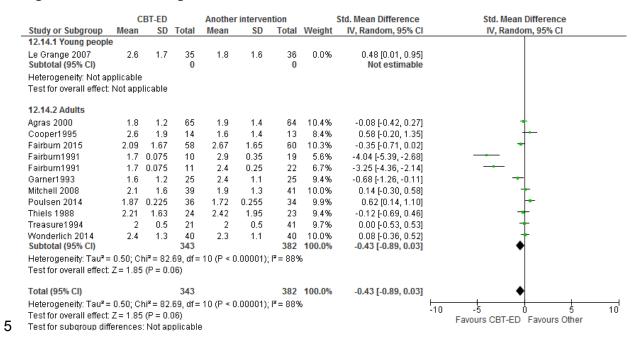
8

CBT-ED Another intervention Std. Mean Difference Std. Mean Difference Total Weight IV. Fixed, 95% CI Study or Subgroup Mean SD Total Mean SD IV. Fixed, 95% CI 12.14.1 Young people Le Grange 2007 2.6 1.8 1.6 36 9.4% 0.48 [0.01, 0.95] 1.7 Subtotal (95% CI) 35 36 9.4% 0.48 [0.01, 0.95] Heterogeneity: Not applicable Test for overall effect: Z = 1.99 (P = 0.05) 12.14.2 Adults Agras 2000 1.2 17.5% -0.08 [-0.42, 0.27] 1.8 1.9 1.4 Cooper1995 2.6 1.9 1.6 1.4 3.5% 0.58 [-0.20, 1.35] 1.67 -0.35 [-0.71, 0.02] Fairburn 2015 2.09 2.67 1.65 15.8% Fairburn1991 1.7 0.075 10 2.9 0.35 19 1.1% -4.04 [-5.39, -2.68] Fairburn1991 1.7 0.075 11 2.4 0.25 1.7% -3.25 [-4.36, -2.14] Garner1993 1.6 1.2 25 2.4 1.1 25 6.4% -0.68 [-1.26, -0.11] Mitchell 2008 2.1 1.6 39 1.9 1.3 10.8% 0.14 [-0.30, 0.58] Poulsen 2014 1.87 0.225 36 1.72 0.255 34 9.0% 0.62 [0.14, 1.10] Thiels 1988 2.21 1.63 24 1.95 23 6.4% -0.12 [-0.69, 0.46] 2.42 Treasure1994 2 0.5 21 0.5 41 7.5% 0.00 [-0.53, 0.53] 10.9% Wonderlich 2014 40 2.3 40 0.08 [-0.36, 0.52] 2.4 1.3 1.1 Subtotal (95% CI) -0.13 [-0.29, 0.02] 343 382 90.6% Heterogeneity: Chi<sup>2</sup> = 82.69, df = 10 (P < 0.00001);  $I^2$  = 88% Test for overall effect: Z = 1.72 (P = 0.09) 418 100.0% -0.08 [-0.22, 0.07] Heterogeneity:  $Chi^2 = 88.55$ , df = 11 (P < 0.00001);  $I^2 = 88\%$ -10 10 Test for overall effect: Z = 1.03 (P = 0.30) Favours CBT-ED Favours Other Test for subgroup differences: Chi<sup>2</sup> = 5.86, df = 1 (P = 0.02),  $I^2$  = 82.9%

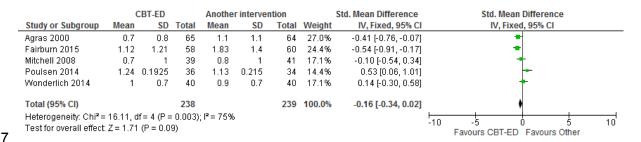
9 Heterogeneity was detected in adults at I<sup>2</sup>=88%. Removing Poulsen the study that carried a 10 risk of bias because of different durations of treatment had no effect on heterogeneity. All of 11 the studies included a population with mental health comorbidities, such as depression and 12 anxiety, so this could not explain any variability. Duration of illness could not explain the 13 variability: only one study by Fairburn 1991 appeared to have a population that had been ill 14 for less than 5 years and a sub-group analysis showed heterogeneity was not reduced. Nor 15 did severity of illness appear to explain the heterogeneity. When studies with a number of

- 1 binges of less than 18 per month were separated from those with more than 18 per month,
- 2 heterogeneity was still detected in one of the subgroups. In the absence of a good
- 3 explanation of heterogeneity random effects are presented.

#### 4 Figure 178: EDE-weight concern with random effects

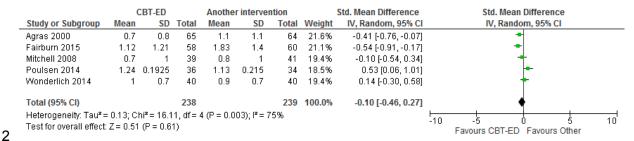


#### 6 Figure 179: EDE-eating concern

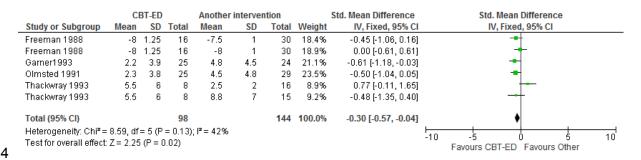


8 Heterogeneity was detected in adults at I<sup>2</sup>=75%. Removing Poulsen the study that carried a 9 risk of bias because of different durations of treatment had no effect on heterogeneity. All of 10 the studies included a population with mental health comorbidities, such as depression and 11 anxiety, so this could not explain any variability. Duration of illness could not explain the 12 variability since they all had the illness for more than 5 years (except it was unclear in 13 Wonderlich 2014). Nor did severity of illness appear to explain the heterogeneity. When 14 studies with a number of binges of less than 18 per month were separated from those with 15 more than 18 per month, heterogeneity was still detected in one of the subgroups. In the 16 absence of a good explanation of heterogeneity random effects are presented.

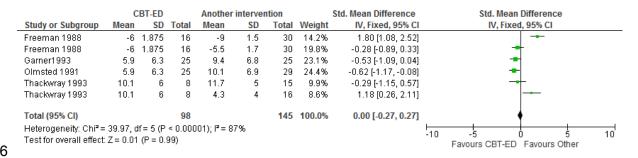
## 1 Figure 180: EDE-eating concern with random effects



## 3 Figure 181: EDI-bulimia

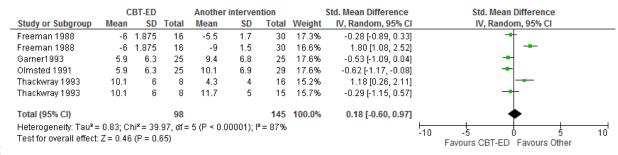


#### 5 Figure 182: EDI-drive for thinness



7 Heterogeneity was detected at I<sup>2</sup> = 87%. All the studies appeared to have a similar duration 8 of illness and severity of illness based on the number of binges per month, in addition to 9 having comorbidities. Thus, no variable appeared to explain the heterogeneity and random 10 effects were presented.

## 11 Figure 183: EDI-drive for thinness with random effects



#### 2 Figure 184: EDI-body dissatisfaction

	C	BT-ED		Another	interve	ntion	9	Std. Mean Difference		Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI
Cooper1995	84.3	32.8	14	77.9	36.5	13	15.1%	0.18 [-0.58, 0.94]		+
Freeman 1988	-4	1.5	32	-1.5	2.25	30	28.4%	-1.30 [-1.85, -0.75]		-
Freeman 1988	-4	1.5	32	-6	1.75	30	29.1%	1.21 [0.67, 1.76]		-
Garner1993	11.7	9	25	13.7	7.5	24	27.3%	-0.24 [-0.80, 0.33]		<del>-</del>
Olmsted 1991	11.8	8.9	25	12.8	7.5	29		Not estimable		
Total (95% CI)			103			97	100.0%	-0.05 [-0.35, 0.24]		•
Heterogeneity: Chi <sup>2</sup> =	41.20, 0	if= 3 (	P < 0.00	0001); I <sup>z</sup> =	93%				10	+ + + + + + + + + + + + + + + + + + + +
Test for overall effect	Chi <sup>2</sup> = 41.20, df = 3 (P < 0.00001); l <sup>2</sup> = 93% effect: Z = 0.36 (P = 0.72)								-10	-5 0 5 10 Favours CBT-ED Favours Other

4 Heterogeneity was detected at  $I^2 = 93\%$ . All the studies appeared to have a similar duration of illness and severity of illness based on the number of binges per month, in addition to having comorbidities. Thus, no variable appeared to explain the heterogeneity and random effects were prestented.

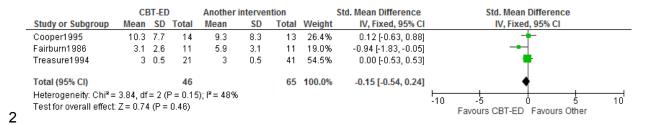
#### 8 Figure 185: EDI-body dissatisfaction with random effects

CBT-ED Another intervention Std. Mean Difference Std. Mean Difference Study or Subgroup Total Weight IV, Random, 95% CI IV, Random, 95% CI Mean SD Total SD Mean Cooper1995 84.3 32.8 14 77.9 36.5 13 18.8% 0.18 [-0.58, 0.94] Freeman 1988 -4 1.5 32 -1.5 2.25 30 20.3% -1.30 [-1.85, -0.75] Freeman 1988 -4 1.5 32 -6 1.75 30 20.3% 1.21 [0.67, 1.76] Garner1993 11.7 9 25 13.7 7.5 24 20.2% -0.24 [-0.80, 0.33] Olmsted 1991 8.9 20.4% -0.12 [-0.66, 0.41] 11.8 12.8 Total (95% CI) 128 126 100.0% -0.06 [-0.89, 0.78] Heterogeneity:  $Tau^2 = 0.81$ ;  $Chi^2 = 41.25$ , df = 4 (P < 0.00001);  $I^2 = 90\%$ -10 10 Test for overall effect: Z = 0.13 (P = 0.90) Favours CBT-ED Favours Other

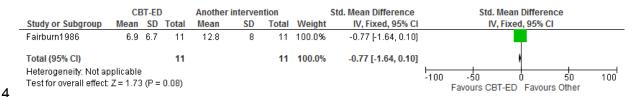
1

3

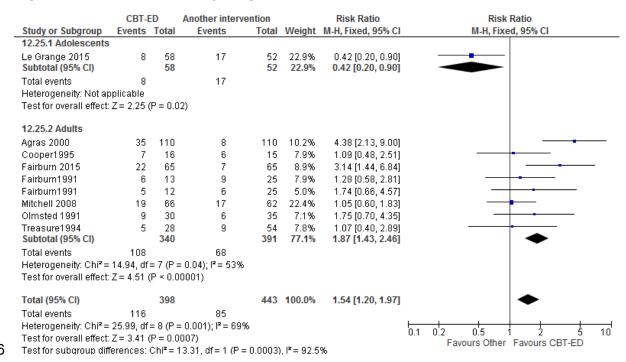
## 1 Figure 186: Global clinical score



#### 3 Figure 187: General psychopathology

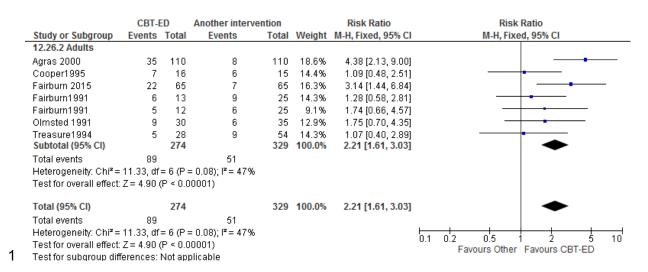


#### 5 Figure 188: Remission for young people and adults with bulimia nervosa



- 7 Heterogeneity was detected I2=53% for remission at the end of treatment. It is not clear what
- 8 explains the variability in the result. A sensitivity analysis showed that Mitchell 2008 that
- 9 included a mixed population of binge eating and ENDOS significantly contributed to the
- 10 heterogeneity because when it was removed from analysis, heterogeneity was reduced.

#### 11 Figure 189: Remission for adults with bulimia nervosa with sensitivity analysis

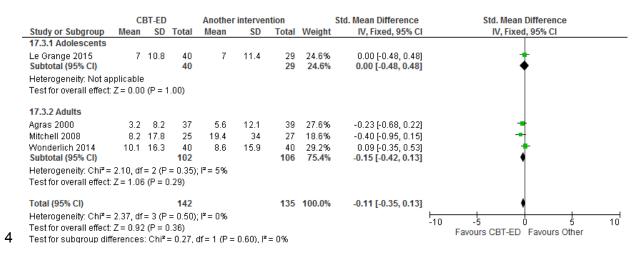


## 2 Figure 190: Bulimic inventory test

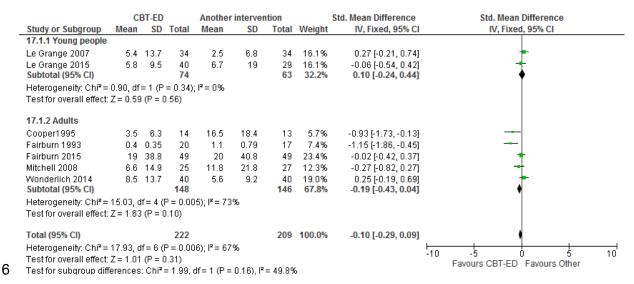
	CI	BT-ED		Anothe	r interve	ntion	!	Std. Mean Difference		Std. Mea	an Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 959	% CI	
Thiels 1988	17	13.1	24	27	12.3	23	100.0%	-0.77 [-1.37, -0.18]					
Total (95% CI)			24			23	100.0%	-0.77 [-1.37, -0.18]			•		
Heterogeneity: Not a Test for overall effect			0.01)						-10	-5 Favours CBT-E	0 D Fav	5 ours Other	10

# M.3.2.21 CBT-ED versus any other intervention in adults (unless otherwise stated) with bulimia 2 nervosa at follow-up

#### 3 Figure 191: Purges for young people and adults

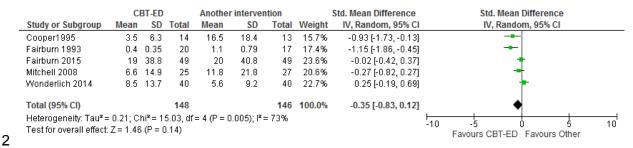


## 5 Figure 192: Binges for young people and adults



7 Heterogeneity was detected in adults at I²=73%. No studies clearly showed a risk of bias, 8 duration of illness was not reported in all studies and severity of illness based on number of 9 binges per month was difficult to separate when one study reported median versus mean 10 and the remainder were not largely different: Cooper: 21-30 binges/mo; Fairburn 1993 17-18 11 binges/mo; Fairburn 2015 reported median 14/mo; Wonderlich 22-23 binges/ mo. All studies 12 included a population with comorbidities. In the absence of an explanation for the 13 heterogeneity the result was presented as a random effects.

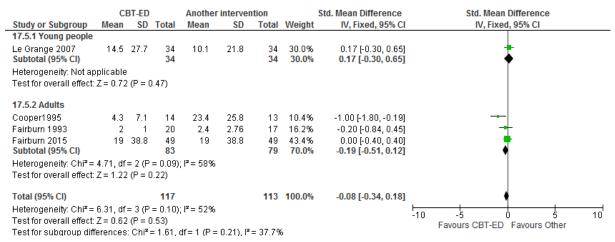
## 1 Figure 193: Binges for adults with random effects



#### 3 Figure 194: Vomiting

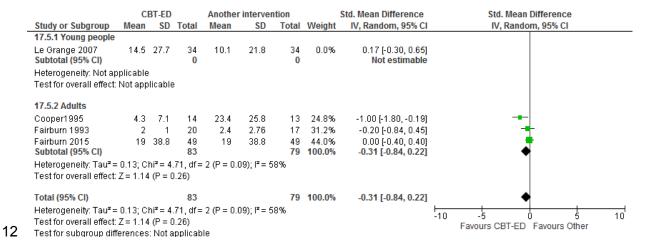
4

5



6 Heterogeneity was detected in adults at I<sup>2</sup>=58%. Cooper was a significant outlier that when it 7 was removed from the analysis heterogeneity was reduced to 0% but there was no real 8 justification for removing or separating this study based on risk of bias or a difference in 9 comorbidities, duration or severity of illness. In the absence of an explanation, random 10 effects were presented

#### 11 Figure 195: Vomiting with random effects for adults



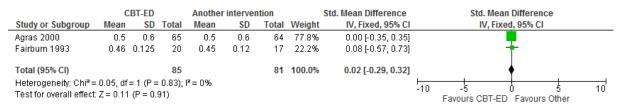
## 1 Figure 196: Laxative use

2

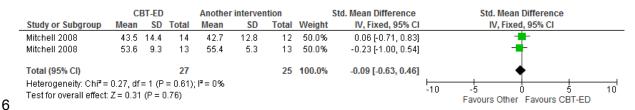
4

	CI	BT-ED		Anothe	r intervei	ntion		Std. Mean Difference			Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed	, 95% CI		
Fairburn 2015	22	44.9	49	23	46.9	49	100.0%	-0.02 [-0.42, 0.37]						
Total (95% CI)			49			49	100.0%	-0.02 [-0.42, 0.37]			•			
Heterogeneity: Not ap Test for overall effect			).91)						-10	Favou	rs CBT-ED	) Favours C	5 hther	10

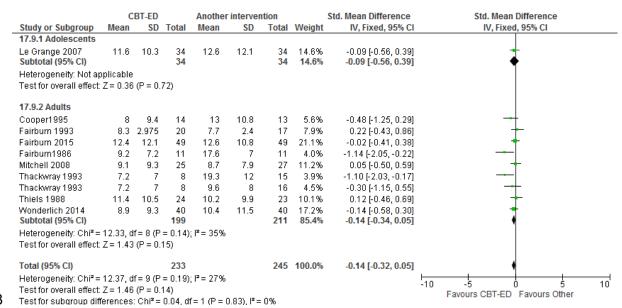
## 3 Figure 197: Symptom check-list (SCL-90-R)



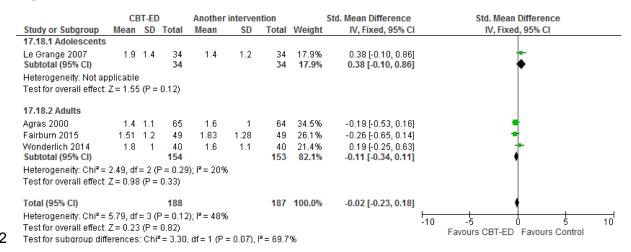
#### 5 Figure 198: Quality of life



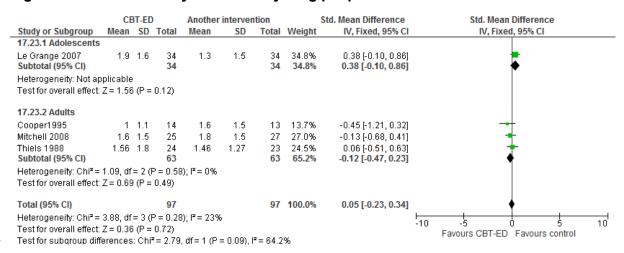
## 7 Figure 199: Depression in young people and adults



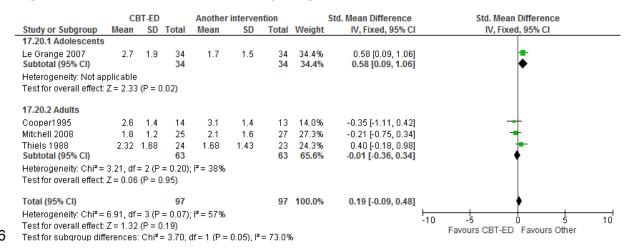
#### 1 Figure 200: EDE-total



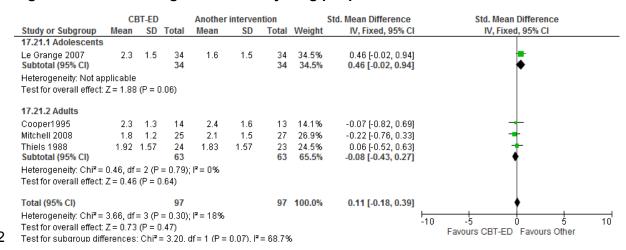
## 3 Figure 201: EDE-dietary restraint in young people and adults



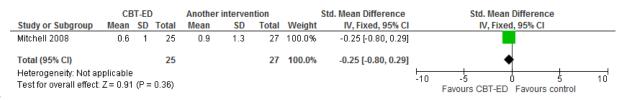
#### 5 Figure 202: EDE-shape concern in young people and adults



## 1 Figure 203: EDE-weight concern in young people and adults



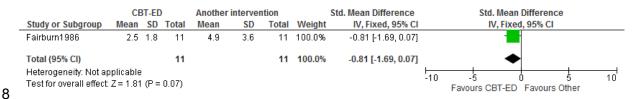
#### 3 Figure 204: EDE-eating concern



## 5 Figure 205: EDI-bulimia

	CE	T-ED	)	Another	interver	ntion		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
Thackwray 1993	2.9	4	8	3.3	3	16	53.0%	-0.12 [-0.96, 0.73]		-	
Thackwray 1993	2.9	4	8	7.8	6	15	47.0%	-0.87 [-1.77, 0.03]		-	
Total (95% CI)			16			31	100.0%	-0.47 [-1.09, 0.15]		•	
Heterogeneity: Chi²=	1.43, df	= 1 (	P = 0.23	3); I² = 30%	5				-10		10
Test for overall effect:	ffect: Z = 1.49 (P = 0.14)								-10	Favours CBT-ED Favours Other	10

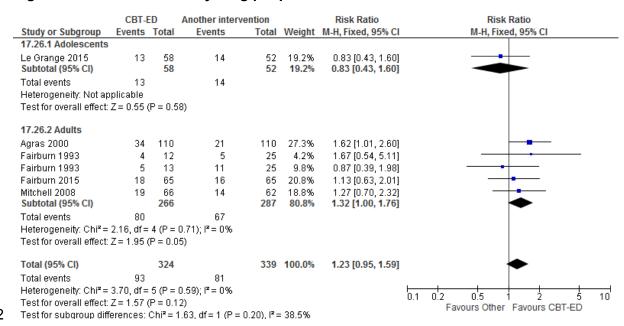
#### 7 Figure 206: Global clinical score



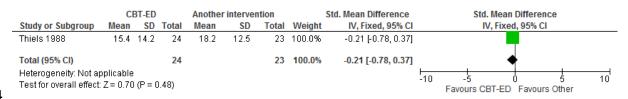
## 9 Figure 207: General psychopathology



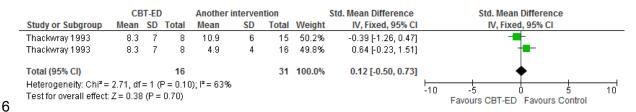
## 1 Figure 208: Remission in young people and adults



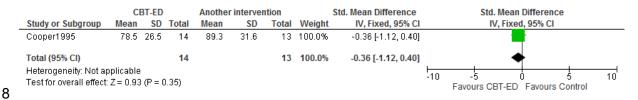
## 3 Figure 209: Bulimic inventory test



## 5 Figure 210: EDI-drive for thinness



#### 7 Figure 211: EDI-body dissatisfaction

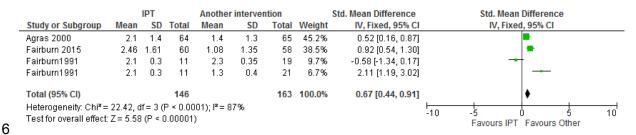


## M.3.2.31 Interpersonal therapy versus any other intervention in adults (unless otherwise stated) 2 with bulimia nervosa at the end of treatment

#### 3 Figure 212: EDE-total

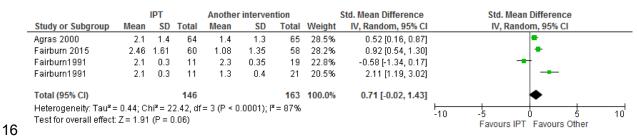


## 5 Figure 213: EDE-restraint



7 Heterogeneity was detected at I²=87%. One study by Fairburn 1991 carried a risk of bias for 8 a preference for CBT-ED over any other intervention (it was one of the "other interventions". 9 However, removing this from the analysis did not explain the heterogeneity. Also, separating 10 it because it had a population with a lower duration of illness <5 years compared with the 11 other studies that had >5 years, did not explain it either. The studies all included a 12 population with comorbidities and the severity of illness could not be explored because of 13 different ways of reporting bingeing. In the absence of an explanation, the results were 14 presented as random effects.

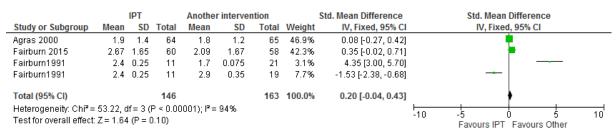
#### 15 Figure 214: EDE-restraint with random effects



## 18 Figure 215: EDE-weight concern

17

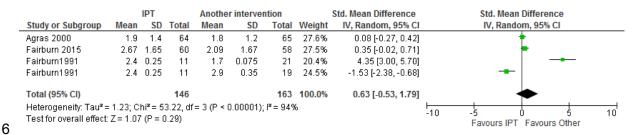
19



20 Heterogeneity was detected at I<sup>2</sup>=94%. One study by Fairburn 1991 carried a risk of bias for 21 a preference for CBT-ED over any other intervention. However, removing this from the 22 analysis did not explain the heterogeneity. Also, separating it because it had a population

- 1 with a lower duration of illness <5 years compared with the other studies that had >5 years,
- 2 did not explain it either. The studies all included a population with comorbidities and the
- 3 severity of illness could not be explored because of different ways of reporting bingeing. In
- 4 the absence of an explanation, the results were presented as random effects.

#### 5 Figure 216: EDE-weight concern with random effects



#### 8 Figure 217: EDE-shape concern

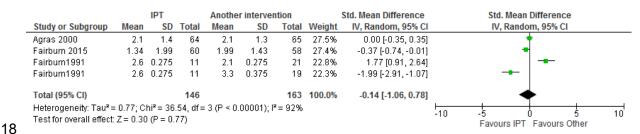
7

9

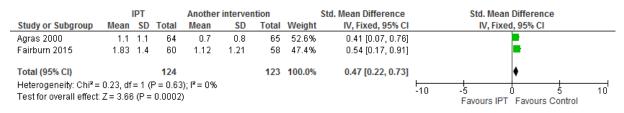
		IPT		Anothe	r interve	ntion		Std. Mean Difference		Std. N	lean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Agras 2000	2.1	1.4	64	2.1	1.3	65	45.5%	0.00 [-0.35, 0.35]			•		
Fairburn 2015	1.34	1.99	60	1.99	1.43	58	40.9%	-0.37 [-0.74, -0.01]			-		
Fairburn1991	2.6	0.275	11	3.3	0.375	19	6.4%	-1.99 [-2.91, -1.07]		_	-		
Fairburn1991	2.6	0.275	11	2.1	0.275	21	7.2%	1.77 [0.91, 2.64]				•	
Total (95% CI)			146			163	100.0%	-0.15 [-0.38, 0.08]			•		
Heterogeneity: Chi² = Test for overall effect				101); l² = !	92%				-10	-5 Favours	0 IPT Favou	5 Irs Other	10

Heterogeneity was detected at I²=92%. One study by Fairburn 1991 carried a risk of bias for a preference for CBT-ED over any other intervention. However, removing this from the analysis did not explain the heterogeneity. Also, separating it because it had a population with a lower duration of illness <5 years compared with the other studies that had >5 years, did not explain it either. The studies all included a population with comorbidities and the severity of illness could not be explored because of different ways of reporting bingeing. In the absence of an explanation, the results were presented as random effects.

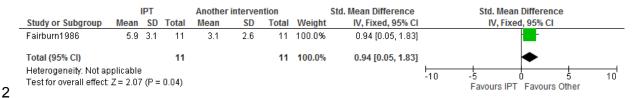
#### 17 Figure 218: EDE-shape concern with random effects



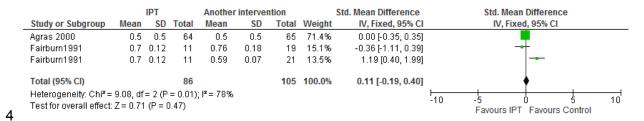
#### 20 Figure 219: EDE-eating concern



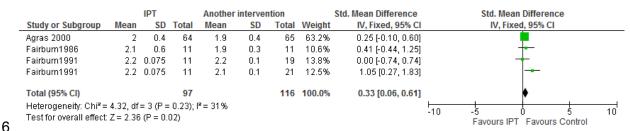
## 1 Figure 220: General clinical score



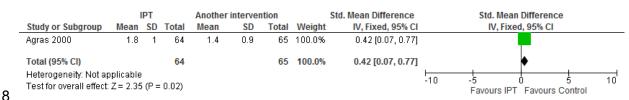
## 3 Figure 221: Symptom check-list



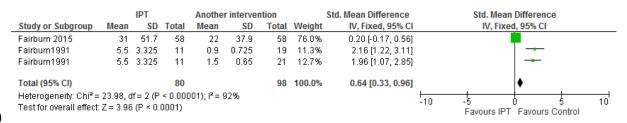
#### 5 Figure 222: Social adjustment score



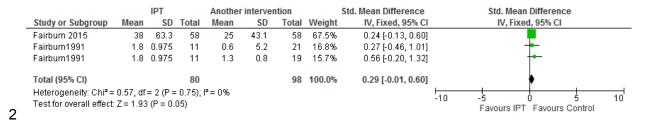
#### 7 Figure 223: Purges



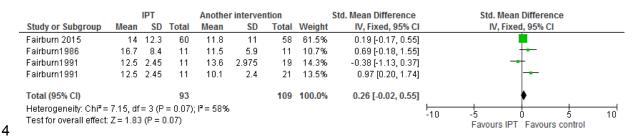
#### 9 Figure 224: Vomiting



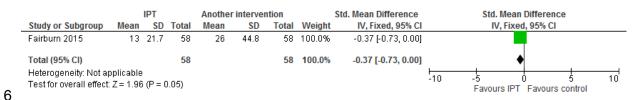
#### 1 Figure 225: Binges



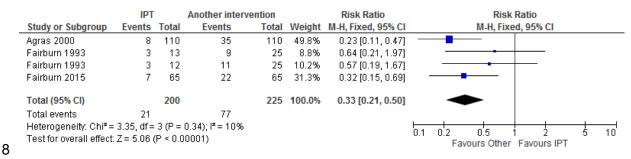
## 3 Figure 226: Depression



### 5 Figure 227: Laxative use



#### 7 Figure 228: Remission

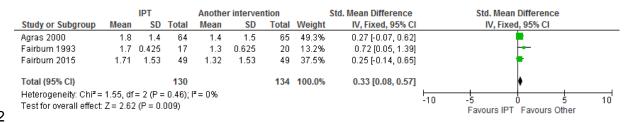


# M.3.2.49 Interpersonal therapy versus any other intervention in adults (unless otherwise stated) 10 with bulimia nervosa at follow-up

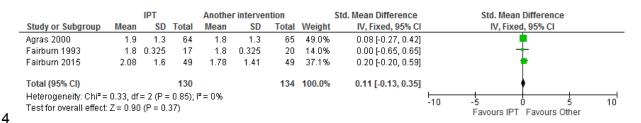
## 11 Figure 229: EDE-total



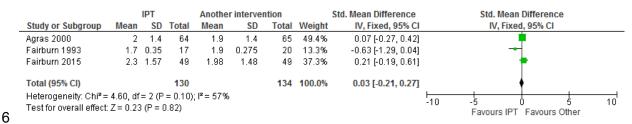
## 1 Figure 230: EDE-restraint



## 3 Figure 231: EDE-weight concern



#### 5 Figure 232: EDE-shape concern



#### 7 Figure 233: EDE-eating concern

		IPT		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV.	Fixed, 95%	CI	
Agras 2000	0.9	1	64	0.8	1.2	65	57.0%	0.09 [-0.26, 0.44]					
Fairburn 2015	1.24	1.23	49	0.97	1.09	49	43.0%	0.23 [-0.17, 0.63]			+		
Total (95% CI)			113			114	100.0%	0.15 [-0.11, 0.41]			•		
Heterogeneity: Chi²= Test for overall effect		,	,	; I² = 0%					-10	-5 Favour	0 s IPT Favo	5 urs Other	10

#### 9 Figure 234: General clinical score

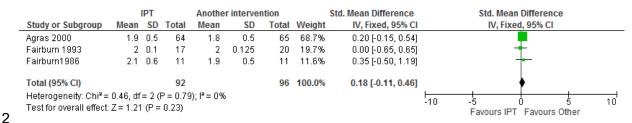
		IPT		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Fairburn1986	4.9	3.6	11	2.5	1.8	11	100.0%	0.81 [-0.07, 1.69]					
Total (95% CI)			11			11	100.0%	0.81 [-0.07, 1.69]			•		
Heterogeneity: Not ap Test for overall effect:	•		0.07)						-10	-5 Favou	0 rs IPT Favoi	5 urs Other	10

### 11 Figure 235: Symptom check-list

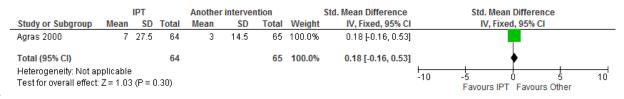
		IPT		Another intervention				Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	CI		
Agras 2000	0.5	0.6	64	0.5	0.6	65	77.8%	0.00 [-0.35, 0.35]					
Fairburn 1993	0.45	0.12	17	0.46	0.125	20	22.2%	-0.08 [-0.73, 0.57]			+		
Total (95% CI)			81			85	100.0%	-0.02 [-0.32, 0.29]			•		
Heterogeneity: $Chi^2 = 0.05$ , $df = 1$ (P = 0.83); $I^2 = 0\%$									-10	<del>-</del> 5	<del>   </del>	5	10
Test for overall effect: Z = 0.11 (P = 0.91)										Favou	rs IPT Favo	urs Other	

10

#### 1 Figure 236: Social adjustment score



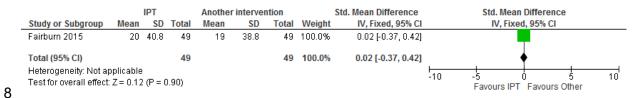
#### 3 Figure 237: Purges



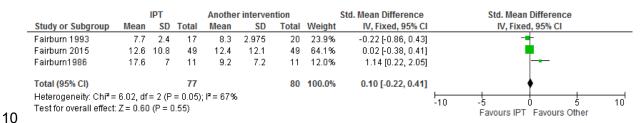
#### 5 Figure 238: Vomiting



## 7 Figure 239: Binges

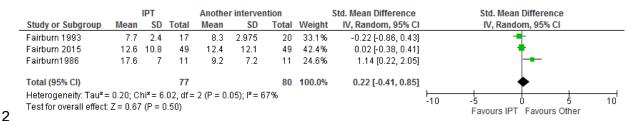


#### 9 Figure 240: Depression



Heterogeneity was detected at I<sup>2</sup>=67%. Fairburn 1986 was an outlier and appeared to explain the heterogeneity but the population was not remarkably different to the other studies nor did it carry a higher risk of bias to justify its exclusion in a sensitivity analysis. Subgroup analysis based on number of duration was not possible because either the data was not available, nor severity of illness because the units of measure were different and comorbidities because all populations had a comorbidity to some degree. Since heterogeneity could not be explained random effects were used.

## 1 Figure 241: Depression random effects



## 4 Figure 242: Laxative use

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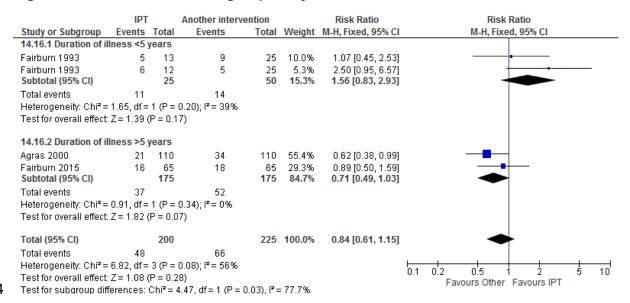
	IPT			Anothe	r interve	ntion		Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI				
Fairburn 2015	23	46.9	49	22	44.9	49	100.0%	0.02 [-0.37, 0.42]						
Total (95% CI)			49			49	100.0%	0.02 [-0.37, 0.42]			•			
Heterogeneity: Not applicable Test for overall effect: Z = 0.11 (P = 0.91)									-10	-5 Favou	0 rs IPT Fav	5 ours Othe	er	10

#### 6 Figure 243: Remission



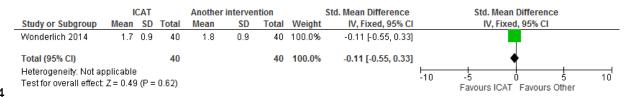
8 Heterogeneity was detected at I<sup>2</sup>=67%. No study showed a particularly high risk of bias. All 9 studies included people with comorbidities and severity of illness was difficult to separate out 10 because of different units of measure. Separating the data based on duration of illness may 11 explain the heterogeneity. Suggesting those who have a shorter duration of illness may be 12 more responsive to interpersonal therapy.

#### 13 Figure 244: Remission – subgroup analysis based on duration of illness

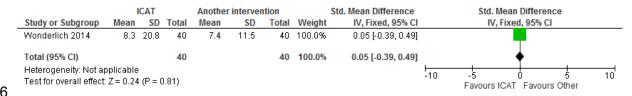


## M.3.2.51 Integrative cognitive-affective therapy (ICAT) versus any other intervention in adults 2 with bulimia nervosa at the end of treatment

#### 3 Figure 245: EDE-total



#### 5 Figure 246: Purges



## 7 Figure 247: Binges

	- 1	CAT		Another	interver	ntion		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Wonderlich 2014	6.1	14.8	40	5.3	9.1	40	100.0%	0.06 [-0.37, 0.50]					
Total (95% CI)         40         40           Heterogeneity: Not applicable         Test for overall effect: Z = 0.29 (P = 0.77)							100.0%	0.06 [-0.37, 0.50]	-10	-5 Favours	0 ICAT Favo	5 ours Other	10

#### 9 Figure 248: Depression

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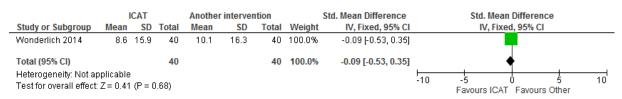
	ICAT			Another	r interver	ntion		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI			
Wonderlich 2014	8.6	8	40	9.3	9.8	40	100.0%	-0.08 [-0.52, 0.36]					
Total (95% CI)			40			40	100.0%	-0.08 [-0.52, 0.36]			•		
Heterogeneity: Not applicable Test for overall effect: Z = 0.35 (P = 0.73)									-10	-5 Favours	O ICAT Fav	5 ours Other	10

# M.3.2.61 Integrative cognitive-affective therapy (ICAT) versus any other intervention in adults with bulimia nervosa at follow-up

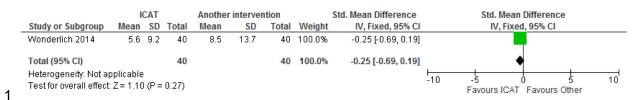
#### 13 Figure 249: EDE-total



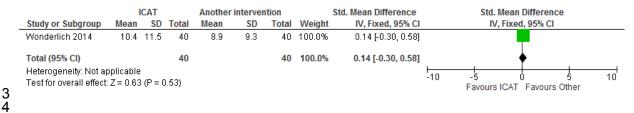
#### 15 Figure 250: Purges



#### 17 Figure 251: Binges

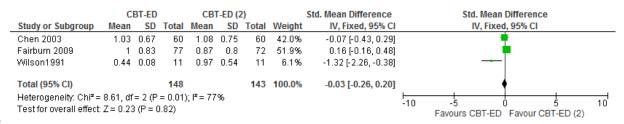


#### 2 Figure 252: Depression

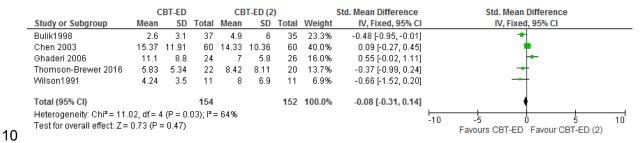


## M.3.2.75 CBT-ED versus another CBT-ED (2) intervention in adults with bulimia nervosa at the 6 end of treatment

#### 7 Figure 253: Symptom check-list

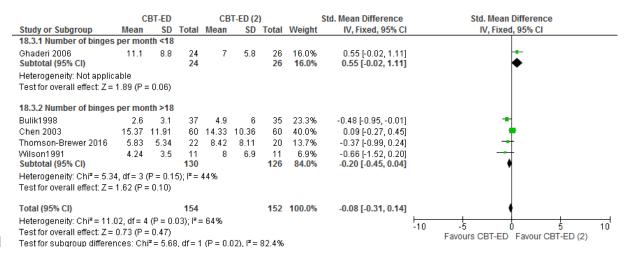


## 9 Figure 254: Depression

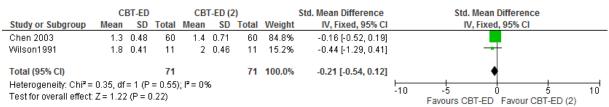


- 11 Heterogeneity was detected at I<sup>2</sup>=64%. No study showed a risk of bias to justify exclusion in
- 12 a sensitivity analysis. Duration of illness and comorbidities were not always reported.
- 13 However, the heterogeneity may be explained by the severity of illness defined by the
- 14 number of binges per month being on average less than 18 versus more than 18.

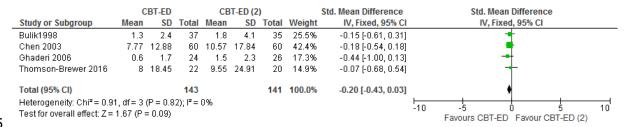
## 15 Figure 255: Depression subgroup analysis based on severity of illness



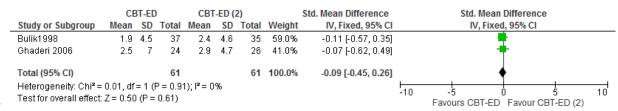
#### 2 Figure 256: Social adjustment score



## Figure 257: Bingeing



### 6 Figure 258: Vomiting



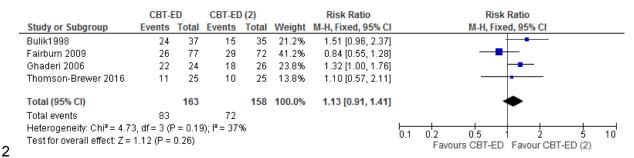
#### 8 Figure 259: Laxative use

	CBT-ED CBT-ED (2)			2)		Std. Mean Difference		Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 95% CI		
Bulik1998	0.1	0.5	37	0.5	2.4	35	100.0%	-0.23 [-0.70, 0.23]					
Total (95% CI)			37			35	100.0%	-0.23 [-0.70, 0.23]			•		
Heterogeneity: Not ap Test for overall effect:			0.33)						-10	-5 Favours CBT-ED	0 : Favour CBT	5 -ED (2)	10

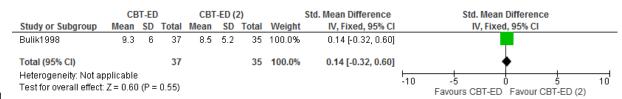
#### 10 Figure 260: Purging



#### 1 Figure 261: Remission



## 3 Figure 262: EDI-drive for thinness



## 5 Figure 263: EDI-bulimia

	CE	CBT-ED					2)		Std. Mean Difference	ce Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI			
Bulik1998	1.5	3	37	1.6	2.9	35	59.0%	-0.03 [-0.50, 0.43]		•	ŀ			
Ghaderi 2006	1.2	1.6	24	1.2	1.8	26	41.0%	0.00 [-0.55, 0.55]		•	ŀ			
Total (95% CI)			61			61	100.0%	-0.02 [-0.37, 0.34]		•	•			
Heterogeneity: Chi² = Test for overall effect			3); I² = 0	%				-10	-5 0 Favours CBT-ED	Favour CB	<del> </del> 5 Γ-ED (2)	10		

## 7 Figure 264: EDI-body dissatisfaction

	CE	CBT-ED		CBT-ED (2)				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Bulik1998	10.8	8.9	37	12.1	8.2	35	59.2%	-0.15 [-0.61, 0.31]	<b>+</b>
Ghaderi 2006	06 13.3 7.6 24 11.2 8.4 26						40.8%	0.26 [-0.30, 0.81]	<del>*</del>
Total (95% CI)			61			61	100.0%	0.02 [-0.34, 0.37]	<b>•</b>
Heterogeneity: Chi <sup>2</sup> = 1.22, df = 1 (P = 0.27); $I$ <sup>2</sup> = 18% Test for overall effect: $Z$ = 0.09 (P = 0.93)									-10 -5 0 5 10 Favours CBT-ED Favour CBT-ED (2)

#### 9 Figure 265: EDI-total

	C	CBT-ED			CBT-ED (2)			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 9	95% CI		
Chen 2003	3.73	2.05	60	3.97	1.68	60	37.7%	-0.13 [-0.49, 0.23]					
Fairburn 2009	1.82	1.32	77	1.76	1.33	72	46.8%	0.05 [-0.28, 0.37]		•			
Ghaderi 2006	5.7 3.2 24 4.9 3 26						15.6%	0.25 [-0.30, 0.81]		+	•		
Total (95% CI)			161			158	100.0%	0.01 [-0.21, 0.23]		•			
Heterogeneity: Chi² = Test for overall effect:		); I² = 09	6		-10	-5 0 Favours CBT-ED F	5 avour CBT-E	D (2)	10				

#### 11 Figure 266: EDE-total

	CBT-ED Mean SD Total							Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
Chen 2003	3.73	2.05	60	3.97	1.68	60	33.2%	-0.13 [-0.49, 0.23]		+	
Fairburn 2009	1.82	1.32	77	1.76	1.33	72	41.3%	0.05 [-0.28, 0.37]		•	
Ghaderi 2006	1.7	1.2	24	1.8	1.2	26	13.8%	-0.08 [-0.64, 0.47]		+	
Thomson-Brewer 2016	1.9	1.06	22	1.95	1.35	20	11.6%	-0.04 [-0.65, 0.56]		+	
Total (95% CI)			183			178	100.0%	-0.04 [-0.25, 0.17]		•	
Heterogeneity: Chi² = 0.52, df = 3 (P = 0.91); l² = 0% Test for overall effect: Z = 0.38 (P = 0.71)									-10	-5 0 5 10 Favours CBT-ED Favours CBT-ED (2)	

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### 1 Figure 267: Global function

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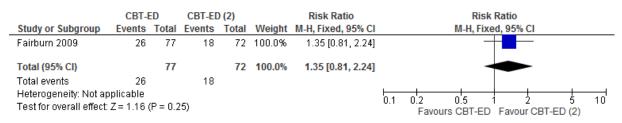
8

	CE	CBT-ED			CBT-ED (2)			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Bulik1998	72.6	9.7	37	69	10	35	100.0%	0.36 [-0.10, 0.83]	•
Total (95% CI)			37			35	100.0%	0.36 [-0.10, 0.83]	,
Heterogeneity: Not ap Test for overall effect:	•		0.13)						-10 -5 0 5 10 Favours CBT-ED (2) Favour CBT-ED

#### 3 Figure 268: General psychiatric features

	CBT-ED			CBT-ED (2)			Std. Mean Difference			Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Fairburn 2009	1	0.83	77	0.87	0.8	72	100.0%	0.16 [-0.16, 0.48]					
Total (95% CI)			77			72	100.0%	0.16 [-0.16, 0.48]			þ		
Heterogeneity: Not ap Test for overall effect			0.33)						-10	-5 Favours CBT-ED	0 Favour (	5 CBT-ED (2)	10

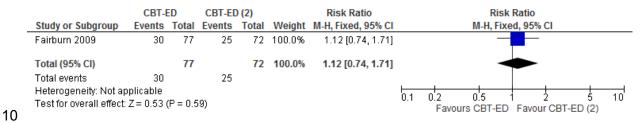
#### 5 Figure 269: Bulimic episodes



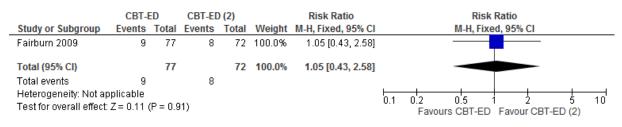
## 7 Figure 270: Vomiting episodes

Study or Subgroup	CBT-ED CBT-ED (2) Events Total Events Total				•						
Fairburn 2009	28	77	24	72	100.0%	1.09 [0.70, 1.69]					
Total (95% CI)		77		72	100.0%	1.09 [0.70, 1.69]		-	-		
Total events	28		24								
Heterogeneity: Not ap							0.1	0.2 0.5	1 1		10
Test for overall effect:	Z = 0.39 (	(P = 0.7)	70)				0.1	Favours CBT-ED	) Favour CBT	ED (2)	

#### 9 Figure 271: Purging

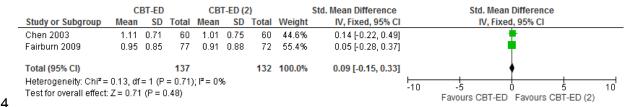


### 11 Figure 272: Laxative misuse

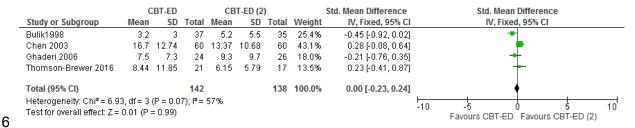


## M.3.2.81 CBT-ED versus another CBT-ED (2) intervention in adults with bulimia nervosa at 2 follow-up

#### 3 Figure 273: Symptom check-list



#### 5 Figure 274: Depression



#### 7 Figure 275: Social adjustment score

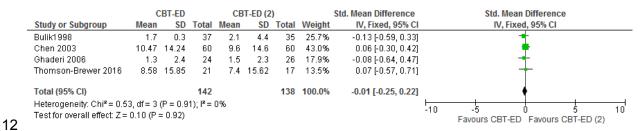
	C	CBT-ED			CBT-ED (2) Std. Mean Difference Std. Mean Difference					Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
Chen 2003	1.35	0.53	60	1.08	0.62	60	70.5%	0.47 [0.10, 0.83]			
Ghaderi 2006	79.5	11.6	24	73.9	16.3	26	29.5%	0.39 [-0.17, 0.95]		<del>-</del>	
Total (95% CI)			84			86	100.0%	0.44 [0.14, 0.75]		<b>•</b>	
Heterogeneity: Chi <sup>2</sup> = 0.05, df = 1 (P = 0.82); i <sup>2</sup> = 0% Test for overall effect: $Z = 2.84$ (P = 0.004)									-10	-5 0 5 Favours CBT-ED Favours CBT-ED (2)	10

#### 9 Figure 276: Bingeing (dichotomous outcome)



#### 11 Figure 277: Bingeing

8

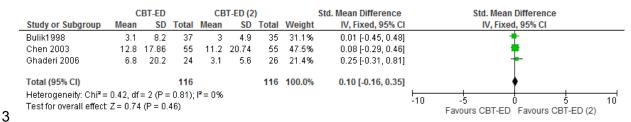


#### 13 Figure 278: Vomiting (dichotomous outcome)

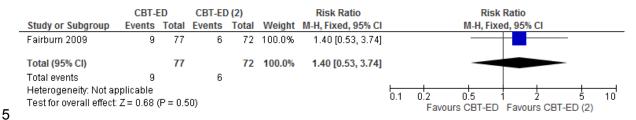
	CBT-ED CBT-ED (2)				Risk Ratio	Risk Ratio				
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI			
Fairburn 2009	29	77	23	72	100.0%	1.18 [0.76, 1.84]	-			
Total (95% CI)		77		72	100.0%	1.18 [0.76, 1.84]	-			
Total events Heterogeneity: Not ap Test for overall effect:	•	(P = 0.4	23 17)				0.1 0.2 0.5 1 2 5 10 Favours CBT-ED Favours CBT-ED (2)			

#### 2 Figure 279: Vomiting

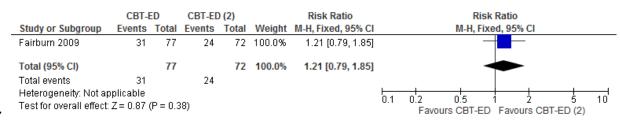
1



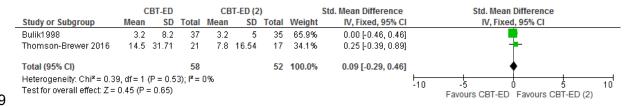
### 4 Figure 280: Laxative use



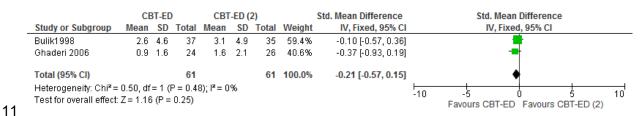
#### 6 Figure 281: Purging (dichotomous outcome)



#### 8 Figure 282: Purging



#### 10 Figure 283: EDI-bulimia



#### 12 Figure 284: EDI-body dissatisfaction

	CBT-ED CBT-ED			-ED (	2)		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Bulik1998	12.2	8.4	37	11.3	9.3	35	59.0%	0.10 [-0.36, 0.56]	<b>+</b>
Ghaderi 2006	11.6	7.8	24	10.7	8.4	26	41.0%	0.11 [-0.45, 0.66]	<u></u>
Total (95% CI)			61			61	100.0%	0.10 [-0.25, 0.46]	<b>•</b>
Heterogeneity: Chi² = Test for overall effect:		•		8); I² = 0	%			-1I	0 -5 0 5 10 Favours CBT-ED Favours CBT-ED (2)

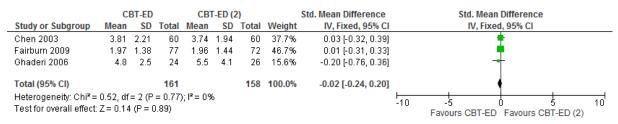
#### 2 Figure 285: EDI-drive for thinness

	CE	CBT-ED			CBT-ED (2)			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Bulik1998	7.1	6.1	37	5.5	5.9	35	100.0%	0.26 [-0.20, 0.73]					
Total (95% CI)			37			35	100.0%	0.26 [-0.20, 0.73]			•		
Heterogeneity: Not a Test for overall effect			0.27)						-10	-5 Favours CBT-ED	0 Favours CE	5 3T-ED (2)	10

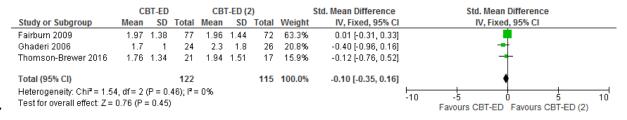
### 4 Figure 286: EDI-total

1

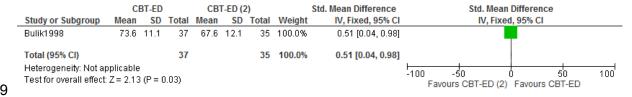
3



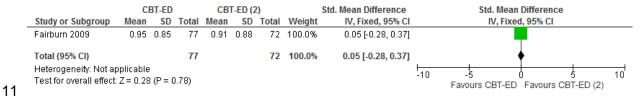
#### 6 Figure 287: EDE-total



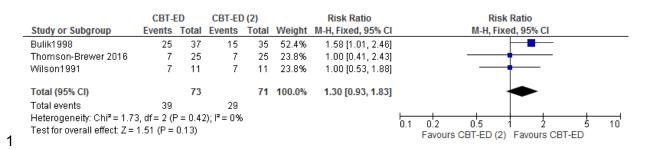
#### 8 Figure 288: Global function



#### 10 Figure 289: General psychiatric features



#### 12 Figure 290: Remission



## M.3.2.92 Behavioural therapy versus wait list controls in adults with bulimia nervosa at the end 3 of treatment

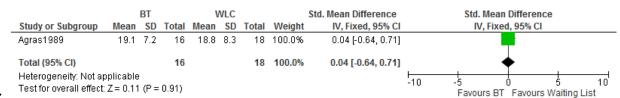
#### 4 Figure 291: Bingeing

		ВТ		Wai	ting li	st		Std. Mean Difference		Std. Mean	Difference	e	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
Freeman 1988	0.6	2	30	3.7	3.6	20	100.0%	-1.11 [-1.72, -0.50]					
Total (95% CI)			30			20	100.0%	-1.11 [-1.72, -0.50]		•			
Heterogeneity: Not ap Test for overall effect	•		: 0.0004	4)					-10	-5 ( Favours BT	Favours '	5 Waiting	10 a List

#### 6 Figure 292: Depression

5

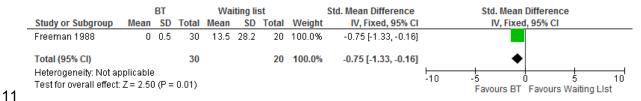
9



## 8 Figure 293: Vomiting

		BT		Wai	ting li	st		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	/, Fixed, 95%	CI	
Freeman 1988	3.6	4.3	30	8	7.4	20	100.0%	-0.76 [-1.34, -0.17]					
Total (95% CI)			30			20	100.0%	-0.76 [-1.34, -0.17]			•		
Heterogeneity: Not ap Test for overall effect:			0.01)						-10	-5 Favoi	0 urs BT Favo	5 ours Waitin	10 ng Llst

#### 10 Figure 294: Laxative use



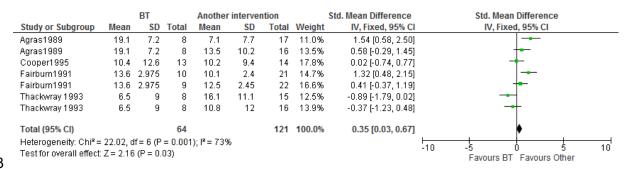
## M.3.2.102 Behavioural therapy versus another intervention in adults with bulimia nervosa at the 13 end of treatment

### 14 Figure 295: Bingeing

		BT		Anothe	r interve	ntion		Std. Mean Difference		Std. Me	ean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fi	ixed, 95% (	CI	
Cooper1995	7.4	13.9	13	4.5	7.6	14	16.4%	0.25 [-0.50, 1.01]			+		
Fairburn1991	1.3	0.8	10	1.8	0.975	22	16.4%	-0.53 [-1.29, 0.23]					
Fairburn1991	1.3	0.8	11	0.6	5.2	21	17.7%	0.16 [-0.57, 0.89]			+		
Freeman 1988	0.6	2	15	0.8	1.5	30	24.6%	-0.12 [-0.74, 0.50]			+		
Freeman 1988	0.6	2	15	1.3	3.4	32	25.0%	-0.23 [-0.84, 0.39]			+		
Total (95% CI)			64			119	100.0%	-0.10 [-0.41, 0.21]			•		
Heterogeneity: Chi²=	2.70, df	= 4 (P	= 0.61)	$I^2 = 0\%$					-10	<u> </u>	<del></del>	<del></del>	10
Test for overall effect	: Z = 0.65	5 (P = 0	0.52)						-10	-5 Favours	BT Favou	ırs Other	10

## 2 Figure 296: Depression

1



4 Heterogeneity was detected at I<sup>2</sup>=73%. This could not be explained by a risk of bias, 5 duration of illness, comorbidities or severity of illness. For this reason the results are

6 presented as random effects

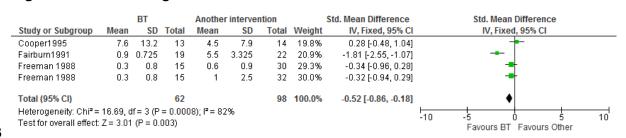
#### 7 Figure 297: Depression with random effects

		BT		Anothe	r interver	ntion		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI	
Agras1989	19.1	7.2	8	7.1	7.7	17	13.3%	1.54 [0.58, 2.50]			
Agras1989	19.1	7.2	8	13.5	10.2	16	14.1%	0.58 [-0.29, 1.45]		<del> -</del>	
Cooper1995	10.4	12.6	13	10.2	9.4	14	15.2%	0.02 [-0.74, 0.77]		+	
Fairburn1991	13.6	2.975	9	12.5	2.45	22	14.9%	0.41 [-0.37, 1.19]		<del> -</del>	
Fairburn1991	13.6	2.975	10	10.1	2.4	21	14.5%	1.32 [0.48, 2.15]		<del></del>	
Thackwray 1993	6.5	9	8	10.8	12	16	14.2%	-0.37 [-1.23, 0.48]		<del> -</del>	
Thackwray 1993	6.5	9	8	16.1	11.1	15	13.8%	-0.89 [-1.79, 0.02]		-	
Total (95% CI)			64			121	100.0%	0.36 [-0.25, 0.98]		<b>*</b>	
Heterogeneity: Tau <sup>2</sup> =	0.50; C	hi² = 22	.02, df=	6 (P = 0.	001); l²=	73%			-10	<u> </u>	10
Test for overall effect:	Z = 1.17	' (P = 0.	24)						-10	Favours BT Favours Other	10

#### 10 Figure 298: Laxative use



### 12 Figure 299: Vomiting



- 1 Heterogeneity was detected at I<sup>2</sup>=82%. No studies had a higher risk of bias to justify
- 2 excluding in a sensitivity analysis. However, it may be explained by the participants having a
- 3 shorter duration of illness in the Fairburn study compared with the other studies, or a less
- 4 severe case of bulimia nervosa. Comorbidities could were not always reported thus could
- 5 not be explored.

## 6 Figure 300: Vomiting subgroup analysis based on duration of illness or severity of 7 illness

8

		BT		Anothe	r interve	ntion		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
21.5.1 Duration of illn	iess <5	years o	r <18 b	inges/mo	)						
Fairburn1991 Subtotal (95% CI)	0.9	0.725	19 <b>19</b>	5.5	3.325	22 <b>22</b>		-1.81 [-2.55, -1.07] - <b>1.81 [-2.55</b> , - <b>1.07</b> ]		<b>-</b>	
Heterogeneity: Not ap	plicable										
Test for overall effect:	Z = 4.80	P < 0.	00001)								
21.5.2 Duration of illn	iess >5	years o	r >18 b	inges/mo	)						
Cooper1995	7.6	13.2	13	4.5	7.9	14	19.8%	0.28 [-0.48, 1.04]		<del></del>	
Freeman 1988	0.3	0.8	15	1	2.5	32	30.0%	-0.32 [-0.94, 0.29]		<del></del>	
Freeman 1988	0.3	0.8	15	0.6	0.9	30	29.3%	-0.34 [-0.96, 0.28]		-	
Subtotal (95% CI)			43			76	79.1%	-0.18 [-0.56, 0.20]		•	
Heterogeneity: Chi <sup>2</sup> =	1.86, df	= 2 (P =	0.39);	l² = 0%							
Test for overall effect:	Z = 0.92	2 (P = 0.	36)								
Total (95% CI)			62			98	100.0%	-0.52 [-0.86, -0.18]		•	
Heterogeneity: Chi <sup>2</sup> =	16.69, 0	f=3(P	= 0.000	$(8); I^2 = 80$	2%				10	<del>_                                    </del>	40
Test for overall effect:									-10	-5 0 5 Favours BT Favours Other	10
Test for subgroup diff	erences	: Chi²=	14.83.	df = 1 (P =	= 0.0001)	$J^2 = 93$	3%			Favouis DI Favouis Ottlei	

#### 10 Figure 301: Symptom check-list

		BT		Another	interve	ntion		Std. Mean Difference		Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI
Fairburn1991	0.76	0.18	9	0.7	0.12	22	53.7%	0.42 [-0.36, 1.20]		-
Fairburn1991	0.76	0.18	10	0.59	0.07	21	46.3%	1.43 [0.58, 2.27]		-
Total (95% CI)			19			43	100.0%	0.89 [0.31, 1.46]		<b>•</b>
Heterogeneity: Chi <sup>2</sup> =	: 2.95, df	= 1 (P	= 0.09)	; I <sup>z</sup> = 66%					-10	-5 0 5 1
Test for overall effect	Z = 3.03	B (P = 0	0.002)						-10	-5 U 5 1

11

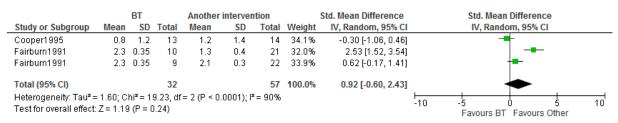
## 12 Figure 302: EDE-restraint

		BT		Another	interver	ntion		Std. Mean Difference		Std. Me	ean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 95%	CI	
Cooper1995	0.8	1.2	13	1.2	1.4	14	40.3%	-0.30 [-1.06, 0.46]			-		
Fairburn1991	2.3	0.35	9	2.1	0.3	22	37.0%	0.62 [-0.17, 1.41]			+-		
Fairburn1991	2.3	0.35	10	1.3	0.4	21	22.8%	2.53 [1.52, 3.54]			-	_	
Total (95% CI)			32			57	100.0%	0.69 [0.20, 1.17]			<b>*</b>		
Heterogeneity: Chi²:	= 19.23, 0	lf=2(	P < 0.00	001); <b>I²</b> = 9	0%				-10	<del></del>	<del>     </del>	<del></del>	10
Test for overall effect	geneity: Chi²= 19.23, df= 2 (P < 0.0001); l²= 90% r overall effect: Z = 2.79 (P = 0.005)								-10	Favours	BT Favo	urs Other	10

13

- 14 Heterogeneity was detected at I<sup>2</sup>=90%. This could not be explained by a risk of bias,
- 15 duration of illness, comorbidities or severity of illness. For this reason random effects were
- 16 presented.

#### 17 Figure 303: EDE-restraint with random effects



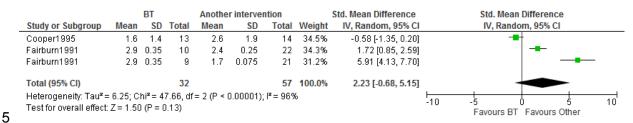
18

#### 19 Figure 304: EDE-weight concern



Heterogeneity was detected at I<sup>2</sup>=96%. This could not be explained by a risk of bias, duration of illness, comorbidities or severity of illness. For this reason random effects were presented.

#### 4 Figure 305: EDE-weight concern with random effects



### 7 Figure 306: EDE-shape concern

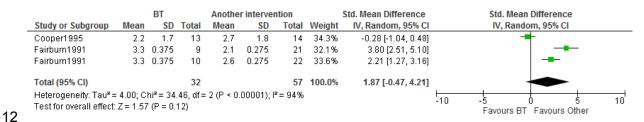
6

8

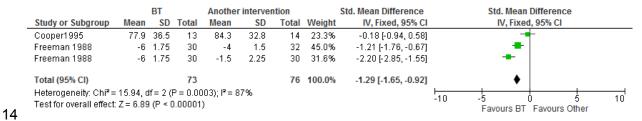
		BT		Anothe	r interve	ntion		Std. Mean Difference		Std. I	Aean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Cooper1995	2.2	1.7	13	2.7	1.8	14	50.3%	-0.28 [-1.04, 0.48]			-		
Fairburn1991	3.3	0.375	10	2.6	0.275	22	32.4%	2.21 [1.27, 3.16]			-	<del>-</del>	
Fairburn1991	3.3	0.375	9	2.1	0.275	21	17.3%	3.80 [2.51, 5.10]				-	
Total (95% CI)			32			57	100.0%	1.24 [0.70, 1.77]			•		
	95% CI) 32 geneity: Chi² = 34.46, df = 2 (P < 0.00001); I² = 94% r overall effect: Z = 4.50 (P < 0.00001)								-10	-5 Favour	0 sBT Favo	5 urs Other	10

9 Heterogeneity was detected at I<sup>2</sup>=94%. This could not be explained by a risk of bias, duration of illness, comorbidities or severity of illness. For this reason random effects were presented.

#### 11 Figure 307: EDE-shape concern with random effects



#### 13 Figure 308: EDI-body dissatisfaction



15 Heterogeneity was detected at I<sup>2</sup>=87%. This could not be explained by a risk of bias, duration of illness, comorbidities or severity of illness. For this reason random effects were presented.

#### 17 Figure 309: EDI-body dissatisfaction with random effects0

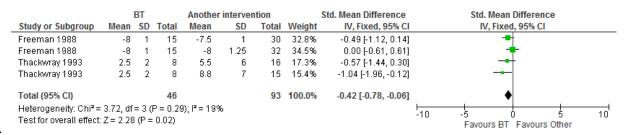
		BT		Another	interve	ntion		Std. Mean Difference		Std. Mean Difference	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% C	1	
Cooper1995	77.9	36.5	13	84.3	32.8	14	31.9%	-0.18 [-0.94, 0.58]		-		
Freeman 1988	-6	1.75	30	-4	1.5	32	34.7%	-1.21 [-1.76, -0.67]		-		
Freeman 1988	-6	1.75	30	-1.5	2.25	30	33.4%	-2.20 [-2.85, -1.55]		-		
Total (95% CI)			73			76	100.0%	-1.21 [-2.27, -0.16]		•		
Heterogeneity: Tau² = Test for overall effect					-10	-5 0 Favours BT Favours	5 Other	10				

#### 3 Figure 310: EDI-bulimia

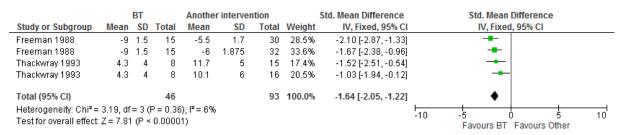
1 2

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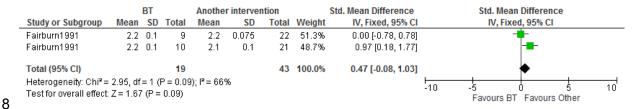
14



#### 5 Figure 311: EDI-drive for thinness



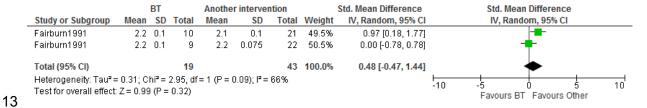
#### 7 Figure 312: Social adjustment score



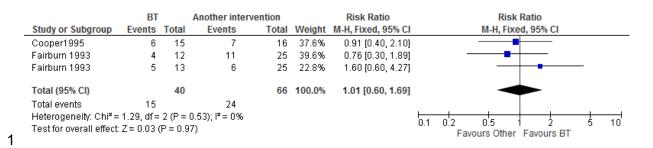
9 Heterogeneity was detected at I<sup>2</sup>=66%. This could not be explored given that the data is 10 from the study same study but it was a 3-armed trial and the data was entered in separately.

11 For this reason the data was presented as random effects

#### 12 Figure 313: Social adjustment score random effects



#### 15 Figure 314: Remission



## M.3.2.112 Behavioural therapy versus another intervention in adults with bulimia nervosa at follow-up

#### 4 Figure 315: Vomiting

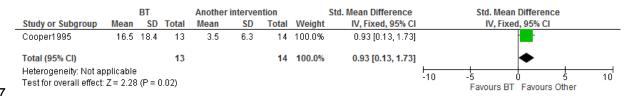
		BT		Another	interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Cooper1995	23.4	25.8	13	4.3	7.1	14	100.0%	1.00 [0.19, 1.80]			-		
Total (95% CI)			13			14	100.0%	1.00 [0.19, 1.80]			•		
Heterogeneity: Not ap Test for overall effect:			0.02)						-10	-5 Favou	0 rs BT Favo	5 urs Other	10

## 6 Figure 316: Bingeing

5

9

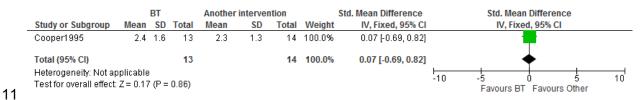
13



#### 8 Figure 317: EDE-restraint

		ВТ		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Cooper1995	1.6	1.5	13	1	1.1	14	100.0%	0.45 [-0.32, 1.21]					
Total (95% CI)			13			14	100.0%	0.45 [-0.32, 1.21]			•		
Heterogeneity: Not ap Test for overall effect:			0.25)						-10	-5 Favou	0 rs BT Favo	5 ours Other	10

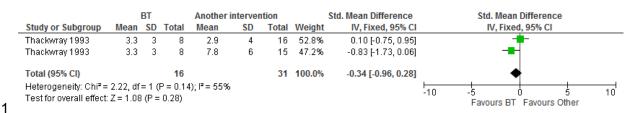
#### 10 Figure 318: EDE-weight concern



#### 12 Figure 319: EDE-shape concern

		BT		Another	interver	ntion	S	td. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	Fixed, 95%	CI	
Cooper1995	3.1	1.4	13	2.6	1.4	14	100.0%	0.35 [-0.42, 1.11]					
Total (95% CI)			13			14	100.0%	0.35 [-0.42, 1.11]			•		
Heterogeneity: Not ap Test for overall effect:			0.37)						-10	-5 Favou	0 rs BT Favo	5 urs Other	10

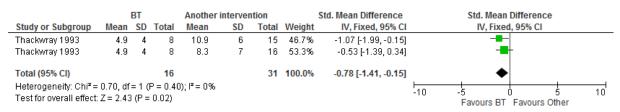
#### 14 Figure 320: EDI-bulimia



#### 2 Figure 321: EDI-body dissatisfaction

		BT		Anothe	r interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95%	CI	
Cooper1995	89.3	31.6	13	78.5	26.5	14	100.0%	0.36 [-0.40, 1.12]					
Total (95% CI)			13			14	100.0%	0.36 [-0.40, 1.12]			•		
Heterogeneity: Not a Test for overall effect			0.35)						-10	-5 Favou	0 Irs BT Favo	5 ours Other	10

#### 4 Figure 322: EDI-drive for thinness

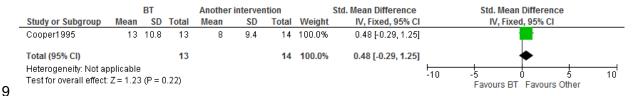


#### 6 Figure 323: Remission

3

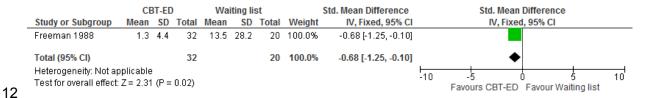


#### 8 Figure 324: Depression



#### M.3.2.120 CBT-ED versus wait list controls in adults with bulimia nervosa at end of treatment

#### 11 Figure 325: Laxative use

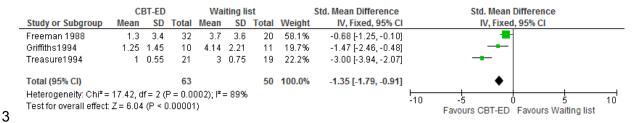


#### 13 Figure 326: Purging

	CI	BT-ED		Wa	iting li	st		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Griffiths1994	0.95	1.23	10	4.95	2.38	11	100.0%	-2.00 [-3.08, -0.91]		-			
Total (95% CI)			10			11	100.0%	-2.00 [-3.08, -0.91]		•			
Heterogeneity: Not ap Test for overall effect:			0.0003)						-10	-5 Favours CBT-ED		5 aiting list	10

### 2 Figure 327: Bingeing

1



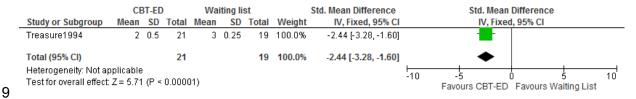
## 4 Figure 328: Vomiting



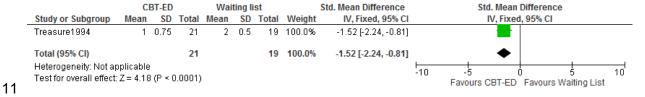
#### 6 Figure 329: EDE-shape concern

	CE	3T-ED	)	Wa	iting li	st		Std. Mean Difference		Std. Mean	Difference	•	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	d, 95% CI		
Treasure1994	2	0.5	21	3	0.25	19	100.0%	-2.44 [-3.28, -1.60]		-			
Total (95% CI)			21			19	100.0%	-2.44 [-3.28, -1.60]		•			
Heterogeneity: Not ap Test for overall effect:			0.0000	01)					-10	-5 Favours CBT-ED	0 Favours \	5 Vaiting List	10

#### 8 Figure 330: EDE-weight concern



### 10 Figure 331: EDE-restraint



#### 12 Figure 332: Overall severity

	C	BT-ED		W	aiting list	t		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Fairburn 2009	1.82	1.32	53	3.99	1.01	25	42.0%	-1.75 [-2.30, -1.19]	-
Fairburn 2009	1.76	1.33	50	3.99	1.01	26	41.3%	-1.79 [-2.35, -1.24]	-
Treasure1994	3	0.5	21	4	0.0625	19	16.7%	-2.68 [-3.56, -1.81]	
Total (95% CI)			124			70	100.0%	-1.92 [-2.28, -1.56]	•
Heterogeneity: Chi² = Test for overall effect		•			1%				-10 -5 0 5 10 Favours CBT-ED Favour Waiting list

#### 1 Figure 333: EDI-body dissatisfaction

	C	BT-ED		Wa	iting li	st		Std. Mean Difference		Std. Mea	n Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95%	CI	
Griffiths1994	14.21	8.65	19	17.41	8.17	22	100.0%	-0.37 [-0.99, 0.25]					
Total (95% CI)			19			22	100.0%	-0.37 [-0.99, 0.25]			•		
Heterogeneity: Not ap Test for overall effect:			0.24)						-10	-5 Favours CBT-E	0 Favo	5 our Waiting list	10

#### 3 Figure 334: EDI-drive for thinness

	C	BT-ED		Wa	iting li	st		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Griffiths1994	7.58	6.17	19	13.55	5.33	22	100.0%	-1.02 [-1.68, -0.36]		•			
Total (95% CI)			19			22	100.0%	-1.02 [-1.68, -0.36]		•			
Heterogeneity: Not ap Test for overall effect:			0.002)						-10	-5 Favours CBT-ED	5 Favour Waitir	1 na list	ď

## 4 5 **Figure 335: EDI-bulimia**

2

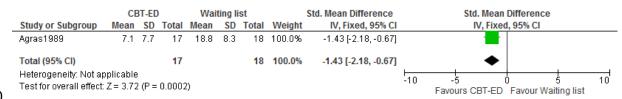
8

	C	BT-ED		Wa	iting li	st		Std. Mean Difference		Std. Mea	n D	ifference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed,	95% CI	
Griffiths1994	3.32	5.24	19	11.14	5.14	22	100.0%	-1.48 [-2.18, -0.78]					
Total (95% CI)			19			22	100.0%	-1.48 [-2.18, -0.78]		•			
Heterogeneity: Not ap Test for overall effect:			0.0001)						-10	-5 Favours CBT-E	o l	5 Favour Waiting list	10

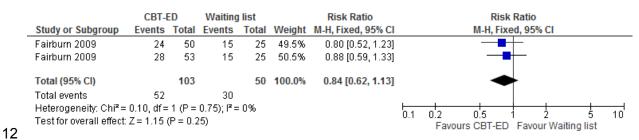
#### 6 7 Figure 336: Symptom checklist

	C	BT-ED		Wa	iting li	st		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
Fairburn 2009	0.87	0.8	50	1.5	0.74	26	49.4%	-0.80 [-1.29, -0.31]		-			
Fairburn 2009	1	0.83	53	1.5	0.74	25	50.6%	-0.62 [-1.10, -0.13]		-			
Total (95% CI)			103			51	100.0%	-0.71 [-1.05, -0.36]		•			
Heterogeneity: Chi²= Test for overall effect:					6				-10	-5 ( Favours CBT-ED	) 5 Favour Waiti	ng list	10

#### 9 Figure 337: Depression



## 11 Figure 338: Vomiting

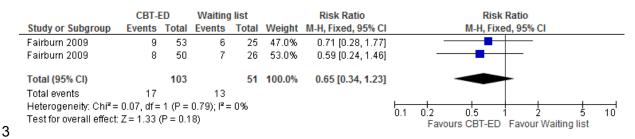


#### 13 Figure 339: Purging

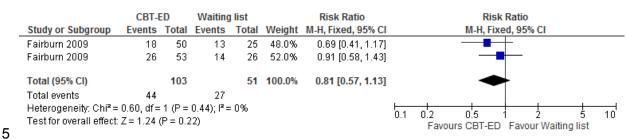
	CBT-E	D	Waiting	list		Risk Ratio		Risk Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 95% CI		
Fairburn 2009	30	53	17	26	51.7%	0.87 [0.60, 1.25]				
Fairburn 2009	25	50	16	25	48.3%	0.78 [0.52, 1.17]				
Total (95% CI)		103		51	100.0%	0.82 [0.63, 1.08]		•		
Total events	55		33							
Heterogeneity: Chi <sup>2</sup> =	0.14, df=	1 (P=	0.71); l <sup>2</sup> =	: 0%			<u> </u>	02 05 1 2	<del></del> _	<del></del>
Test for overall effect:	Z=1.39 (	P = 0.1	6)				0.1	0.2 0.5 1 2 Favours CBT-ED Favour Waiting	o list	10

#### 2 Figure 340: Laxative use

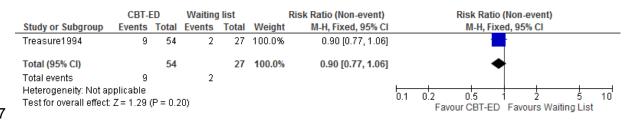
1



#### 4 Figure 341: Bulimic episodes



## 6 Figure 342: Remission



## M.3.2.138 Hybrid versus any other intervention in adults with bulimia nervosa at end of treatment

#### 10 Figure 343: Bingeing

	Н	ybrid		Another	interve	ntion	9	Std. Mean Difference		Std. I	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Nevonen 2006	1.2	1.5	42	1.6	2.2	44	100.0%	-0.21 [-0.63, 0.21]					
Total (95% CI)			42			44	100.0%	-0.21 [-0.63, 0.21]			•		
Heterogeneity: Not ap Test for overall effect			0.33)						-10	-5 Favours H	0 ybrid Favo	5 urs Other	10

#### 12 Figure 344: EDI-symptoms

	Н	lybrid		Another	r interve	ntion		Std. Mean Difference		Std. Mean Differ	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95%	CI	
Nevonen 2006	26	15.8	21	27	22	22	50.0%	-0.05 [-0.65, 0.55]		*		
Nevonen 2006	42	29.7	21	45	36.3	22	50.0%	-0.09 [-0.69, 0.51]		+		
Total (95% CI)			42			44	100.0%	-0.07 [-0.49, 0.35]		•		
Heterogeneity: Chi <sup>z</sup> = Test for overall effect	•			; I² = 0%					-10	-5 0 Favours Hybrid Favo	5 ours Other	10

#### 1 Figure 345: Symptom checklist

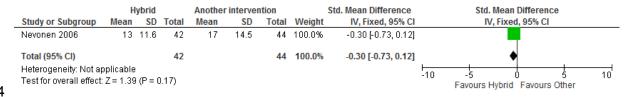
	H	ybrid		Another	interve	ntion		Std. Mean Difference		Std. I	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Nevonen 2006	1	0.7	42	1	0.9	44	100.0%	0.00 [-0.42, 0.42]					
Total (95% CI)			42			44	100.0%	0.00 [-0.42, 0.42]			<b>+</b>		
Heterogeneity: Not ap Test for overall effect:			1.00)						-10	-5 Favours H	0 ybrid Favo	5 urs Other	10

### 3 Figure 346: Depression

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### M.3.2.145 Hybrid versus any other intervention in adults with bulimia nervosa at follow-up

#### 6 Figure 347: Bingeing

	Hybrid				interver	ntion		Std. Mean Difference		Std.	Mean Differ	ence		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI		
Nevonen 2006	1.3	2.1	42	2.1	2.3	44	100.0%	-0.36 [-0.79, 0.07]						
Total (95% CI)			42			44	100.0%	-0.36 [-0.79, 0.07]			•			
Heterogeneity: Not ap Test for overall effect			0.10)						-10	-5 Favours H	0 lybrid Favo	5 urs Othe	10 er	1

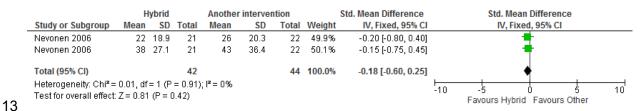
#### 8 Figure 348: Symptom checklist

	H	Hybrid Moan SD Total		Anothe	r interve	ntion		Std. Mean Difference		Std. Me	ean Di	fference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed,	95% CI	
Nevonen 2006	1	0.7	42	1	0.7	44	100.0%	0.00 [-0.42, 0.42]					
Total (95% CI)			42			44	100.0%	0.00 [-0.42, 0.42]			•		
Heterogeneity: Not ap Test for overall effect:			1.00)						-10	-5 Favours Hyb	orid F	5 avours Other	10

#### 10 Figure 349: Depression



#### 12 Figure 350: EDI-symptoms



## M.3.2.154 Psychodynamic general versus any other intervention in adults with bulimia nervosa at end of treatment

#### 16 Figure 351: Bingeing

	Psychod	ynamic Ge	eneral	Anothe	r Intervei	ntion		Std. Mean Difference		Std. Mean I	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
Garner1993	9.6	11	23	7.1	14.1	23	48.8%	0.19 [-0.39, 0.77]		-	-		
Poulsen 2014	5.07	1.8325	34	2.29	1.055	36	51.2%	1.85 [1.29, 2.42]			-		
Total (95% CI)			57			59	100.0%	1.04 [0.64, 1.45]			<b>•</b>		
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:				4%					-10 Favours Psy	-5 C chodynamic G	) Favours Oth	+ 5 er	10

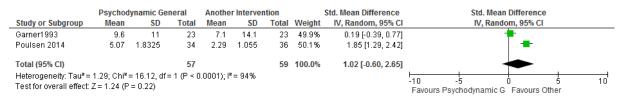
- 2 Heterogeneity was detected at I²=94%. This may be explained by the high risk of bias in the 3 study by Poulsen 2014 where the duration of treatment were remarkably different.
- 4 Psychodynamic treatment was for 19 months, compared with CBT-ED treatment for 14
- 5 weeks. Since removing this study in a sensitivity analysis only leaves us with 1 study, the
- 6 results are presented as random effects.

1

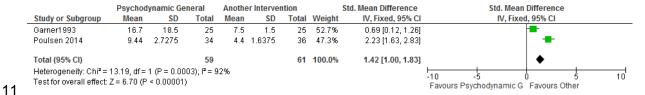
8 9

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#### 7 Figure 352: Bingeing with random effects



#### 10 Figure 353: Vomiting/purging



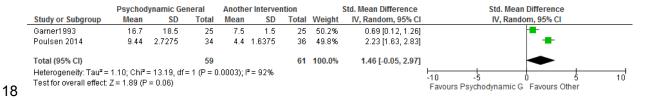
12 Heterogeneity was detected at I<sup>2</sup>=92%. This may be explained by the high risk of bias in the 13 study by Poulsen 2014 where the duration of treatment were remarkably different.

14 Psychodynamic treatment was for 19 months, compared with CBT-ED treatment for 14

15 weeks. Since removing this study in a sensitivity analysis only leaves us with 1 study, the

16 results are presented as random effects.

## 17 Figure 354: Vomiting/purging with random effects



#### 20 Figure 355: EDE-shape concern



22 Heterogeneity was detected at I<sup>2</sup>=98%. This may be explained by the high risk of bias in the

23 study by Poulsen 2014 where the duration of treatment were remarkably different.

24 Psychodynamic treatment was for 19 months, compared with CBT-ED treatment for 14

- 1 weeks. Since removing this study in a sensitivity analysis only leaves us with 1 study, the
- 2 results are presented as random effects.

#### 3 Figure 356: EDE-shape concern with random effects



## 5 Figure 357: EDE-weight concern

	Psychody	ynamic Ge	eneral	Anothe	r Interve	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Garner1993	2.4	1.1	25	1.6	1.2	25	41.4%	0.68 [0.11, 1.26]	-
Poulsen 2014	1.72	0.255	34	1.87	0.225	36	58.6%	-0.62 [-1.10, -0.14]	=
Total (95% CI)			59			61	100.0%	-0.08 [-0.45, 0.29]	<b>•</b>
Heterogeneity: Chi² = Test for overall effect:		•	006); I² = 9	91%					-10 -5 0 5 10 Favours Psychodynamic G Favours Other

- 7 Heterogeneity was detected at  $I^2$ =91%. This may be explained by the high risk of bias in the
- 8 study by Poulsen 2014 where the duration of treatment were remarkably different.
- 9 Psychodynamic treatment was for 19 months, compared with CBT-ED treatment for 14
- 10 weeks.

#### 11 Figure 358: EDE-weight concern with random effects

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	Psychody	/namic Ge	neral	Anothe	r Interve	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Garner1993	2.4	1.1	25	1.6	1.2	25	49.3%	0.68 [0.11, 1.26]	<del></del>
Poulsen 2014	1.72	0.255	34	1.87	0.225	36	50.7%	-0.62 [-1.10, -0.14]	=
Total (95% CI)			59			61	100.0%	0.02 [-1.25, 1.30]	<b>*</b>
Heterogeneity: Tau² = Test for overall effect:			= 1 (P = 0	).0006); P	²= 91%				-10 -5 0 5 10 Favours Psychodynamic G Favours Other

#### 14 Figure 359: EDE-restraint

	Psychod	lynamic Ge	neral	Anothe	er Intervei	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Garner1993	2.5	1.6	25	1.5	1.7	25	42.9%	0.60 [0.03, 1.16]	
Poulsen 2014	2.2	0.3025	34	1.96	0.2425	36	57.1%	0.87 [0.38, 1.36]	-
Total (95% CI)			59			61	100.0%	0.75 [0.38, 1.12]	<b>◆</b>
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:			I <sup>2</sup> = 0%						-10 -5 0 5 10 Favours Psychodynamic G Favours Other

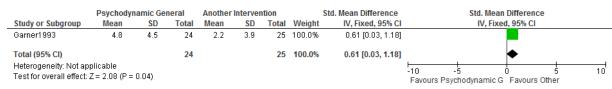
#### 16 Figure 360: EDI-body dissatisfaction

	Psychodyn	namic Ge	neral	Another	Interver	ition	!	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Garner1993	13.7	7.5	24	11.7	9	25	100.0%	0.24 [-0.33, 0.80]	•
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•	0.41)	24			25	100.0%	0.24 [-0.33, 0.80]	-10 -5 10 Favours Psychodynamic G Favours Other

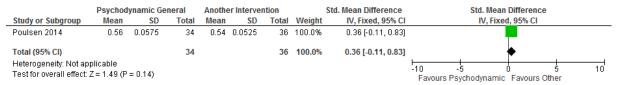
### 18 Figure 361: EDI-drive for thinness

	Psychodyr	namic Ge	neral	Another	r Intervei	ntion		Std. Mean Difference	Std. I	Mean Difference	,	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV,	Fixed, 95% CI		
Garner1993	9.4	6.8	25	5.9	6.3	25	100.0%	0.53 [-0.04, 1.09]				
Total (95% CI)			25			25	100.0%	0.53 [-0.04, 1.09]		•		
Heterogeneity: Not ap Test for overall effect:	•	0.07)							-10 -5	0 0 Dic G. Favours (	5 Sther	10

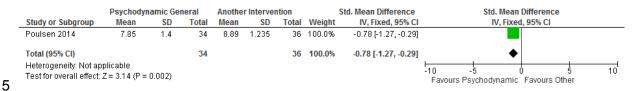
#### 20 Figure 362: EDI-bulimia



## 2 Figure 363: General psychopathology



## Figure 364: Depression



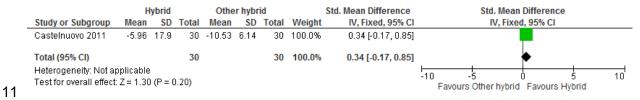
## M.3.36 Binge eating disorder individual therapy

#### M.3.3.17 Hybrid versus another hybrid in adults with binge eating disorder at end of treatment

#### 8 Figure 365: Global clinical score

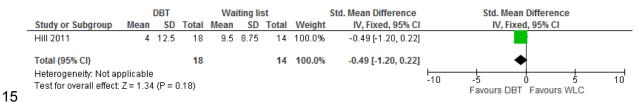
	I	Hybrid Mean SD Total			er hybri	d		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Castelnuovo 2011	-27.2	10.91	30	-14.47	12.07	30	100.0%	-1.09 [-1.64, -0.55]					
Total (95% CI)			30			30	100.0%	-1.09 [-1.64, -0.55]		•			
Heterogeneity: Not ap Test for overall effect:			0001)						-10	-5 Favours Hybrid	0 Favours Ot	+ 5 her hybrid	10

#### 0 Figure 366: Percentage weight loss



## M.3.3.22 Dialectical behaviour therapy (DBT) versus wait list control (WLC) in adults with binge at eating disorder at end of treatment

#### 14 Figure 367: Bingeing



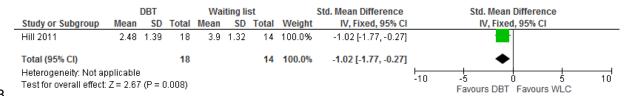
### 16 Figure 368: Vomiting

		DBT		Wa	aiting lis	st		Std. Mean Difference		Std.	Mean D	ifferer	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IN	/, Fixed,	95% C	I	
Hill 2011	2.5	12.5	18	12.5	14.75	14	100.0%	-0.72 [-1.44, 0.00]						
Total (95% CI)			18			14	100.0%	-0.72 [-1.44, 0.00]			•			
Heterogeneity: Not ap Test for overall effect:			0.05)						-10	-5 Favour	0 s DBT	Favour	5 s WLC	10

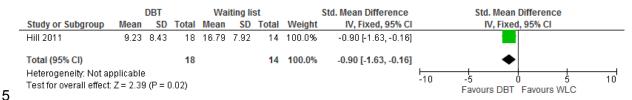
#### 2 Figure 369: EDE-global

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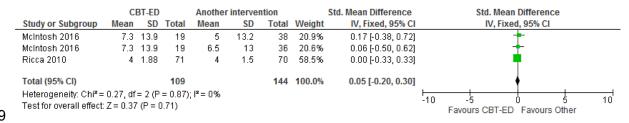


#### 4 Figure 370: Depression

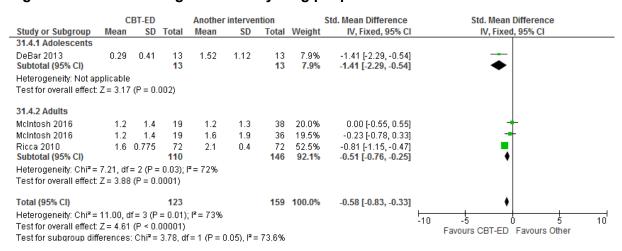


# M.3.3.36 CBT-ED versus another intervention in adults (unless otherwise stated) with binge 7 eating disorder at end of treatment

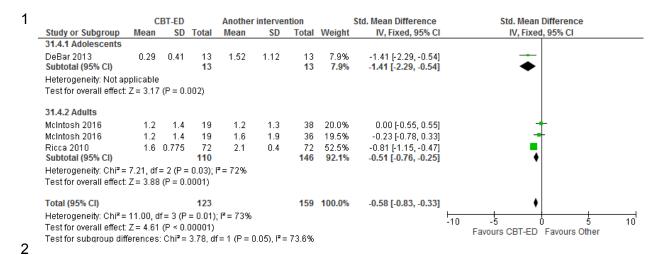
#### 8 Figure 371: Bingeing



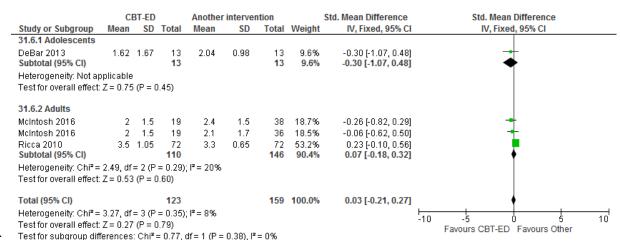
#### 10 Figure 372: EDE-eating concern in young people and adults



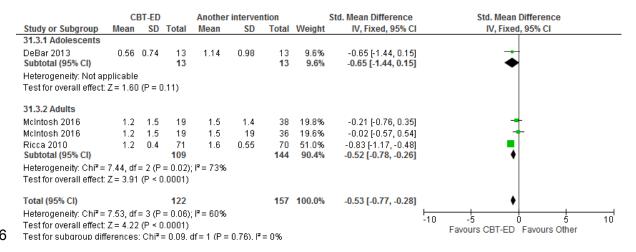
#### 12 Figure 373: EDE-shape concern in young people and adults



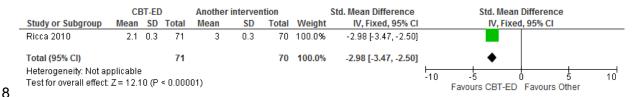
## 3 Figure 374: EDE-weight concern in young people and adults



#### 5 Figure 375: EDE-restraint in young people and adults



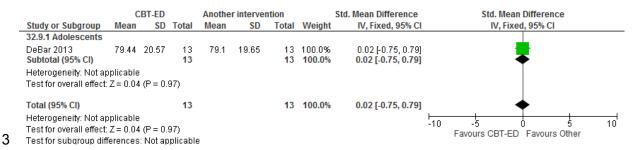
#### 7 Figure 376: EDE-global



#### 9 Figure 377: Social adjustment

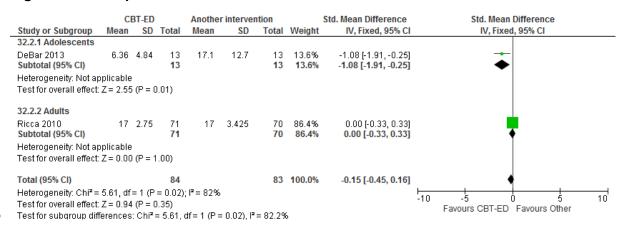
	С	BT-ED		Anothe	r interve	ntion		Std. Mean Difference		Std. Me	an Diffe	rence		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fi	xed, 959	% CI		
DeBar 2013	0.74	0.36	13	0.97	0.49	13	100.0%	-0.52 [-1.30, 0.27]						
Total (95% CI)			13			13	100.0%	-0.52 [-1.30, 0.27]			•			
Heterogeneity: Not a Test for overall effect			0.20)						-10	-5 Favours CBT-E	D Fav	5 ours Othe	er	10

#### 2 Figure 378: Body mass index in young people



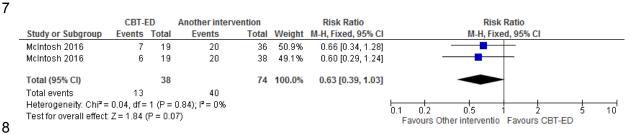
#### Figure 379: Depression

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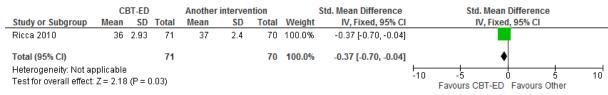
#### 6

#### Figure 380: Remission



## M.3.3.49 CBT-ED versus another intervention in adults (unless otherwise stated) with binge 10 eating disorder at follow-up

#### 11 Figure 381: Body mass index



13 Figure 382: Bingeing

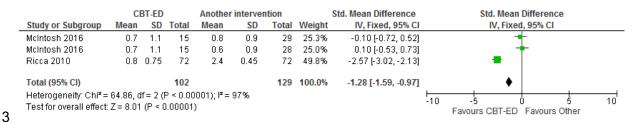
	CI	BT-ED		Anothe	interve	ntion	!	Std. Mean Difference		Std. Mean D	ifference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	95% CI		
McIntosh 2016	7.3	18.9	30	4.3	10.4	29	22.8%	0.19 [-0.32, 0.70]		+	-		
McIntosh 2016	7.3	18.9	30	3.6	9.5	28	22.4%	0.24 [-0.28, 0.76]		+	-		
Ricca 2010	4	1.5	71	4	2	70	54.8%	0.00 [-0.33, 0.33]		•			
Total (95% CI)			131			127	100.0%	0.10 [-0.15, 0.34]		•			
Heterogeneity: Chi² = Test for overall effect	•			; I² = 0%					-10	-5 0 Favours CBT-ED	avours Ot	t 5 her	10

#### 2 Figure 383: EDE-eating concern

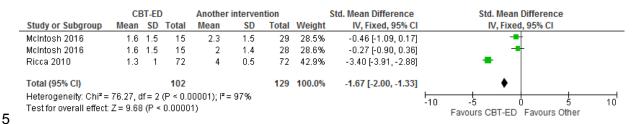
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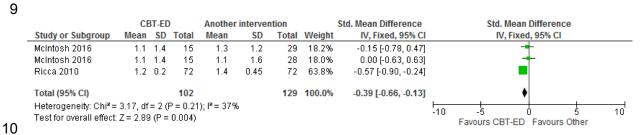
#### 4 Figure 384: EDE-shape concern



## 6 Figure 385: EDE-weight concern

	CE	BT-ED	)	Another	interve	ntion		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
McIntosh 2016	1.7	1.6	15	2.1	1.3	29	28.3%	-0.28 [-0.91, 0.35]			
McIntosh 2016	1.7	1.6	15	1.8	1.3	28	28.2%	-0.07 [-0.70, 0.56]		+	
Ricca 2010	1	0.8	72	3.2	0.5	72	43.6%	-3.28 [-3.78, -2.78]		-	
Total (95% CI)			102			129	100.0%	-1.53 [-1.86, -1.20]		•	
Heterogeneity: Chi²= Test for overall effect			,		98%				-10	-5 0 5 Favours CBT-ED Favours Other	10

#### 8 Figure 386: EDE-restraint



## 11 Figure 387: EDE-global

	CE	ST-ED	)	Anothe	r interve	ntion		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	Mean SD Total 1.3 0.7 71			SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Ricca 2010	1.3	0.7	71	2.7	0.325	70	100.0%	-2.55 [-2.99, -2.10]					
Total (95% CI)			71			70	100.0%	-2.55 [-2.99, -2.10]		•			
Heterogeneity: Not ap Test for overall effect									-10	-5 Favours CBT-FD	0 Favours C	5 )ther	10

## 13 Figure 388: Depression

	C	BT-ED		Anothe	r interve	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Ricca 2010	17	0.825	71	17	3.75	70	100.0%	0.00 [-0.33, 0.33]	•
Total (95% CI) Heterogeneity: Not ap			71			70	100.0%	0.00 [-0.33, 0.33]	-10 -5 0 5 10
Test for overall effect:	for overall effect: Z = 0.00 (P = 1.00)								Favours CBT-ED Favours Other

#### 2 Figure 389: Remission

## M.3.3.53 Behavioural therapy versus another intervention in adults (unless otherwise stated) 4 with binge eating disorder at end of treatment

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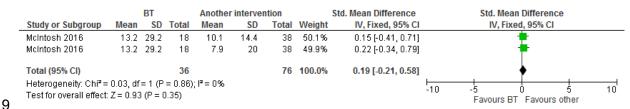
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#### 6 Figure 390: Bingeing

		BT		Another	interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2016	6.5	13	18	7.3	13.9	38	50.0%	-0.06 [-0.62, 0.50]			-		
McIntosh 2016	6.5	13	18	5	13.2	38	50.0%	0.11 [-0.45, 0.67]			+		
Total (95% CI)			36			76	100.0%	0.03 [-0.37, 0.42]			•		
Heterogeneity: Chi²= Test for overall effect:		,		7); I² = 0%					-10	-5 Favou	0 rs BT Favor	5 urs other	10

8 Figure 391: Purging



10 Figure 392: EDE-eating concern

		ВТ		Another	interver	ntion	!	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	Fixed, 95%	CI	
McIntosh 2016	1.6	1.9	18	1.2	1.4	38	50.0%	0.25 [-0.31, 0.81]			-		
McIntosh 2016	1.6	1.9	18	1.2	1.3	38	50.0%	0.26 [-0.30, 0.82]			+		
Total (95% CI)			36			76	100.0%	0.26 [-0.14, 0.65]			•		
Heterogeneity: Chi² =		,		3); I² = 0%					-10	-5	-	<del></del>	10
Test for overall effect	. Z = 1.26	) (P =	0.21)							Favou	rs BT Favo	urs other	

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### 12 Figure 393: EDE-shape concern

		ВТ		Another	interver	ntion	!	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2016	2.5	1.8	18	2.4	1.7	38	50.1%	0.06 [-0.50, 0.62]			-		
McIntosh 2016	2.5	1.8	18	2.8	1.5	38	49.9%	-0.18 [-0.75, 0.38]			+		
Total (95% CI)			36			76	100.0%	-0.06 [-0.46, 0.33]			•		
Heterogeneity: Chi² = Test for overall effect				5); I² = 0%					-10	-5 Favou	0 rs BT Favoi	5 urs other	10

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#### 14 Figure 394: EDE-weight concern



### 1 Figure 395: EDE-restraint

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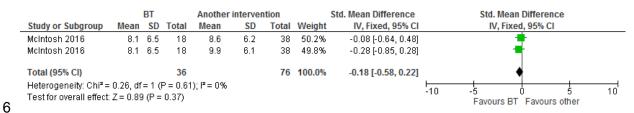
10

		ВТ		Another	interve	ntion	9	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2016	1.5	19	18	1.2	1.5	38	50.0%	0.03 [-0.53, 0.59]					
McIntosh 2016	1.5	19	18	1.5	1.4	38	50.0%	0.00 [-0.56, 0.56]			+		
Total (95% CI)			36			76	100.0%	0.01 [-0.38, 0.41]			•		
Heterogeneity: Chi² =		,		5); I² = 0%					-10	<del>-5</del>	-	5	10
Test for overall effect	Z= 0.07	(P=	0.95)							Favou	rs BT Favoi	urs other	

## 3 Figure 396: EDI-body dissatisfaction

		ВТ		Another	interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2016	15.4	9.3	18	15.2	9.4	38	50.3%	0.02 [-0.54, 0.58]					
McIntosh 2016	15.4	9.3	18	18.3	8.1	38	49.7%	-0.34 [-0.90, 0.23]			-		
Total (95% CI)			36			76	100.0%	-0.16 [-0.55, 0.24]			•		
Heterogeneity: Chi² =		,		3); I² = 0%					-10	<del>-5</del>	<del>-  </del> -	5	10
l est for overall effect	: Z = 0.77 (P = 0.44)								Favou	rs BT Favo	urs other		

### 5 Figure 397: EDI-drive for thinness



### 7 Figure 398: EDI-bulimia

		ВТ		Another	interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2016	2.9	4.3	18	3.9	5.4	38	50.0%	-0.19 [-0.76, 0.37]			-		
McIntosh 2016	2.9	4.3	18	3.7	5.2	38	50.0%	-0.16 [-0.72, 0.40]			+		
Total (95% CI)			36			76	100.0%	-0.18 [-0.57, 0.22]			•		
Heterogeneity: Chi² = Test for overall effect	•	,		3); I² = 0%					-10	-5 Favou	0 rs BT Favo	5 urs other	10

### 9 Figure 399: Symptom checklist

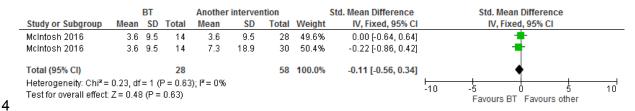
		ВТ		Another	interver	ntion		Std. Mean Difference		Std. I	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIntosh 2016	0.7	0.7	18	0.6	0.6	38	50.0%	0.16 [-0.41, 0.72]					
McIntosh 2016	0.7	0.7	18	0.6	0.6	38	50.0%	0.16 [-0.41, 0.72]			+		
Total (95% CI)			36			76	100.0%	0.16 [-0.24, 0.55]			•		
Heterogeneity: Chi² = Test for overall effect		,		0); I² = 0%					-10	-5 Favour	0 s BT Favou	5 urs other	10

## 11 Figure 400: Remission

	BT		Another interv	ention		Risk Ratio		Risk Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 95% CI		
McIntosh 2016	10	36	13	38	39.4%	0.81 [0.41, 1.61]				
McIntosh 2016	10	36	20	38	60.6%	0.53 [0.29, 0.97]		-		
Total (95% CI)		72		76	100.0%	0.64 [0.41, 1.01]		•		
Total events	20		33							
Heterogeneity: Chi²=	0.85, df=	1 (P=	0.36); I² = 0%				0.1 0.2	0.5 1 3	+	10
Test for overall effect	Z= 1.94	(P = 0.0)	)5)				0.1 0.2	Favours BT Favours other		10

# M.3.3.61 Behavioural therapy versus another intervention in adults (unless otherwise stated) 2 with binge eating disorder at follow-up

## 3 Figure 401: Bingeing



#### 5 Figure 402: Purging

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		BT		Another	r interve	ntion		Std. Mean Difference		Std. I	Aean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIntosh 2016	14.6	26.3	14	9.1	12.8	30	50.4%	0.30 [-0.34, 0.94]			-		
McIntosh 2016	14.6	26.3	14	7.1	15.7	29	49.6%	0.37 [-0.27, 1.02]			+		
Total (95% CI)			28			59	100.0%	0.34 [-0.12, 0.79]			•		
Heterogeneity: Chi² = Test for overall effect		•		; I² = 0%					-10	-5 Favour	0 s BT Favou	5 irs other	10

### 7 Figure 403: EDE-eating concern

		ВТ		Another	interver	ntion	9	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	/, Fixed, 95%	CI	
McIntosh 2016	0.6	0.9	14	0.7	1.1	30	50.4%	-0.09 [-0.73, 0.54]			-		
McIntosh 2016	0.6	0.9	14	0.8	0.9	29	49.6%	-0.22 [-0.86, 0.42]			-		
Total (95% CI)			28			59	100.0%	-0.16 [-0.61, 0.29]			•		
Heterogeneity: Chi² =		,		3); I² = 0%					-10	-5	-	5	10
Test for overall effect	Z = 0.00	) (F =	0.50)							Favou	ırs BT Favo	urs other	

#### 9 Figure 404: EDE-shape concern

		BT		Another	interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2016	2	1.4	14	1.6	1.5	30	50.2%	0.27 [-0.37, 0.90]			-		
McIntosh 2016	2	1.4	14	2.3	1.5	29	49.8%	-0.20 [-0.84, 0.44]			•		
Total (95% CI)			28			59	100.0%	0.03 [-0.42, 0.49]			•		
Heterogeneity: Chi²=	1.03, df	= 1 (	$P = 0.3^{\circ}$	l); l²= 3%					-10	<del></del>		+	10
Test for overall effect:	Z = 0.15	5 (P =	0.88)						-10	Favou	rs BT Favo	urs other	10

#### 11 Figure 405: EDE-weight concern

		BT		Another	interve	ntion		Std. Mean Difference		Std. M	ean Differ	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 95%	CI	
McIntosh 2016	1.8	1.3	14	1.7	1.6	30	50.4%	0.06 [-0.57, 0.70]			-		
McIntosh 2016	1.8	1.3	14	2.1	1.3	29	49.6%	-0.23 [-0.87, 0.41]			-		
Total (95% CI)			28			59	100.0%	-0.08 [-0.53, 0.37]			•		
Heterogeneity: Chi²=	0.40, df	= 1 (	P = 0.53	3); I² = 0%					-10	<del></del>	<del> </del>	<u> </u>	10
Test for overall effect:	Z = 0.35	(P=	0.73)						-10	-5 Favours	BT Favo	ours other	10

## 13 Figure 406: EDE-restraint

		ВТ		Another	interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2016	1.1	1.6	14	1.1	1.4	30	50.3%	0.00 [-0.63, 0.63]			-		
McIntosh 2016	1.1	1.6	14	1.3	1.2	29	49.7%	-0.15 [-0.79, 0.49]			+		
Total (95% CI)			28			59	100.0%	-0.07 [-0.52, 0.38]			•		
Heterogeneity: Chi <sup>2</sup> = Test for overall effect		,		5); I² = 0%					-10	-5 Favou	0 rs BT Favo	5 urs other	10

#### 15 Figure 407: EDI-body dissatisfaction

		ВТ		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2016	14.8	7.9	14	13.4	9.9	30	50.4%	0.15 [-0.49, 0.78]			+		
McIntosh 2016	14.8	7.9	14	17	9	29	49.6%	-0.25 [-0.89, 0.39]			-		
Total (95% CI)			28			59	100.0%	-0.05 [-0.50, 0.40]			•		
Heterogeneity: Chi <sup>2</sup> = Test for overall effect:		,		3); I² = 0%					-10	-5	0	5	10
restroi overan enect	2-0.2		0.00)							Favou	rs BT Favo	urs other	

# 1 2 Figure 408: EDI-drive for thinness

		BT		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2016	5.5	6.2	14	5.9	5.6	30	50.6%	-0.07 [-0.70, 0.57]			-		
McIntosh 2016	5.5	6.2	14	7.7	6.4	29	49.4%	-0.34 [-0.98, 0.30]			-		
Total (95% CI)			28			59	100.0%	-0.20 [-0.65, 0.25]			•		
Heterogeneity: Chi² = Test for overall effect:		,		5); I² = 0%					-10	-5 Favou	0 rs BT Favor	5 urs other	10

#### 4 Figure 409: EDI-bulimia

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		ВТ		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2016	1.4	3.1	14	2.1	2.9	30	50.5%	-0.23 [-0.87, 0.40]			-		
McIntosh 2016	1.4	3.1	14	2.8	4.4	29	49.5%	-0.34 [-0.98, 0.30]			-		
Total (95% CI)			28			59	100.0%	-0.29 [-0.74, 0.17]			•		
Heterogeneity: Chi² = Test for overall effect		,	•	); I² = 0%					-10	-5 Favou	0 rs BT Favo	5 urs other	10

### 6 Figure 410: Symptom checklist

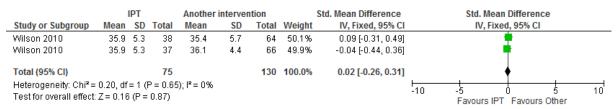
		BT		Another	interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2016	0.6	0.6	14	0.4	0.01	30	49.3%	0.59 [-0.06, 1.24]			-		
McIntosh 2016	0.6	0.6	14	0.6	0.5	29	50.7%	0.00 [-0.64, 0.64]			+		
Total (95% CI)			28			59	100.0%	0.29 [-0.16, 0.74]			•		
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:				0); I²= 38%	6				-10	-5		<u>-</u>	10
1001101 0101011 011001		· v	0.2.,							Favou	rs BT Favo	urs other	

#### 8 Figure 411: Remission



# M.3.3.70 Interpersonal therapy versus another intervention in adults (unless otherwise stated) 11 with binge eating disorder at end of treatment

## 12 Figure 412: Body mass index



## 14 Figure 413: Bingeing

		IPT		Another	interver	ntion		Std. Mean Difference		Std. I	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Wilson 2010	3.7	7.2	38	4.3	7.9	64	50.1%	-0.08 [-0.48, 0.32]					
Wilson 2010	3.7	7.2	37	3.8	7.2	66	49.9%	-0.01 [-0.42, 0.39]			•		
Total (95% CI)			75			130	100.0%	-0.05 [-0.33, 0.24]			•		
Heterogeneity: Chi² = Test for overall effect	•	,		3); I² = 0%					-10	-5 Favours	0 S IPT Favou	5 urs Other	10

## 1 2 Figure 414: Remission



## M.3.3.84 Interpersonal therapy versus another intervention in adults (unless otherwise stated) 5 with binge eating disorder at follow-up

#### 6 Figure 415: Body mass index

		IPT		Another	interver	ition		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV.	Fixed, 95%	CI	
Wilson 2010	35.9	5.4	38	36	6.2	64	50.1%	-0.02 [-0.42, 0.38]					
Wilson 2010	35.9	5.4	37	35.7	4.9	66	49.9%	0.04 [-0.36, 0.44]			•		
Total (95% CI)			75			130	100.0%	0.01 [-0.27, 0.30]			•		
Heterogeneity: Chi² = Test for overall effect:		,		5); I² = 0%					-10	-5 Favour	0 s IPT Favoi	5 urs Other	10

#### 7 8 Figure 416: Bingeing

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	Expe	rimen	tal	Co	ontro	I		Std. Mean Difference		Std. M	ean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 95%	CI	
Wilson 2010	4.8	7.6	38	6.5	8.7	64	50.0%	-0.20 [-0.61, 0.20]			-		
Wilson 2010	4.8	7.6	37	4.3	7.8	66	50.0%	0.06 [-0.34, 0.47]			•		
Total (95% CI)			75			130	100.0%	-0.07 [-0.35, 0.22]			4		
Heterogeneity: Chi² = Test for overall effect:		•	,	; I² = 0%	6				-10	-5 Favours	0 IPT Favo	5 urs Other	10

## M.3.3.90 CBT-general versus any other intervention in adults with binge eating disorder at end 11 of treatment

#### 12 Figure 417: Symptom checklist

		ВТ		Another	interve	ntion		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
McIntosh 2016	0.6	0.6	19	0.7	0.7	36	49.5%	-0.15 [-0.70, 0.41]		<b>+</b>	
McIntosh 2016	0.6	0.6	19	0.6	0.6	38	50.5%	0.00 [-0.55, 0.55]		<b>*</b>	
Total (95% CI)			38			74	100.0%	-0.07 [-0.46, 0.32]		•	
Heterogeneity: Chi² = Test for overall effect		,		); I² = 0%					-10	-5 0 5 Favours CBT-G Favours Other	10

## 14 Figure 418: Purging

		ВТ		Another	interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2016	7.9	20	19	10.1	14.4	38	50.5%	-0.13 [-0.68, 0.42]			•		
McIntosh 2016	7.9	20	19	13.2	29.2	36	49.5%	-0.20 [-0.75, 0.36]			-		
Total (95% CI)			38			74	100.0%	-0.16 [-0.56, 0.23]			•		
Heterogeneity: Chi² = Test for overall effect		,		?); I² = 0%					-10	-5 Favours C	0 BT-G Favo	5 urs Other	10

## 16 Figure 419: Bingeing

	0	:BT-G		Another	r interve	ntion		Std. Mean Difference		Std. I	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIntosh 2016	5	13.2	19	6.5	13	36	49.6%	-0.11 [-0.67, 0.44]			•		
McIntosh 2016	5	13.2	19	7.3	13.9	38	50.4%	-0.17 [-0.72, 0.39]			•		
Total (95% CI)			38			74	100.0%	-0.14 [-0.53, 0.25]			•		
Heterogeneity: Chi² = Test for overall effect				; I² = 0%					-10	-5 Favours Cl	0 BT-G Favor	5 urs Other	10

### 2 Figure 420: EDE-eating concern

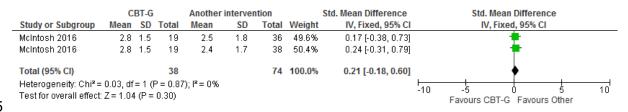
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	C	BT-G		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
McIntosh 2016	1.2	1.3	19	1.2	1.4	38	50.6%	0.00 [-0.55, 0.55]					
McIntosh 2016	1.2	1.3	19	1.6	1.9	36	49.4%	-0.23 [-0.79, 0.33]			-		
Total (95% CI)			38			74	100.0%	-0.11 [-0.51, 0.28]			•		
Heterogeneity: Chi² = Test for overall effect:		•		?); I² = 0%					-10	-5 Favours C	0 BT-G Favo	5 urs Other	10

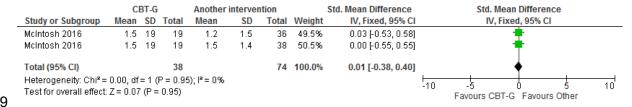
#### 4 Figure 421: EDE-shape concern



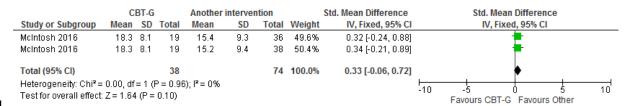
#### 6 Figure 422: EDE-weight concern

	C	BT-G		Another	interve	ntion		Std. Mean Difference		Std. I	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIntosh 2016	2.4	1.5	19	2	1.5	38	50.4%	0.26 [-0.29, 0.82]			-		
McIntosh 2016	2.4	1.5	19	2.1	1.7	36	49.6%	0.18 [-0.38, 0.74]			+		
Total (95% CI)			38			74	100.0%	0.22 [-0.17, 0.61]			•		
Heterogeneity: Chi²=		,		4); I² = 0%					-10	-5	<del></del>	5	10
Test for overall effect	: Z = 1.11	(P=	0.27)							Favours C	BT-G Favo	urs Other	

#### 8 Figure 423: EDE-restraint



#### 10 Figure 424: EDI-body dissatisfaction



### 12 Figure 425: EDI-drive for thinness

	C	BT-G	i	Another	interver	ntion		Std. Mean Difference		Std. I	Aean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIntosh 2016	9.9	6.1	19	8.1	6.5	36	49.4%	0.28 [-0.28, 0.84]			-		
McIntosh 2016	9.9	6.1	19	8.6	6.2	38	50.6%	0.21 [-0.34, 0.76]			+		
Total (95% CI)			38			74	100.0%	0.24 [-0.15, 0.64]			•		
Heterogeneity: Chi² = Test for overall effect		,		i); l² = 0%					-10	-5 Favours Cf	0 BT-G Favou	5 urs Other	10

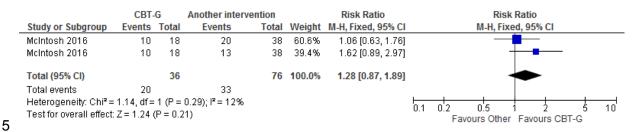
## 1 2 Figure 426: EDI-bulimia

	C	BT-G		Another	interver	ntion		Std. Mean Difference		Std. M	ean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	ixed, 95%	CI	
McIntosh 2016	3.7	5.2	19	3.9	5.4	38	50.5%	-0.04 [-0.59, 0.51]					
McIntosh 2016	3.7	5.2	19	2.9	4.3	36	49.5%	0.17 [-0.39, 0.73]			•		
Total (95% CI)			38			74	100.0%	0.07 [-0.33, 0.46]			•		
	otal (95% CI) 38 leterogeneity: Chi² = 0.27, df = 1 (P = 0.60); l² = 0% 'est for overall effect: Z = 0.33 (P = 0.74)								-10	-5 Favours CB	0 T-G Favor	5 urs Other	10

#### 4 Figure 427: Remission

3

9

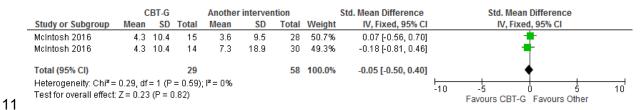


# M.3.3.106 CBT-general versus any other intervention in adults with binge eating disorder at 7 follow-up

## 8 Figure 428: Purging

	0	:BT-G		Another	interve	ntion		Std. Mean Difference		Std. N	Aean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIntosh 2016	7.1	15.7	15	14.6	26.3	28	50.3%	-0.32 [-0.95, 0.31]			-		
McIntosh 2016	7.1	15.7	14	9.1	12.8	30	49.7%	-0.14 [-0.78, 0.49]			•		
Total (95% CI)			29			58	100.0%	-0.23 [-0.68, 0.22]			•		
Heterogeneity: Chi²= Test for overall effect				; I² = 0%					-10	-5 Favours CE	0 BT-G Favo	5 urs Other	10

#### 10 Figure 429: Bulimic episodes



### 12 Figure 430: EDE-eating concern



## 14 Figure 431: EDE-shape concern

	С	BT-G		Anotheri	interver	ntion		Std. Mean Difference		Std. I	lean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIntosh 2016	2.3	1.5	15	1.6	1.5	30	51.2%	0.46 [-0.17, 1.09]			-		
McIntosh 2016	2.3	1.5	14	2	1.4	28	48.8%	0.21 [-0.44, 0.85]			+		
Total (95% CI)			29			58	100.0%	0.34 [-0.11, 0.78]			•		
Heterogeneity: Chi² = Test for overall effect:		,		3); I² = 0%					-10	-5 Favours CE	0 BT-G Favo	5 urs Other	10

# 1 2 Figure 432: EDE-weight concern

	C	BT-G		Another	interver	ntion		Std. Mean Difference		Std. M	ean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	ixed, 95%	CI	
McIntosh 2016	2.1	1.3	15	1.8	1.3	28	50.6%	0.23 [-0.40, 0.86]			-		
McIntosh 2016	2.1	1.3	14	1.7	1.6	30	49.4%	0.26 [-0.38, 0.90]			+		
Total (95% CI)			29			58	100.0%	0.24 [-0.20, 0.69]			•		
Heterogeneity: Chi² = Test for overall effect		,		4); I² = 0%					-10	-5 Favours CB	0 T-G Favo	5 urs Other	10

## 4 Figure 433: EDE-restraint

3

	С	BT-G	i	Another	interver	ntion		Std. Mean Difference		Std. I	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIntosh 2016	1.3	1.2	15	1.1	1.4	30	51.7%	0.15 [-0.47, 0.77]					
McIntosh 2016	1.3	1.2	14	1.1	1.6	28	48.3%	0.13 [-0.51, 0.77]			+		
Total (95% CI)			29			58	100.0%	0.14 [-0.31, 0.59]			•		
Heterogeneity: Chi² = Test for overall effect		,		?); I² = 0%					-10	-5 Favours C	0 BT-G Favor	5 urs Other	10

## 6 Figure 434: EDI-body dissatisfaction

	C	BT-G		Another	interver	ntion	:	Std. Mean Difference		Std. I	lean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIntosh 2016	17	9	15	13.4	9.9	30	51.5%	0.37 [-0.26, 0.99]			-		
McIntosh 2016	17	9	14	14.8	7.9	28	48.5%	0.26 [-0.38, 0.91]			+		
Total (95% CI)			29			58	100.0%	0.32 [-0.13, 0.76]			•		
Heterogeneity: Chi² : Test for overall effect		,		2); I² = 0%					-10	-5 Favours CE	0 BT-G Favor	5 urs Other	10

## 7 8 Figure 435: EDI-drive for thinness

	C	BT-G		Another	interve	ntion		Std. Mean Difference		Std. N	lean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIntosh 2016	7.7	6.4	15	5.5	6.2	28	50.5%	0.34 [-0.29, 0.98]			-		
McIntosh 2016	7.7	6.4	14	5.9	5.6	30	49.5%	0.30 [-0.34, 0.94]			+		
Total (95% CI)			29			58	100.0%	0.32 [-0.13, 0.77]			•		
Heterogeneity: Chi² = Test for overall effect		,		3); I² = 0%					-10	-5 Favours CE	0 BT-G Favou	5 urs Other	10

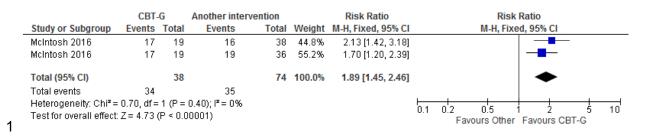
## 9 10 **Figure 436: EDI-bulimia**

	С	BT-G		Another	interve	ntion		Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95%	CI	
McIntosh 2016	2.8	4.4	14	1.4	3.1	28	47.9%	0.38 [-0.26, 1.03]		-		
McIntosh 2016	2.8	4.4	15	2.1	2.9	30	52.1%	0.20 [-0.42, 0.82]		+		
Total (95% CI)			29			58	100.0%	0.29 [-0.16, 0.74]		•		
Heterogeneity: Chi <sup>2</sup> = 0.16, df = 1 (P = 0.69); i <sup>2</sup> = 0%  Test for overall effect: Z = 1.26 (P = 0.21)										-5 0 Favours CBT-G Favou	5 urs Other	10

## 11 12 Figure 437: Symptom checklist

	CBT-G			Another	interve	ntion		Std. Mean Difference		ence			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIntosh 2016	0.6	0.5	15	0.4	0	30		Not estimable					
McIntosh 2016	0.6	0.5	14	0.6	0.6	28	100.0%	0.00 [-0.64, 0.64]			-		
Total (95% CI)			29			58	100.0%	0.00 [-0.64, 0.64]			•		
Heterogeneity: Not applicable Test for overall effect: Z = 0.00 (P = 1.00)									-10	-5 Favours CE	0 BT-G Favor	5 urs Other	10

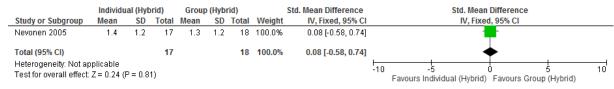
## 13 14 Figure 438: Remission



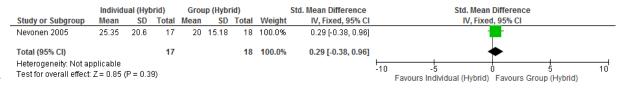
## M.3.42 EDNOS individual therapy

#### M.3.4.13 Interpersonal hybrid versus group hybrid in adults with EDNOS at end of treatment

#### 4 Figure 439: EDE-restraint



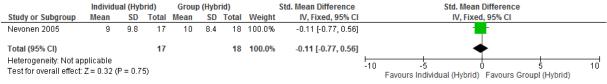
## Figure 440: EDI-total



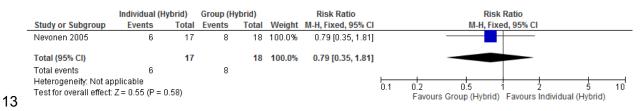
### 8 Figure 441: General psychopathology

	Individ	ual (Hyb	orid)	Grou	p (Hyb	rid)		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
Nevonen 2005	0.91	0.78	17	1	0.62	18	100.0%	-0.13 [-0.79, 0.54]		-	
Total (95% CI)			17			18	100.0%	-0.13 [-0.79, 0.54]		<b>*</b>	
Heterogeneity: Not ap Test for overall effect:		(P = 0.7	1)						-10	-5 0 5 Favours Individual (Hybrid) Favours Group (Hybrid)	10

## 10 Figure 442: Depression

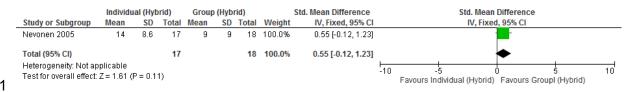


## 12 Figure 443: Remission

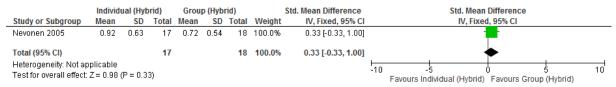


#### M.3.4.24 Interpersonal hybrid versus group hybrid in adults with EDNOS at follow-up

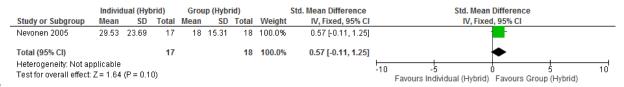
#### 15 Figure 444: Depression



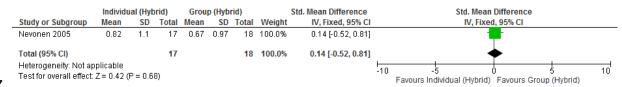
#### 2 Figure 445: General psychopathology



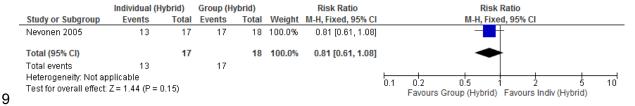
## Figure 446: EDI-total



#### 6 Figure 447: EDE-restraint



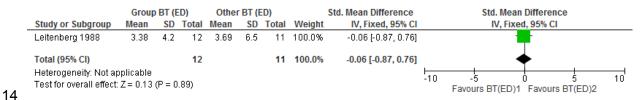
#### 8 Figure 448: Remission



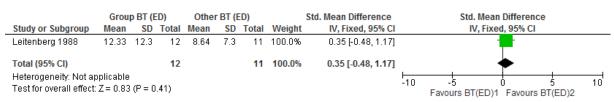
#### M.3.50 Bulimia nervosa group therapy

## M.3.5.11 Group behavioural therapy (BT) compared with another behavioural therapy (BT) in adults with bulimia nervosa at the end of treatment

### 13 Figure 449: Vomiting



#### 15 Figure 450: Depression



## Figure 451: Remission



# M.3.5.25 Group behavioural therapy compared with another behavioural therapy in adults with 6 bulimia nervosa at follow-up

#### 7 Figure 452: Vomiting

34

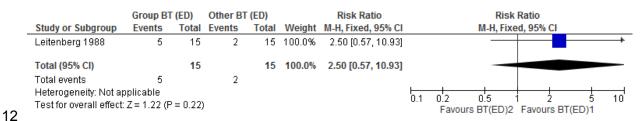
8

	Group BT (ED)			Othe	r BT (E	D)		Std. Mean Difference		Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI				
Leitenberg 1988	1.61	2.4	12	5.28	7.3	12	100.0%	-0.65 [-1.48, 0.17]		-	-				
Total (95% CI)			12			12	100.0%	-0.65 [-1.48, 0.17]		•					
Heterogeneity: Not ap Test for overall effect:		(P = 0	.12)						-10	-5 Favours BT(ED)1	Favours	5 BT(ED)2	10		

## 9 Figure 453: Depression

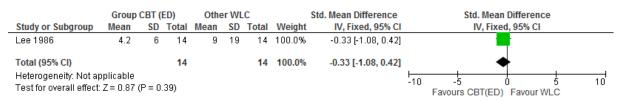
	Group BT (ED)			Othe	r BT (E	ED)		Std. Mean Difference		ence			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	Fixed, 95%	CI	
Leitenberg 1988	11.6	6.5	12	8.18	7.6	11	100.0%	0.47 [-0.36, 1.30]			-		
Total (95% CI)			12			11	100.0%	0.47 [-0.36, 1.30]			•		
Heterogeneity: Not ap Test for overall effect:		(P = 0	.27)						-10	-5 Favours BT(E	0 D)1 Favou	5 urs BT(ED)2	10

## 11 Figure 454: Remission

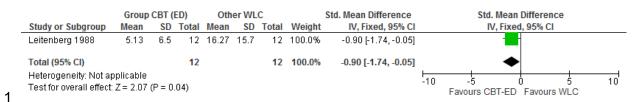


## M.3.5.33 Group CBT-ED compared with wait list controls (WLC) in adults with bulimia nervosa at end of treatment

#### 15 Figure 455: Purging



#### 17 Figure 456: Vomiting



#### 2 Figure 457: EDI-body dissatisfaction

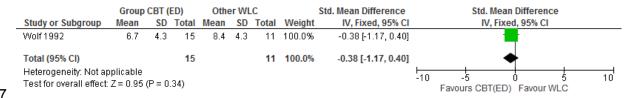
	Group CBT (ED)			Other WLC				Std. Mean Difference		Std. Mea			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 959	% CI	
Wolf 1992	15.5	9.9	15	21.4	6.2	11	100.0%	-0.67 [-1.47, 0.13]		-			
Total (95% CI)			15			11	100.0%	-0.67 [-1.47, 0.13]		•			
Heterogeneity: Not ap Test for overall effect:		(P = 0	.10)						-10	-5 Favours CBT(ED	0 Fav	our WLC	10

#### 4 Figure 458: EDI-drive for thinness

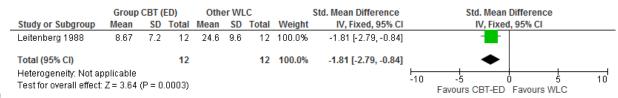
	Group CBT (ED)			Other WLC				Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 95%	CI		
Wolf 1992	11.7	6.3	15	15.4	4	11	100.0%	-0.66 [-1.46, 0.15]		•				
Total (95% CI)			15			11	100.0%	-0.66 [-1.46, 0.15]		_ , ◀	•			
Heterogeneity: Not ap Test for overall effect:		(P = 0	.11)						-10	-5 Favours CBT(ED	0 Favo	5 ur WLC		10

## Figure 459: EDI-bulimia

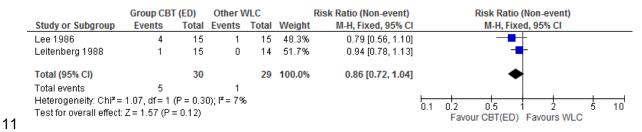
3



## 8 Figure 460: Depression

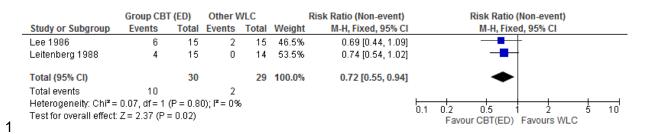


## 10 Figure 461: Remission



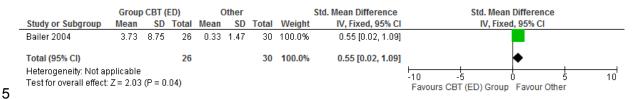
# M.3.5.42 Group CBT-ED compared with wait list controls in adults with bulimia nervosa at follow-up

#### 15 Figure 462: Remission

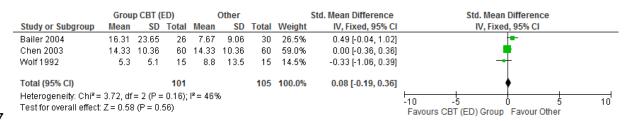


# M.3.5.52 Group CBT-ED compared with another intervention in adults with bulimia nervosa at 3 the end of treatment

#### 4 Figure 463: Laxative use



#### 6 Figure 464: Bingeing

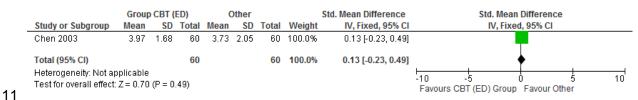


#### 8 Figure 465: Vomiting

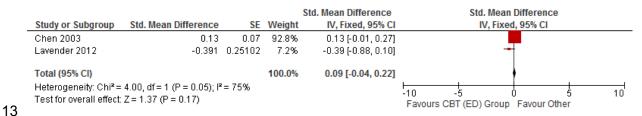
	Grou	p CBT (	ED)	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Bailer 2004	15.5	23.99	26	6	7.07	30	63.2%	0.55 [0.01, 1.08]	<b>=</b>
Leitenberg 1988	5.13	6.5	6	3.38	4.2	12	18.6%	0.33 [-0.66, 1.32]	<del>- </del> -
Leitenberg 1988	5.13	6.5	6	3.69	6.5	11	18.2%	0.21 [-0.79, 1.21]	+
Total (95% CI)			38			53	100.0%	0.45 [0.02, 0.87]	<b>•</b>
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:		•		² = 0%					-10 -5 0 5 10 Favours CBT (ED) Group Favour Other

#### 10 Figure 466: EDE-total

9



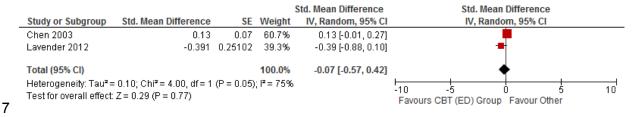
#### 12 Figure 467: EDI-total



14 Heterogeneity was detected at I<sup>2</sup>=75%. There was no obvious risk of bias, or no difference in the severity of illness, duration of treatment or presence of comorbidities. However, Chen

- 1 2003 did compare group CBT-ED to individual CBT-ED, the latter is a very effective therapy,
- 2 whilst Lavender compared group CBT-ED to a less effective treatment of emotional and
- 3 social training. This may explain why Chen 2003 had a smaller difference at the end of
- 4 treatment compare with Lavender 2012. Since there were only two studies and risk of bias
- 5 may explain the results, the data is presented as random effects.

#### 6 Figure 468: EDI-total with random effects



#### 9 Figure 469: EDI-body dissatisfaction

8

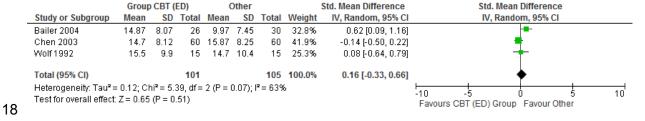
10

19

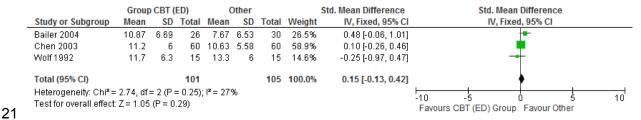
	Group	CBT (	ED)	(	Other			Std. Mean Difference		Std.	Mean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95% C	1	
Bailer 2004	14.87	8.07	26	9.97	7.45	30	26.1%	0.62 [0.09, 1.16]			-		
Chen 2003	14.7	8.12	60	15.87	8.25	60	59.1%	-0.14 [-0.50, 0.22]			•		
Wolf 1992	15.5	9.9	15	14.7	10.4	15	14.8%	0.08 [-0.64, 0.79]			+		
Total (95% CI)			101			105	100.0%	0.09 [-0.18, 0.37]			•		
Heterogeneity: Chi² =		•		; I <b>z</b> = 63°	%				-10	-5	<del>     </del>	<del>-  </del>	10
Test for overall effect	: Z= 0.64	(P = 0	.52)							CBT (ED)	Group Favou	r Other	10

Heterogeneity was detected at I²=63%. There was no obvious risk of bias, or no difference in the severity of illness, duration of treatment or presence of comorbidities. However, Chen 2003 did compare group CBT-ED to individual CBT-ED, the latter is a very effective therapy, the other studies also used effective comparator arms, group behavioural therapy and guided self-help. So the reasons for heterogeneity were not clear and a random effects analysis is presented.

#### 17 Figure 470: EDI-body dissatisfaction with random effects



#### 20 Figure 471: EDI-drive for thinness

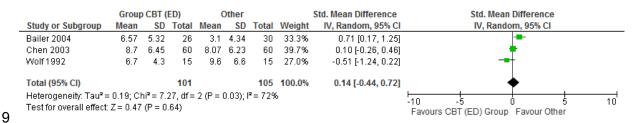


#### 22 Figure 472: EDI-bulimia

	Group	CBT (	ED)	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Bailer 2004	6.57	5.32	26	3.1	4.34	30	26.0%	0.71 [0.17, 1.25]	-
Chen 2003	8.7	6.45	60	8.07	6.23	60	59.6%	0.10 [-0.26, 0.46]	· ·
Wolf 1992	6.7	4.3	15	9.6	6.6	15	14.4%	-0.51 [-1.24, 0.22]	
Total (95% CI)			101			105	100.0%	0.17 [-0.11, 0.45]	•
Heterogeneity: Chi² = Test for overall effect				; I² = 72°	%				-10 -5 0 5 10 Favours CBT (ED) Group Favour Other

2 Heterogeneity was detected at I<sup>2</sup>=72%. There was no obvious risk of bias, or no difference 3 in the severity of illness, duration of treatment or presence of comorbidities. However, Chen 4 2003 did compare group CBT-ED to individual CBT-ED, the latter is a very effective therapy, 5 the other studies also used effective comparator arms, group behavioural therapy and guided 6 self-help. So the reasons for heterogeneity were not clear and a random effects analysis is 7 presented.

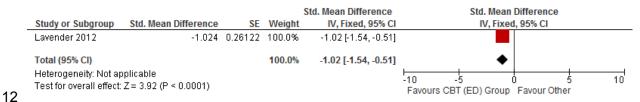
### 8 Figure 473: EDI-bulimia with random effects



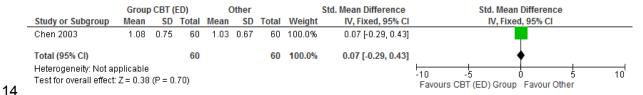
#### 11 Figure 474: Clinical impairment

1

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#### 13 Figure 475: Symptom checklist



#### 15 Figure 476: Depression

	Grou	p CBT (I	ED)		Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Bailer 2004	13.83	11.48	26	8.27	8.33	30	26.1%	0.55 [0.02, 1.09]	-
Chen 2003	14.33	10.36	60	15.37	11.91	60	58.6%	-0.09 [-0.45, 0.27]	•
Leitenberg 1988	8.67	7.2	6	8.64	7.3	11	7.6%	0.00 [-0.99, 1.00]	+
Leitenberg 1988	8.67	7.2	6	12.33	12.3	12	7.7%	-0.32 [-1.30, 0.67]	<del></del>
Total (95% CI)			98			113	100.0%	0.07 [-0.21, 0.34]	<b>•</b>
Heterogeneity: Chi² = Test for overall effect:		,		2=349	6				-10 -5 0 5 10 Favours CBT (ED) Group Favour Other

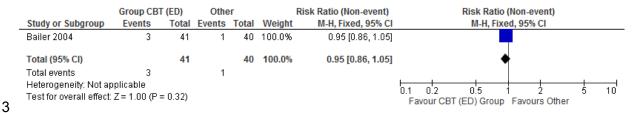
### 17 Figure 477: Anxiety

	Group	CBT (	ED)	(	Other			Std. Mean Difference		Std. Mear	n Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Chen 2003	50.97	8.9	30	51.87	9.09	30	50.0%	-0.10 [-0.61, 0.41]			•		
Chen 2003	43.87	9.87	30	45.23	11.6	30	50.0%	-0.12 [-0.63, 0.38]		-	•		
Total (95% CI)			60			60	100.0%	-0.11 [-0.47, 0.25]			•		
Heterogeneity: Chi² = Test for overall effect:		•		; I² = 0%					-10 Favours Cl	-5 BT (ED) Group	0 Favour Othe	†—— 5 er	10

### 2 Figure 478: Remission

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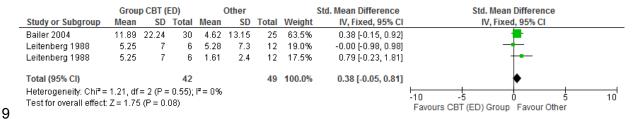


# M.3.5.64 Group CBT-ED compared with another intervention in adults with bulimia nervosa at 5 follow-up

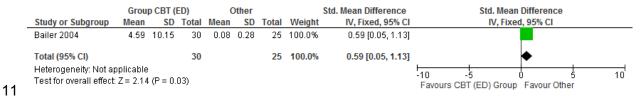
#### 6 Figure 479: Bingeing

	Grou	p CBT (I	ED)		Other			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Bailer 2004	13.11	21.76	30	7.54	13.15	25	26.5%	0.30 [-0.23, 0.83]	<del>-</del>	
Chen 2003	9.6	14.6	60	10.47	14.24	60	58.9%	-0.06 [-0.42, 0.30]	•	
Wolf 1992	6.3	5.4	15	5.3	6.2	15	14.7%	0.17 [-0.55, 0.88]	+	
Total (95% CI)			105			100	100.0%	0.07 [-0.21, 0.34]	<b>+</b>	
Heterogeneity: Chi²=	= 1.28, df	= 2 (P =	0.53);	$I^2 = 0\%$					-10 -5 0 5	10
Test for overall effect	: Z = 0.49	(P = 0.	63)						Favours CBT (ED) Group Favour Other	10

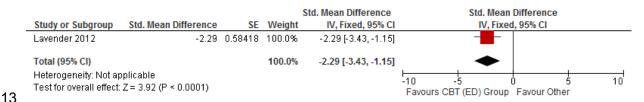
#### 8 Figure 480: Vomiting



#### 10 Figure 481: Laxative use



#### 12 Figure 482: Clinical impairment



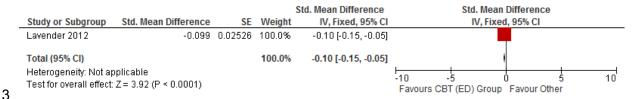
#### 14 Figure 483: EDE-total

	Group	CBT (	ED)	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Chen 2003	3.74	1.94	60	3.81	2.21	60	100.0%	-0.03 [-0.39, 0.32]	•
Total (95% CI)			60			60	100.0%	-0.03 [-0.39, 0.32]	
Heterogeneity: Not ap Test for overall effect:			.85)						-10 -5 0 5 10 Favours CBT (ED) Group Favour Other

#### 2 Figure 484: EDI-total

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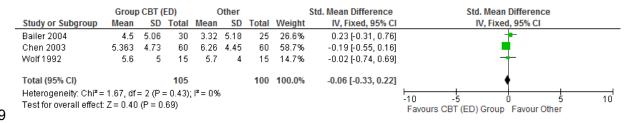
#### 4 Figure 485: EDI-body dissatisfaction

	Group	CBT (	ED)	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Bailer 2004	9.29	9.42	30	10.18	8.66	25	26.9%	-0.10 [-0.63, 0.43]	+
Chen 2003	12.43	7.85	60	14.97	8.99	60	58.6%	-0.30 [-0.66, 0.06]	<u> </u>
Wolf 1992	13.2	8.9	15	16.6	10	15	14.6%	-0.35 [-1.07, 0.37]	
Total (95% CI)			105			100	100.0%	-0.25 [-0.53, 0.02]	•
Heterogeneity: Chi² = Test for overall effect:				; I² = 0%					-10 -5 0 5 10 Favours CBT (ED) Group Favour Other

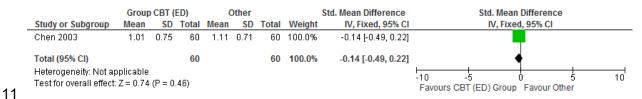
## 6 Figure 486: EDI-drive for thinness

	Group	CBT (	ED)	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Bailer 2004	5.21	5.64	30	6.59	5.97	25	26.6%	-0.23 [-0.77, 0.30]	
Chen 2003	9.53	6.54	60	9.67	6.77	60	58.9%	-0.02 [-0.38, 0.34]	· ·
Wolf 1992	11.7	6.3	15	13.3	6	15	14.6%	-0.25 [-0.97, 0.47]	
Total (95% CI)			105			100	100.0%	-0.11 [-0.39, 0.16]	•
Heterogeneity: Chi² = Test for overall effect				² = 0%					-10 -5 0 5 10 Favours CBT (ED) Group Favour Other

#### 7 8 Figure 487: EDI-bulimia



#### 10 Figure 488: Symptom checklist

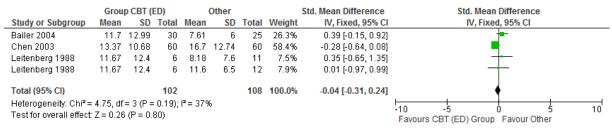


#### 12 Figure 489: Anxiety

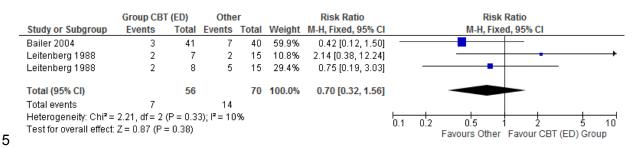
	Grou	p CBT (	ED)		Other			Std. Mean Difference	Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI		
Chen 2003	42.43	11.37	30	48.6	10.67	30	49.3%	-0.55 [-1.07, -0.04]	-	H		
Chen 2003	49.93	10.02	30	52.53	8.24	30	50.7%	-0.28 [-0.79, 0.23]	+	•		
Total (95% CI)			60			60	100.0%	-0.41 [-0.78, -0.05]	•	•		
Heterogeneity: Chi² = Test for overall effect		,		l² = 0%					-10 -5 Favours CBT (ED) Group	0 Favour Oth	5 er	10

### 2 Figure 490: Depression

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# Figure 491: Remission



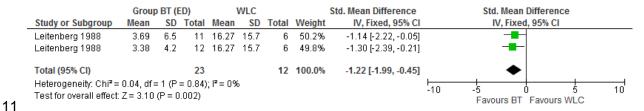
# M.3.5.76 Group behavioural therapy compared with wait list control (WLC) in adults with 7 bulimia nervosa at end of treatment

#### 8 Figure 492: Bingeing

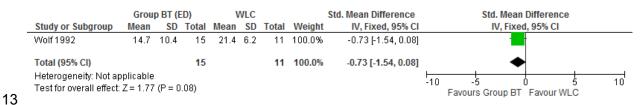
	Grou	p BT (E	D)	V	NLC			Std. Mean Difference		Std. Mea	n Dif	fference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 9	5% CI		
Wolf 1992	8.8	13.5	15	7.1	4.6	11	100.0%	0.15 [-0.63, 0.93]			-			
Total (95% CI)			15			11	100.0%	0.15 [-0.63, 0.93]			<b>*</b>			
Heterogeneity: Not a Test for overall effect			.70)						-10	-5 Favours Group B	T F	avour WL(	 ;	10

#### 10 Figure 493: Vomiting

9



#### 12 Figure 494: EDI-body dissatisfaction

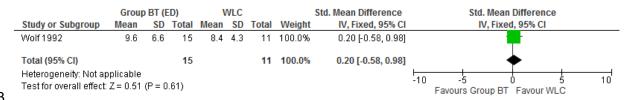


#### 14 Figure 495: EDI-drive for thinness

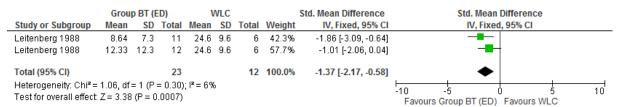
	Group	BT (E	ED)	V	VLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Wolf 1992	13.3	6	15	15.4	4	11	100.0%	-0.39 [-1.17, 0.40]	-
Total (95% CI)			15			11	100.0%	-0.39 [-1.17, 0.40]	•
Heterogeneity: Not ap Test for overall effect		(P = 0	.34)						-10 -5 0 5 10 Favours Group BT Favour WLC

### 2 Figure 496: EDI-bulimia

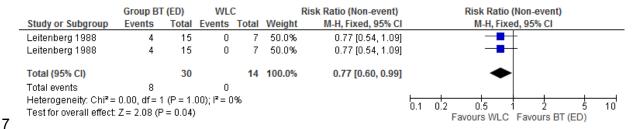
1



#### 4 Figure 497: Depression

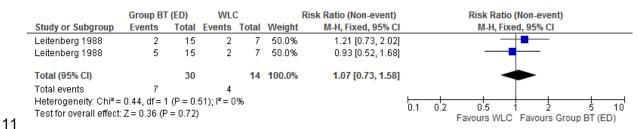


# Figure 498: Remission



# M.3.5.88 Group behavioural therapy compared with wait list control in adults with bulimia 9 nervosa at follow-up

### 10 Figure 499: Remission



# M.3.5.92 Group behavioural therapy compared with another group intervention in adults with bulimia nervosa at end of treatment

#### 14 Figure 500: Bingeing

	Grou	p BT (E	ED)	Othe	er Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Wolf 1992	8.8	13.5	15	5.3	5.1	15	100.0%	0.33 [-0.39, 1.06]	<b>-</b>
Total (95% CI)			15			15	100.0%	0.33 [-0.39, 1.06]	<b>*</b>
Heterogeneity: Not a Test for overall effect			1.36)						-10 -5 0 5 10 Favours Group BT (ED) Favours Other Group

#### 1 Figure 501: Vomiting

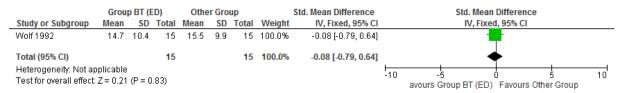
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	Group	BT (E	D)	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Leitenberg 1988	3.38	4.2	12	5.13	6.5	6	49.8%	-0.33 [-1.32, 0.66]	<b>■</b> -	
Leitenberg 1988	3.69	6.5	12	5.13	6.5	6	50.2%	-0.21 [-1.19, 0.77]	- <del></del>	
Total (95% CI)			24			12	100.0%	-0.27 [-0.97, 0.43]	•	
Heterogeneity: Chi² = Test for overall effect:				; I² = 0%					-10 -5 0 5 Favours Group BT (ED) Favours Other Group	10

### 3 Figure 502: EDI-body dissatisfaction



#### 5 Figure 503: EDI-drive for thinness

	Group	BT (E	ED)	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Wolf 1992	13.3	6	15	11.7	6.3	15	100.0%	0.25 [-0.47, 0.97]	-
Total (95% CI)			15			15	100.0%	0.25 [-0.47, 0.97]	<b>,                                    </b>
Heterogeneity: Not ap Test for overall effect:		(P = 0	1.49)						-10 -5 0 5 10 Favours Group BT (ED) Favours Other Group

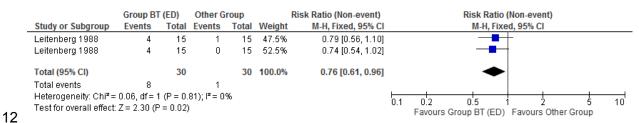
### 7 Figure 504: EDI-bulimia

	Group	BT (E	ED)	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Wolf 1992	9.6	6.6	15	6.7	4.3	15	100.0%	0.51 [-0.22, 1.24]	<b>-</b>
Total (95% CI)			15			15	100.0%	0.51 [-0.22, 1.24]	•
Heterogeneity: Not ap Test for overall effect			.17)					<u> </u>	-10 -5 0 5 10 Favours Group BT (ED) Favours Other Group

#### 9 Figure 505: Depression

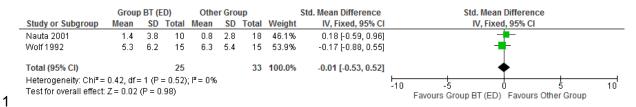
	Grou	p BT (E	ED)	Othe	r Gro	up		Std. Mean Difference		Std.	Mean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95% (	CI	
Leitenberg 1988	12.33	12.3	12	8.67	7.2	6	50.4%	0.32 [-0.67, 1.30]			-		
Leitenberg 1988	8.64	7.3	11	8.67	7.2	6	49.6%	-0.00 [-1.00, 0.99]			•		
Total (95% CI)			23			12	100.0%	0.16 [-0.54, 0.86]			•		
Heterogeneity: Chi² = Test for overall effect		,		; I² = 0%					-10	-5 Favours BT	0 (ED) Favou	5 rs Other Gr	10 oup

# 11 Figure 506: Remission

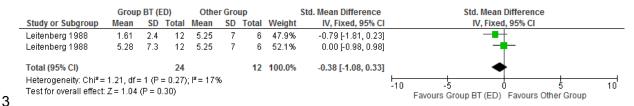


# M.3.5.103 Group behavioural therapy compared with any other intervention in adults with bulimia nervosa at follow-up

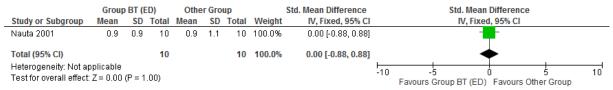
#### 15 Figure 507: Bingeing



#### 2 Figure 508: Vomiting



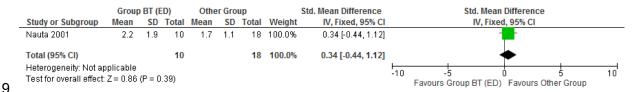
### 4 Figure 509: EDE-eating concern



### Figure 510: EDE-shape concern

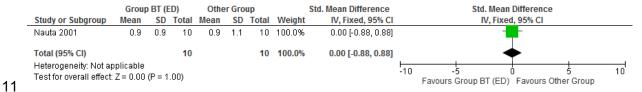
	Group	BT (E	ED)	Othe	er Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Nauta 2001	2.3	1.9	10	2.3	1.3	18	100.0%	0.00 [-0.77, 0.77]	+
Total (95% CI)			10			18	100.0%	0.00 [-0.77, 0.77]	<b>*</b>
Heterogeneity: Not ap Test for overall effect			.00)						-10 -5 0 5 10 Favours Group BT (ED) Favours Other Group

#### 8 Figure 511: EDE-weight concern

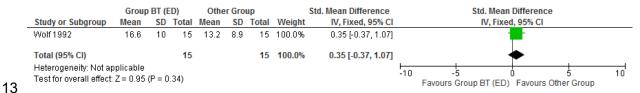


#### 10 Figure 512: EDE-restraint

7



### 12 Figure 513: EDI-body dissatisfaction

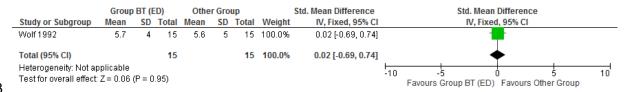


#### 14 Figure 514: EDI-drive for thinness

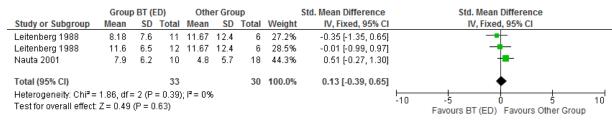
	Group	BT (E	ED)	Othe	er Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Wolf 1992	13.3	6.5	15	11.7	6.6	15	100.0%	0.24 [-0.48, 0.96]	-
Total (95% CI)			15			15	100.0%	0.24 [-0.48, 0.96]	<b>*</b>
Heterogeneity: Not ap Test for overall effect:		(P = 0	1.52)						-10 -5 0 5 10 Favours Group BT (ED) Favours Other Group

#### 2 Figure 515: EDI-bulimia

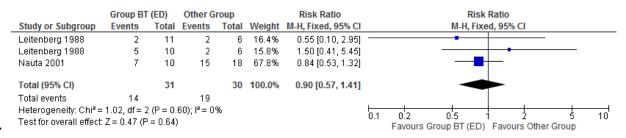
1



#### 4 Figure 516: Depression



### 5 6 **Figure 517: Remission**



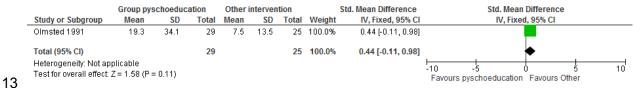
# M.3.5.118 Group psychoeducation compared with any other intervention in adults with bulimia 9 nervosa at end of treatment

#### 10 Figure 518: Bingeing

	Group pys	choeduc	ation	Other	interven	tion		Std. Mean Difference		Std.	Mean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95%	CI	
Olmsted 1991	9.9	13	29	7.1	14.1	25	100.0%	0.20 [-0.33, 0.74]					
Total (95% CI)			29			25	100.0%	0.20 [-0.33, 0.74]			•		
Heterogeneity: Not ap Test for overall effect:		0.46)							-10 Favours	-5 pyschoedu	0 cation Favou	5 Irs Other	10

#### 12 Figure 519: Vomiting

11



#### 14 Figure 520: EDI-body dissatisfaction

	Group pys	choeduc	ation	Other i	nterven	tion		Std. Mean Difference		Std.	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Olmsted 1991	12.8	7.5	29	11.8	8.9	25	100.0%	0.12 [-0.41, 0.66]					
Total (95% CI)			29			25	100.0%	0.12 [-0.41, 0.66]			•		
Heterogeneity: Not ap Test for overall effect:		0.66)							-10 Favours	-5 pyschoedu	0 cation Favou	5 Irs Other	10

# 1 2 Figure 521: EDI-drive for thinness



### Figure 522: EDI-bulimia

	Group pys	choeduc	ation	Otheri	interven	tion		Std. Mean Difference		Std. Mean	Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% (	CI	
Olmsted 1991	4.5	4.8	29	2.3	3.8	25	100.0%	0.50 [-0.05, 1.04]					
Total (95% CI)			29			25	100.0%	0.50 [-0.05, 1.04]			•		
Heterogeneity: Not ap Test for overall effect:		0.07)							-10 Favours ny	-5 schoeducation	0 Eavou	rs Other	10

#### 6 Figure 523: Remission

5

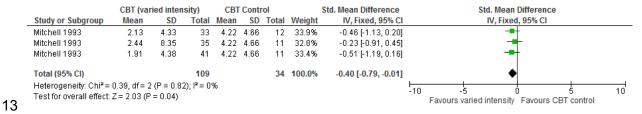


# M.3.5.128 Group CBT (varied intensity and focus) compared CBT (control low intensity) in adults 9 with bulimia nervosa at end of treatment

#### 10 Figure 524: Bingeing

	CBT (var	ied inten	sity)	CBT	Conti	rol		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Mitchell 1993	1.82	3.58	41	3.31	3.7	11	33.5%	-0.41 [-1.08, 0.26]	
Mitchell 1993	1.29	4.97	35	3.31	3.7	11	32.3%	-0.42 [-1.10, 0.26]	<del>-■</del> +
Mitchell 1993	2.1	4.4	33	3.31	3.7	12	34.2%	-0.28 [-0.94, 0.38]	<del></del>
Total (95% CI)			109			34	100.0%	-0.37 [-0.76, 0.02]	•
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:			5); I² = 0'	%					-10 -5 0 5 10 Favours varied intensity Favours CBT control

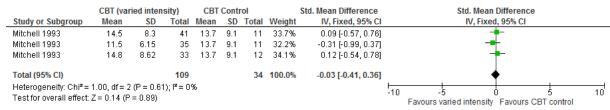
### 12 Figure 525: Vomiting



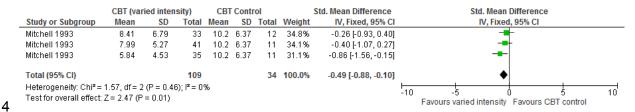
#### 14 Figure 526: Laxative use

	CBT (va	ried inten	sity)	CBT	Contr	ol		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Mitchell 1993	1.91	4.38	41	0.489	2.12	11	33.5%	0.35 [-0.32, 1.02]	<del>-</del>
Mitchell 1993	0.113	0.384	33	0.489	2.12	11	31.8%	-0.34 [-1.03, 0.35]	<del></del>
Mitchell 1993	2.44	8.35	35	0.489	2.12	12	34.7%	0.26 [-0.40, 0.92]	<del>*</del>
Total (95% CI)			109			34	100.0%	0.10 [-0.29, 0.49]	<b>•</b>
Heterogeneity: Chi <sup>2</sup> = Test for overall effect:			);	4%					-10 -5 0 5 10 Favours varied intensity Favours CBT control

### 1 Figure 527: EDI-body dissatisfaction



# Figure 528: EDI-drive for thinness



#### 5 Figure 529: EDI-bulimia

2

	CBT (var	ied inten	sity)	CBT	Contr	ol		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Mitchell 1993	1.35	3.65	35	5.22	5.49	12	34.1%	-0.91 [-1.59, -0.23]	-
Mitchell 1993	1.86	2.48	41	5.22	5.49	11	33.0%	-1.00 [-1.70, -0.31]	-
Mitchell 1993	2.5	3.63	33	5.22	5.49	11	32.8%	-0.64 [-1.34, 0.05]	
Total (95% CI)			109			34	100.0%	-0.85 [-1.25, -0.45]	<b>◆</b>
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:		•		%					-10 -5 0 5 10 Favours varied intensity Favours CBT control

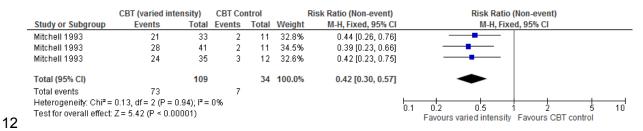
# 7 Figure 530: Anxiety

	CBT (var	ied inten	sity)	CBT	Contr	ol		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Mitchell 1993	3.14	4.21	33	2.06	2.95	11	31.7%	0.27 [-0.42, 0.95]	-
Mitchell 1993	2.28	2.9	35	2.06	2.95	12	34.6%	0.07 [-0.58, 0.73]	<del>+</del>
Mitchell 1993	2.07	2.98	41	2.06	2.95	11	33.6%	0.00 [-0.66, 0.67]	+
Total (95% CI)			109			34	100.0%	0.11 [-0.27, 0.50]	<b>•</b>
Heterogeneity: Chi²=	0.32, df = 2	(P = 0.85)	S(t) = 0	%					-10 -5 0 5 10
Test for overall effect: .	Z= 0.57 (P	= 0.57)							Favours varied intensity Favours CBT control

# Figure 531: Depression

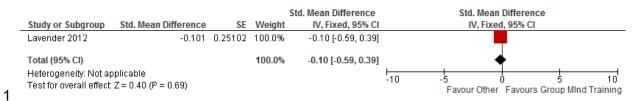
	CBT (vai	ried inten	sity)	CBT	Contr	ol		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Mitchell 1993	5.69	5.93	33	4.63	5.64	11	31.8%	0.18 [-0.51, 0.86]	<del>-</del>
Mitchell 1993	5.28	5.98	35	4.63	5.64	12	34.6%	0.11 [-0.55, 0.76]	<del>+</del>
Mitchell 1993	4.7	5.84	41	4.63	5.64	11	33.6%	0.01 [-0.65, 0.68]	<u>†</u>
Total (95% CI)			109			34	100.0%	0.10 [-0.29, 0.48]	<b>•</b>
Heterogeneity: Chi² = Test for overall effect:			4); I² = 0°	%					-10 -5 0 5 10

#### 11 Figure 532: Remission

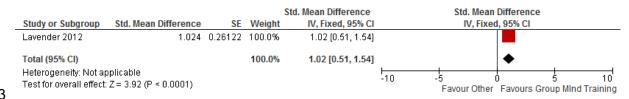


# M.3.5.133 Group emotional and mind training compared with any other treatment in adults with bulimia nervosa at end of treatment

#### 15 Figure 533: EDE-total

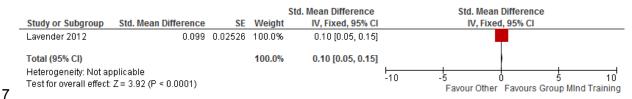


#### 2 Figure 534: Clinical impairment

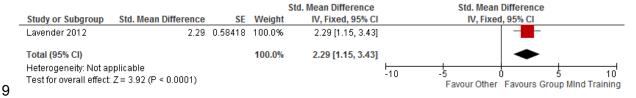


# M.3.5.144 Group emotional and mind training compared with any other treatment in adults with 5 bulimia nervosa at follow-up

#### 6 Figure 535: EDE-total

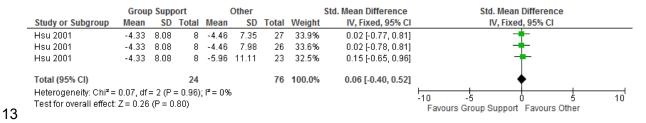


#### 8 Figure 536: Clinical impairment



# M.3.5.150 Group support compared with any other treatment in adults with bulimia nervosa at end of treatment

#### 12 Figure 537: Change in depression scores



#### M.3.64 Group therapy for binge eating disorder

# M.3.6.15 Group mindfulness compared with any other treatment in adults with binge eating

16 disorder at end of treatment

#### 17 Figure 538: Bingeing

	Mino	dfulne	SS	Other	interven	ition		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Kristeller 2014	4.78	5.78	53	5.23	7.95	50	100.0%	-0.06 [-0.45, 0.32]	-
Total (95% CI)			53			50	100.0%	-0.06 [-0.45, 0.32]	<b>.</b>
Heterogeneity: Not ap Test for overall effect			0.74)						-10 -5 0 5 10 Favours Mindfulness Favours Other

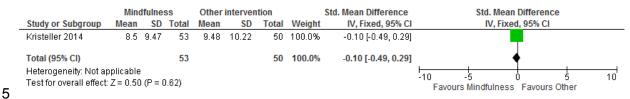
### 2 Figure 539: BMI

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	Mino	dfulne	SS	Other	interven	tion		Std. Mean Difference		Std.	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	/, Fixed, 95% (	CI	
Kristeller 2014	39.54	8.53	53	38.95	8.79	50	100.0%	0.07 [-0.32, 0.45]					
Total (95% CI)			53			50	100.0%	0.07 [-0.32, 0.45]			•		
Heterogeneity: Not ap Test for overall effect:			0.73)						-10 Favou	-5 rs Mindfu	0 Ilness Favou	5 Irs Other	10

#### 4 Figure 540: Depression

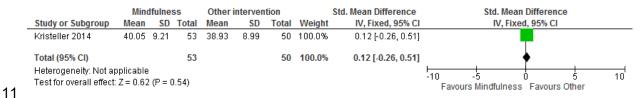


# M.3.6.26 Group mindfulness compared with any other treatment in adults with binge eating 7 disorder at follow-up

# 8 Figure 541: Bingeing

	Min	dfulne	SS	Other	interven	ition		Std. Mean Difference		Std. Mear	n Dif	ference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 9	5% CI	
Kristeller 2014	3.78	5.15	53	5.46	7.67	50	100.0%	-0.26 [-0.64, 0.13]					
Total (95% CI)			53			50	100.0%	-0.26 [-0.64, 0.13]			•		
Heterogeneity: Not ap Test for overall effect:			0.19)						-10	-5 Favours Mindfulness	Ö S E	5 avours Other	10

# 10 Figure 542: BM



#### 12 Figure 543: Depression

	Min	dfulnes	S	Other	interven	ition		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Kristeller 2014	9.31	11.04	53	10	10.37	50	100.0%	-0.06 [-0.45, 0.32]					
Total (95% CI)			53			50	100.0%	-0.06 [-0.45, 0.32]		•			
Heterogeneity: Not a Test for overall effect			75)						-10 - Favours	5 Mindfulness	Favours Ot	<del> </del> 5 her	10

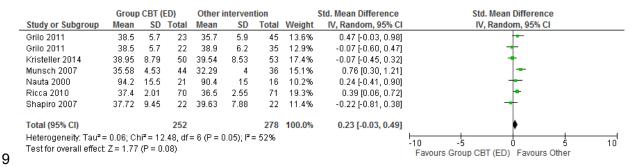
# M.3.6.34 Group CBT-ED compared with any other treatment in adults with binge eating disorder at end of treatment

#### 16 Figure 544: Weight

	Group	CBT (	ED)	Other i	interven	tion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	38.5	5.7	22	38.9	6.2	35	10.6%	-0.07 [-0.60, 0.47]	+
Grilo 2011	38.5	5.7	23	35.7	5.9	45	11.7%	0.47 [-0.03, 0.98]	<del>  -</del>
Kristeller 2014	38.95	8.79	50	39.54	8.53	53	20.3%	-0.07 [-0.45, 0.32]	+
Munsch 2007	35.58	4.53	44	32.29	4	36	14.5%	0.76 [0.30, 1.21]	<del></del>
Nauta 2000	94.2	15.5	21	90.4	15	16	7.1%	0.24 [-0.41, 0.90]	<del>-</del>
Ricca 2010	37.4	2.01	70	36.5	2.55	71	27.2%	0.39 [0.06, 0.72]	<del>-</del>
Shapiro 2007	37.72	9.45	22	39.63	7.88	22	8.6%	-0.22 [-0.81, 0.38]	+
Total (95% CI)			252			278	100.0%	0.25 [0.08, 0.42]	•
Heterogeneity: Chi <sup>2</sup> =	: 12.48, d	f= 6 (F	P = 0.05	); $I^2 = 52^9$	%				-10 -5 0 5 10
Test for overall effect:	Z = 2.81	(P = 0)	.005)						-10 -5 0 5 10 Favours Group CBT (ED) Favours Other

2 Heterogeneity was detected at I<sup>2</sup> =52% There were no obvious risks of bias to account for.
3 Insufficient detail was provided across studies to explore comorbidities and stage of illness.
4 However, Ricca 2010 had a much lower average number of binges per month (8 binges per month compared with either 12-18 days per month), however separating this study did not explain the heterogeneity. In the absence of an explanation, a random effects analysis was presented.

#### 8 Figure 545: Weight with random effects



#### 11 Figure 546: Bingeing

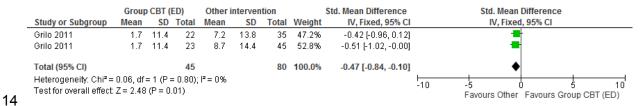
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	Group	CBT (	ED)	Other i	interven	ition	9	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Agras 1994	1.2	1.3	36	1.5	0.2	36	9.1%	-0.32 [-0.78, 0.15]	-
Grilo 2011	2.2	3.8	23	3.4	9	35	7.1%	-0.16 [-0.69, 0.37]	+
Grilo 2011	2.2	3.8	22	4.6	11	45	7.5%	-0.25 [-0.77, 0.26]	<del>-</del>
Kristeller 2014	5.23	7.95	50	4.78	5.78	53	13.2%	0.06 [-0.32, 0.45]	+
Munsch 2007	6.2	8.66	44	7.54	9.38	35	10.0%	-0.15 [-0.59, 0.30]	+
Nauta 2000	1.6	3.8	21	3.9	5.5	16	4.5%	-0.49 [-1.15, 0.17]	<del> </del>
Ricca 2010	4	1.5	70	4	1.88	71	18.1%	0.00 [-0.33, 0.33]	+
Shapiro 2007	2.86	1.01	22	3.38	1.24	22	5.5%	-0.45 [-1.05, 0.15]	<del> </del>
Wilfley 2002	0.6	1.6	78	0.9	2	80	20.3%	-0.16 [-0.48, 0.15]	+
Wolf 1992	2.2	2.4	18	1.4	1.7	18	4.5%	0.38 [-0.28, 1.04]	<del> -</del>
Total (95% CI)			384			411	100.0%	-0.13 [-0.27, 0.01]	•
Heterogeneity: Chi²=	7.00, df	= 9 (P :	= 0.64);	$I^{z} = 0\%$					-10 -5 0 5 10
Test for overall effect	Z = 1.80	(P = 0	.07)						Favours Group CBT (ED) Favours Other

#### 13 Figure 547: Weight loss



#### 15 Figure 548: Anxiety

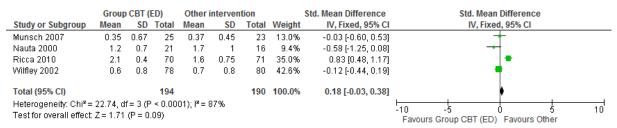
	Grou	p CBT (I	ED)	Other i	interven	tion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Munsch 2007	9.72	10.15	32	11.07	9.46	21	100.0%	-0.13 [-0.69, 0.42]	•
Total (95% CI)			32			21	100.0%	-0.13 [-0.69, 0.42]	
Heterogeneity: Not ap Test for overall effect			63)						-10 -5 0 5 10 Favours Group CBT (ED) Favours Other

### 2 Figure 549: EDE-eating concern

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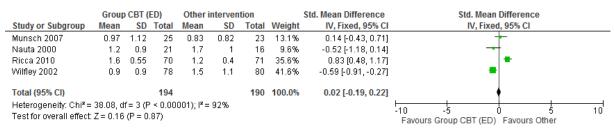
# Figure 550: EDE-shape concern

	Group	CBT (	ED)	Other i	nterven	tion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Munsch 2007	2.04	1.48	25	1.85	1.45	23	20.0%	0.13 [-0.44, 0.69]	+
Nauta 2000	2.8	1.3	21	3.8	1	16	13.9%	-0.83 [-1.51, -0.15]	<del></del>
Wilfley 2002	2.3	1.4	78	2.4	1.1	80	66.1%	-0.08 [-0.39, 0.23]	•
Total (95% CI)			124			119	100.0%	-0.14 [-0.40, 0.11]	•
Heterogeneity: Chi² = Test for overall effect				l² = 59%					-10 -5 0 5 10 Favours Group CBT (ED) Favours Other

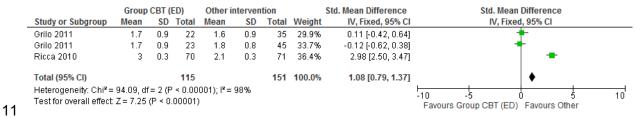
### 6 Figure 551: EDE-weight concern

	Group	CBT (	ED)	Other i	nterven	tion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Munsch 2007	2.06	1.36	25	1.69	1.13	23	12.6%	0.29 [-0.28, 0.86]	<del> -</del>
Nauta 2000	2.2	1.1	21	3.1	0.8	16	8.7%	-0.90 [-1.58, -0.21]	
Ricca 2010	3.3	0.5	70	3.5	0.8	71	36.9%	-0.30 [-0.63, 0.03]	<del>-</del>
Wilfley 2002	2	1.2	78	2.1	1.2	80	41.8%	-0.08 [-0.39, 0.23]	<b>†</b>
Total (95% CI)			194			190	100.0%	-0.19 [-0.39, 0.02]	•
Heterogeneity: Chi² = Test for overall effect:				I² = 61%					-10 -5 0 5 10 Favours Group CBT (ED) Favours Other

#### 8 Figure 552: EDE-restraint



# 10 Figure 553: EDE-total

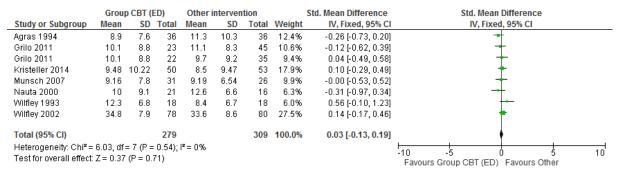


#### 12 Figure 554: Global symptom checklist

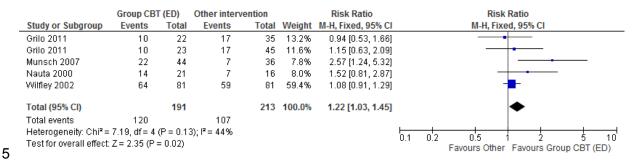
	Group CBT (ED) Other intervention				tion	9	Std. Mean Difference	Std. M	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, F	ixed, 95% C	1	
Wilfley 2002	32.8	8.8	78	32.3	8.5	80	100.0%	0.06 [-0.25, 0.37]				
Total (95% CI)			78			80	100.0%	0.06 [-0.25, 0.37]		•		
Heterogeneity: Not a Test for overall effect		(P = 0	.72)						-10 -5 Favours Group CBT (	0 ED) Favoui	5 rs Other	10

#### 2 Figure 555: Depression

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# Figure 556: Remission



# M.3.6.46 Group CBT-ED compared with any other treatment in adults with binge eating disorder 7 at follow-up

#### 8 Figure 557: Weight

	Grou	oup CBT (ED) Other intervention				ition		Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Grilo 2011	38.3	6	23	36.6	6.5	45	12.1%	0.27 [-0.24, 0.77]	-			
Grilo 2011	38.3	6	22	38.7	5.6	35	10.8%	-0.07 [-0.60, 0.46]	+			
Kristeller 2014	38.93	8.99	50	40.05	9.21	53	20.6%	-0.12 [-0.51, 0.26]	+			
Munsch 2007	33.1	5.04	44	33.18	4.17	36	15.9%	-0.02 [-0.46, 0.42]	+			
Nauta 2000	95.4	16.7	21	94.6	16.8	16	7.3%	0.05 [-0.60, 0.70]	+			
Ricca 2010	37	2.4	70	36	2.93	71	27.8%	0.37 [0.04, 0.70]	<del>-</del>			
Shapiro 2007	37.03	10.49	13	38.63	9	15	5.6%	-0.16 [-0.90, 0.58]	<del></del>			
Total (95% CI)			243			271	100.0%	0.09 [-0.08, 0.27]	•			
Heterogeneity: Chi <sup>2</sup> =	5.37, df	= 6 (P =	0.50);	²=0%					10 5 10			
Test for overall effect	Z=1.05	(P = 0.	29)						-10 -5 0 5 10 Favours Group CBT (ED) Favours Other			

### 10 Figure 558: Bingeing

	Group	CBT (	ED)	Other i	nterven	tion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	2.4	8.1	23	4.6	6	45	9.5%	-0.32 [-0.83, 0.18]	<del></del>
Grilo 2011	2.4	8.1	22	4	8.4	35	8.5%	-0.19 [-0.72, 0.34]	<del></del>
Kristeller 2014	5.46	7.67	50	3.78	5.15	53	16.1%	0.26 [-0.13, 0.64]	<del> -</del>
Munsch 2007	4.84	8	44	5.77	9.15	35	12.3%	-0.11 [-0.55, 0.34]	+
Nauta 2000	1.5	4.3	21	4	5.3	16	5.5%	-0.51 [-1.18, 0.15]	<del> </del>
Ricca 2010	4	2	70	4	1.5	71	22.2%	0.00 [-0.33, 0.33]	+
Shapiro 2007	2.08	0.67	13	2.58	1.56	15	4.3%	-0.39 [-1.15, 0.36]	<del></del>
Wilfley 2002	1.7	4.3	67	1.2	2.6	71	21.7%	0.14 [-0.19, 0.48]	†
Total (95% CI)			310			341	100.0%	-0.03 [-0.19, 0.12]	•
Heterogeneity: Chi <sup>2</sup> =	7.83, df	= 7 (P =	= 0.35);	I <sup>2</sup> = 11%					
Test for overall effect:									-10 -5 0 5 10 Favours Group CBT (ED) Favours Other

### 1 Figure 559: Anxiety

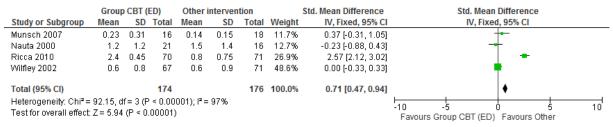
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	Group	Group CBT (ED) Other intervention						Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Munsch 2007	6.3	10.1	23	11	12.17	21	27.2%	-0.41 [-1.01, 0.18]	
Ricca 2010	47	4.5	70	40.5	5.125	71	72.8%	1.34 [0.97, 1.71]	•
Total (95% CI)			93			92	100.0%	0.86 [0.55, 1.17]	◆
Heterogeneity: Chi² = Test for overall effect					= 96%				-10 -5 0 5 10 Favours Group CBT (ED) Favours Other

### 3 Figure 560: EDE-eating concern



# 5 Figure 561: EDE-shape concern

	Group	CBT (	ED)	Otheri	nterven	tion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Munsch 2007	1.87	1.39	16	1.44	1.32	18	12.6%	0.31 [-0.37, 0.99]	<del> -</del>
Nauta 2000	2.9	1.7	21	3.3	1.7	16	13.6%	-0.23 [-0.88, 0.42]	<del></del>
Ricca 2010	4	0.5	70	1.3	1	71	21.5%	3.39 [2.87, 3.91]	-
Wilfley 2002	2.2	1.3	67	2.2	1.3	71	52.2%	0.00 [-0.33, 0.33]	•
Total (95% CI)			174			176	100.0%	0.74 [0.50, 0.98]	•
Heterogeneity: Chi² = Test for overall effect:		,			= 98%				-10 -5 0 5 10 Favours Group CBT (ED) Favours Other

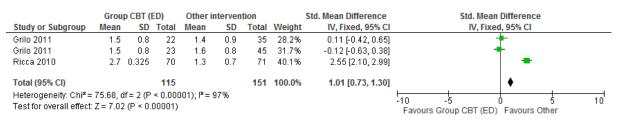
### 6 7 Figure 562: EDE-weight concern

	Group	Group CBT (ED) Other intervention						Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Munsch 2007	1.75	1.33	16	1.37	1.01	18	12.0%	0.32 [-0.36, 1.00]	+-			
Nauta 2000	2.3	1.5	21	3.1	1.5	16	12.6%	-0.52 [-1.18, 0.14]	<del></del>			
Ricca 2010	3.2	0.4	70	1	1.05	71	25.8%	2.75 [2.28, 3.21]	-			
Wilfley 2002	1.9	1.3	67	1.9	1.3	71	49.6%	0.00 [-0.33, 0.33]	•			
Total (95% CI)			174			176	100.0%	0.68 [0.44, 0.91]	•			
Heterogeneity: Chi²= Test for overall effect			•		= 97%				-10 -5 0 5 10 Favours Group CBT (ED) Favours Other			

#### 9 Figure 563: EDE-restraint

	Group	CBT (	ED)	Other i	Other intervention			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Munsch 2007	1.14	1.03	16	1.06	0.88	18	9.9%	0.08 [-0.59, 0.76]	+
Nauta 2000	1.5	1.4	21	1.2	0.9	16	10.5%	0.24 [-0.41, 0.90]	<del></del>
Ricca 2010	1.4	0.45	70	1.2	0.2	71	39.6%	0.57 [0.24, 0.91]	-
Wilfley 2002	1	1.1	67	1.3	1.3	71	40.0%	-0.25 [-0.58, 0.09]	•
Total (95% CI)			174			176	100.0%	0.16 [-0.05, 0.37]	•
Heterogeneity: Chi² = Test for overall effect:		,		9); I² = 74	1%		-10 -5 0 5 10 Favours Group CBT (ED) Favours Other		

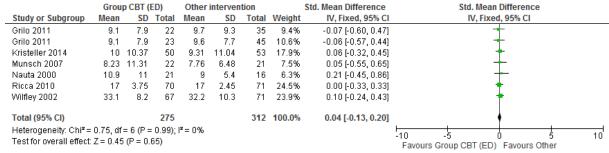
# 10 11 Figure 564: EDE-total



#### 13 Figure 565: Global symptom checklist

	Group CBT (ED) Other intervention				tion		Std. Mean Difference	Std. Mean I	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI	
Wilfley 2002	32	8.9	67	30.7	10.6	71	100.0%	0.13 [-0.20, 0.47]			
Total (95% CI)			67			71	100.0%	0.13 [-0.20, 0.47]		•	
Heterogeneity: Not ap Test for overall effect	•	(P = 0	.44)						-10 -5 0 Favours Group CBT (ED)	Favours Othe	5 10 er

# 1 2 Figure 566: Depression



# Figure 567: Remission

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	Group CBT	(ED)	Other interve	ention	Risk Ratio			Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 95% CI
Munsch 2007	25	44	16	36	23.3%	1.28 [0.82, 2.00]		
Nauta 2000	18	21	7	16	10.5%	1.96 [1.09, 3.51]		<del></del>
Wilfley 2002	48	81	50	81	66.2%	0.96 [0.75, 1.23]		-
Total (95% CI)		146		133	100.0%	1.14 [0.93, 1.40]		•
Total events	91		73					
Heterogeneity: Chi <sup>2</sup> =	5.40, df = 2	(P = 0.0)	7); I² = 63%				0.1 0	2 05 1 2 5 10
Test for overall effect:	Z= 1.25 (P=	= 0.21)					0.1 0	Favours Other Favours Group CBT (ED)

6 Heterogeneity was detected at I<sup>2</sup>=63% Insufficient detail was provided in one or the other 7 study to be explore the role of comorbidities. All three studies had a similar duration of illness 8 >10 years and < 18 days of bingeing per month. In the absence of a good reason for the 9 heterogeneity, a random effects analysis was presented

#### 10 Figure 568: Remission with random effects

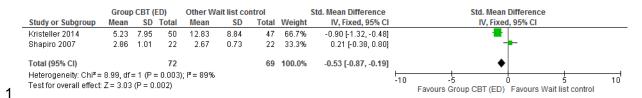
	Group CBT	(ED)	Other interve	ention		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
Munsch 2007	25	44	16	36	31.5%	1.28 [0.82, 2.00]	-
Nauta 2000	18	21	7	16	24.5%	1.96 [1.09, 3.51]	
Wilfley 2002	48	81	50	81	44.0%	0.96 [0.75, 1.23]	-
Total (95% CI)		146		133	100.0%	1.25 [0.85, 1.85]	-
Total events	91		73				
Heterogeneity: Tau <sup>2</sup> =	0.07; Chi <sup>2</sup> =	5.40, dt	f = 2 (P = 0.07)	$  1^2 = 639  $	6		
Test for overall effect:	Z= 1.12 (P=	= 0.26)					0.1 0.2 0.5 1 2 5 10 Favours Other Favours Group CBT (ED)

# M.3.6.52 Group CBT-ED compared with wait list controls in adults with binge eating disorder at end of treatment

#### 14 Figure 569: Weight or BMI

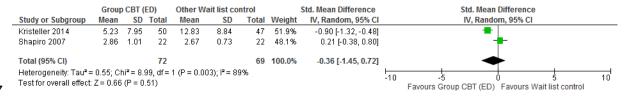
	Group	CBT (	ED)	Other W	Other Wait list control			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Kristeller 2014	38.95	8.79	50	38.07	6.29	47	53.8%	0.11 [-0.28, 0.51]	#
Shapiro 2007	37.72	9.45	22	34.7	6.61	22	24.0%	0.36 [-0.23, 0.96]	<del> -</del>
Telch 1990	87.14	14.4	19	87.73	11.61	21	22.2%	-0.04 [-0.67, 0.58]	+
Total (95% CI)			91			90	100.0%	0.14 [-0.15, 0.43]	<b>•</b>
Heterogeneity: Chi <sup>z</sup> : Test for overall effec	•	,		I <sup>2</sup> = 0%				<u> </u>	-10 -5 0 5 10 Favours Group CBT (ED) Favours Wait list control

15 16 Figure 570: Bingeing

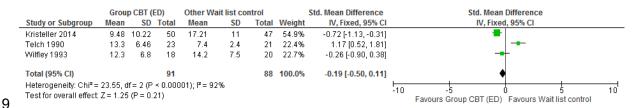


- 2 Heterogeneity was detected at I<sup>2</sup>=89%. Insufficient detail was provided in one or the other 3 study to be explore any of the subgroups including stage of illness or comorbidities. Both
- 4 studies had a similar average number of binges per month <18. In the absence of an
- 5 explanation random effects are presented

#### 6 **Figure 571**: Bingeing with random effects



#### 8 Figure 572: **Depression**



10 Heterogeneity was detected at I<sup>2</sup>=92% Insufficient detail was provided in one or the other 11 study to be explore the role of comorbidities. All three studies had a similar duration of illness 12 >20 years and < 18 days of bingeing per month. In the absence of an explanation random 13 effects are presented

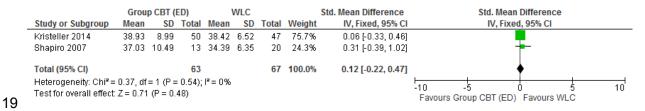
#### 14 Figure 573: **Depression with random effects**

	Grou	b CRT (I	ED)	D) Other Wait list control				Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI		
Kristeller 2014	9.48	10.22	50	17.21	11	47	34.8%	-0.72 [-1.13, -0.31]	*		
Telch 1990	13.3	6.46	23	7.4	2.4	21	32.6%	1.17 [0.52, 1.81]	<del></del>		
Wilfley 1993	12.3	6.8	18	14.2	7.5	20	32.6%	-0.26 [-0.90, 0.38]	<del>- •</del>		
Total (95% CI)			91			88	100.0%	0.04 [-1.06, 1.15]	•		
Heterogeneity: Tau² =	0.87; CI	hi² = 23	.55, df=	2 (P < 0.0	0001); <b>I</b> ²=	92%			-10 -5 0 5 10		
Test for overall effect:	Z=0.08	) (P = 0.	94)						Favours Group CBT (ED) Favours Wait list control		

### M.3.6.66 Group CBT-ED compared with wait list controls (WLC) in adults with binge eating 17 disorder at follow-up

#### 18 Figure 574: BMI

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#### 20 **Figure 575**: Bingeing

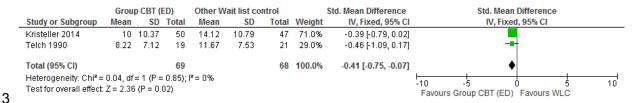
	Group	CBT (	ED)	Other W	ait list co	ntrol		Std. Mean Difference		Std. Mear	Diffe	rence		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 959	6 CI		
Kristeller 2014	5.46	7.67	50	11.38	9.26	47	74.7%	-0.69 [-1.10, -0.28]						
Shapiro 2007	2.08	0.67	13	2.5	1.2	20	25.3%	-0.40 [-1.10, 0.31]		-	+			
Total (95% CI)			63			67	100.0%	-0.62 [-0.97, -0.26]		•	•			
Heterogeneity: Chi² = Test for overall effect		,		I <sup>z</sup> = 0%					-10	-5 Favours CBT (ED)	0 Favo	5 ours WL	С	10

#### 2 Figure 576: Depression

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# M.3.6.74 Group BT-ED compared with wait list controls in adults with binge eating disorder at 5 end of treatment

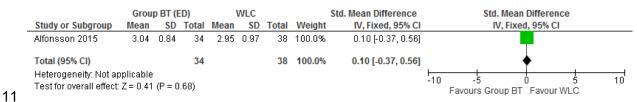
#### 6 Figure 577: Bingeing

	Grou	p BT (E	D)	1	NLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Alfonsson 2015	7.35	7.03	34	9.29	9.06	38	100.0%	-0.24 [-0.70, 0.23]	•
Total (95% CI)			34			38	100.0%	-0.24 [-0.70, 0.23]	•
Heterogeneity: Not ap Test for overall effect:	•		.32)						-10 -5 0 5 10 Favours Group BT Favour WLC

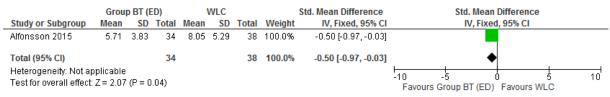
#### 8 Figure 578: Anxiety

	Grou	p BT (E	ED)	1	VLC			Std. Mean Difference	Std. Me	an Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fiz	ced, 95% CI	
Alfonsson 2015	6.91	3.94	34	7	3.1	38	100.0%	-0.03 [-0.49, 0.44]			
Total (95% CI)			34			38	100.0%	-0.03 [-0.49, 0.44]		•	
Heterogeneity: Not ap Test for overall effect:			.91)						-10 -5 Favours Group BT (E	0 5 D) Favours WL(	10

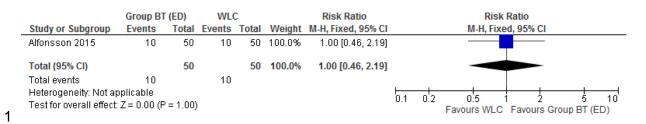
## 10 Figure 579: EDE-total



### 12 Figure 580: Depression

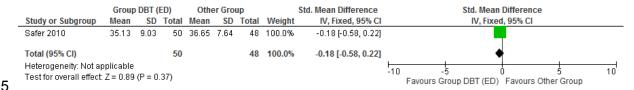


### 13 14 Figure 581: Remission

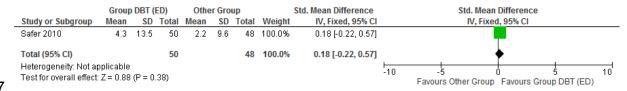


# M.3.6.82 Group dialectical behaviour therapy (ED) compared with another group intervention in 3 adults with binge eating disorder at end of treatment

#### 4 Figure 582: BMI



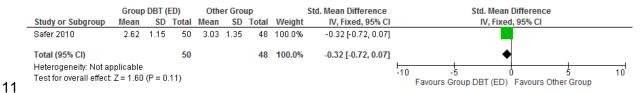
#### 6 Figure 583: Weight loss



#### 8 Figure 584: EDE-eating concern

	Group	DBT (	ED)	Othe	er Gro	up		Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	I, 95% CI	
Safer 2010	0.54	0.71	50	1.14	1.39	48	100.0%	-0.54 [-0.95, -0.14]			
Total (95% CI)			50			48	100.0%	-0.54 [-0.95, -0.14]	<b>•</b>		
Heterogeneity: Not ap Test for overall effect:			.008)						-10 -5 (ED)	Favours Other	5 10 Group

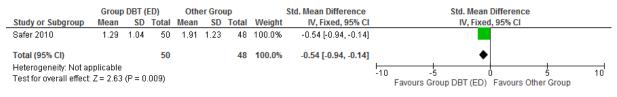
### 10 Figure 585: EDE-shape concern



#### 12 Figure 586: EDE-weight concern

	Group	DBT (	ED)	Othe	er Gro	up		Std. Mean Difference	Std.	Mean Differen	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV,	Fixed, 95% CI		
Safer 2010	2.53	1.18	50	3	1.25	48	100.0%	-0.38 [-0.78, 0.02]				
Total (95% CI)			50			48	100.0%	-0.38 [-0.78, 0.02]		•		
Heterogeneity: Not ap Test for overall effect			.06)						-10 -5 Favours Group DBT	(ED) Favours	5 Other Group	10

#### 14 Figure 587: EDE-restraint

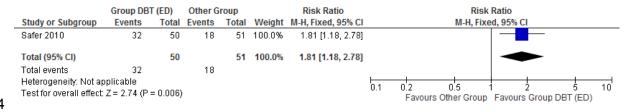


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#### 1 Figure 588: Depression

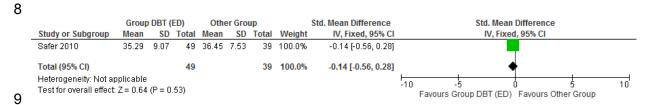


# 3 Figure 589: Remission



# M.3.6.95 Group dialectical behaviour therapy (ED) compared with any other intervention in 6 adults with binge eating disorder at of treatment

#### 7 Figure 590: BMI

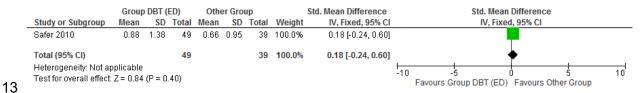


### 10 Figure 591: Weight loss

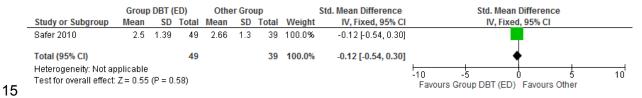
11

	Group	DBT (	ED)	Othe	er Gro	up		Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	1, 95% CI	
Safer 2010	3.7	30.2	49	2.4	15.3	39	100.0%	0.05 [-0.37, 0.47]				
Total (95% CI)			49			39	100.0%	0.05 [-0.37, 0.47]				
Heterogeneity: Not ap Test for overall effect:			.81)						-10	-5 Favours Other Group	0 5 Favours Group D	10 DBT (ED)

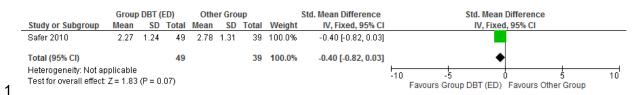
#### 12 Figure 592: EDE-eating concern



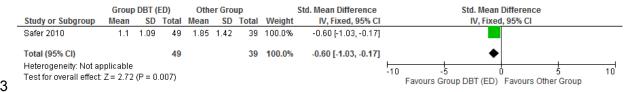
#### 14 Figure 593: EDE-shape concern



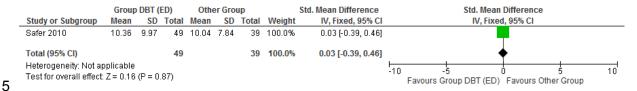
#### 16 Figure 594: EDE-weight concern



#### 2 Figure 595: EDE-restraint



#### 4 Figure 596: Depression



#### 6 Figure 597: Remission



# M.3.6.108 Group CBT (body exposure) compared with another CBT (cognitive) in adults with 9 binge eating disorder at of treatment

#### 10 Figure 598: Bingeing

	CBT(body	y expos	ure)	CBT(c	ogniti	ve)		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Hilbert 2004	0.6	0.7	12	1	1.9	12	100.0%	-0.27 [-1.07, 0.53]	-
Total (95% CI) Heterogeneity: Not app Test for overall effect: 2		= 0.51)	12			12	100.0%	-0.27 [-1.07, 0.53]	-10 -5 0 5 10 Favours CBT body exposure Favours CBT (cognitive)

#### 12 Figure 599: BMI

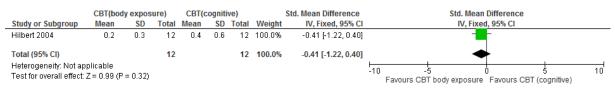
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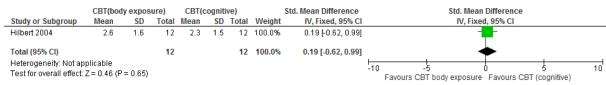
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	CBT(bod	ly expos	ure)	CBT(	cogniti	ve)		Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI	
Hilbert 2004	33.1	10.4	12	37.2	10.3	12	100.0%	-0.38 [-1.19, 0.43]	-	-	
Total (95% CI) Heterogeneity: Not ap	nlicable		12			12	100.0%	-0.38 [-1.19, 0.43]	•	<b>+</b>	
Test for overall effect:		= 0.35)							-10 -5 Favours CBT body exposure	0 5 Favours CBT (co	i 10 gnitive)

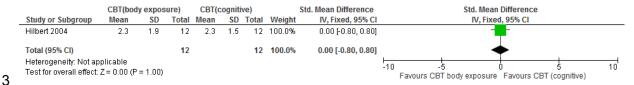
#### 14 Figure 600: EDE-eating concern



#### 16 Figure 601: EDE-shape concern



# 2 Figure 602: EDE-weight concern



#### 4 Figure 603: EDE-restraint

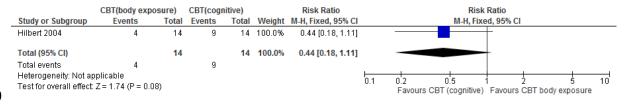
	CBT(bod	y expos	иге)	CBT(c	ogniti	ive)		Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI	
Hilbert 2004	0.9	1.2	12	0.9	1.2	12	100.0%	0.00 [-0.80, 0.80]	-	-	
Total (95% CI)			12			12	100.0%	0.00 [-0.80, 0.80]	•	<b>•</b>	
Heterogeneity: Not ap Test for overall effect:		= 1.00)							-10 -5 Favours CBT body exposure	0 5	10

#### 6 Figure 604: Depression

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### Figure 605: Remission

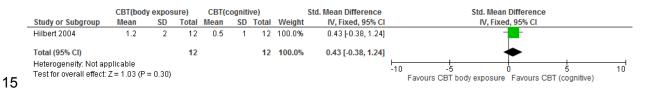


# M.3.70 Group CBT (body exposure) compared with another CBT (cognitive) in adults with binge eating disorder at follow-up

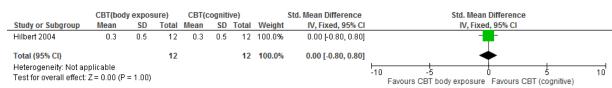
#### 12 Figure 606: BMI

	CBT(bod)	y expos	ure)	CBT(c	ogniti	ve)		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Hilbert 2004	33.6	11	12	36.4	11	12	100.0%	-0.25 [-1.05, 0.56]	<del></del>
Total (95% CI)			12			12	100.0%	-0.25 [-1.05, 0.56]	, <b>→</b> , , , ,
Heterogeneity: Not ap Test for overall effect:		= 0.55)							-10 -5 0 5 10 Favours CBT body exposure Favours CBT (cognitive)

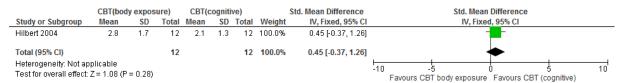
# 13 14 Figure 607: Bingeing



#### 16 Figure 608: EDE-eating concern



### 2 Figure 609: EDE-shape concern



# Figure 610: EDE-weight concern

	CBT(bod)	y expos	ure)	CBT(c	ogniti	ve)		Std. Mean Difference		Std. N	lean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% C	1	
Hilbert 2004	2.5	1.7	12	2.2	1.5	12	100.0%	0.18 [-0.62, 0.98]			-		
Total (95% CI)			12			12	100.0%	0.18 [-0.62, 0.98]			•		
Heterogeneity: Not ap Test for overall effect: 2		= 0.66)							-10 Favours Cl	-5 BT body expos	0 sure Favou	5 rs CBT (cognitive)	10

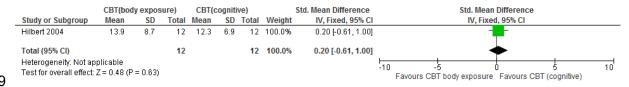
### 6 Figure 611: EDE-restraint

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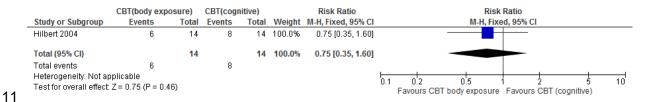
7

	CBT(bod	y expos	ure)	CBT(c	ogniti	ve)		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Hilbert 2004	1	1.2	12	1.1	1.3	12	100.0%	-0.08 [-0.88, 0.72]	-
Total (95% CI)			12			12	100.0%	-0.08 [-0.88, 0.72]	<b>+</b>
Heterogeneity: Not ap Test for overall effect:		= 0.85)							-10 -5 0 5 10 Favours CBT body exposure Favours CBT (cognitive)

#### 8 Figure 612: Depression



#### 10 Figure 613: Remission



# M.3.82 Group CBT and behavioural weight loss compared with any other intervention in adults with binge eating disorder at end of treatment

#### 14 Figure 614: BMI



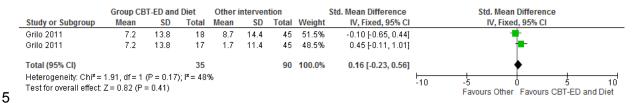
#### 16 Figure 615: Bingeing

	Group CB1	Γ-ED and	Diet	Otheri	interven	tion		Std. Mean Difference		Std.	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95% (	CI	
Grilo 2011	3.4	9	18	2.2	3.8	45	50.9%	0.21 [-0.34, 0.75]			-		
Grilo 2011	3.4	9	17	4.6	11	45	49.1%	-0.11 [-0.67, 0.45]			•		
Total (95% CI)			35			90	100.0%	0.05 [-0.34, 0.44]			•		
Total (95% CI) 35 90 100.0% 0.05 [-0.34, 0.44] Heterogeneity: Chi² = 0.64, df = 1 (P = 0.42);  ² = 0% Test for overall effect: Z = 0.25 (P = 0.80) Favours CBT-ED and Diet Favours Other													10

#### 2 Figure 616: EDE-global clinical score

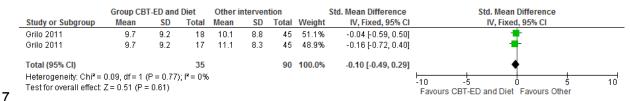
	Group CB	T-ED and	l Diet	Otheri	nterven	tion		Std. Mean Difference	Std. Mean Dif	ference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 9	5% CI			
Grilo 2011	1.6	0.8	17	1.8	0.8	45	48.8%	-0.25 [-0.81, 0.31]	-				
Grilo 2011	1.6	0.8	18	1.7	0.9	45	51.2%	-0.11 [-0.66, 0.43]	*				
Total (95% CI)			35			90	100.0%	-0.18 [-0.57, 0.21]	•				
	Heterogeneity: Chi <sup>2</sup> = 0.11, df = 1 (P = 0.74); i <sup>2</sup> = 0%												
Test for overall effect	: Z = 0.89 (P =	= 0.37)							Favours CBT-ED and Diet Fa	avours Other			

### 4 Figure 617: Weight loss (pounds)

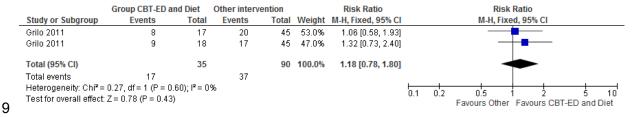


#### 6 Figure 618: Depression

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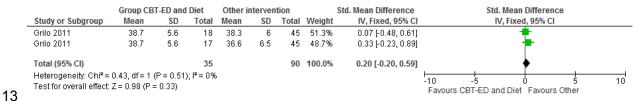


#### 8 Figure 619: Remission



# M.3.90 Group CBT and behavioural weight loss compared with any other intervention in adults with binge eating disorder at follow-up

#### 12 Figure 620: BMI



#### 14 Figure 621: Bingeing

	Group CB	T-ED and	l Diet	Other i	nterven	tion		Std. Mean Difference		Std. Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95%	CI	
Grilo 2011	4	8.4	17	4.6	6	45	49.1%	-0.09 [-0.65, 0.47]		-		
Grilo 2011	4	8.4	18	2.4	8.1	45	50.9%	0.19 [-0.35, 0.74]		+		
Total (95% CI)			35			90	100.0%	0.06 [-0.34, 0.45]		•		
Heterogeneity: Chi² = Test for overall effect:			); I² = 0%	•					-10 -5 Favours CBT-E	0 D and Diet Favo	5 ours Other	10

### 2 Figure 622: Weight loss (pounds)

	Group CB	T-ED and	Diet	Other	interven	tion		Std. Mean Difference		Std. I	Aean Differe	nce		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% (	CI .		
Grilo 2011	6.2	24.5	17	5.4	21.2	45	49.0%	0.04 [-0.52, 0.59]			-			
Grilo 2011	6.2	24.5	18	3.1	18.7	45	51.0%	0.15 [-0.40, 0.70]			+			
Total (95% CI)			35			90	100.0%	0.09 [-0.30, 0.48]			<b>*</b>			
Heterogeneity: Chi² = Test for overall effect:			); I² = 0%	)					-10	-5 Favours C	0 Other Favou	5 rs CBT-	ED and C	10 Diet

#### 4 Figure 623: EDE-total

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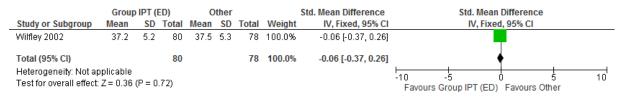
	Group CB	T-ED and	Diet	Other i	interven	tion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	1.6	0.8	17	1.8	0.8	45	48.8%	-0.25 [-0.81, 0.31]	<del>-</del>
Grilo 2011	1.6	0.8	18	1.7	0.9	45	51.2%	-0.11 [-0.66, 0.43]	<del>†</del>
Total (95% CI)			35			90	100.0%	-0.18 [-0.57, 0.21]	•
Heterogeneity: Chi²= Test for overall effect:			); I² = 0%	ı					-10 -5 0 5 10 Favours CBT-ED and Diet Favours Other

#### 6 Figure 624: Depression

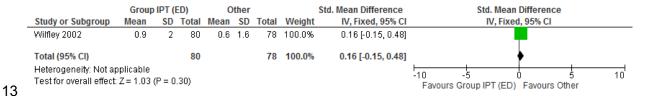
	Group CB	T-ED and	Diet	Otheri	interven	tion		Std. Mean Difference		Std.	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95%	CI	
Grilo 2011	9.7	9.3	18	9.1	7.9	45	51.0%	0.07 [-0.48, 0.62]			-		
Grilo 2011	9.7	9.3	17	9.6	7.7	45	49.0%	0.01 [-0.55, 0.57]			+		
Total (95% CI)			35			90	100.0%	0.04 [-0.35, 0.43]			•		
Heterogeneity: Chi² = Test for overall effect:			); I² = 0%	•					-10 Favours C	-5 BT-ED an	0 d Diet Favou	5 Irs Other	10

# M.3.108 Group interpersonal therapy (IPT) compared with any other intervention in adults with binge eating disorder at end of treatment

#### 10 Figure 625: BMI



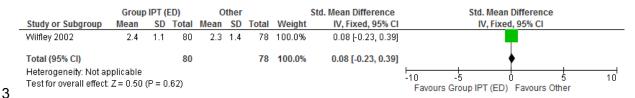
### 12 Figure 626: Bingeing



#### 14 Figure 627: EDE-eating concern

	Group IPT (ED)			0	ther			Std. Mean Difference	Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	I, 95% CI		
Wilfley 2002	0.7	0.8	80	0.6	0.8	78	100.0%	0.12 [-0.19, 0.44]				
Total (95% CI)			80			78	100.0%	0.12 [-0.19, 0.44]		•		
Heterogeneity: Not a Test for overall effect		(P = 0	.43)						 + -5 (roup IPT (ED)	) Favours Oth	t 5 Ier	10

# 1 2 Figure 628: EDE-shape concern



#### 4 Figure 629: EDE-weight concern

	Group	Group IPT (ED)		Other Std. Mean Differ				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Wilfley 2002	2.1	1.2	80	2	1.2	78	100.0%	0.08 [-0.23, 0.39]	•
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•	/D = 0	80 80			78	100.0%	0.08 [-0.23, 0.39]	-10 -5 0 5 10
restion overall ellect.	Z = 0.52 i	(F = U	.60)						Favours Group IPT (ED) Favours Other

#### 6 Figure 630: EDE-restraint

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	Group IPT (ED)							Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Wilfley 2002	1.5	1.1	80	0.9	0.9	78	100.0%	0.59 [0.27, 0.91]	
Total (95% CI)			80			78	100.0%	0.59 [0.27, 0.91]	<b>.</b>
Heterogeneity: Not ap Test for overall effect:	•	(P = 0	.0003)						-10 -5 0 5 10 Favours Group IPT (ED) Favours Other

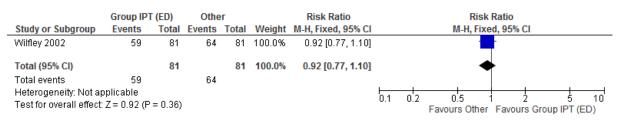
### 8 Figure 631: Global symptom checklist

	Group	Group IPT (ED) Other					Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Wilfley 2002	32.3	8.5	80	32.8	8.8	78	100.0%	-0.06 [-0.37, 0.25]	_
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•	(P = 0	<b>80</b> .72)			78	100.0%	-0.06 [-0.37, 0.25]	-10 -5 0 5 10 Favours Group IPT (ED) Favours Other

#### 10 Figure 632: Depression

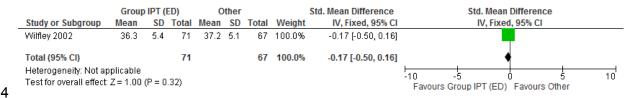
	Group	Group IPT (ED) Other						Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	1, 95% CI		
Wilfley 1993	8.4	6.7	18	12.3	6.8	18	17.9%	-0.56 [-1.23, 0.10]		-	-		
Wilfley 2002	33.6	8.6	80	34.8	7.9	78	82.1%	-0.14 [-0.46, 0.17]					
Total (95% CI)			98			96	100.0%	-0.22 [-0.50, 0.06]		•			
Heterogeneity: Chi <sup>2</sup> = Test for overall effect:		,		; I² = 20°	%				-10 Favours 0	-5 Group IPT (ED)	0 Favours O	5 ther	10

#### 12 Figure 633: Remission

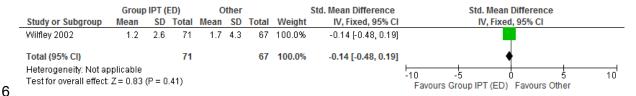


# M.3.111 Group interpersonal therapy (IPT) compared with any other intervention in 2 adults with binge eating disorder at follow-up

#### 3 Figure 634: BMI



#### 5 Figure 635: Bingeing



### 7 Figure 636: EDE-eating concern

	Group	Group IPT (ED)		Other				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Wilfley 2002	0.6	0.9	71	0.6	0.8	67	100.0%	0.00 [-0.33, 0.33]	•
Total (95% CI)			71			67	100.0%	0.00 [-0.33, 0.33]	
Heterogeneity: Not ap Test for overall effect:	•	(P = 1	.00)						-10 -5 0 5 10 Favours Group IPT (ED) Favours Other

#### 9 Figure 637: EDE-shape concern

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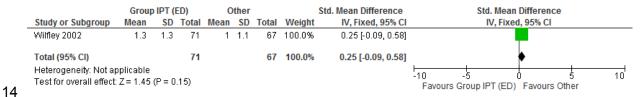
12

	Group	IPT (	ED)	0	ther			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Wilfley 2002	2.2	1.3	71	2.2	1.3	67	100.0%	0.00 [-0.33, 0.33]					
Total (95% CI)			71			67	100.0%	0.00 [-0.33, 0.33]		•	•		
Heterogeneity: Not ap Test for overall effect:	•	(P = 1	.00)						-10 -	+ -5 roup IPT (ED)	0 Favours Oth	<del>                                      </del>	10

#### 11 Figure 638: EDE-weight concern

	Group	IPT (I	ED)	0	ther			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Wilfley 2002	1.9	1.3	71	1.9	1.3	67	100.0%	0.00 [-0.33, 0.33]	•
Total (95% CI)			71			67	100.0%	0.00 [-0.33, 0.33]	<b>\</b>
Heterogeneity: Not ap Test for overall effect:	•	(P = 1	.00)						-10 -5 0 5 10 Favours Group IPT (ED) Favours Other

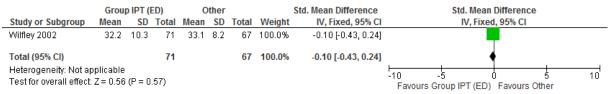
#### 13 Figure 639: EDE-restraint



#### 15 Figure 640: Global symptom checklist

	Grou	p IPT (I	ED)	0	ther			Std. Mean Difference			Std. Me	an Di	fference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fi	xed, 9	95% CI		
Wilfley 2002	30.7	10.6	71	32	8.9	67	100.0%	-0.13 [-0.47, 0.20]							
Total (95% CI)			71			67	100.0%	-0.13 [-0.47, 0.20]				•			
Heterogeneity: Not ap Test for overall effect:			.44)						-10	Favour	+ 5 s Group II	O PT F	avours Ot	<del> </del> 5 her	10

# 1 2 Figure 641: Depression



# Figure 642: Remission



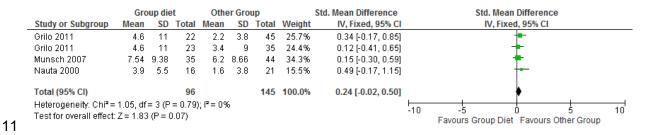
# M.3.126 Group diet compared with another group in adults with binge eating disorder at 7 end of treatment

#### 8 Figure 643: Weight

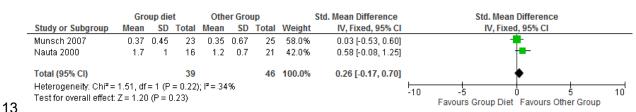
	Gro	up di	et	Othe	er Gro	ир		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	35.7	5.9	23	38.9	6.2	35	24.3%	-0.52 [-1.05, 0.02]	
Grilo 2011	35.7	5.9	22	38.5	5.7	45	26.0%	-0.48 [-1.00, 0.04]	<del> </del>
Munsch 2007	32.29	4	36	35.58	4.53	44	33.4%	-0.76 [-1.21, -0.30]	-
Nauta 2000	90.4	15	16	94.2	15.5	21	16.3%	-0.24 [-0.90, 0.41]	<del>- +</del>
Total (95% CI)			97			145	100.0%	-0.54 [-0.81, -0.28]	•
Heterogeneity: Chi²=	1.72, df	= 3 (F	P = 0.63	3); $I^2 = 0$	%				-10 -5 0 5 10
Test for overall effect:	Z= 4.04	(P <	0.0001	)					Favours Group Diet Favours Other Group

#### 10 Figure 644: Bingeing

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#### 12 Figure 645: EDE-eating concern



#### 14 Figure 646: EDE-shape concern

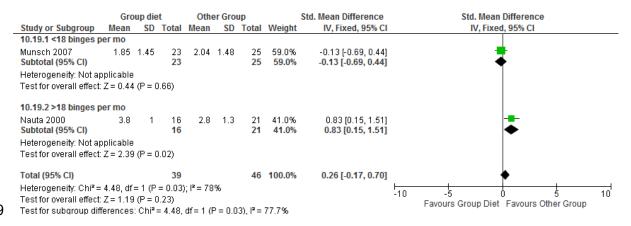
	Gro	up die	ŧt	Othe	er Gro	ир		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Munsch 2007	1.85	1.45	23	2.04	1.48	25	59.0%	-0.13 [-0.69, 0.44]	+
Nauta 2000	3.8	1	16	2.8	1.3	21	41.0%	0.83 [0.15, 1.51]	-
Total (95% CI)			39			46	100.0%	0.26 [-0.17, 0.70]	<b>*</b>
Heterogeneity: Chi² = Test for overall effect		,		); I²= 78	%			<u> </u>	10 -5 0 5 10 Favours Group Diet Favours Other Group

2 Heterogeneity was detected at I<sup>2</sup> =78%. There was no clear difference in the risk of bias 3 between these two studies. The study by Nauta 2000 was unclear if the participants had 4 comorbidities, whilst Munsch 2007 was unclear on the duration of illness. The severity of 5 illness, as indicated by the average number of binges per month were different, Nauta >18 6 per month versus Munsch <18 per month and this may explain the heterogeneity.

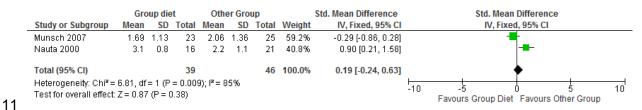
#### 7 Figure 647: EDE-shape concern subgroup analysis based on severity of illness

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#### 10 Figure 648: EDE-weight concern



Heterogeneity was detected at I<sup>2</sup> =85%. There was no clear difference in the risk of bias between these two studies. The study by Nauta 2000 was unclear if the participants had comorbidities, whilst Munsch 2007 was unclear on the duration of illness. The severity of illness, as indicated by the average number of binges per month were different, Nauta >18 per month versus Munsch <18 per month and this may explain the heterogeneity.

### 17 Figure 649: EDE-weight concern with severity of illness

19

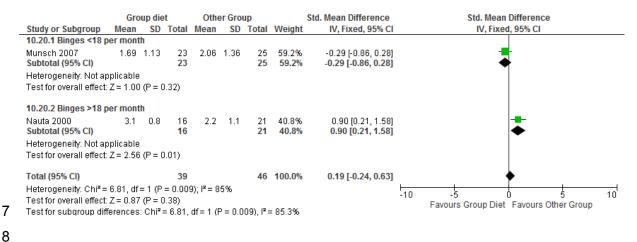
18

#### 20 Figure 650: EDE-restraint

	Gro	oup die	ŧ	Othe	er Gro	up		Std. Mean Difference	Std. Mean I	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI	
Munsch 2007	0.83	0.82	23	0.97	1.12	25	57.7%	-0.14 [-0.71, 0.43]	-	-	
Nauta 2000	1.7	1	16	1.2	0.9	21	42.3%	0.52 [-0.14, 1.18]	-	-	
Total (95% CI)			39			46	100.0%	0.14 [-0.29, 0.57]		<b>&gt;</b>	
Heterogeneity: Chi² = Test for overall effect		,		); I² = 54	%				-10 -5 0 Favours Group Diet	5 Favours Other Grou	10 up

- 1 Heterogeneity was detected at I<sup>2</sup> =54%. There was no clear difference in the risk of bias
- 2 between these two studies. The study by Nauta 2000 was unclear if the participants had
- 3 comorbidities, whilst Munsch 2007 was unclear on the duration of illness. The severity of
- 4 illness, as indicated by the average number of binges per month were different, Nauta >18
- 5 per month versus Munsch <18 per month and this may explain the heterogeneity.

#### 6 Figure 651: EDE-restraint with severity of illness



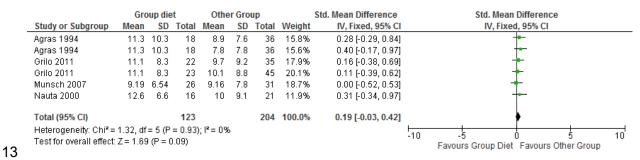
## 10 Figure 652: EDE-global

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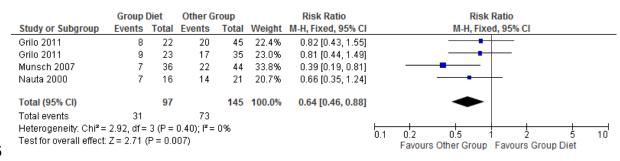
11

	Gro	up die	et	Othe	r Gro	up		Std. Mean Difference		Std. Mea	n Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Grilo 2011	1.8	0.8	23	1.6	0.9	35	48.3%	0.23 [-0.30, 0.76]			+		
Grilo 2011	1.8	0.8	22	1.7	0.9	45	51.7%	0.11 [-0.40, 0.62]			<b>+</b>		
Total (95% CI)			45			80	100.0%	0.17 [-0.20, 0.54]			•		
Heterogeneity: Chi²=	0.09, df	= 1 (F	9 = 0.76	6); I <b>z</b> = 09	6				-10	- <u>-</u> -5	<del> </del>	<del>†</del>	10
Test for overall effect:	Z = 0.90	(P=	0.37)						-10	Favours Group Die	t Favours Oth	er Group	10

#### 12 Figure 653: Depression

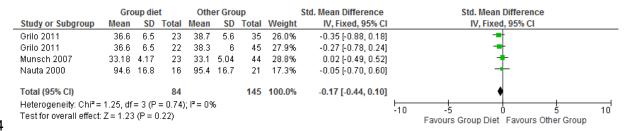


#### 14 Figure 654: Remission

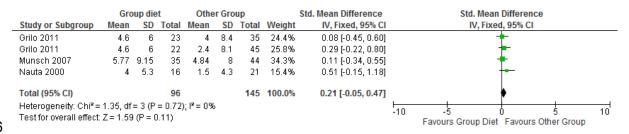


# M.3.131 Group diet compared with another group in adults with binge eating disorder at 2 follow-up

#### 3 Figure 655: Weight



### 5 Figure 656: Bingeing



### 7 Figure 657: EDE-eating concern

	Gro	oup die	et	Othe	er Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Munsch 2007	0.14	0.15	18	0.23	0.31	16	48.0%	-0.37 [-1.05, 0.31]	-
Nauta 2000	1.5	1.4	16	1.2	1.2	21	52.0%	0.23 [-0.43, 0.88]	<del>*</del>
Total (95% CI)			34			37	100.0%	-0.06 [-0.53, 0.41]	<b>•</b>
Heterogeneity: Chi² = Test for overall effect				); I²= 35	%				-10 -5 0 5 10 Favours Group Diet Favours Other Group

#### 9 Figure 658: EDE-shape concern

	Gro	oup die	et	Oth	er Gro	ир		Std. Mean Difference		Std. Mea	n Differenc	e		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 95% CI			
Munsch 2007	1.44	1.32	18	1.87	1.39	16	48.1%	-0.31 [-0.99, 0.37]		-	-			
Nauta 2000	3.3	1.7	16	2.9	1.7	21	51.9%	0.23 [-0.42, 0.88]			+			
Total (95% CI)			34			37	100.0%	-0.03 [-0.50, 0.44]			<b>*</b>			
Heterogeneity: Chi² = Test for overall effect:				); I² = 21	%				-10	-5 Favours Group Die	0 t Favours	5 Other (	Group	10

#### 11 Figure 659: EDE-weight concern

	Gro	oup die	et	Oth	er Gro	up		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Munsch 2007	1.37	1.01	18	1.75	1.33	16	48.8%	-0.32 [-1.00, 0.36]		-	-		
Nauta 2000	3.1	1.5	16	2.3	1.5	21	51.2%	0.52 [-0.14, 1.18]			+-		
Total (95% CI)			34			37	100.0%	0.11 [-0.36, 0.59]			<b>•</b>		
Heterogeneity: Chi² = Test for overall effect:				); I² = 67	'%				-10	-5 Favours Group Diet	0 Favours C	ther Gro	10 up

### 13 Figure 660: EDE-restraint

	Gro	up die	et	Othe	er Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Munsch 2007	1.06	0.88	18	1.14	1.03	16	48.4%	-0.08 [-0.76, 0.59]	<b>+</b>
Nauta 2000	1.2	0.9	16	1.5	1.4	21	51.6%	-0.24 [-0.90, 0.41]	<del>*</del>
Total (95% CI)			34			37	100.0%	-0.16 [-0.63, 0.30]	<b>*</b>
Heterogeneity: Chi² = Test for overall effect		,		); I² = 09	6				-10 -5 0 5 10 Favours Group Diet Favours Other Group

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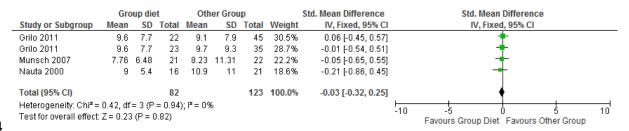
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#### 1 Figure 661: EDE-global

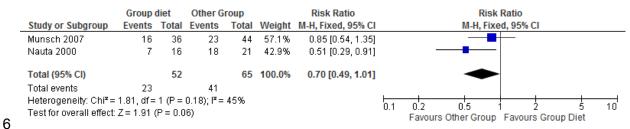
	Gro	up di	et	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	1.6	0.8	23	1.4	0.9	35	48.3%	0.23 [-0.30, 0.76]	<b>+</b>
Grilo 2011	1.6	0.8	22	1.5	0.8	45	51.7%	0.12 [-0.39, 0.63]	<b>†</b>
Total (95% CI)			45			80	100.0%	0.17 [-0.19, 0.54]	•
Heterogeneity: Chi² = Test for overall effect				8); I² = 09	Ж			- -	10 -5 0 5 10 Favours Group Diet Favours Other Group

#### 3 Figure 662: Depression

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#### 5 Figure 663: Remission



# M.3.147 Group counselling compared with another intervention in adults with binge 8 eating disorder at end of treatment

#### 9 Figure 664: BMI

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	Counselling				interve	ntion	9	Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	, Fixed, 95%	CI	
Safer 2010	36.45	7.53	39	35.29	9.07	49	100.0%	0.14 [-0.28, 0.56]					
Total (95% CI)			39			49	100.0%	0.14 [-0.28, 0.56]			•		
Heterogeneity: Not a Test for overall effect			0.53)						-10 Favours	-5 Couns	0 elling Favo	5 ours Other	10

### 11 Figure 665: Weight loss

	Cour	Counselling Another interver				ntion		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	otal Weight IV, Fixed, 95% CI IV, Fixed, 95% CI					CI	
Safer 2010	2.2	9.6	48	4.3	13.5	50	100.0%	-0.18 [-0.57, 0.22]					
Total (95% CI)			48			50	100.0%	-0.18 [-0.57, 0.22]			•		
Heterogeneity: Not ap Test for overall effect			0.38)						-10	-5 Favours	0 Other Favo	5 ours Couns	10 elling

#### 13 Figure 666: EDE-eating concern

	Counselling				r interve	ntion	:	Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI					
Safer 2010	1.14	1.39	48	0.54	0.71	50	100.0%	0.54 [0.14, 0.95]						
Total (95% CI)			48			50	100.0%	0.54 [0.14, 0.95]	<b>♦</b>					
Heterogeneity: Not applicable Test for overall effect: Z = 2.64 (P = 0.008)									-10 -5 0 5 10 Favours Counselling Favours Other					

#### 15 Figure 667: EDE-shape concern

	Counselling				r interve	ntion	!	Std. Mean Difference		Std. M	ean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	Fixed, 95%	CI	
Safer 2010	3.03	1.35	48	2.62	1.15	50	100.0%	0.32 [-0.07, 0.72]					
Total (95% CI)			48			50	100.0%	0.32 [-0.07, 0.72]			•		
Heterogeneity: Not ap Test for overall effect	•		0.11)						-10 Favo	-5 urs Counsel	0 Iling Favou	5 Irs Other	10

#### 2 Figure 668: EDE-weight concern

	Counselling				interve	ntion		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	ed, 95% CI			
Safer 2010	3	1.25	48	2.53	1.18	50	100.0%	0.38 [-0.02, 0.78]					
Total (95% CI)			48			50	100.0%	0.38 [-0.02, 0.78]		<b>•</b>			
Heterogeneity: Not ap Test for overall effect:			0.06)						-10 -5 Favours Counselling	0 Favours Ot	t 5 her	10	

#### 4 Figure 669: EDE-restraint

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	Counselling						Anothe	r interve	ntion	S	td. Mean Difference		Std. Mear	Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	lean SD Total Weight IV, Fixed, 95% CI IV, Fixed, 9					d, 95%	CI					
Safer 2010	1.91	1.23	48	1.29	1.04	50	100.0%	0.54 [0.14, 0.94]								
Total (95% CI)			48			50	100.0%	0.54 [0.14, 0.94]			<b>*</b>					
Heterogeneity: Not a Test for overall effect	•		0.009)						-10 Favours	-5 Counselling	0 Eavoi	5 Irs Other	10			

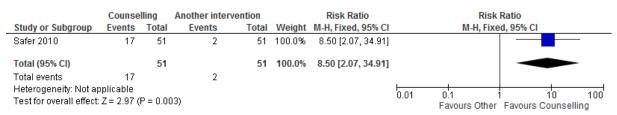
#### 6 Figure 670: Patient preference

	Cour				rinterve	ntion		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Safer 2010	8.2	2.3	48	8.9	1.3	50	100.0%	-0.37 [-0.77, 0.03]					
Total (95% CI)			48			50	100.0%	-0.37 [-0.77, 0.03]		•			
Heterogeneity: Not a Test for overall effect			0.07)						-10 Favours	5 Counselling	Favours O	ther	10

#### 8 Figure 671: Depression

	Cou	nsellii	ng	Another intervention			9	Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Safer 2010	10.84	6.86	48	9.1	9.21	50	100.0%	0.21 [-0.19, 0.61]					
Total (95% CI)			48			50	100.0%	0.21 [-0.19, 0.61]			•		
Heterogeneity: Not a Test for overall effect			0.30)						-10 Favou	-5 Irs Couns	0 elling Favou	5 urs Other	10

## 9 10 Figure 672: Remission



# M.3.152 Group counselling compared with another intervention in adults with binge eating disorder at follow-up

### 14 Figure 673: BMI

	Counselling			Another intervention				Std. Mean Difference	Std			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI			
Safer 2010	36.45	7.53	39	35.29	9.07	49	100.0%	0.14 [-0.28, 0.56]		•		
Total (95% CI) Heterogeneity: Not a Test for overall effect			<b>39</b> 0.53)			49	100.0%	0.14 [-0.28, 0.56]	-10 -5 Favours Coun	o selling Favor	5 urs Other	10

## 1 Figure 674: Weight loss

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	Cour	nsellir	ng	Anothe	r interve	ntion	:	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	/, Fixed, 95%	CI	
Safer 2010	2.2	9.6	48	4.3	13.5	50	100.0%	-0.18 [-0.57, 0.22]					
Total (95% CI)			48			50	100.0%	-0.18 [-0.57, 0.22]			•		
Heterogeneity: Not ap Test for overall effect:			0.38)						-10	-5 Favours	0 Other Favo	urs Couns	10 selling

# 3 Figure 675: EDE-eating concern

	Cou	Counselling			interve	ntion		Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	l, 95% CI	
Safer 2010	0.66	0.95	39	0.88	1.38	49	100.0%	-0.18 [-0.60, 0.24]			
Total (95% CI)			39			49	100.0%	-0.18 [-0.60, 0.24]	•	}	
Heterogeneity: Not a Test for overall effect			0.40)						-10 -5 ( Favours Counselling	Favours Oth	0

# 5 Figure 676: EDE-shape concern

	Cour	nsellii	ng	Another	interve	ntion		Std. Mean Difference		Std. N	lean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Safer 2010	2.66	1.3	39	2.5	1.39	49	100.0%	0.12 [-0.30, 0.54]					
Total (95% CI)			39			49	100.0%	0.12 [-0.30, 0.54]			•		
Heterogeneity: Not a Test for overall effect			0.58)						-10 Favour	-5 Counse	0 Iling Favor	5 urs Other	10

# 6 7 Figure 677: EDE-weight concern

	Cou	nsellii	ng	Anothe	r interve	ntion	!	Std. Mean Difference		Std.	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Safer 2010	2.78	1.31	39	2.27	1.24	49	100.0%	0.40 [-0.03, 0.82]					
Total (95% CI)			39			49	100.0%	0.40 [-0.03, 0.82]			•		
Heterogeneity: Not ap Test for overall effect			0.07)						-10 Favour	-5 's Couns	0 elling Favou	5 urs Other	10

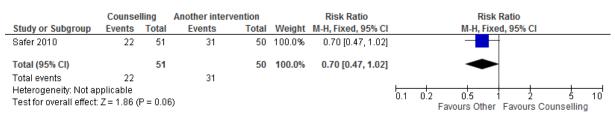
# 9 Figure 678: EDE-restraint

	Cou	nsellir	ng	Anothe	r intervei	ntion		Std. Mean Difference		Std.	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Safer 2010	1.85	1.42	39	1.1	1.09	49	100.0%	0.60 [0.17, 1.03]					
Total (95% CI)			39			49	100.0%	0.60 [0.17, 1.03]			<b>*</b>		
Heterogeneity: Not ap Test for overall effect:			0.007)						-10 Favou	-5 rs Couns	0 elling Favou	5 urs Other	10

## 11 Figure 679: Depression

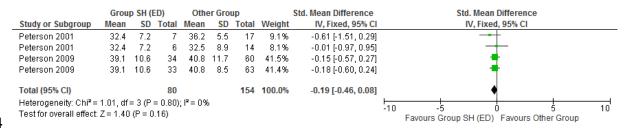
	Cou	Counselling Another intervention					9	Std. Mean Difference		Std.	Mean Diffe	erence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95	% CI	
Safer 2010	10.04	7.84	39	10.36	9.97	49	100.0%	-0.03 [-0.46, 0.39]					
Total (95% CI)			39			49	100.0%	-0.03 [-0.46, 0.39]			•		
Heterogeneity: Not a Test for overall effect			0.87)						-10 Favours	-5 s Couns	0 elling Fa	5 vours Other	10

# 12 13 **Figure 680: Remission**



# M.3.161 Group self-help (ED) compared with another intervention in adults with binge 2 eating disorder at end of treatment

### 3 Figure 681: BMI



### 5 Figure 682: Bingeing

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	Grou	Group SH (ED) Other Group				цр		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Peterson 2009	11.9	13.2	34	6.3	12.3	60	49.6%	0.44 [0.01, 0.87]			-		
Peterson 2009	11.9	13.2	33	9.7	12.4	63	50.4%	0.17 [-0.25, 0.59]			<del>*</del>		
Total (95% CI)			67			123	100.0%	0.30 [0.01, 0.60]			•		
Heterogeneity: Chi² = Test for overall effect		,		; I² = 0%	)		-10 - Favours Gr	l 5 oup SH (ED)	0 Favours Oth	† 5 ner	10		

# 7 Figure 683: EDE-eating concern

	Group	Group SH (ED)			r Gro	up		Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	I, 95% CI	
Peterson 2009	1.4	1.2	34	1.1	1.1	60	50.2%	0.26 [-0.16, 0.68]			
Peterson 2009	1.4	1.2	33	1	1.1	63	49.8%	0.35 [-0.07, 0.77]		-	
Total (95% CI)			67			123	100.0%	0.31 [0.01, 0.60]		•	
Heterogeneity: Chi² = Test for overall effect:		,		; I² = 0%					-10 -5 Favours Group SH (ED)	Favours Othe	i 10

# 89 Figure 684: EDE-shape concern

	Group	Group SH (ED) Other Group				up		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Peterson 2009	3.1	1.2	33	2.7	1.1	63	49.6%	0.35 [-0.07, 0.77]	<del>-</del>	
Peterson 2009	3.1	1.2	34	3	1.1	60	50.4%	0.09 [-0.33, 0.51]	<u>*</u>	
Total (95% CI)			67			123	100.0%	0.22 [-0.08, 0.52]	<b>•</b>	
Heterogeneity: Chi² = Test for overall effect:	•	,		; I² = 0%					-10 -5 0 5 10 Favours Group SH (ED) Favours Other	

# 10 11 Figure 685: EDE-weight concern

	Group	Group SH (ED) Other Group				up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	3.1	1.2	34	3.1	1.3	60	50.9%	0.00 [-0.42, 0.42]	<b>*</b>
Peterson 2009	3.1	1.2	33	2.4	1.3	63	49.1%	0.55 [0.12, 0.98]	-
Total (95% CI)			67			123	100.0%	0.27 [-0.03, 0.57]	•
Heterogeneity: Chi² = Test for overall effect		,		; I² = 699	%				-10 -5 0 5 10 Favours Group SH (ED) Favours Other

#### 13 Figure 686: EDE-restraint

	Group	Group SH (ED) Other Group				up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	1.6	1.2	33	1.1	1	63	50.0%	0.46 [0.04, 0.89]	<b>-</b>
Peterson 2009	1.6	1.2	34	1.1	1	60	50.0%	0.46 [0.03, 0.89]	<u> </u>
Total (95% CI)			67			123	100.0%	0.46 [0.16, 0.76]	<b>♦</b>
Heterogeneity: Chi² = Test for overall effect		,	,	; I² = 0%					-10 -5 0 5 10 Favours Group SH (ED) Favours Other

14 15 **Figure 687: EDE-total** 

	Group	Group SH (ED)		Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	2.3	1	34	1.8	0.8	63	49.1%	0.57 [0.14, 0.99]	<b>=</b>
Peterson 2009	2.3	1	33	2.2	1.1	67	50.9%	0.09 [-0.32, 0.51]	<b>†</b>
Total (95% CI)			67			130	100.0%	0.33 [0.03, 0.62]	<b>•</b>
Heterogeneity: Chi² = Test for overall effect				; I² = 599	%				-10 -5 0 5 10 Favours Group SH (ED) Favours Other

### 2 Figure 688: Quality of life

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	Grou	p SH (I	D) Other Group					Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	58.6	21.2	29	58.7	18.4	56	49.6%	-0.01 [-0.45, 0.44]	•
Peterson 2009	58.6	21.2	28	58.5	21.4	63	50.4%	0.00 [-0.44, 0.45]	*
Total (95% CI)			57			119	100.0%	-0.00 [-0.32, 0.32]	<b>+</b>
Heterogeneity: Chi² = Test for overall effect:		,		; I² = 0%	•				-10 -5 0 5 10 Favours Group SH (ED) Favours Other

## 4 Figure 689: Depression

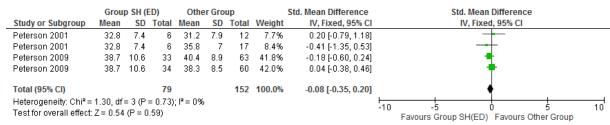
	Group	SH (I	ED)	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Peterson 2001	9	8.1	7	10.5	9.9	14	52.4%	-0.15 [-1.06, 0.76]	<del>-   -</del>			
Peterson 2001	9	8.1	6	5.6	3.6	17	47.6%	0.65 [-0.30, 1.60]	<del>  -</del>			
Total (95% CI)			13			31	100.0%	0.23 [-0.43, 0.89]	<b>*</b>			
- '	<sup>2</sup> = 1.43, df = 1 (P = 0.23); I <sup>2</sup> = 30% ct. Z = 0.68 (P = 0.50)								10 -5 0 5 Favours Group SH(ED) Favours Other Group	10		

# Figure 690: Remission

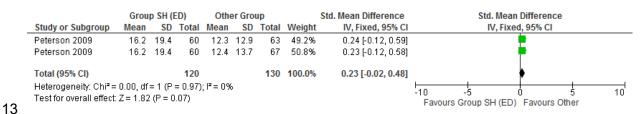


# M.3.178 Group self-help (ED) compared with another intervention in adults with binge 9 eating disorder at follow-up

## 10 Figure 691: BMI



# 12 Figure 692: Bingeing



#### 14 Figure 693: Quality of life

	Group SH (ED)							Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean SD Total Mean SD Total						Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	58.3	22.8	28	57.6	22.1	54	49.1%	0.03 [-0.43, 0.49]	*
Peterson 2009	58.3	22.8	29	58.1	20.7	56	50.9%	0.01 [-0.44, 0.46]	<u>†</u>
Total (95% CI)			57			110	100.0%	0.02 [-0.30, 0.34]	<b>•</b>
Heterogeneity: Chi² = Test for overall effect		,		; I² = 0%	5				-10 -5 0 5 10 Favours Group SH (ED) Favours Other

## 2 Figure 694: EDE-eating concern

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	Group	SH (E	ED)					Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% C	1	
Peterson 2009	1.3	1.2	33	1.2	1.2	63	50.1%	0.08 [-0.34, 0.50]					
Peterson 2009	1.3	1.2	34	1.6	1.2	60	49.9%	-0.25 [-0.67, 0.17]			•		
Total (95% CI)			67			123	100.0%	-0.08 [-0.38, 0.22]			•		
Heterogeneity: Chi² = Test for overall effect		,		; I² = 159	%				-10 Favou	-5 rs Group SH	0 (ED) Favou	5 rs Other	10

# 3 4 Figure 695: EDE-shape concern



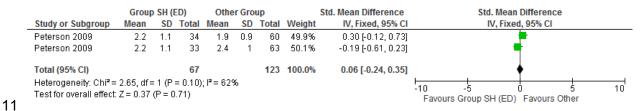
# 5 6 Figure 696: EDE-weight concern

	Group	SH (E	ED)	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	3	1.3	34	3.3	1.2	60	50.3%	-0.24 [-0.66, 0.18]	=
Peterson 2009	3	1.3	33	2.5	1.3	63	49.7%	0.38 [-0.04, 0.81]	<u> </u>
Total (95% CI)			67			123	100.0%	0.07 [-0.23, 0.37]	<b>•</b>
Heterogeneity: Chi² = Test for overall effect		,		; I <b>z</b> = 769	%				-10 -5 0 5 10 Favours Group SH (ED) Favours Other

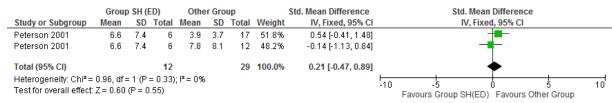
# 8 Figure 697: EDE-restraint

	Group	SH (I	ED)	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Peterson 2009	1.5	1.3	33	1.2	1.1	63	49.8%	0.25 [-0.17, 0.68]	<b>+</b>			
Peterson 2009	1.5	1.3	34	1.6	1.2	60	50.2%	-0.08 [-0.50, 0.34]	•			
Total (95% CI)			67			123	100.0%	0.09 [-0.21, 0.38]	<b>•</b>			
Heterogeneity: Chi² = Test for overall effect:	•	,		; I²= 179	6				-10 -5 0 5 10 Favours Group SH (ED) Favours Other			

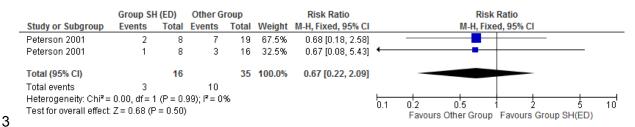
## 10 Figure 698: EDE-total



#### 12 Figure 699: Depression



# 2 Figure 700: Remission



# M.3.184 Group guided self-help (ED) compared with another intervention in adults with 5 binge eating disorder at end of treatment

### 6 Figure 701: BMI

	Group G	uided SH	(ED)	Oth	er Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2001	36.2	5.5	9	32.5	8.9	14	10.4%	0.46 [-0.39, 1.31]	+
Peterson 2001	36.2	5.5	8	32.4	7.2	13	9.3%	0.55 [-0.35, 1.45]	+
Peterson 2009	40.8	11.7	30	40.8	8.5	63	39.8%	0.00 [-0.43, 0.43]	<b>+</b>
Peterson 2009	40.8	11.7	30	39.1	10.6	67	40.5%	0.15 [-0.28, 0.59]	<del>†</del>
Total (95% CI)			77			157	100.0%	0.16 [-0.11, 0.44]	•
Heterogeneity: Chi² = Test for overall effect:			3); I² = 0°	%					-10 -5 0 5 10 Favours Group GSH (ED) Favours Other

## 7 8 Figure 702: Bingeing

	Group Gr	uided SH	(ED)	Othe	er Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2001	36.2	5.5	9	32.5	8.9	14	10.4%	0.46 [-0.39, 1.31]	+-
Peterson 2001	36.2	5.5	8	32.4	7.2	13	9.3%	0.55 [-0.35, 1.45]	<del> </del>
Peterson 2009	40.8	11.7	30	40.8	8.5	63	39.8%	0.00 [-0.43, 0.43]	<b>+</b>
Peterson 2009	40.8	11.7	30	39.1	10.6	67	40.5%	0.15 [-0.28, 0.59]	<u>†</u>
Total (95% CI)			77			157	100.0%	0.16 [-0.11, 0.44]	<b>•</b>
Heterogeneity: Chi² = Test for overall effect:			3); I² = 0°	%					-10 -5 0 5 10 Favours Group GSH (ED) Favours Other

### 10 Figure 703: Quality of life

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	Grou	p SH (E	ED)	Othe	er Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	58.7	18.4	28	58.6	21.2	57	49.2%	0.00 [-0.45, 0.46]	•
Peterson 2009	58.7	18.4	28	58.5	21.4	63	50.8%	0.01 [-0.44, 0.45]	<b>†</b>
Total (95% CI)			56			120	100.0%	0.01 [-0.31, 0.32]	
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:		,		; I² = 0%	•				-10 -5 0 5 10 Favours Group SH (ED) Favours Other

#### 12 Figure 704: EDE-eating concern

	Group	SH (I	ED)	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Peterson 2009	1.1	1.1	30	1.4	1.2	67	50.3%	-0.25 [-0.69, 0.18]	<del>-</del>			
Peterson 2009	1.1	1.1	30	1	1.1	63	49.7%	0.09 [-0.34, 0.53]	<u></u>			
Total (95% CI)			60			130	100.0%	-0.08 [-0.39, 0.22]	•			
Heterogeneity: Chi² = Test for overall effect:				; I <b>z</b> = 189	%				-10 -5 0 5 10 Favours Group SH (ED) Favours Other			

## 14 Figure 705: EDE-shape concern

	Group SH (ED)							Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	3	1.1	30	3.1	1.3	67	50.7%	-0.08 [-0.51, 0.35]	<b>+</b>
Peterson 2009	3	1.1	30	2.7	1.1	63	49.3%	0.27 [-0.17, 0.71]	<del>*</del>
Total (95% CI)			60			130	100.0%	0.09 [-0.21, 0.40]	<b>•</b>
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:	•			; I <b>=</b> 209	%				-10 -5 0 5 10 Favours Group SH (ED) Favours Other

# 1 2 Figure 706: EDE-weight concern

	Group	SH (I	ED)	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Peterson 2009	3.1	1.3	30	2.4	1.3	63	48.7%	0.53 [0.09, 0.98]			-		
Peterson 2009	3.1	1.3	30	3.1	1.2	67	51.3%	0.00 [-0.43, 0.43]		•	•		
Total (95% CI)			60			130	100.0%	0.26 [-0.05, 0.57]			•		
Heterogeneity: Chi² = Test for overall effect:	•	,		; I² = 659	%				-10 Favours G	-5 Group SH (ED)	Favours C	5 Sther	10

## 4 Figure 707: EDE-restraint

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	Group				r Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	1.1	1	30	1.6	1.2	67	50.0%	-0.43 [-0.87, 0.00]	<b>=</b>
Peterson 2009	1.1	1	30	1.1	1	63	50.0%	0.00 [-0.43, 0.43]	<u>*</u>
Total (95% CI)			60			130	100.0%	-0.22 [-0.52, 0.09]	•
Heterogeneity: Chi²= Test for overall effect	= 1.91, df = 1 (P = 0.17); I <sup>2</sup> = 48%								-10 -5 0 5 10 Favours Group SH (FD) Favours Other

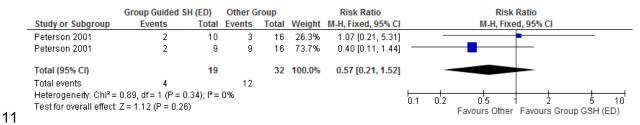
# 6 Figure 708: EDE-total

	Group	Group SH (ED)			Other Group			Std. Mean Difference	Std. Mean I	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI	
Peterson 2009	2.1	0.9	30	2.3	1	67	50.7%	-0.20 [-0.64, 0.23]	-	}	
Peterson 2009	2.1	0.9	30	1.8	0.8	63	49.3%	0.36 [-0.08, 0.80]	1	•	
Total (95% CI)			60			130	100.0%	0.07 [-0.24, 0.38]		)	
Heterogeneity: Chi² = Test for overall effect:		,		; I² = 699	%				-10 -5 0 Favours Group SH (ED)	Favours Other	10 r

## 8 Figure 709: Depression

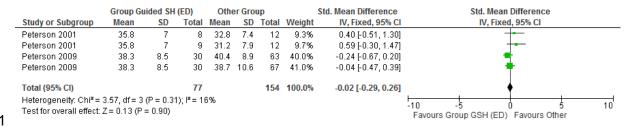
	Group Gu	Group Guided SH (ED)			r Gro	up		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Peterson 2001	5.6	3.6	9	10.5	9.9	14	52.2%	-0.58 [-1.44, 0.27]	<del>-</del> ■+	
Peterson 2001	5.6	3.6	8	9	8.1	13	47.8%	-0.48 [-1.38, 0.42]	-	
Total (95% CI)			17			27	100.0%	-0.53 [-1.15, 0.09]	•	
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:		•	7); I² = 0°	%					-10 -5 0 5 10 Favours Group GSH (ED) Favours Other	1

# 9 10 Figure 710: Remission

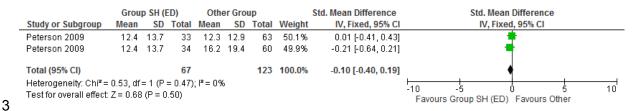


# M.3.192 Group guided self-help (ED) compared with another intervention in adults with binge eating disorder at follow-up

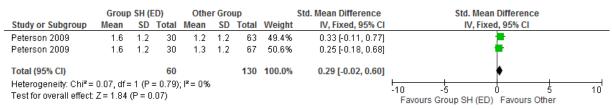
## 14 Figure 711: BMI



### 2 Figure 712: Bingeing



### 4 Figure 713: EDE-eating concern



# 5 6 Figure 714: EDE-shape concern

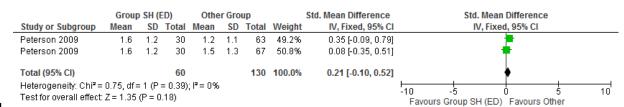
	Group	Group SH (ED)			r Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	3.2	1.3	30	3	1.4	67	51.0%	0.14 [-0.29, 0.58]	
Peterson 2009	3.2	1.3	30	2.6	1.3	63	49.0%	0.46 [0.02, 0.90]	<u>*</u>
Total (95% CI)			60			130	100.0%	0.30 [-0.01, 0.61]	•
Heterogeneity: Chi² = 0.99, df = 1 (P = 0.32); l² = 0% Test for overall effect: Z = 1.90 (P = 0.06)									-10 -5 0 5 10 Favours Group SH (ED) Favours Other

# 8 Figure 715: EDE-weight concern

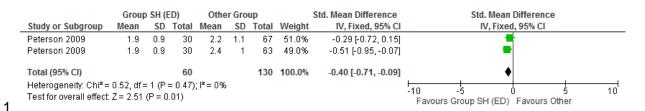
	Group	Group SH (ED)			r Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	3.3	1.2	30	3	1.3	67	51.4%	0.23 [-0.20, 0.67]	<b>+</b>
Peterson 2009	3.3	1.2	30	2.5	1.3	63	48.6%	0.63 [0.18, 1.07]	<del>-</del>
Total (95% CI)			60			130	100.0%	0.42 [0.11, 0.73]	<b>•</b>
Heterogeneity: Chi² = Test for overall effect:	•			; I² = 359	%				-10 -5 0 5 10 Favours Group SH (ED) Favours Other

# 10 Figure 716: EDE-restraint

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# 12 Figure 717: EDE-total



#### 2 Figure 718: Quality of life

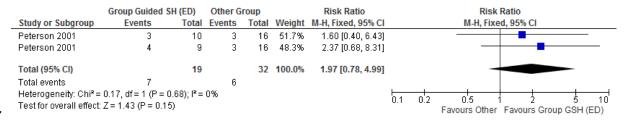
	Grou	p SH (I	ED)	Othe	er Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	58.1	20.7	28	58.3	22.8	57	50.5%	-0.01 [-0.46, 0.44]	•
Peterson 2009	58.1	58.1 20.7 28 57.6 2				54	49.5%	0.02 [-0.43, 0.48]	<b>†</b>
Total (95% CI)			56			111	100.0%	0.01 [-0.31, 0.33]	<b>•</b>
Heterogeneity: Chi² = Test for overall effect:	0.01, df = 1 (P = 0.92); I² = 0%								-10 -5 0 5 10 Favours Group SH (ED) Favours Other

## 4 Figure 719: Depression

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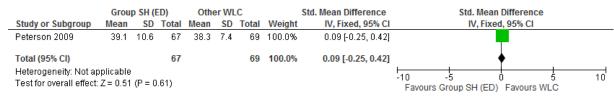
	Group Gu	ided SH	(ED)	Oth	er Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2001	35.8	7	8	32.8	7.4	12	9.3%	0.40 [-0.51, 1.30]	<del> -</del>
Peterson 2001	35.8	7	9	31.2	7.9	12	9.7%	0.59 [-0.30, 1.47]	<del> </del>
Peterson 2009	38.3	8.5	30	40.4	8.9	63	40.0%	-0.24 [-0.67, 0.20]	<b>≠</b>
Peterson 2009	38.3	8.5	30	38.7	10.6	67	41.0%	-0.04 [-0.47, 0.39]	<del>†</del>
Total (95% CI)			77			154	100.0%	-0.02 [-0.29, 0.26]	<b>•</b>
Heterogeneity: Chi² = : Test for overall effect: :		•	); l² = 16	6%					-10 -5 0 5 10 Favours Group GSH (ED) Favours Other

# Figure 720: Remission

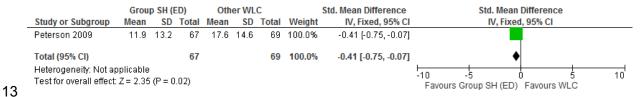


# M.3.208 Group self-help (ED) compared with wait list controls (WLC) in adults with 9 binge eating disorder at end of treatment

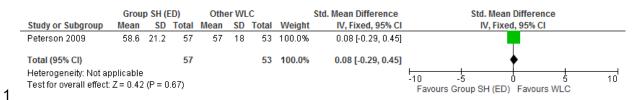
## 10 Figure 721: BMI



# 12 Figure 722: Bingeing



#### 14 Figure 723: Quality of life



### 2 Figure 724: EDE-eating concern

	Group	Group SH (ED)		Other WLC				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	1.4	1.2	67	1.3	1.1	69	100.0%	0.09 [-0.25, 0.42]	•
Total (95% CI)			67			69	100.0%	0.09 [-0.25, 0.42]	
Heterogeneity: Not ap Test for overall effect:		(P = 0	.61)						-10 -5 0 5 10 Favours Group SH (ED) Favours WLC

# 3 4 Figure 725: EDE-shape concern

	Group SH (ED)			Other WLC				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	3.1	1.2	67	3.1	1.2	69	100.0%	0.00 [-0.34, 0.34]	•
Total (95% CI)	!: !- ! -		67			69	100.0%	0.00 [-0.34, 0.34]	<b>†</b>
Heterogeneity: Not ap Test for overall effect:		(P = 1	.00)						-10 -5 0 5 10 Favours Group SH (ED) Favours WLC

# 5 6 Figure 726: EDE-weight concern

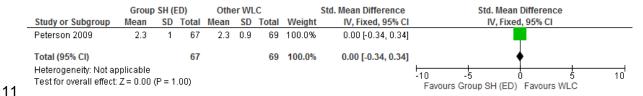
	Group	Group SH (ED)		Other WLC				Std. Mean Difference		Std. Mean [	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	, 95% CI		
Peterson 2009	3.1	1.2	67	3.1	1.1	69	100.0%	0.00 [-0.34, 0.34]		•			
Total (95% CI)			67			69	100.0%	0.00 [-0.34, 0.34]		•	•		
Heterogeneity: Not ap Test for overall effect:	•	(P = 1	.00)						-10 - Favours Gr	+	Favours WL	i C	10

#### 8 Figure 727: EDE-restraint

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	Group	SH (E	ED)	Othe	er WL	.C		Std. Mean Difference	Std. Mean I	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI		
Peterson 2009	1.6	1.2	67	1.5	1.3	69	100.0%	0.08 [-0.26, 0.42]				
Total (95% CI)			67			69	100.0%	0.08 [-0.26, 0.42]		<b>,</b>		
Heterogeneity: Not a Test for overall effect		(P = 0	1.64)						-10 -5 0 Favours Group SH (ED)	Favours WL	-	10

# 9 10 **Figure 728: EDE-total**

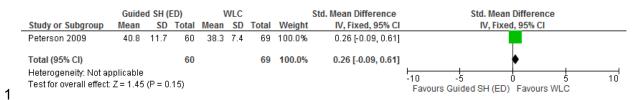


# M.3.212 Group guided self-help (ED) compared with wait list controls (WLC) in adults with binge eating disorder at end of treatment

#### 14 Figure 729: BMI

	Guided SH (ED)			WLC				Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI		
Peterson 2009	40.8	11.7	60	38.3	7.4	69	100.0%	0.26 [-0.09, 0.61]	-		
Total (95% CI)			60			69	100.0%	0.26 [-0.09, 0.61]	<b>.</b> • •		
Heterogeneity: Not ap Test for overall effect	•		.15)						-10 -5 0 5 10 Favours Guided SH (ED) Favours WLC	7	

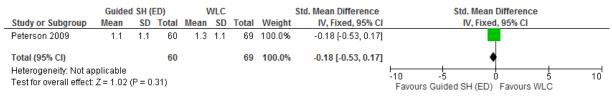
15 16 Figure 730: Bingeing



#### 2 Figure 731: Quality of life



### 4 Figure 732: EDE-eating concern



# Figure 733: EDE-shape concern

	Guided	I SH (I	ED)	1	NLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	3	1.1	60	3.1	1.2	69	100.0%	-0.09 [-0.43, 0.26]	<b>-</b>
Total (95% CI)			60			69	100.0%	-0.09 [-0.43, 0.26]	<b>+</b>
Heterogeneity: Not ap Test for overall effect		(P = 0	.63)						-10 -5 0 5 10 Favours Guided SH (ED) Favours WLC

# Figure 734: EDE-weight concern

	Guided	I SH (I	ED)	١	VLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	3.1	1.3	60	3.1	1.1	69	100.0%	0.00 [-0.35, 0.35]	•
Total (95% CI)			60			69	100.0%	0.00 [-0.35, 0.35]	<b>\</b>
Heterogeneity: Not a Test for overall effect		(P = 1.	.00)						-10 -5 0 5 10 Favours Guided SH (ED) Favours WLC

#### 10 Figure 735: EDE-restraint

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	Guided	SH (	ED)	١	VLC			Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI	
Peterson 2009	1.1	1	60	1.5	1.3	69	100.0%	-0.34 [-0.69, 0.01]				
Total (95% CI)			60			69	100.0%	-0.34 [-0.69, 0.01]		•	ļ	
Heterogeneity: Not a Test for overall effect		P = 0	.06)						-10 - Favours Gu	t 5 (ided SH (ED)	Favours WL	 10

# 11 12 Figure 736: EDE-total

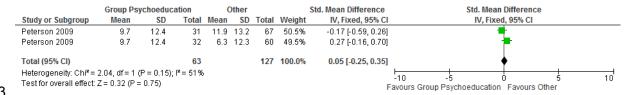
	Guideo	1 SH (I	ED)	\	VLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	2.1	0.9	60	2.3	0.9	69	100.0%	-0.22 [-0.57, 0.13]	•
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		(P = 0.	<b>60</b> .21)			69	100.0%	-0.22 [-0.57, 0.13]	-10 -5 0 5 10 Favours Guided SH (ED) Favours WLC

# M.3.224 Group psychoeducation compared with another intervention in adults with binge eating disorder at end of treatment

# 16 Figure 737: BMI

	<b>Group Psy</b>	Group Psychoeducation Mean SD Total			Other		!	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2001	32.5	8.9	7	32.4	7.2	13	8.9%	0.01 [-0.91, 0.93]	+
Peterson 2001	32.5	8.9	7	36.2	5.5	17	9.3%	-0.54 [-1.44, 0.35]	<del></del>
Peterson 2009	40.8	8.5	32	40.8	11.7	60	40.7%	0.00 [-0.43, 0.43]	+
Peterson 2009	40.8	8.5	31	39.1	10.6	67	41.2%	0.17 [-0.26, 0.60]	<del>†</del>
Total (95% CI)			77			157	100.0%	0.02 [-0.25, 0.29]	<b>↓</b>
- /	Heterogeneity: Chi² = 1.98, df = 3 (P = 0.58); l² = 0 Fest for overall effect: Z = 0.14 (P = 0.89)								-10 -5 10 syours Group Psychoeducation Favours Other

# 1 2 Figure 738: Bingeing



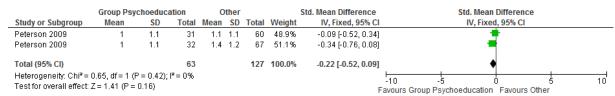
# 4 Figure 739: Quality of life

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	<b>Group Psy</b>	choeduc	ation	C	ther			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI	
Peterson 2009	2.4	1.3	31	3.1	1.2	67	50.3%	-0.56 [-1.00, -0.13]	] <del></del>	
Peterson 2009	2.4	1.3	32	3.1	1.3	60	49.7%	-0.53 [-0.97, -0.10]	] <del>-</del>	
Total (95% CI)			63			127	100.0%	-0.55 [-0.86, -0.24]	•	
Heterogeneity: Chi² = Test for overall effect:								F	Favours Group Psychoeducation Favours Other	īď

# 6 Figure 740: EDE-eating concern



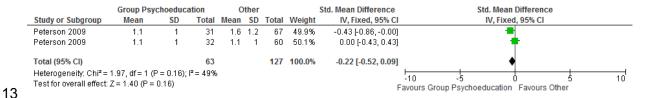
# 8 Figure 741: EDE-shape concern

	Group Psyc	hoeduc	ation	C	ther			Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	I, 95% CI	
Peterson 2009	2.7	1.1	32	3	1.1	60	49.7%	-0.27 [-0.70, 0.16]	-	-	
Peterson 2009	2.7	1.1	31	3.1	1.3	67	50.3%	-0.32 [-0.75, 0.11]	•		
Total (95% CI)			63			127	100.0%	-0.30 [-0.60, 0.01]	•		
Heterogeneity: Chi² = Test for overall effect:			l² = 0%					F	-10 -5 Favours Group Psychoeducation	Favours Other	j 10

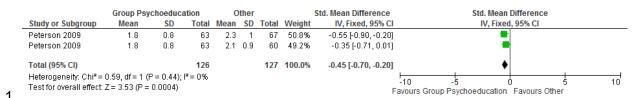
## 9 10 Figure 742: EDE-weight concern

	Group Psyc	Group Psychoeducation Mean SD Total			ther			Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	d, 95% CI	
Peterson 2009	2.4	1.3	31	3.1	1.2	67	50.3%	-0.56 [-1.00, -0.13]		-	-	
Peterson 2009	2.4	1.3	32	3.1	1.3	60	49.7%	-0.53 [-0.97, -0.10]		-		
Total (95% CI)			63			127	100.0%	-0.55 [-0.86, -0.24]		<b>*</b>		
Heterogeneity: Chi² = Test for overall effect:			l <sup>2</sup> = 0%					1	-10 Favours Group Ps	l 5 sychoeducation	0 : Favours Other	5 10

#### 12 Figure 743: EDE-restraint



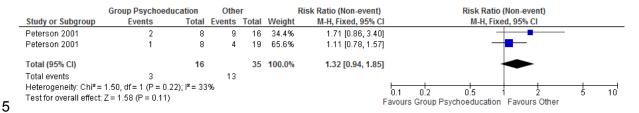
#### 14 Figure 744: EDE-total



# 2 Figure 745: Depression

	Group Psy	choeduc	ation	0	ther			Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	I, 95% CI	
Peterson 2001	10.5	9.9	7	5.6	3.6	17	50.4%	0.79 [-0.13, 1.70]		-	
Peterson 2001	10.5	9.9	7	9	8.1	13	49.6%	0.16 [-0.76, 1.08]	-	_	
Total (95% CI)			14			30	100.0%	0.48 [-0.17, 1.13]		•	
Heterogeneity: Chi² = Test for overall effect:			I² = 0%					F	-10 -5 Favours Group Psychoeducation	Favours Other	5 10

# Figure 746: Remission

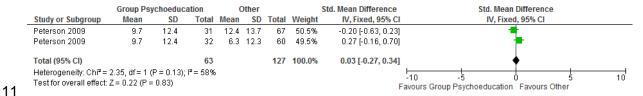


# M.3.236 Group psychoeducation compared with another intervention in adults with 5 binge eating disorder at follow-up

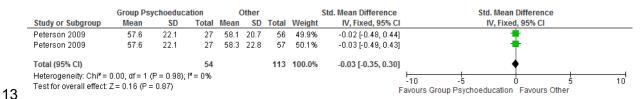
### 8 Figure 747: BMI

	<b>Group Psy</b>	choeduca	ation	(	Other			Std. Mean Difference		Std. Mea	n Differenc	е	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 95% CI		
Peterson 2001	31.2	7.9	12	35.8	7	17	12.3%	-0.61 [-1.36, 0.15]		-	+		
Peterson 2001	31.2	7.9	12	32.8	7.4	12	10.9%	-0.20 [-1.00, 0.60]		_	+		
Peterson 2009	40.4	8.9	32	38.3	8.5	60	38.0%	0.24 [-0.19, 0.67]			<b>+</b>		
Peterson 2009	40.4	8.9	31	38.7	10.6	67	38.8%	0.17 [-0.26, 0.59]			<u>†</u>		
Total (95% CI)			87			156	100.0%	0.06 [-0.21, 0.33]			<b>\rightarrow</b>		
Heterogeneity: Chi² = Test for overall effect:			² = 30%					F	-10 avours Group	-5 Psychoeducation	0 Favours	5 Other	10

# 10 Figure 748: Bingeing



#### 12 Figure 749: Quality of life



# 14 Figure 750: EDE-eating concern

	Group Psy	choeduc	ation	O	ther			Std. Mean Difference		Sto	d. Mean Differen	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed, 95% C	l	
Peterson 2009	1.2	1.2	32	1.6	1.2	60	49.3%	-0.33 [-0.76, 0.10]			-		
Peterson 2009	1.2	1.2	31	1.3	1.2	67	50.7%	-0.08 [-0.51, 0.34]			+		
Total (95% CI)			63			127	100.0%	-0.20 [-0.51, 0.10]			•		
Heterogeneity: Chi² = Test for overall effect:			; I² = 0%					F	-10 Favours Group	-5 p Psychoed	0 lucation Favour	5 s Other	10

# 1 2 Figure 751: EDE-shape concern

	Group Psyc	Group Psychoeducation						Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI	
Peterson 2009	2.6	1.3	32	3.2	1.3	60	49.2%	-0.46 [-0.89, -0.02]		-		
Peterson 2009	2.6	1.3	31	3	1.4	67	50.8%	-0.29 [-0.72, 0.14]		•		
Total (95% CI)			63			127	100.0%	-0.37 [-0.68, -0.07]		•		
Heterogeneity: Chi² = Test for overall effect: :			I <sup>z</sup> = 0%					F	-10 - Favours Group Ps	t 5 sychoeducation	Favours Other	5 10

# 3 4 Figure 752: EDE-weight concern

	Group Psy	Group Psychoeducation Other						Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Peterson 2009	2.5	1.3	32	3.3	1.2	60	48.8%	-0.64 [-1.08, -0.20]	-	
Peterson 2009	2.5	1.3	31	3	1.3	67	51.2%	-0.38 [-0.81, 0.05]	<del>-</del>	
Total (95% CI)			63			127	100.0%	-0.51 [-0.82, -0.20]	•	
Heterogeneity: Chi² = Test for overall effect:		I² = 0%					F	-10 -5 0 5	10	

# 6 Figure 753: EDE-restraint

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	Group Psy	choeduc	ation	O	ther			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Peterson 2009	1.2	1.1	32	1.5	1.3	67	51.6%	-0.24 [-0.66, 0.18]		-	-		
Peterson 2009	1.2	1.1	31	1.6	1.2	60	48.4%	-0.34 [-0.78, 0.10]		•	-		
Total (95% CI)			63			127	100.0%	-0.29 [-0.59, 0.02]		•			
Heterogeneity: Chi <sup>z</sup> = 0.10, df = 1 ( $P = 0.75$ ); $I^z = 0\%$ Test for overall effect: $Z = 1.86$ ( $P = 0.06$ )								F	-10 avours Group P	+ 5 sychoeducation	) Favours Other	5	10

# 7 8 Figure 754: EDE-total

	Group Psy				Other			Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	1, 95% CI	
Peterson 2009	1.8	0.8	31	2.2	1.1	67	50.3%	-0.39 [-0.82, 0.04]	-	+	
Peterson 2009	1.8	0.8	32	2.1	0.9	60	49.7%	-0.34 [-0.78, 0.09]	•	†	
Total (95% CI)			63			127	100.0%	-0.37 [-0.67, -0.06]	•		
Heterogeneity: Chi² = Test for overall effect:			I <sup>2</sup> = 0%					F	-10 -5 Favours Group Psychoeducation	Favours Other	10

## 10 Figure 755: Depression

	Group Psyc	choeduc	ation	0	ther			Std. Mean Difference	Std. Mean Di	fference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 9	95% CI
Peterson 2001	7.8	8.1	6	35.8	7	17	30.0%	-3.71 [-5.21, -2.21]		
Peterson 2001	7.8	8.1	6	6.6	7.4	12	70.0%	0.15 [-0.83, 1.13]	-	_
Total (95% CI)			12			29	100.0%	-1.01 [-1.83, -0.18]	•	
Heterogeneity: Chi² = Test for overall effect:			01); I² = 9	94%				F	-10 -5 0 Favours Group Psychoeducation F	5 10

# 11 12 Figure 756: Remission



# M.3.241 Self-help for bulimia nervosa

# M.3.24.12 Guided self-help (ED) compared with any other intervention in adults (unless otherwise stated) with bulimia nervosa at the end of treatment

# 4 Figure 757: Bingeing

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	BN Gui	BN Guided SH (ED)		Other		Std. Mean Difference		Std. Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95%	CI
Bailer 2004	7.67	9.06	30	16.31	23.65	26	14.3%	-0.49 [-1.02, 0.04]		
Durand 2003	15	7.4	34	20.5	23.9	34	17.8%	-0.31 [-0.79, 0.17]	- <del> </del>	
Mitchell 2008	6.2	12.3	41	3.7	11.2	39	21.1%	0.21 [-0.23, 0.65]	<del> -</del>	
Schmidt 2006	1.8	1.2	15	3.2	1.4	15	6.9%	-1.04 [-1.81, -0.27]	<del></del>	
Steele 2008	6.6	8.93	17	10.76	8.74	15	8.2%	-0.46 [-1.16, 0.25]	<del> </del>	
Wagner 2013	22.15	37.4	52	21.24	32.04	70	31.7%	0.03 [-0.33, 0.39]	†	
Total (95% CI)			189			199	100.0%	-0.18 [-0.38, 0.02]	•	
Heterogeneity: Chi²=	:11.31, df	= 5 (P =	0.05); f	²= 56%		-10 -5 0	5 10			
Test for overall effect:	Z = 1.76	(P = 0.0)	3)				urs Other			

6 Heterogeneity was detected at I<sup>2</sup>=56%. There was no obvious risk of bias in any of the 7 studies or differences in the population regarding the presence of comorbidities. However, in 8 Schmidt 2006 they reported number of binges differently to the other studies and along with 9 their duration of illness (median of 4 years versus other studies mean of 6-9 years. If this 10 study is removed in a sensitivity analysis the heterogeneity is reduced to an acceptable 11 levels. However, this does not seem like a significant reason to exclude, hence a random 12 effects analysis is included.

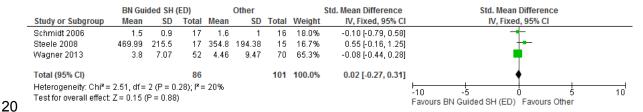
## 13 Figure 758: Bingeing with random effects

	BN Guided SH (ED)				Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Bailer 2004	7.67	9.06	30	16.31	23.65	26	16.6%	-0.49 [-1.02, 0.04]	-+-
Durand 2003	15	7.4	34	20.5	23.9	34	18.3%	-0.31 [-0.79, 0.17]	<del></del>
Mitchell 2008	6.2	12.3	41	3.7	11.2	39	19.5%	0.21 [-0.23, 0.65]	+
Schmidt 2006	1.8	1.2	15	3.2	1.4	15	11.0%	-1.04 [-1.81, -0.27]	<del></del>
Steele 2008	6.6	8.93	17	10.76	8.74	15	12.3%	-0.46 [-1.16, 0.25]	<del> </del>
Wagner 2013	22.15	37.4	52	21.24	32.04	70	22.3%	0.03 [-0.33, 0.39]	<u>†</u>
Total (95% CI)			189			199	100.0%	-0.26 [-0.58, 0.06]	•
Heterogeneity: Tau <sup>2</sup> =				5 (P = 0.	05); l²=	56%			-10 -5 0 5 10
Test for overall effect:	. Z = 1.021	(P = 0.1	1)						Favours BN Guided SH (ED) Favours Other

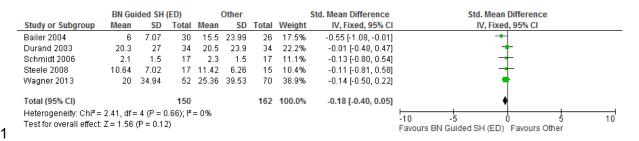
#### 17 Figure 759: Purging

	<b>BN Guid</b>	ed SH (	(ED)	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Mitchell 2008	11.1	19	41	5.6	12.5	39	100.0%	0.34 [-0.10, 0.78]	•
Total (95% CI)			41			39	100.0%	0.34 [-0.10, 0.78]	· · · · · · · · · · · · · · · · · · ·
Heterogeneity: Not ap Test for overall effect:	•	P = 0.13	))						-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other

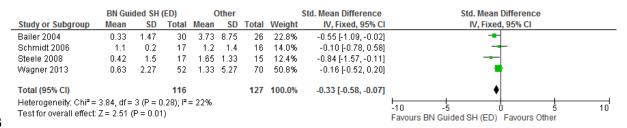
### 19 Figure 760: Exercising



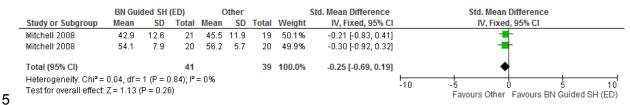
## 21 Figure 761: Vomiting



### 2 Figure 762: Laxative use



### 4 Figure 763: Bulimic inventory index



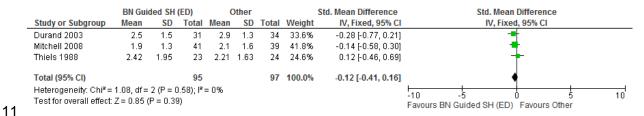
## 6 Figure 764: EDE-eating concern

	BN Guio	led SH	(ED)	C	ther			Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	i, 95% CI	
Carter 1988	1.4	1.3	34	2	1.6	25	28.0%	-0.41 [-0.93, 0.11]	-	1	
Durand 2003	1.8	1.3	31	1.9	1.2	34	32.2%	-0.08 [-0.57, 0.41]	-	+	
Mitchell 2008	0.8	1	41	0.7	1	39	39.7%	0.10 [-0.34, 0.54]	4	•	
Total (95% CI)			106			98	100.0%	-0.10 [-0.38, 0.17]	•		
Heterogeneity: Chi²=				= 8%					-10 -5	<del>                                     </del>	5 10
Test for overall effect	: Z = 0.72 (I	P = 0.47	7)						Favours BN Guided SH (ED)	Favours Other	

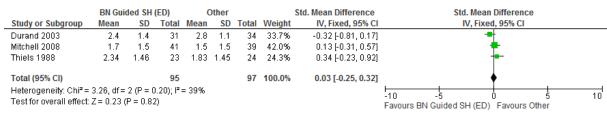
# 7 8 Figure 765: EDE-shape concern

	BN Gui	ded SH	(ED)	(	Other			Std. Mean Difference		Std	. Mean Differen	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I	V, Fixed, 95% C	l	
Durand 2003	2.9	1.3	31	3	1.3	34	33.8%	-0.08 [-0.56, 0.41]			+		
Mitchell 2008	2.3	1.5	41	2.3	1.5	39	41.7%	0.00 [-0.44, 0.44]			•		
Thiels 1988	2.5	1.53	23	2.37	1.34	24	24.5%	0.09 [-0.48, 0.66]			+		
Total (95% CI)			95			97	100.0%	-0.00 [-0.29, 0.28]			•		
Heterogeneity: Chi² = Test for overall effect:				= 0%				-10 Favours BN	-5 I Guided Si	0 H (ED) Favour:	5 s Other	10	

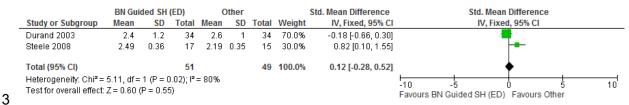
# 10 Figure 766: EDE-weight concern



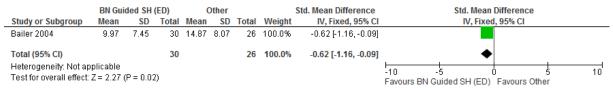
#### 12 Figure 767: EDE-restraint



# 2 Figure 768: EDE-total



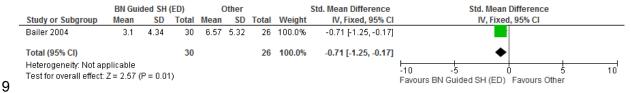
## 4 Figure 769: EDI-body dissatisfaction



# Figure 770: EDI-drive for thinness

	BN Gui	BN Guided SH (ED) Other			Other			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Bailer 2004	7.67	6.53	30	10.87	6.69	26	100.0%	-0.48 [-1.01, 0.06]					
Total (95% CI)			30			26	100.0%	-0.48 [-1.01, 0.06]		•	•		
Heterogeneity: Not ap Test for overall effect:	•	(P = 0.08	3)						10	l 5 uided SH (ED)	0 Favours Othe	<u>1</u> 5 Г	10

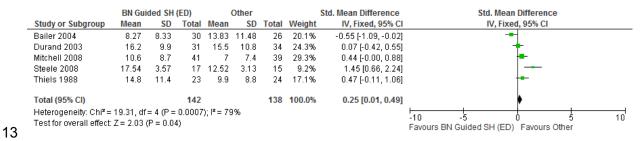
# Figure 771: EDI-bulimia



#### 10 Figure 772: Satisfaction with life

	BN Gui	BN Guided SH (ED) Other					Std. Mean Difference			Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Mitchell 2008	42.9	12.6	21	45.5	11.9	19	50.1%	-0.21 [-0.83, 0.41]		-	-		
Mitchell 2008	54.1	7.9	20	56.2	5.7	20	49.9%	-0.30 [-0.92, 0.32]		-	-		
Total (95% CI)			41			39	100.0%	-0.25 [-0.69, 0.19]		•			
Heterogeneity: Chi² = Test for overall effect:		•		= 0%					-10	-5 ( Favours Other	Favours BN 0	t Suided S	10 SH (ED)

#### 11 12 Figure 773: Depression



14 Heterogeneity was detected at I<sup>2</sup>=79%. No studies show an obvious risk of bias. Nor could any of subgroup analysis explain any variability, they were general similar populations in

- 1 terms of their severity of illness, comorbidities and duration of illness, or it was not reported in
- 2 the study. In the absence of an explanation, a random effects analysis was included.

### 3 Figure 774: Depression with random effects

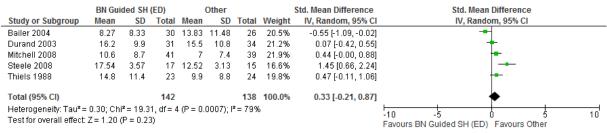
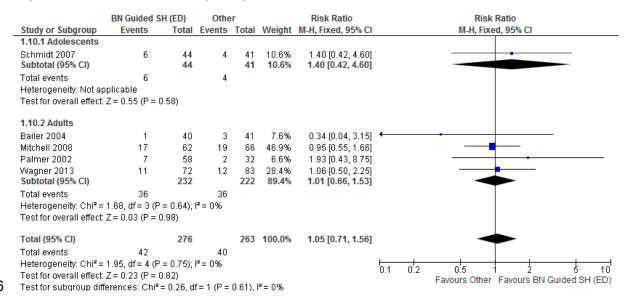


Figure 775: Remission in young people and adults



# M.3.24.27 Guided self-help (ED) compared with any other intervention in adults (unless otherwise stated) with bulimia nervosa at follow-up

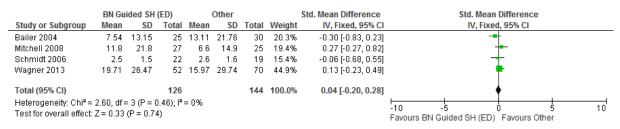
#### 9 Figure 776: Bulimic inventory index

	BN Guid	ded SH	(ED)	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Thiels 1988	27	12.3	23	17	13.1	24	100.0%	0.77 [0.18, 1.37]	
Total (95% CI)			23			24	100.0%	0.77 [0.18, 1.37]	<b>◆</b>
Heterogeneity: Not ap Test for overall effect:		P = 0.01	1)						-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other

## 11 Figure 777: Bingeing

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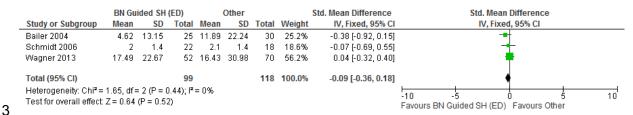


#### 13 Figure 778: Purging

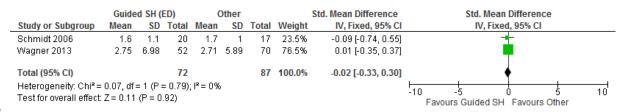
	<b>BN</b> Guid	BN Guided SH (ED		Other				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	Mean SD Total Mea		Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Mitchell 2008	19.4	34	27	8.2	17.8	25	100.0%	0.40 [-0.15, 0.95]	
Total (95% CI)			27			25	100.0%	0.40 [-0.15, 0.95]	<b>.</b>
Heterogeneity: Not ap Test for overall effect:		P = 0.15	5)						-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other

## 2 Figure 779: Vomiting

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## 4 Figure 780: Excessive exercise



# 6 Figure 781: Laxative use

	BN Guided SH (ED) Other							Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Bailer 2004	0.08	0.28	25	4.59	10.15	30	24.9%	-0.59 [-1.13, -0.05]	-	
Schmidt 2006	1.1 0.4 21 1.2 0.5 18						18.4%	-0.22 [-0.85, 0.41]	<del></del>	
Wagner 2013	0.37	1.39	52	0.96	4.22	70	56.7%	-0.18 [-0.54, 0.18]	•	
Total (95% CI)			98			118	100.0%	-0.29 [-0.56, -0.02]	<b>.</b> •	
Heterogeneity: Chi² = Test for overall effect:	= 1.62, df = 2 (P = 0.44); l² = 0% t: Z = 2.08 (P = 0.04)								-10 -5 0 5 1 Favours BN Guided SH (ED) Favours Other	10

# 8 Figure 782: Depression

	BN Guid	BN Guided SH (ED)			Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Bailer 2004	7.61	6	25	11.7	12.99	30	35.1%	-0.39 [-0.92, 0.15]	-
Mitchell 2008	8.7	7.9	27	9.1	9.3	25	34.1%	-0.05 [-0.59, 0.50]	+
Thiels 1988	10.2	9.9	23	11.4	10.5	24	30.8%	-0.12 [-0.69, 0.46]	+
Total (95% CI)			75			79	100.0%	-0.19 [-0.50, 0.13]	•
Heterogeneity: Chi² = Test for overall effect:	= 0.85, df = 2 (P = 0.65); I² = 0% t: Z = 1.15 (P = 0.25)							-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other	

#### 10 Figure 783: EDE-eating concern

	BN Guide	ed SH (	(ED)	0	ther			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Mitchell 2008	0.9	1.3	27	0.6	1	25	100.0%	0.25 [-0.29, 0.80]	ı
Total (95% CI)			27			25	100.0%	0.25 [-0.29, 0.80]	·, •
Heterogeneity: Not app Test for overall effect: 2		= 0.36	i)						-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other

#### 12 Figure 784: EDE-shape concern

	BN Guided SH (ED) Other							Std. Mean Difference	Std. Mean Difference				
Study or Subgroup					Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI					
Mitchell 2008	2.1	1.6	27	1.8	1.2	25	52.9%	0.21 [-0.34, 0.75]	<b>+</b>				
Thiels 1988	1.68	1.43	23	2.32	1.68	24	47.1%	-0.40 [-0.98, 0.18]	i <del></del>				
Total (95% CI)			50			49	100.0%	-0.08 [-0.48, 0.32]	ı <b>+</b>				
Heterogeneity: Chi² = Test for overall effect:		•		= 56%					-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other				

7

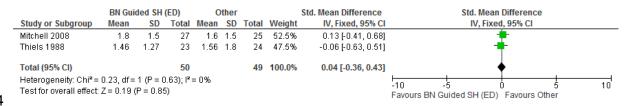
9

## 1 Figure 785: EDE-weight concern

	BN Gui	BN Guided SH (ED)			Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean SD Total Mean SD Total				Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Mitchell 2008	2.1	1.5	27	1.8	1.2	25	52.4%	0.22 [-0.33, 0.76]	<b>+</b>
Thiels 1988	1.83	1.57	23	1.92	1.57	24	47.6%	-0.06 [-0.63, 0.52]	<u></u>
Total (95% CI)			50			49	100.0%	0.09 [-0.31, 0.48]	<b>+</b>
Heterogeneity: Chi² = Test for overall effect:		,		= 0%					-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other

## 3 Figure 786: EDE-restraint

2



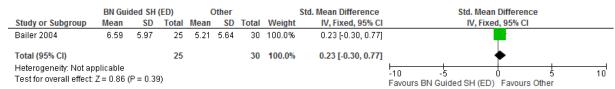
## 5 Figure 787: Satisfaction with life



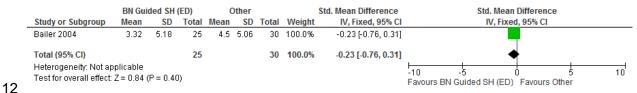
#### , Figure 788: EDI-body dissatisfaction

	BN Gui	BN Guided SH (ED)		D) Other				Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Bailer 2004	10.18	8.66	25	9.29	9.42	30	100.0%	0.10 [-0.43, 0.63]	•			
Total (95% CI)			25			30	100.0%	0.10 [-0.43, 0.63]	<b>,</b>			
Heterogeneity: Not ap Test for overall effect:		(P = 0.72	2)						-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other			

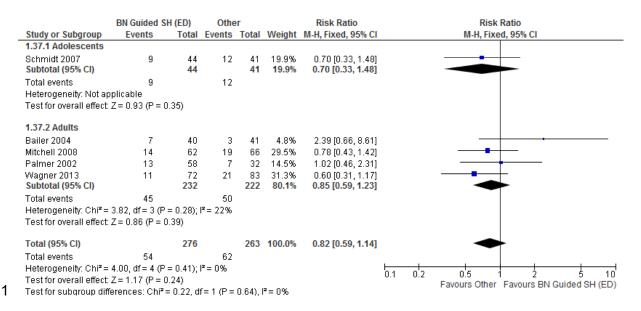
# 9 Figure 789: EDI-drive for thinness



#### 10 11 Figure 790: EDI-bulimia

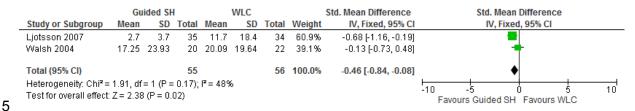


#### 13 Figure 791: Remission in young people and adults

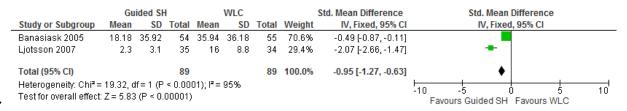


# M.3.24.32 Guided self-help (ED) compared with wait list controls (WLC) in adults (unless otherwise stated) with bulimia nervosa at end of treatment

#### 4 Figure 792: Bingeing



#### 6 Figure 793: Purging



8 Heterogeneity was detected at I<sup>2</sup>=95%. A sensitivity analysis was difficult to explore with only 9 2 studies, also a subgroup analysis on the duration of illness and presence comorbidities 10 could not be used since they were similar in the 2 studies. However, severity of illness may 11 explain the heterogeneity as shown in the forest plot below.

### 12 Figure 794: Purging with subgroup analysis

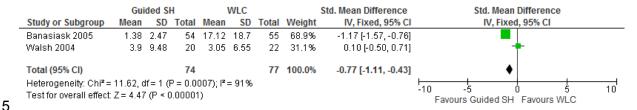
	Gui	ided SF	ł		WLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
2.5.1 Binges < 18 mg	onth								
Ljotsson 2007 Subtotal (95% CI)	2.3	3.1	35 <b>35</b>	16	8.8	34 <b>34</b>	48.9% <b>48.9%</b>	-2.07 [-2.66, -1.47] - <b>2.07 [-2.66, -1.47]</b>	<b>₹</b>
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z= 6.86	(P ≤ 0.	00001)						
2.5.2 Binges > 18 mg	onth								
Banasiask 2005 Subtotal (95% CI)	18.18	35.92	54 <b>54</b>	35.94	36.18	55 <b>55</b>	51.1% <b>51.1%</b>	-0.49 [-0.87, -0.11] - <b>0.49 [-0.87, -0.11]</b>	•
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z= 2.51	(P = 0.	01)						
Total (95% CI)			89			89	100.0%	-1.26 [-2.80, 0.28]	•
Heterogeneity: Tau <sup>2</sup> = Test for overall effect: Test for subgroup diff	Z = 1.60	(P = 0.	11)	,					-10 -5 0 5 10 Favours Guided SH Favours WLC

#### 2 Figure 795: Vomiting

	Gu	ided SF	1		WLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Banasiask 2005	21.92	38.67	54	35.67	36.97	55	72.0%	-0.36 [-0.74, 0.02]	
Walsh 2004	11.55	10.6	20	13.68	10.63	22	28.0%	-0.20 [-0.80, 0.41]	+
Total (95% CI)			74			77	100.0%	-0.32 [-0.64, 0.01]	•
	i <sup>e</sup> = 0.20, df= 1 (P = 0.65); i <sup>e</sup> = 0% ect: Z = 1.92 (P = 0.05)								-10 -5 0 5 10 Favours Guided SH Favours WLC

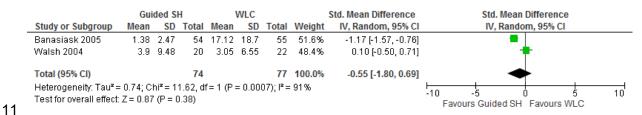
### 4 Figure 796: Laxative use

3

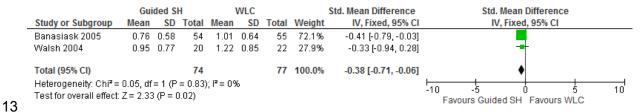


6 Heterogeneity was detected at I<sup>2</sup>=91%, although Walsh had a high risk of bias with a high 7 number of dropouts, it was difficult to know if this explained the heterogeneity. Duration of 8 illness, severity of illness and presence of comorbidities appeared similar in the two studies. 9 In the absence of an explanation, random effects were presented.

#### 10 Figure 797: Laxative use with random effects



#### 12 Figure 798: Clinical symptom index



#### 14 Figure 799: Depression

	Guided SH WLC							Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean SD Total Mean SD Tot				Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI					
Banasiask 2005	14.92 13.17 54 19.8 12.26					55	50.9%	-0.38 [-0.76, -0.00]	•				
Ljotsson 2007	10.4	5.7	35	16.9	8.1	34	29.5%	-0.92 [-1.42, -0.42]	+				
Walsh 2004	12.25	10.38	20	15.95	11.23	22	19.6%	-0.34 [-0.95, 0.28]	<del>- •</del> †				
Total (95% CI)			109			111	100.0%	-0.53 [-0.80, -0.26]	•				
	= 3.34, df = 2 (P = 0.19); F = 40% tt: Z = 3.85 (P = 0.0001)								-10 -5 0 5 10 Favours Guided SH Favours WLC				

#### 2 Figure 800: EDE-eating concern

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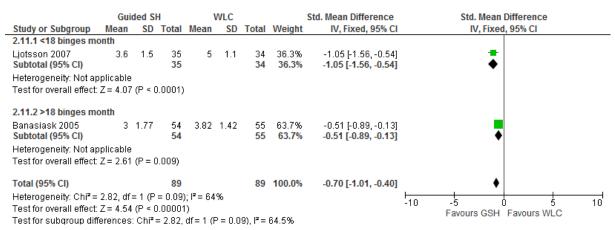
	Guided SH WL				VLC			Std. Mean Difference		Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI			
Ljotsson 2007	1.7	1.2	35	3.4	1.6	34	100.0%	-1.19 [-1.71, -0.68]						
Total (95% CI)			35			34	100.0%	-1.19 [-1.71, -0.68]		•				
Heterogeneity: Not ap Test for overall effect:	•		0.0000	11)					-10 -5 Fav	ours GSH	Favours Wl	LC	10	

# Figure 801: EDE-shape concern

	Guided SH WLC							Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV,	Fixed,	95% CI		
Banasiask 2005	3	1.77	54	3.82	1.42	55	63.7%	-0.51 [-0.89, -0.13]					
Ljotsson 2007	3.6	1.5	35	5	1.1	34	36.3%	-1.05 [-1.56, -0.54]		-			
Total (95% CI)			89			89	100.0%	-0.70 [-1.01, -0.40]		•			
Heterogeneity: Chi²= Test for overall effect:		,			%				-10 -5 Favours Guideo	HSL	Favours W	LC	10

6 Heterogeneity was detected at I²=64%. A sensitivity analysis was difficult to explore with only 2 studies, also a subgroup analysis on the duration of illness and presence comorbidities could not be used since they were similar in the 2 studies. However, severity of illness may explain the heterogeneity as shown in the forest plot below.

# 11 Figure 802: EDE-shape concern subgroup analysis



#### 13 Figure 803: EDE-weight concern

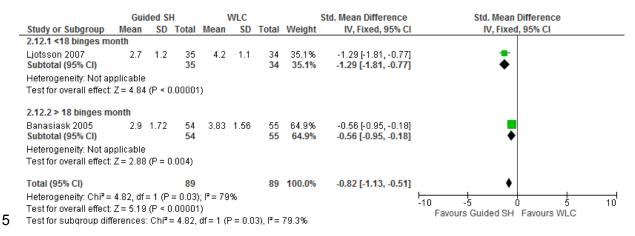


15 Heterogeneity was detected at I<sup>2</sup>=79%. A sensitivity analysis was difficult to explore with only 16 2 studies, also a subgroup analysis on the duration of illness and presence comorbidities

1 could not be used since they were similar in the 2 studies. However, severity of illness may
2 explain the heterogeneity as shown in the forest plot below.

#### 3

#### 4 Figure 804: EDE-weight concern subgroup analysis



### 6

#### 7 Figure 805: EDE-restraint

	Guio	ded S	Н	V	VLC		S	td. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Ljotsson 2007	2.1	1.6	35	2.6	1.6	34	100.0%	-0.31 [-0.78, 0.17]					
Total (95% CI)			35			34	100.0%	-0.31 [-0.78, 0.17]			•		
Heterogeneity: Not ap Test for overall effect			0.20)						-10	-5 Favours	O GSH Favo	5 urs WLC	10

# Figure 806: EDE-total

	Gui	ded S	Н	1	WLC			Std. Mean Difference	Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	l, 95% CI		
Banasiask 2005	1.58	1.37	54	3.49	1.25	55	59.1%	-1.45 [-1.87, -1.02]				
Ljotsson 2007	2.5	1.2	35	3.8	1.1	34	40.9%	-1.12 [-1.63, -0.61]	•			
Total (95% CI)			89			89	100.0%	-1.31 [-1.64, -0.99]	•			
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:	•	,			6				-10 -5 Favours Guided SH	Favours WI	_C	10

# 11 Figure 807: EDI-body dissatisfaction

	Gui	ided S	Н		WLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Banasiask 2005	13.57	9.74	54	20.05	6.92	55	61.9%	-0.76 [-1.15, -0.37]	
Ljotsson 2007	16	6.5	35	21.8	6.3	34	38.1%	-0.90 [-1.39, -0.40]	-
Total (95% CI)			89			89	100.0%	-0.81 [-1.12, -0.51]	•
Heterogeneity: Chi² = Test for overall effect:		,			6				-10 -5 0 5 10 Favours Guided SH Favours WLC

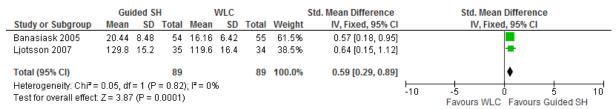
# 12 13 Figure 808: EDI-drive for thinness

	Gui	ided S	Н		WLC			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Banasiask 2005	10.82	7.39	54	14.78	5.56	55	63.9%	-0.60 [-0.99, -0.22]		
Ljotsson 2007	7.7	5.8	35	13.9	4.9	34	36.1%	-1.14 [-1.65, -0.63]	-	
Total (95% CI)			89			89	100.0%	-0.80 [-1.10, -0.49]	•	
Heterogeneity: Chi² = Test for overall effect:					%				-10 -5 0 5 Favours Guided SH Favours WLC	10

# 14 15 **Figure 809: EDI-bulimia**

	Guio	ded S	H	V	VLC		S	td. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Ljotsson 2007	4.3	43	35	9	4.1	34	100.0%	-0.15 [-0.62, 0.32]					
Total (95% CI)			35			34	100.0%	-0.15 [-0.62, 0.32]			•		
Heterogeneity: Not a Test for overall effect			0.53)						-10	-5 Favours	0 GSH Favo	5 urs WLC	10

# <sup>1</sup> Figure 810: Quality of life

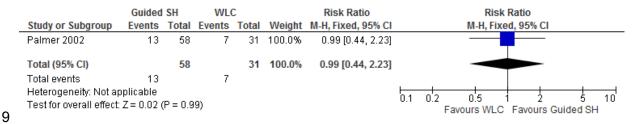


# Figure 811: Remission



# M.3.24.46 Guided self-help (ED) compared with wait list controls in adults (unless otherwise 7 stated) with bulimia nervosa at follow-up

#### 8 Figure 812: Remission



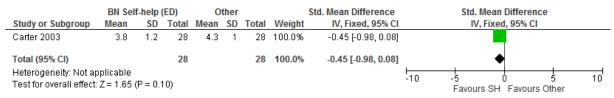
# M.3.24.50 Self-help compared with any other intervention in adults with bulimia nervosa at end of treatment

#### 12 Figure 813: Depression

13

	BN Se	lf-help	(ED)	(	Other			Std. Mean Difference		Std.	Mean (	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed	, 95% CI		
Carter 2003	21.2	11.1	28	26.9	10.5	28	100.0%	-0.52 [-1.05, 0.01]						
Total (95% CI)			28			28	100.0%	-0.52 [-1.05, 0.01]			•			
Heterogeneity: Not ap Test for overall effect:			06)						-10	-5 Favou	rs SH	Favours O	† 5 ther	10

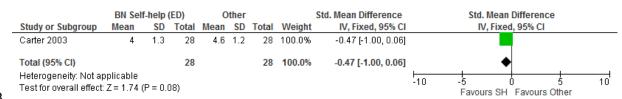
#### 14 Figure 814: EDE-eating concern



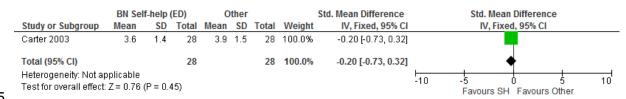
16 Figure 815: EDE-shape concern

	BN Self	f-help (	(ED)	0	ther			Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	Fixed, 95%	CI	
Carter 2003	5	1.2	28	4.5	1.3	28	100.0%	0.39 [-0.14, 0.92]					
Total (95% CI)			28			28	100.0%	0.39 [-0.14, 0.92]			•		
Heterogeneity: Not ap Test for overall effect:		(P = 0.1	14)						-10	-5 Favour	0 s SH Favor	5 urs Other	10

# 2 Figure 816: EDE-weight concern



### 4 Figure 817: EDE-restraint



# M.3.24.66 Self-help compared with wait list controls (WLC) in adults with bulimia nervosa at end 7 of treatment

## 8 Figure 818: Depression

	BN S	Self-he	lp	1	WLC			Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Carter 2003	21.2	11.1	28	20.9	14.3	29	100.0%	0.02 [-0.50, 0.54]					
Total (95% CI)			28			29	100.0%	0.02 [-0.50, 0.54]			<b>+</b>		
Heterogeneity: Not ap Test for overall effect:			0.93)						-10	-5 Favour	0 rs SH Favor	5 urs WLC	10

#### 10 Figure 819: EDE-eating concern

	BN S	elf-he	elp	V	VLC			Std. Mean Difference		Std. Me	ean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 95%	6 CI	
Carter 2003	3.8	1.2	28	3.8	1.3	29	100.0%	0.00 [-0.52, 0.52]					
Total (95% CI)			28			29	100.0%	0.00 [-0.52, 0.52]			•		
Heterogeneity: Not a Test for overall effect			1.00)						-10	-5 Favours	0 SH Fav	5 ours WLC	10

# 11 12 Figure 820: EDE-shape concern

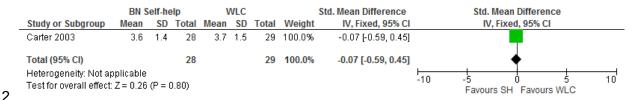
	BN S	elf-he	elp	V	VLC			Std. Mean Difference		Std.	Mean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Carter 2003	4.5	1.3	28	4.6	1.3	29	100.0%	-0.08 [-0.60, 0.44]					
Total (95% CI)			28			29	100.0%	-0.08 [-0.60, 0.44]			•		
Heterogeneity: Not ap Test for overall effect:			0.77)						-10	-5 Favou	0 rs SH Favo	5 ours WLC	10

# 13 14 Figure 821: EDE-weight concern

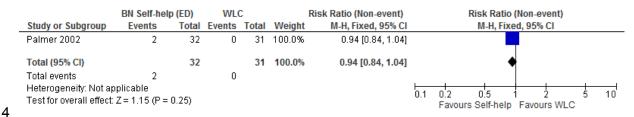
	BN S	elf-he	elp	V	VLC		S	td. Mean Difference		Std. Mea	n Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 95%	CI	
Carter 2003	4	1.3	28	4	1.4	29	100.0%	0.00 [-0.52, 0.52]					
Total (95% CI)			28			29	100.0%	0.00 [-0.52, 0.52]			<b>♦</b>		
Heterogeneity: Not ap Test for overall effect			1.00)						-10	-5 Favours SH	0 I Favo	5 urs WLC	10

9

#### 1 Figure 822: EDE-restraint

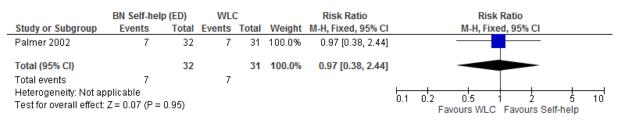


### 3 Figure 823: Remission



# M.3.24.75 Self-help (ED) compared with wait list controls (WLC) in adults with bulimia nervosa at 6 follow-up

#### 7 Figure 824: Remission



# M.3.24.89 Self-help (ED) compared with any other intervention in adults with bulimia nervosa at 10 end of treatment

## 11 Figure 825: Bingeing

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	Self-	help (E	ED)	Anothe	r interve	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Treasure 1994	1	0.75	41	1	0.625	21	37.7%	0.00 [-0.53, 0.53]	+
Schmidt 2006	3.2	1.4	15	1.8	1.2	15	17.6%	1.04 [0.27, 1.81]	- <del>-</del> -
Ruwaard 2013	8	10	35	2	7	35	44.7%	0.69 [0.20, 1.17]	<del>-</del>
Total (95% CI)			91			71	100.0%	0.49 [0.17, 0.81]	<b>◆</b>
Heterogeneity: Chi² = Test for overall effect				; I²= 67%					-10 -5 0 5 10 Favours Self-help (ED) Favours Other

Heterogeneity was detected at I<sup>2</sup>=67%. There was no obvious risk of bias in any of the studies or differences in the population regarding the presence of comorbidities or potentially the number of binges per month. However, in Schmidt 2006 they reported number of binges differently to the other studies and along with their duration of illness. If this study is removed in a sensitivity analysis the heterogeneity is reduced to an acceptable levels. This is not a good enough reason to exclude, for this reason a random effects analysis is presented.

#### 19 Figure 826: Bingeing with random effects

	Self-help (ED)			Anothe	r interve	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Ruwaard 2013	10	15	35	15	16	35	36.4%	-0.32 [-0.79, 0.15]	<del>-</del>
Schmidt 2006	3.2	1.4	15	1.8	1.2	15	28.5%	1.04 [0.27, 1.81]	<del></del>
Treasure 1994			41	1	0.625	21	35.0%	0.00 [-0.53, 0.53]	<u></u>
Total (95% CI)			91			71	100.0%	0.18 [-0.52, 0.88]	<b>*</b>
Heterogeneity: Tau² = Test for overall effect				2 (P = 0.	01); I² = 7	'7%		-10 -5 0 5 10 Favours Self-help (ED) Favours Other	

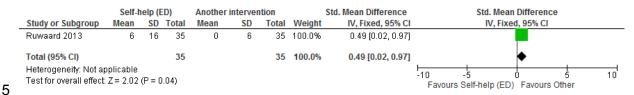
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### 4 Figure 827: Purging



6 Figure 828: Vomiting



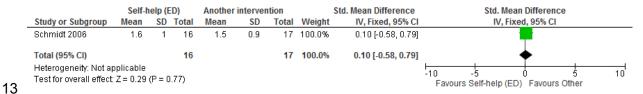
## 8 Figure 829: Laxative use

	Self-help (ED)			Another	rinterve	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Schmidt 2006	1.2	1.4	16	1.1	0.2	17	100.0%	0.10 [-0.58, 0.78]	•
Total (95% CI)			16			17	100.0%	0.10 [-0.58, 0.78]	<b>+</b>
Heterogeneity: Not ap Test for overall effect:		(P = 0	).78)						-10 -5 0 5 10 Favours Self-help (ED) Favours Other

#### 10 Figure 830: Depression

	Self-help (ED)			Another	interve	ntion		Std. Mean Difference	Std.	Mean Differ	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV	, Fixed, 95%	CI	
Carter 2003	26.9	10.5	28	21.2	11.1	28	100.0%	0.52 [-0.01, 1.05]				
Total (95% CI)			28			28	100.0%	0.52 [-0.01, 1.05]		•		
Heterogeneity: Not applicable Test for overall effect: Z = 1.91 (P = 0.06)									-10 -5 Favours Self-help	(ED) Favo	5 ours Other	10

12 Figure 831: Exercising



14 Figure 832: EDE-eating concern

	Self-help (ED)			Anothe	r interve	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carter 2003	4.3	1	28	3.8	1.2	28	100.0%	0.45 [-0.08, 0.98]	
Total (95% CI)			28			28	100.0%	0.45 [-0.08, 0.98]	•
Heterogeneity: Not ap Test for overall effect	applicable act: Z= 1.65 (P = 0.10)								-10 -5 0 5 10 Favours Self-help (ED) Favours Other

# 1 2 Figure 833: EDE-shape concern

	Sel	f-help (El	0)	Another	interver	ntion		Std. Mean Difference		Std. Mean Diff	ference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95	5% CI	
Carter 2003	5	1.2	28	4.5	1.3	28	49.7%	0.39 [-0.14, 0.92]		-		
Treasure 1994	2	0.3125	41	2	0.5	21	50.3%	0.00 [-0.53, 0.53]		*		
Total (95% CI)			69			49	100.0%	0.20 [-0.18, 0.57]		•		
Heterogeneity: Chi² = Test for overall effect				= 7%					-10 Fa	-5 0 avours Self-help (ED) Fa	5 avours Other	10

# 3 4 Figure 834: EDE-weight concern

	Self-help (ED)			Another	interver	ntion		Std. Mean Difference		Std.	Mean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95% (	CI	
Carter 2003	4.6	1.2	28	4	1.3	28	49.5%	0.47 [-0.06, 1.00]			-		
Treasure 1994	2	0.5	41	2	0.5	21	50.5%	0.00 [-0.53, 0.53]			•		
Total (95% CI)			69			49	100.0%	0.23 [-0.14, 0.61]			•		
Heterogeneity: Chi <sup>2</sup> =				; I <b>=</b> 35%					-10	<del>-5</del>	<del>   </del>	5	10
Test for overall effect	Z = 1.23	(P = 0)	1.22)						Favo	urs Self-help	(ED) Favou	irs Other	

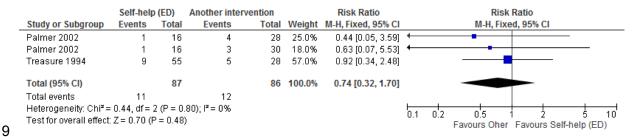
### 6 Figure 835: EDE-restraint

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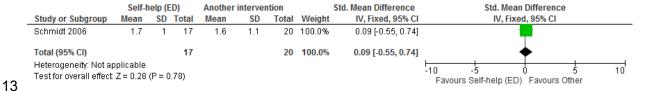
	Self-	help (E	ED)	Another	interve	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carter 2003	3.9	1.5	28	3.6	1.4	28	54.8%	0.20 [-0.32, 0.73]	+
Treasure 1994	2	0.75	41	1	0.75	21	45.2%	1.32 [0.74, 1.89]	-
Total (95% CI)			69			49	100.0%	0.71 [0.32, 1.10]	<b>◆</b>
Heterogeneity: Chi² = Test for overall effect					6				-10 -5 0 5 10 Favours Self-help (ED) Favours Other

#### 8 Figure 836: Remission



# M.3.24.90 Self-help (ED) compared with any other intervention in adults with bulimia nervosa at follow-up

#### 12 Figure 837: Excessive exercise



#### 14 Figure 838: Bingeing

	Self-help (ED)			Another	interver	ntion		Std. Mean Difference		Std.	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Ruwaard 2013	6	14	35	2	9	35	62.9%	0.34 [-0.14, 0.81]			-		
Schmidt 2006	2.6	1.6	19	2.5	1.5	22	37.1%	0.06 [-0.55, 0.68]			+		
Total (95% CI)			54			57	100.0%	0.23 [-0.14, 0.61]			•		
Heterogeneity: Chi² = Test for overall effect:				; I² = 0%					-10 Favor	-5 urs Self-help	0 (ED) Favor	5 urs Other	10

# 2 Figure 839: Purging

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	Self-help (ED)			Another	interve	ntion		Std. Mean Difference		Std. Me	an Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	xed, 95%	CI	
Ruwaard 2013	1	12	35	1	6	35	100.0%	0.00 [-0.47, 0.47]					
Total (95% CI)			35			35	100.0%	0.00 [-0.47, 0.47]			•		
Heterogeneity: Not ap Test for overall effect			1.00)						-10 F2	-5 avours Self-heln (F	0 D) Favo	5 Urs Other	10

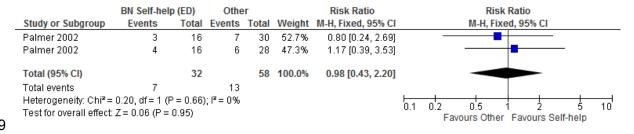
# 3 4 Figure 840: Vomiting

	Self-help (ED)			Another	interve	ntion		Std. Mean Difference		Std.	Mean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	/, Fixed, 95%	CI	
Schmidt 2006	2.1	1.4	18	2	1.4	22	100.0%	0.07 [-0.55, 0.69]					
Total (95% CI)			18			22	100.0%	0.07 [-0.55, 0.69]			<b>*</b>		
Heterogeneity: Not ap Test for overall effect:		(P = 0	1.83)						-10 Favou	-5 irs Self-hel	0 p (ED) Favo	5 ours Other	10

### 6 Figure 841: Laxative use

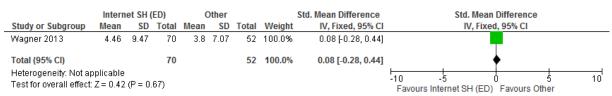
	Self-help (ED)			Another	interve	ntion		Std. Mean Difference		Std.	Mean Diffe	erence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95	% CI	
Schmidt 2006	1.2	0.5	18	1.1	0.4	21	100.0%	0.22 [-0.41, 0.85]					
Total (95% CI)			18			21	100.0%	0.22 [-0.41, 0.85]			•		
Heterogeneity: Not ap Test for overall effect:			).50)						-10 Favou	-5 urs Self-help	0 (ED) Fa	5 vours Other	10

## 8 Figure 842: Remission



# M.3.24.100 Internet self-help (ED) compared with any other intervention in adults with bulimia 11 nervosa at end of treatment

## 12 Figure 843: Excessive exercise

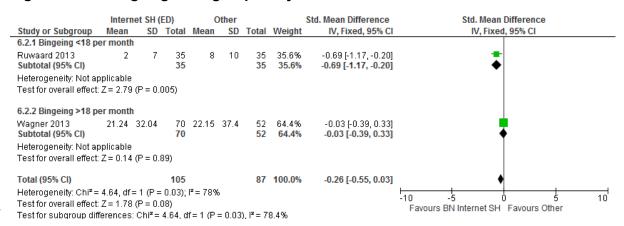


14 Figure 844: Bingeing

	Internet SH (ED)			(	Other			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Ruwaard 2013	2	7	35	8	10	35	35.6%	-0.69 [-1.17, -0.20]	-	
Wagner 2013	21.24	32.04	70	22.15	37.4	52	64.4%	-0.03 [-0.39, 0.33]	•	
Total (95% CI)			105			87	100.0%	-0.26 [-0.55, 0.03]	•	
Heterogeneity: Chi² = Test for overall effect				l² = 789	ó				-10 -5 0 5 Favours BN Internet SH Favours Other	10

2 Heterogeneity was detected at 78%. This may be explained by a difference in the severity of 3 illness. Ruwaard 2013 had population that binged on average less than 18 per month 4 compared with Wagner 2013 that was greater than 18. No other variables could explain the 5 difference.

# 6 Figure 845: Bingeing - subgroup analysis



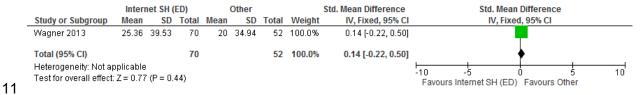
### 8 Figure 846: Purging

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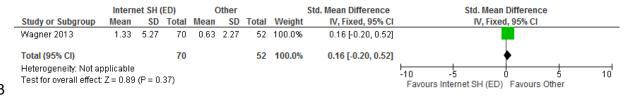
	Interne	t SH (	(ED)	0	ther			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
Ruwaard 2013	0	6	35	6	16	35	100.0%	-0.49 [-0.97, -0.02]					
Total (95% CI)			35			35	100.0%	-0.49 [-0.97, -0.02]		<b>♦</b>			
Heterogeneity: Not ap Test for overall effect:	•	P = 0.	.04)						-10 -	t   5 0 N Internet SH	) Favours Oth	t 5 ier	10

#### 10 Figure 847: Vomiting

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#### 12 Figure 848: Laxative use



#### 14 Figure 849: EDE-global

	Interne	et SH (	ED)	0	ther			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Ruwaard 2013	2.7	1.5	35	3.2	1.2	35	100.0%	-0.36 [-0.84, 0.11]					
Total (95% CI)			35			35	100.0%	-0.36 [-0.84, 0.11]		•			
Heterogeneity: Not a Test for overall effect	•	(P = 0.	13)						-10 Favours B	+ -5 ( N Internet SH	Favours Of	5 her	10

### 2 Figure 850: Remission

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# M.3.24.114 Internet self-help (ED) compared with any other intervention in adults with bulimia 5 nervosa at follow-up

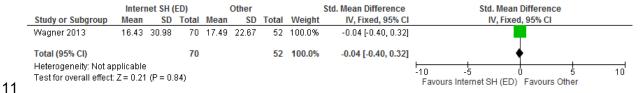
#### 6 Figure 851: Bingeing

	Internet SH (ED)		ED)	Other				Std. Mean Difference	Std. Mean Dif	ference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 9	5% CI	
Ruwaard 2013	2	9	35	6	14	35	36.7%	-0.34 [-0.81, 0.14]	-		
Wagner 2013	15.97	29.74	70	19.71	26.47	52	63.3%	-0.13 [-0.49, 0.23]	•		
Total (95% CI)			105			87	100.0%	-0.21 [-0.49, 0.08]	•		
Heterogeneity: Chi² = Test for overall effect:				I² = 0%					-10 -5 0 Favours BN Internet SH Fa	5 avours Other	10

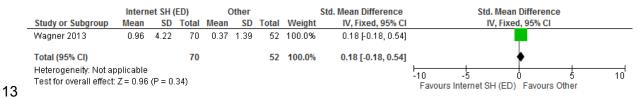
## 8 Figure 852: Purging

	Internet	t SH (	ED)	0	ther			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
Ruwaard 2013	1	6	35	1	12	35	100.0%	0.00 [-0.47, 0.47]					
Total (95% CI)			35			35	100.0%	0.00 [-0.47, 0.47]			•		
Heterogeneity: Not ap Test for overall effect:	•	P = 1.	00)						-10 - Favours Bl	5 ( N Internet SH	Favours Oth	5 er	10

#### 10 Figure 853: Vomiting



### 12 Figure 854: Laxative use

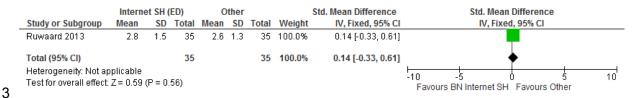


#### 14 Figure 855: Excessive exercise

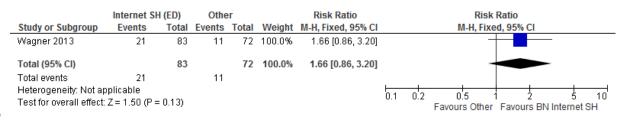
	Intern	et SH (	ED)	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Wagner 2013	2.71	5.89	70	2.75	6.98	52	100.0%	-0.01 [-0.37, 0.35]	•
Total (95% CI)			70			52	100.0%	-0.01 [-0.37, 0.35]	<b>+</b>
Heterogeneity: Not ap Test for overall effect			97)						-10 -5 0 5 10 Favours Internet SH (ED) Favours Other

### 2 Figure 856: EDE-total

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## 4 Figure 857: Remission



# M.3.24.126 Internet self-help (ED) compared with wait list controls (WLC) in adults with bulimia 7 nervosa at end of treatment

### 8 Figure 858: Bingeing

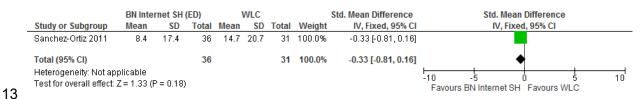
	BN Inte	rnet SH	(ED)		WLC			Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI	
Ruwaard 2013	2	7	35	5	7	35	51.1%	-0.42 [-0.90, 0.05]	-		
Sanchez-Ortiz 2011	7.7	12.9	36	12.7	12.3	31	48.9%	-0.39 [-0.88, 0.09]	=		
Total (95% CI)			71			66	100.0%	-0.41 [-0.75, -0.07]	•		
Heterogeneity: Chi <sup>2</sup> =		,	-10 -5	) ;	5 10						
Test for overall effect:	Z = 2.36 (i	P = 0.02	)						Favours BN Internet SH	Favours WL	С

#### 10 Figure 859: Purging

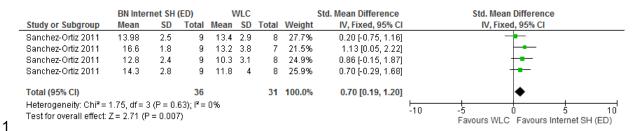
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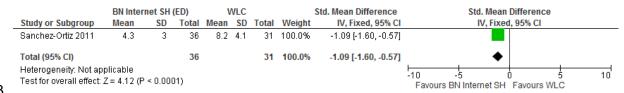
### 12 Figure 860: Vomiting



#### 14 Figure 861: Quality of life



## 2 Figure 862: Depression



### 4 Figure 863: EDE-eating concern

	BN Inter	N Internet SH (ED)			•							
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI		
Sanchez-Ortiz 2011	1.2	1.2	36	2.3	1.1	31	100.0%	-0.94 [-1.45, -0.43]				
Total (95% CI) Heterogeneity: Not ap Test for overall effect: 2		= 0.000	<b>36</b> 03)			31	100.0%	-0.94 [-1.45, -0.43]	-10 -5 Favours BN Internet SH	0 5 Favours WL0		10

## 6 Figure 864: EDE-shape concern

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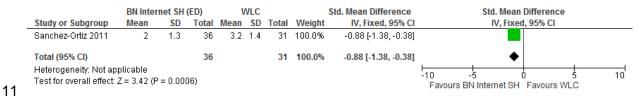
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	BN Inter	net SH	(ED)	V	VLC			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Sanchez-Ortiz 2011	2.5	1.3	36	4	1.2	31	100.0%	-1.18 [-1.70, -0.66]					
Total (95% CI)			36			31	100.0%	-1.18 [-1.70, -0.66]		•			
Heterogeneity: Not ap Test for overall effect:	•	o.000	001)						-10 Favours Bl	+ -5 N Internet SH	Favours WL	5 C	10

#### 8 Figure 865: EDE-weight concern

	BN Interr	net SH	(ED)	V	VLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Sanchez-Ortiz 2011	2.4	1.3	36	3.6	1.4	31	100.0%	-0.88 [-1.38, -0.38]	•
<b>Total (95% CI)</b> Heterogeneity: Not app Test for overall effect: Z		= 0 000	<b>36</b> 16)			31	100.0%	-0.88 [-1.38, -0.38]	<b>♦</b>
rootioi ovoian oncot. 2	0.72 (1	- 0.000	,,,						Favours BN Internet SH Favours WLC

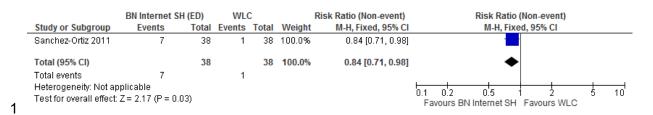
#### 10 Figure 866: EDE-restraint



#### 12 Figure 867: EDE-total

	BN Inter	rnet SH	(ED)	1	NLC			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Ruwaard 2013	2.7	1.5	35	3.4	1.3	35	53.3%	-0.49 [-0.97, -0.02]	<b>=</b>	
Sanchez-Ortiz 2011	1.5	1.1	36	2.7	1.4	31	46.7%	-0.95 [-1.46, -0.44]	-	
Total (95% CI)			71			66	100.0%	-0.71 [-1.05, -0.36]	•	
Heterogeneity: Chi² = Test for overall effect:		,		40%			-10 -5 0 5 Favours BN Internet SH Favours WLC	10		

#### 14 Figure 868: Remission



# M.3.24.132 Self-help (ED) compared with wait list controls (WLC) in adults with bulimia nervosa at a end of treatment

### 4 Figure 869: Bingeing

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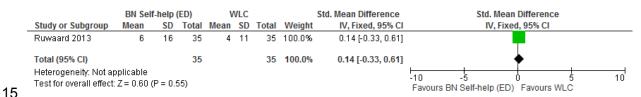
	BN Se	lf-help	(ED)		WLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Ruwaard 2013	8	10	35	5	7	35	70.5%	0.34 [-0.13, 0.82]	
Treasure 1994	1	0.75	41	3	0.75	19	29.5%	-2.63 [-3.36, -1.90]	-
Total (95% CI)			76			54	100.0%	-0.53 [-0.93, -0.14]	<b>♦</b>
Heterogeneity: Chi² = Test for overall effect		,		)01); I <b>*</b> =		-10 -5 0 5 10 Favours BN Self-help (ED) Favours WLC			

6 Heterogeneity was detected at I<sup>2</sup>=98%. Both studies had a similar duration of illness and 7 severity of illness. However, in Ruwaard 2013 the wait list control appeared to have a better 8 of treatment score compared with the self-help and may explain the large variability in the 9 results. Because the reason for this could not be explained, a random effects analysis was 10 presented.

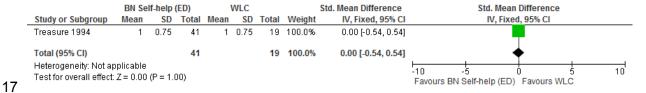
### 11 Figure 870: Bingeing with random effects

	BN Se	lf-help	(ED)		WLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Ruwaard 2013	10	15	35	8	12	35	50.5%	0.15 [-0.32, 0.61]	<b>*</b>
Treasure 1994	1	0.75	41	3	0.75	19	49.5%	-2.63 [-3.36, -1.90]	-
Total (95% CI)			76			54	100.0%	-1.23 [-3.95, 1.49]	
Heterogeneity: Tau <sup>2</sup> : Test for overall effect				1 (P <		-10 -5 0 5 10 Favours BN Self-help (ED) Favours WLC			

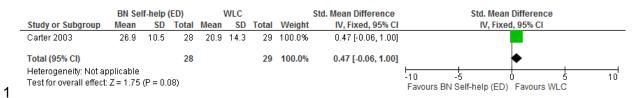
### 14 Figure 871: Purging



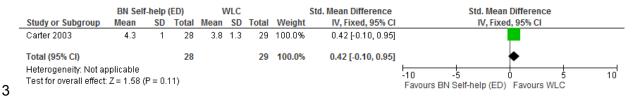
#### 16 Figure 872: Vomiting



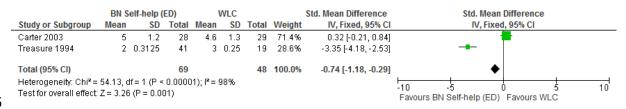
#### 18 Figure 873: Depression



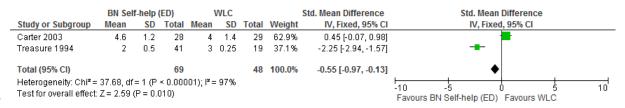
### 2 Figure 874: EDE-eating concern



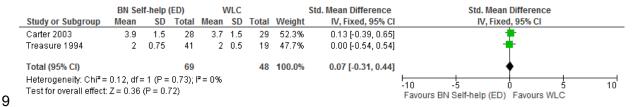
### 4 Figure 875: EDE-shape concern



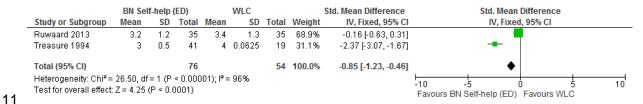
### 6 Figure 876: EDE-weight concern



#### 8 Figure 877: EDE-restraint



#### 10 Figure 878: EDE-total



12 Heterogeneity was detected at  $I^2$ =96%. Heterogeneity was detected at  $I^2$ =98%. Both studies

13 had a similar duration of illness and severity of illness. However, in Ruwaard 2013 the wait

14 list controls appeared to have a good final score in most outcomes compared with the self-

15 help and may explain the large variability in the results. Because the reason for

16 heterogeneity could not be explained a random effects analysis was presented.

#### 17 Figure 879: EDE-total random effects

	BN Self	f-help	(ED)		WLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Ruwaard 2013	3.2	1.2	35	3.4	1.3	35	50.7%	-0.16 [-0.63, 0.31]	<b>+</b>
Treasure 1994	3	0.5	41	4	0.0625	19	49.3%	-2.37 [-3.07, -1.67]	-
Total (95% CI)			76			54	100.0%	-1.25 [-3.41, 0.92]	-
Heterogeneity: Tau <sup>2</sup> :	= 2.35; Chi	<sup>2</sup> = 26.	50, df=	1 (P < I	0.00001)	I <sup>2</sup> = 96	%		10 1 10
Test for overall effect: Z = 1.13 (P = 0.26)								-10 -5 0 5 10 Favours BN Self-help (ED) Favours WLC	

4 Figure 880: Remission

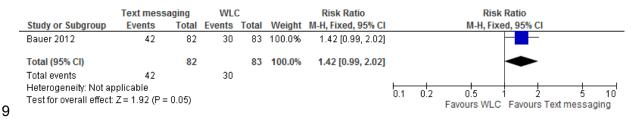
1 2

3



# M.3.24.146 Text messaging compared with any other intervention in adults with bulimia nervosa 7 at end of treatment

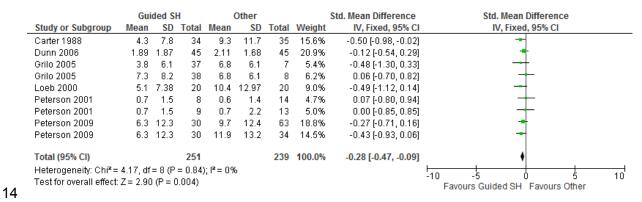
### 8 Figure 881: Remission



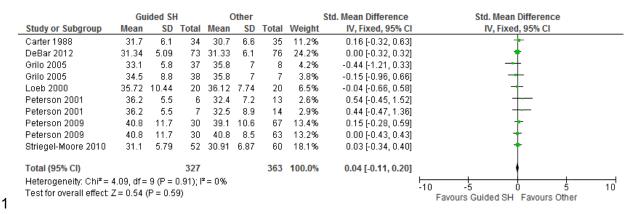
# M.3.250 Self-help in binge eating disorder

# M.3.25.11 Guided self-help (ED) compared with any other intervention in adults with binge eating disorder at end of treatment

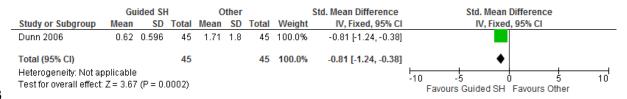
## 13 Figure 882: Bingeing



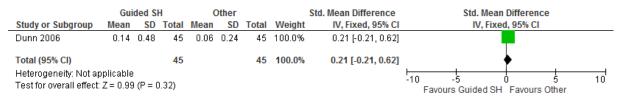
15 Figure 883: BMI



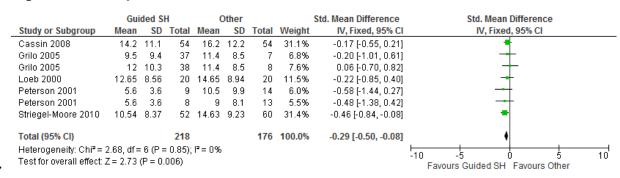
### 2 Figure 884: Vomiting



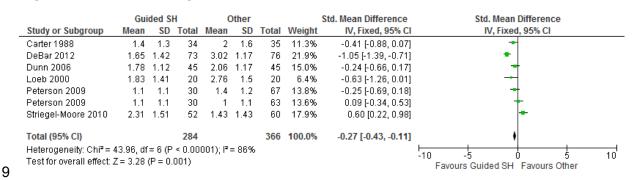
### 4 Figure 885: Laxative use



### 6 Figure 886: Depression



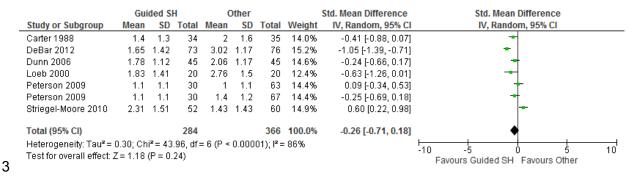
# 8 Figure 887: EDE-eating concern



10 Heterogeneity was detected at I<sup>2</sup>=86%. None of the variables: risk of bias, presence of comorbidity, severity of illness or duration of illness, explain the variability. As such a random 12 effects analysis was presented.

### 1 Figure 888: EDE-eating concern with random effects.

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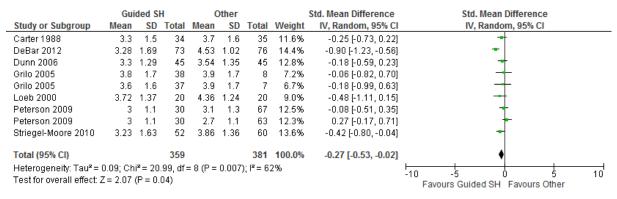
7

### 6 Figure 889: EDE-shape concern

	Gui	ded S	Н	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carter 1988	3.3	1.5	34	3.7	1.6	35	10.5%	-0.25 [-0.73, 0.22]	*
DeBar 2012	3.28	1.69	73	4.53	1.02	76	20.6%	-0.90 [-1.23, -0.56]	+
Dunn 2006	3.3	1.29	45	3.54	1.35	45	13.7%	-0.18 [-0.59, 0.23]	<del></del>
Grilo 2005	3.8	1.7	38	3.9	1.7	8	4.0%	-0.06 [-0.82, 0.70]	+
Grilo 2005	3.6	1.6	37	3.9	1.7	7	3.6%	-0.18 [-0.99, 0.63]	<del></del>
Loeb 2000	3.72	1.37	20	4.36	1.24	20	5.9%	-0.48 [-1.11, 0.15]	<del>-  </del>
Peterson 2009	3	1.1	30	3.1	1.3	67	12.7%	-0.08 [-0.51, 0.35]	+
Peterson 2009	3	1.1	30	2.7	1.1	63	12.3%	0.27 [-0.17, 0.71]	+
Striegel-Moore 2010	3.23	1.63	52	3.86	1.36	60	16.7%	-0.42 [-0.80, -0.04]	*
Total (95% CI)			359			381	100.0%	-0.32 [-0.47, -0.17]	•
Heterogeneity: Chi² = 2 Test for overall effect: 2		•		7); I² = 6	32%				-10 -5 0 5 10
restion overall ellect. 2	- 4.09	(F ~ U.	0001)						Favours Guided SH Favours Other

8 Heterogeneity was detected at  $I^2$ =62%. None of the variables: risk of bias, presence of comorbidity, severity of illness or duration of illness, explain the variability. As such a random 0 effects analysis was presented.

### 11 Figure 890: EDE-shape concern with random effects.



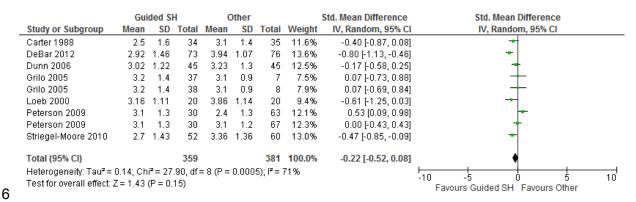
12 13

# 14 Figure 891: EDE-weight concern

	Gui	ded SI	Н	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carter 1988	2.5	1.6	34	3.1	1.4	35	10.4%	-0.40 [-0.87, 0.08]	
DeBar 2012	2.92	1.46	73	3.94	1.07	76	21.1%	-0.80 [-1.13, -0.46]	*
Dunn 2006	3.02	1.22	45	3.23	1.3	45	13.7%	-0.17 [-0.58, 0.25]	+
Grilo 2005	3.2	1.4	38	3.1	0.9	8	4.0%	0.07 [-0.69, 0.84]	+
Grilo 2005	3.2	1.4	37	3.1	0.9	7	3.6%	0.07 [-0.73, 0.88]	+
Loeb 2000	3.16	1.11	20	3.86	1.14	20	5.8%	-0.61 [-1.25, 0.03]	<del></del>
Peterson 2009	3.1	1.3	30	2.4	1.3	63	12.1%	0.53 [0.09, 0.98]	<del> -</del>
Peterson 2009	3.1	1.3	30	3.1	1.2	67	12.7%	0.00 [-0.43, 0.43]	+
Striegel-Moore 2010	2.7	1.43	52	3.36	1.36	60	16.6%	-0.47 [-0.85, -0.09]	*
Total (95% CI)			359			381	100.0%	-0.27 [-0.43, -0.12]	•
Heterogeneity: Chi <sup>2</sup> = 2	27.90, df	= 8 (P	= 0.00	05); l² =	71%				
Test for overall effect: 2									-10 -5 0 5 10 Favours Guided SH Favours Other

Heterogeneity was detected at I²=71%. None of the variables: risk of bias, presence of
 comorbidity, severity of illness or duration of illness, explain the variability. As such a random
 effects analysis was presented.

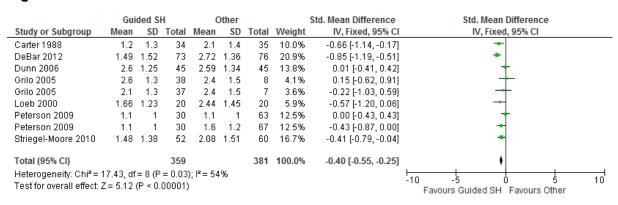
## 5 Figure 892: EDE-weight concern with random effects



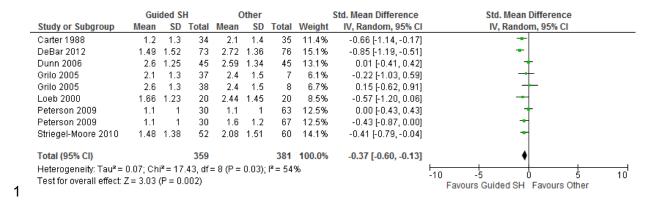
### 8 Figure 893: EDE-restraint

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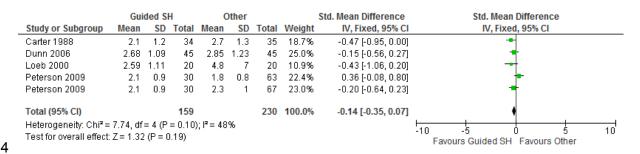


- 10 Heterogeneity was detected at I<sup>2</sup>=54%. None of the variables: risk of bias, presence of comorbidity, severity of illness or duration of illness, explain the variability. As such a random 12 effects analysis was presented.
- 13 Figure 894: EDE-restraint with random effects

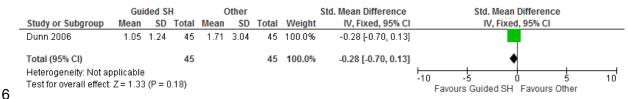


# 3 Figure 895: EDE-total

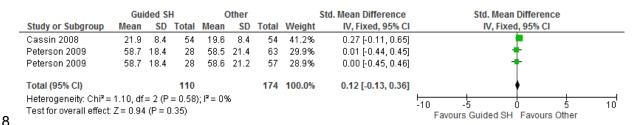
2



## 5 Figure 896: Excessive exercise



### 7 Figure 897: Satisfaction with life

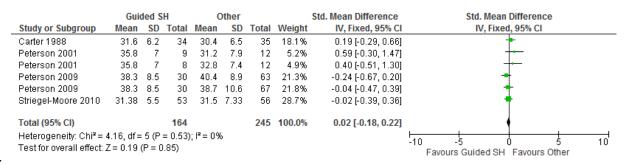


### 9 Figure 898: Remission

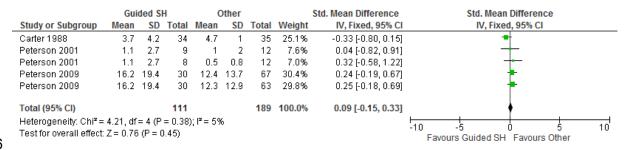
	Gui	ded S	Н	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Cassin 2008	14.2	11.1	54	16.2	12.2	54	31.1%	-0.17 [-0.55, 0.21]	+
Grilo 2005	9.5	9.4	37	11.4	8.5	7	6.8%	-0.20 [-1.01, 0.61]	<del></del>
Grilo 2005	12	10.3	38	11.4	8.5	8	7.6%	0.06 [-0.70, 0.82]	+
Loeb 2000	12.65	8.56	20	14.65	8.94	20	11.5%	-0.22 [-0.85, 0.40]	<del></del>
Peterson 2001	5.6	3.6	9	10.5	9.9	14	6.0%	-0.58 [-1.44, 0.27]	<del> </del>
Peterson 2001	5.6	3.6	8	9	8.1	13	5.5%	-0.48 [-1.38, 0.42]	<del> </del>
Striegel-Moore 2010	10.54	8.37	52	14.63	9.23	60	31.4%	-0.46 [-0.84, -0.08]	-
Total (95% CI)			218			176	100.0%	-0.29 [-0.50, -0.08]	•
Heterogeneity: Chi² = :	2.68, df=	6 (P=	= 0.85);	$I^2 = 0\%$					-10 -5 0 5 10
Test for overall effect: 2	Z= 2.73	(P = 0.	.006)						Favours Guided SH Favours Other

# M.3.25.21 Guided self-help (ED) compared with any other intervention in adults with binge eating 2 disorder at follow-up

## 3 Figure 899: BMI



### 5 Figure 900: Bingeing

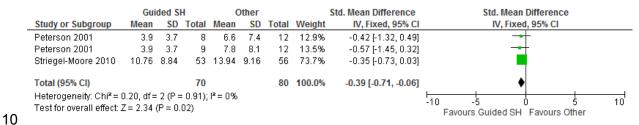


## 7 Figure 901: Quality of life

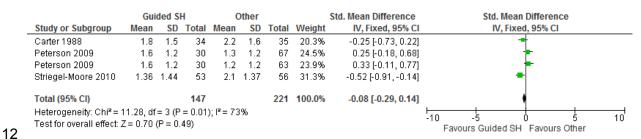
	Gui	ded SI	Н	(	Other			Std. Mean Difference	Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI		
Peterson 2009	58.1	20.7	28	57.6	22.1	54	49.5%	0.02 [-0.43, 0.48]	•	ł		
Peterson 2009	58.1	20.7	28	58.3	22.8	57	50.5%	-0.01 [-0.46, 0.44]	•	·		
Total (95% CI)			56			111	100.0%	0.01 [-0.31, 0.33]		•		
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:		,		); I <sup>z</sup> = 09	6				-10 -5 0 Favours Guided SH	Favours Otl	her	10

### 9 Figure 902: Depression

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# 11 Figure 903: EDE-eating concern



13 Heterogeneity was detected at I<sup>2</sup>=73%. None of the variables: risk of bias, presence of comorbidity, severity of illness or duration of illness, explain the variability. As such a 15 random effects analysis was presented

### 1 Figure 904: EDE-eating concern with random effects.

	Gui	ded S	Н	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Carter 1988	1.8	1.5	34	2.2	1.6	35	23.7%	-0.25 [-0.73, 0.22]	<del></del>
Peterson 2009	1.6	1.2	30	1.3	1.2	67	25.0%	0.25 [-0.18, 0.68]	<del>*</del>
Peterson 2009	1.6	1.2	30	1.2	1.2	63	24.8%	0.33 [-0.11, 0.77]	<del>-</del>
Striegel-Moore 2010	1.36	1.44	53	2.1	1.37	56	26.5%	-0.52 [-0.91, -0.14]	-
Total (95% CI)			147			221	100.0%	-0.06 [-0.47, 0.36]	<b>♦</b>
Heterogeneity: Tau² = 1 Test for overall effect: 2				= 3 (P =	0.01);	<b> ²</b> = 73	%		-10 -5 0 5 10 Favours Guided SH Favours Other

### 3 Figure 905: EDE-shape concern

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	Gui	ded SI	Н	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	Mean SD Total Mean SD Total						IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carter 1988	3.6	1.6	34	3.7	1.7	35	20.5%	-0.06 [-0.53, 0.41]	+
Peterson 2009	3.2	1.3	30	2.6	1.3	63	23.6%	0.46 [0.02, 0.90]	<del> -</del>
Peterson 2009	3.2	1.3	30	3	1.4	67	24.6%	0.14 [-0.29, 0.58]	+
Striegel-Moore 2010	3.13	1.64	53	3.91	1.42	56	31.3%	-0.51 [-0.89, -0.12]	-
Total (95% CI)			147			221	100.0%	-0.03 [-0.24, 0.19]	•
Heterogeneity: Chi² = 1 Test for overall effect: 2				); I² = 74	1%				-10 -5 0 5 10 Favours Guided SH Favours Other

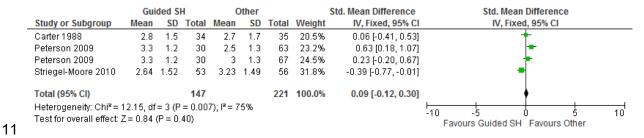
5 Heterogeneity was detected at I<sup>2</sup>=74%. None of the variables: risk of bias, presence of comorbidity, severity of illness or duration of illness, explain the variability. As such a random

7 effects analysis was presented

### 8 Figure 906: EDE-shape concern with random effects

	Gui	ded SI	Н	(	Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Carter 1988	3.6	1.6	34	3.7	1.7	35	23.7%	-0.06 [-0.53, 0.41]	+
Peterson 2009	3.2	1.3	30	3	1.4	67	25.0%	0.14 [-0.29, 0.58]	+
Peterson 2009	3.2	1.3	30	2.6	1.3	63	24.7%	0.46 [0.02, 0.90]	<del>-</del>
Striegel-Moore 2010	3.13	1.64	53	3.91	1.42	56	26.5%	-0.51 [-0.89, -0.12]	•
Total (95% CI)			147			221	100.0%	0.00 [-0.42, 0.42]	<b>•</b>
Heterogeneity: Tau² = 1 Test for overall effect: 2				= 3 (P =	0.01);	l <sup>2</sup> = 74	%		-10 -5 0 5 10 Favours Guided SH Favours Other

# 10 Figure 907: EDE-weight concern



12 Heterogeneity was detected at  $I^2$ =75%. None of the variables: risk of bias, presence of

13 comorbidity, severity of illness or duration of illness, explain the variability. As such a random

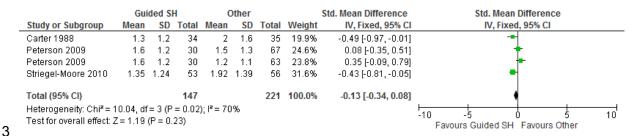
14 effects analysis was presented

### 15 Figure 908: EDE-weight concern with random effects

	Guided SH Other							Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	Mean SD Total Mean SD Total						IV, Random, 95% CI	IV, Random, 95% CI			
Carter 1988	2.8	1.5	34	2.7	1.7	35	23.8%	0.06 [-0.41, 0.53]	+			
Peterson 2009	3.3	1.2	30	3	1.3	67	25.0%	0.23 [-0.20, 0.67]	+			
Peterson 2009	3.3	1.2	30	2.5	1.3	63	24.6%	0.63 [0.18, 1.07]	<u>+</u>			
Striegel-Moore 2010	2.64	1.52	53	3.23	1.49	56	26.5%	-0.39 [-0.77, -0.01]	=			
Total (95% CI)			147			221	100.0%	0.12 [-0.31, 0.56]	<b>+</b>			
Heterogeneity: Tau² = Test for overall effect:				= 3 (P =	0.007	); I <b>=</b> 7:	5%		-10 -5 0 5 10 Favours Guided SH Favours Other			

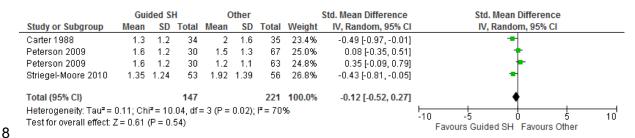
## 2 Figure 909: EDE-restraint

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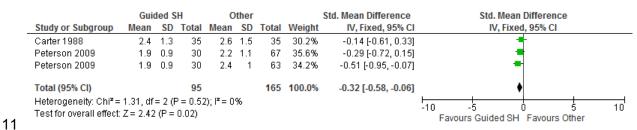


4 Heterogeneity was detected at I<sup>2</sup>=70%. None of the variables: risk of bias, presence of comorbidity, severity of illness or duration of illness, explain the variability. As such a random 6 effects analysis was presented

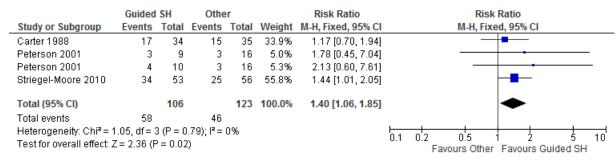
### 7 Figure 910: EDE-restraint with random effects



### 10 Figure 911: EDE-total

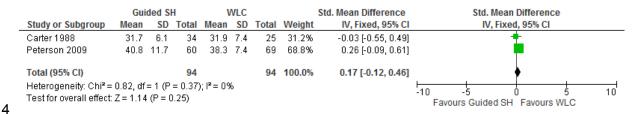


### 12 Figure 912: Remission

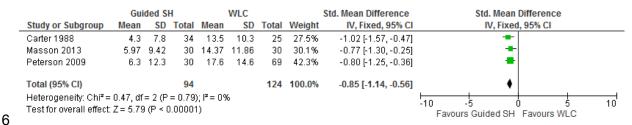


# M.3.25.31 Guided self-help (ED) compared with wait list controls (WLC) in adults with binge 2 eating disorder at end of treatment

### 3 Figure 913: BMI



### 5 Figure 914: Bingeing

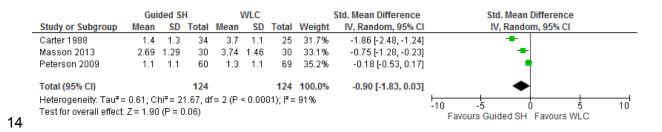


### 7 Figure 915: EDE-eating concern

	Gui	ded S	Н	1	WLC			Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Carter 1988	1.4	1.3	34	3.7	1.1	25	17.8%	-1.86 [-2.48, -1.24]				
Masson 2013	2.69	1.29	30	3.74	1.46	30	25.0%	-0.75 [-1.28, -0.23]				
Peterson 2009	1.1	1.1	60	1.3	1.1	69	57.3%	-0.18 [-0.53, 0.17]	•			
Total (95% CI)			124			124	100.0%	-0.62 [-0.88, -0.36]	•			
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:					= 91%				-10 -5 0 Favours Guided SH Favours W	5 10 VLC		

9 Heterogeneity was detected at I<sup>2</sup>=91%. None of the variables: risk of bias, presence of comorbidity, severity of illness or duration of illness, explain the variability. However, only 11 Carter provided data on duration of illness. As such a random effects analysis was presented

### 12 Figure 916: EDE-eating concern with random effects



### 16 Figure 917: EDE-shape concern

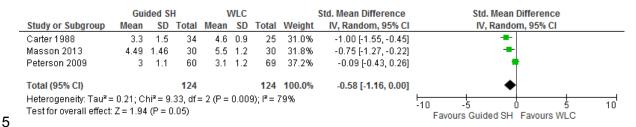
	Gui	ded S	Н	١	NLC			Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI	
Carter 1988	3.3	1.5	34	4.6	0.9	25	21.7%	-1.00 [-1.55, -0.45]	-		
Masson 2013	4.49	1.46	30	5.5	1.2	30	23.8%	-0.75 [-1.27, -0.22]	-		
Peterson 2009	3	1.1	60	3.1	1.2	69	54.6%	-0.09 [-0.43, 0.26]	•	1	
Total (95% CI)			124			124	100.0%	-0.44 [-0.70, -0.19]	•		
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:					'9%				-10 -5 ( Favours Guided SH	5 Favours WLC	10

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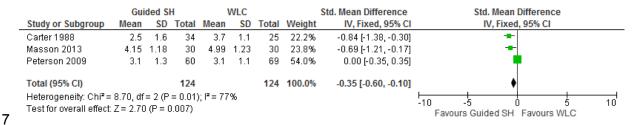
13

- 1 Heterogeneity was detected at I<sup>2</sup>=79%. None of the variables: risk of bias, presence of
- 2 comorbidity, severity of illness or duration of illness, explain the variability. However, only
- 3 Carter provided data on duration of illness. As such a random effects analysis was presented

### 4 Figure 918: EDE-shape concern with random effects

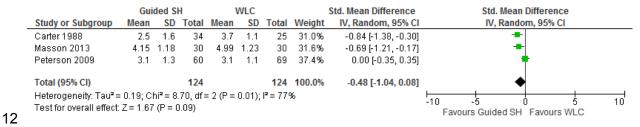


### 6 Figure 919: EDE-weight concern

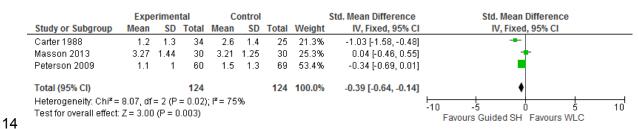


- 8 Heterogeneity was detected at I<sup>2</sup>=77%. None of the variables: risk of bias, presence of
- 9 comorbidity, severity of illness or duration of illness, explain the variability. However, only
- 10 Carter provided data on duration of illness. As such a random effects analysis was presented

# 11 Figure 920: EDE-weight concern with random effects



#### 13 Figure 921: EDE-restraint



- 15 Heterogeneity was detected at I<sup>2</sup>=75% None of the variables: risk of bias, presence of
- 16 comorbidity, severity of illness or duration of illness, explain the variability. However, only
- 17 Carter provided data on duration of illness. As such a random effects analysis was presented

#### 18 Figure 922: EDE-restraint with random effects

	Experimental Control							Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI			
Carter 1988	1.2	1.3	34	2.6	1.4	25	30.4%	-1.03 [-1.58, -0.48]	-			
Masson 2013	3.27	1.44	30	3.21	1.25	30	32.0%	0.04 [-0.46, 0.55]	+			
Peterson 2009	1.1	1	60	1.5	1.3	69	37.6%	-0.34 [-0.69, 0.01]	•			
Total (95% CI)			124			124	100.0%	-0.43 [-0.96, 0.11]	•			
Heterogeneity: Tau² : Test for overall effect				= 2 (P =	0.02);	l²= 759	%		-10 -5 0 5 10 Favours Guided SH Favours WLC			

### 2 Figure 923: EDE-total

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	Gui	ded S	Н	١	NLC			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Carter 1988	2.1	1.2	34	3.5	0.8	25	20.3%	-1.32 [-1.89, -0.74]	-	
Masson 2013	3.65	1.03	30	4.36	1	30	24.4%	-0.69 [-1.21, -0.17]	-	
Peterson 2009	2.1	0.9	60	2.3	0.9	69	55.2%	-0.22 [-0.57, 0.13]	•	
Total (95% CI)			124			124	100.0%	-0.56 [-0.82, -0.30]	•	
Heterogeneity: Chi² = Test for overall effect:		,			81%				-10 -5 0 5 Favours Guided SH Favours WLC	10

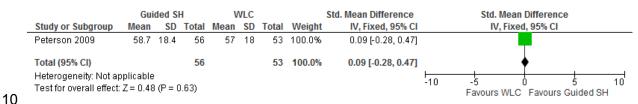
4 Heterogeneity was detected at I<sup>2</sup>=81%. None of the variables: risk of bias, presence of comorbidity, severity of illness or duration of illness, explain the variability. However, only

6 Carter provided data on duration of illness. As such a random effects analysis was presented

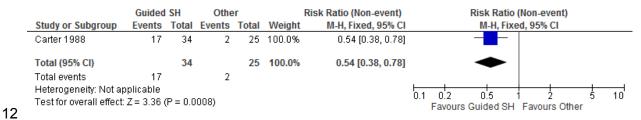
### 7 Figure 924: EDE-total with random effects

	Gui	ided S	Н	١	VLC			Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI			
Carter 1988	2.1	1.2	34	3.5	0.8	25	30.9%	-1.32 [-1.89, -0.74]	+			
Masson 2013	3.65	1.03	30	4.36	1	30	32.3%	-0.69 [-1.21, -0.17]	-			
Peterson 2009	2.1	0.9	60	2.3	0.9	69	36.8%	-0.22 [-0.57, 0.13]	•			
Total (95% CI)			124			124	100.0%	-0.71 [-1.34, -0.08]	•			
	i <sup>z</sup> = 0.25; Chi <sup>z</sup> = 10.61, df = 2 (P = 0.005); i <sup>z</sup> = ect: Z = 2.20 (P = 0.03)								-10 -5 0 5 Favours Guided SH Favours WLC	- 10		

### 9 Figure 925: Quality of life

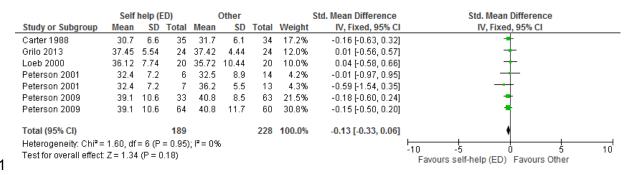


#### 11 Figure 926: Remission



# M.3.25.43 Self-help (ED) compared with any other intervention in adults with binge eating disorder at end of treatment

#### 15 Figure 927: BMI

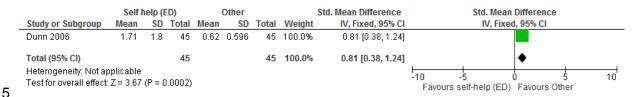


### 2 Figure 928: Bingeing

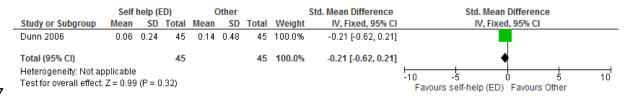
	Self help (ED) Mean SD Total Me				Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carter 1988	9.3	11.7	35	4.3	7.8	34	14.9%	0.50 [0.02, 0.98]	•
Dunn 2006	2.11	1.68	45	1.89	1.87	45	20.0%	0.12 [-0.29, 0.54]	+
Grilo 2013	5.75	5.94	24	6.5	7.22	24	10.7%	-0.11 [-0.68, 0.45]	+
Loeb 2000	10.4	12.97	20	5.1	7.38	20	8.6%	0.49 [-0.14, 1.12]	<del> -</del>
Peterson 2001	0.7	22	7	0.7	1.5	13	4.0%	0.00 [-0.92, 0.92]	+
Peterson 2001	0.7	22	6	0.6	1.4	14	3.7%	0.01 [-0.95, 0.96]	+
Peterson 2009	11.9	13.2	33	9.7	12.4	63	19.2%	0.17 [-0.25, 0.59]	+
Peterson 2009	11.9	13.2	34	6.3	12.3	60	18.9%	0.44 [0.01, 0.87]	*
Total (95% CI)			204			273	100.0%	0.25 [0.06, 0.43]	•
Heterogeneity: Chi <sup>2</sup> =	4.93, df	= 7 (P =	0.67);	$l^2 = 0\%$					<u> </u>
Test for overall effect:	Z = 2.60	(P = 0.	009)						-10 -5 0 5 10 Favours self-help (ED) Favours Other

### 4 Figure 929: Vomiting

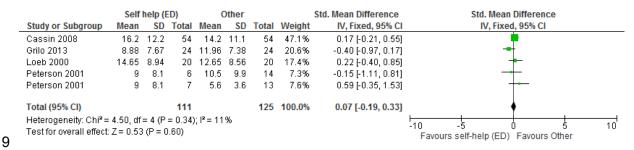
3



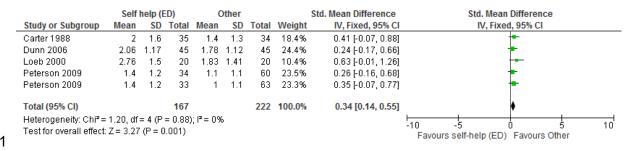
### 6 Figure 930: Laxative use



#### 8 Figure 931: Depression



#### 10 Figure 932: EDE-eating concern



## 2 Figure 933: EDE-shape concern

	Self	help (E	ED)	(	Other			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Carter 1988	3.7	1.6	35	3.3	1.5	34	18.5%	0.25 [-0.22, 0.73]	<del>-</del> -	
Dunn 2006	3.54	1.35	45	3.3	1.29	45	24.3%	0.18 [-0.23, 0.59]	+	
Loeb 2000	4.36	1.24	20	3.72	1.37	20	10.5%	0.48 [-0.15, 1.11]	<del> -</del>	
Peterson 2009	3.1	1.3	34	3	1.1	60	23.5%	0.08 [-0.34, 0.51]	+	
Peterson 2009	3.1	1.3	33	2.7	1.1	63	23.2%	0.34 [-0.09, 0.76]	<del> </del>	
Total (95% CI)			167			222	100.0%	0.24 [0.04, 0.44]	•	
Heterogeneity: Chi $^z$ = 1.38, df = 4 (P = 0.85); $I^z$ = 0% Test for overall effect: Z = 2.30 (P = 0.02)									-10 -5 0 5 Favours self-help (ED) Favours Other	10

### 4 Figure 934: EDE-weight concern

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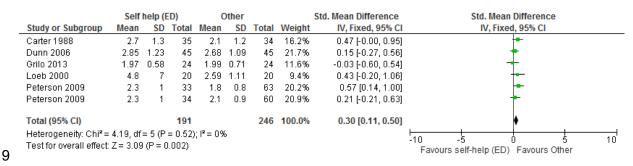
7

	Self help (ED) Other							Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Carter 1988	3.1	1.4	35	2.5	1.6	34	18.5%	0.40 [-0.08, 0.87]	-			
Dunn 2006	3.23	1.3	45	3.02	1.22	45	24.5%	0.17 [-0.25, 0.58]	+			
Loeb 2000	3.86 1.14 20 3.16 1.11 20						10.4%	0.61 [-0.03, 1.25]	<del> </del>			
Peterson 2009	3.1 1.2 34 3.1 1.3 60					60	23.7%	0.00 [-0.42, 0.42]	+			
Peterson 2009	3.1 1.2 33 2.4 1.3 63					63	22.9%	0.55 [0.12, 0.98]	<del>-</del>			
Total (95% CI)	167 222						100.0%	0.30 [0.10, 0.51]	•			
Heterogeneity: Chi²=	eity: Chi² = 4.71, df = 4 (P = 0.32); l² = 15%								-10 -5 0 5 10			
Test for overall effect: Z = 2.89 (P = 0.004)									Favours self-help (ED) Favours Other			

### 6 Figure 935: EDE-restraint

	Self help (ED) Other							Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carter 1988	2.1	1.4	35	1.2	1.3	34	18.0%	0.66 [0.17, 1.14]	
Dunn 2006	2.59	1.34	45	2.6	1.25	45	24.8%	-0.01 [-0.42, 0.41]	+
Loeb 2000	2.44	1.45	20	1.66	1.23	20	10.6%	0.57 [-0.06, 1.20]	<del>  •  </del>
Peterson 2009	1.6	1.2	34	1.1	1	60	23.3%	0.46 [0.03, 0.89]	<del>-</del>
Peterson 2009	1.6	1.2	33	1.1	1	63	23.3%	0.46 [0.04, 0.89]	<del>-</del>
Total (95% CI)			167			222	100.0%	0.39 [0.19, 0.60]	•
Heterogeneity: Chi <sup>2</sup> =	5.25, df	= 4 (P	= 0.26)	$  1^2 = 24 $	%				1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Test for overall effect	est for overall effect: Z = 3.73 (P = 0.0002)								-10 -5 0 5 10 Favours self-help (ED) Favours Other

#### 8 Figure 936: EDE-total



### 10 Figure 937: Excessive exercise

	Self help (ED)				Other			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
Dunn 2006	1.71	3.04	45	1.05	1.24	45	100.0%	0.28 [-0.13, 0.70]					
Total (95% CI)			45			45	100.0%	0.28 [-0.13, 0.70]			<b>•</b>		
Heterogeneity: Not a Test for overall effect			0.18)						-10 Favours	-5 ( self-help (ED)	) Favours Ot	5 her	10

### 2 Figure 938: Satisfaction with life

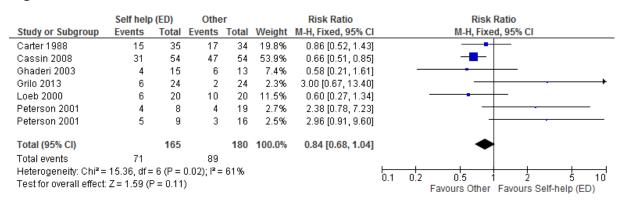
	Self	D)	Other				Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean SD Total Mean SD Total					Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Cassin 2008						54	41.0%	0.27 [-0.11, 0.65]	<b>+</b>
Peterson 2009	58.6	58.6 21.2 28 58.5 21.4 63						0.00 [-0.44, 0.45]	+
Peterson 2009	58.6 21.2 29 58.7 18.4 56					56	29.3%	-0.01 [-0.45, 0.44]	<u>†</u>
Total (95% CI)			111			173	100.0%	0.11 [-0.13, 0.35]	•
Heterogeneity: Chi² = Test for overall effect		,		); I² = 0%	6				-10 -5 0 5 10 Favours self-help (ED) Favours Other

### 4 Figure 939: Remission

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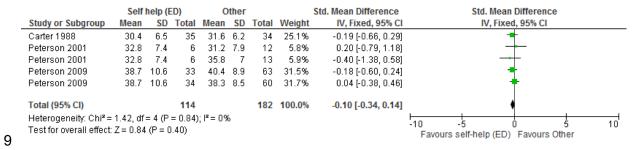
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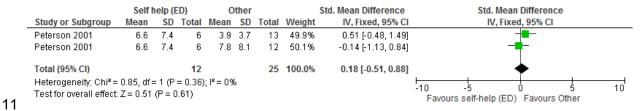


# M.3.25.56 Self-help (ED) compared with any other intervention in adults with binge eating 7 disorder at follow-up

### 8 Figure 940: BMI



### 10 Figure 941: Depression



## 12 Figure 942: EDE-eating concern

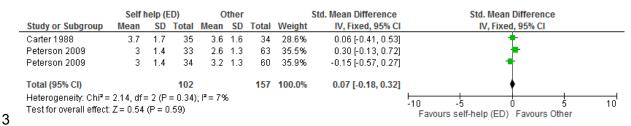
	Self help (ED) Other							Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean					Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Carter 1988	2.2	1.6	35	1.8	1.5	34	28.4%	0.25 [-0.22, 0.73]	+			
Peterson 2009	1.3							0.08 [-0.34, 0.50]	<b>+</b>			
Peterson 2009	1.3 1.2 34 1.6 1.2 60					60	35.7%	-0.25 [-0.67, 0.17]	<del>"</del>			
Total (95% CI)			102			157	100.0%	0.01 [-0.24, 0.27]	•			
Heterogeneity: Chi² = Test for overall effect	: 2.57, df = 2 (P = 0.28); I <sup>2</sup> = 22% : Z = 0.10 (P = 0.92)								-10 -5 0 5 10 Favours self-help (ED) Favours Other			

### 2 Figure 943: EDE-shape concern

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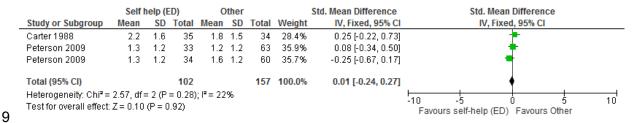
### 4 Figure 944: EDE-weight concern

	Self h	Self help (ED) Other						Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Carter 1988	3.7	1.7	35	3.6	1.6	34	28.6%	0.06 [-0.41, 0.53]	+			
Peterson 2009	3	1.4	33	2.6	1.3	63	35.5%	0.30 [-0.13, 0.72]	<b>+</b>			
Peterson 2009	3	1.4	34	3.2	1.3	60	35.9%	-0.15 [-0.57, 0.27]	<del>†</del>			
Total (95% CI)			102			157	100.0%	0.07 [-0.18, 0.32]				
	hi² = 2.14, df = 2 (P = 0.34); l² = 7% ffect: Z = 0.54 (P = 0.59)								-10 -5 0 5 10 Favours self-help (ED) Favours Other			

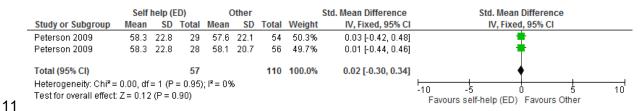
### 6 Figure 945: EDE-restraint

	Self h	nelp (E	ED)	O	ther			Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Carter 1988	2	1.6	35	1.3	1.2	34	27.9%	0.49 [0.01, 0.97]	-			
Peterson 2009	1.5	1.3	33	1.2	1.1	63	35.9%	0.25 [-0.17, 0.68]	<b>+</b>			
Peterson 2009	1.5	1.3	34	1.6	1.2	60	36.2%	-0.08 [-0.50, 0.34]	*			
Total (95% CI)			102			157	100.0%	0.20 [-0.05, 0.45]	<b>•</b>			
Heterogeneity: Chi² = Test for overall effect:				); I²= 37	%				-10 -5 0 5 10 Favours self-help (ED) Favours Other			

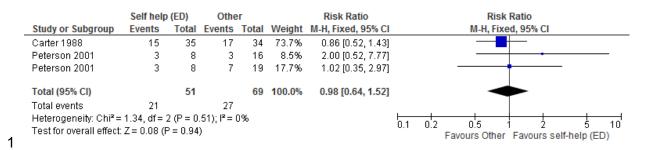
### 8 Figure 946: EDE-total



### 10 Figure 947: Quality of life

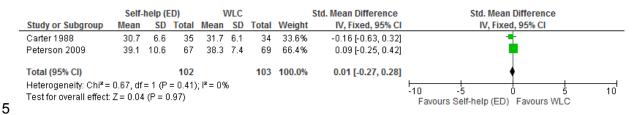


### 12 Figure 948: Remission

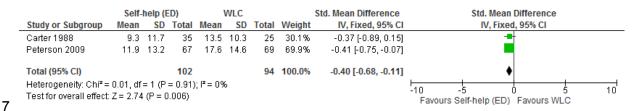


# M.3.25.62 Self-help (ED) compared with wait list controls (WLC) in adults with binge eating disorder at end of treatment

### 4 Figure 949: BMI



## 6 Figure 950: Bingeing



## 8 Figure 951: EDE-eating concern

	Self-h	ielp (E	ED)	١	WLC Std. Mean Differ				Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	I, 95% CI		
Carter 1988	2	1.6	35	3.7	1.1	25	26.6%	-1.19 [-1.74, -0.63]	-			
Peterson 2009	1.4	1.2	67	1.3	1.1	69	73.4%	0.09 [-0.25, 0.42]				
Total (95% CI)			102			94	100.0%	-0.25 [-0.54, 0.04]	•			
Heterogeneity: Chi² = Test for overall effect				001); l² :	= 939	6			-10 -5 Favours Self-help (ED)	) 5 Favours WLC	10	

#### 10 Figure 952: EDE-shape concern

	Self-h	nelp (E	D)	١	NLC			Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 9	5% CI	
Carter 1988	3.7	1.6	35	4.6	0.9	25	28.9%	-0.66 [-1.18, -0.13]	-		
Peterson 2009	3.1	1.3	67	3.1	1.2	69	71.1%	0.00 [-0.34, 0.34]	•		
Total (95% CI)			102			94	100.0%	-0.19 [-0.47, 0.09]	•		
Heterogeneity: Chi² = Test for overall effect:		•		; I² = 76	%				-10 -5 0 Favours Self-help (ED) Fa	5 avours WLC	10

### 12 Figure 953: EDE-weight concern

	Self-h	nelp (E	ED)	١	NLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carter 1988	3.1	1.4	35	3.7	1.1	25	29.5%	-0.46 [-0.98, 0.06]	-
Peterson 2009	3.1	1.2	67	3.1	1.1	69	70.5%	0.00 [-0.34, 0.34]	<b>"</b>
Total (95% CI)			102			94	100.0%	-0.14 [-0.42, 0.15]	•
Heterogeneity: Chi² = Test for overall effect				; I² = 53	%				-10 -5 0 5 10 Favours Self-help (ED) Favours WLC

11

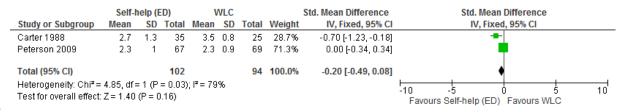
### 1 Figure 954: EDE-restraint

	Self-h	elp (E	ED)	V	NLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carter 1988	2.1	1.4	35	2.6	1.4	25	29.7%	-0.35 [-0.87, 0.16]	-
Peterson 2009	1.6	1.2	67	1.5	1.3	69	70.3%	0.08 [-0.26, 0.42]	•
Total (95% CI)			102			94	100.0%	-0.05 [-0.33, 0.23]	<b>+</b>
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:		,	,	; I² = 47	%				-10 -5 0 5 10 Favours Self-help (ED) Favours WLC

### 3 Figure 955: EDE-total

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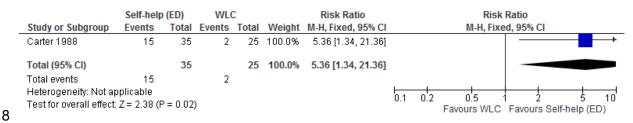
6



### 5 Figure 956: Quality of life

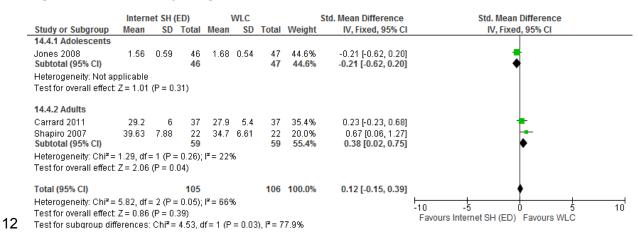
	Self-	help (E	D)	V	VLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI
Peterson 2009	58.6	21.2	57	57	18	53	100.0%	0.08 [-0.29, 0.45]	ij <u>"</u>
Total (95% CI)			57			53	100.0%	0.08 [-0.29, 0.45]	1
Heterogeneity: Not ap Test for overall effect:			.67)						-10 -5 0 5 10 Favours WLC Favours Self-help (ED)

## 7 Figure 957: Remission

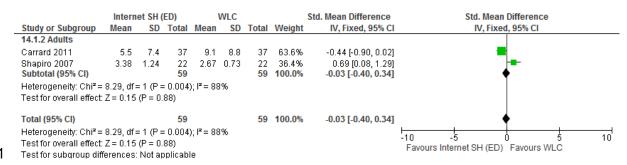


# M.3.25.79 Internet self-help (ED) compared with wait list controls (WLC) in adults (unless otherwise stated) with binge eating disorder at end of treatment

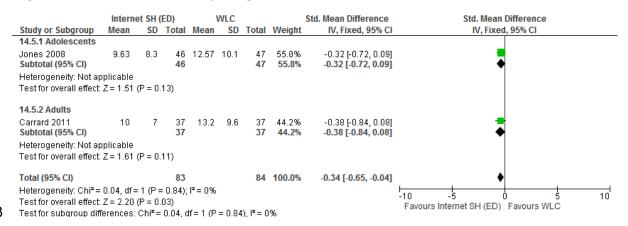
### 11 Figure 958: BMI in young people and adults



#### 13 Figure 959: Bingeing



### 2 Figure 960: Depression in young people and adults



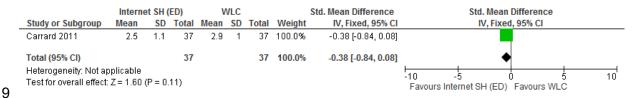
## 4 Figure 961: EDE-shape concern

	Interne	t SH (	ED)	V	VLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carrard 2011	3.7	1.3	37	4.1	1.3	37	100.0%	-0.30 [-0.76, 0.15]	•
Total (95% CI)			37			37	100.0%	-0.30 [-0.76, 0.15]	•
Heterogeneity: Not ap Test for overall effect		(P = 0.	19)						-10 -5 0 5 10 Favours Internet SH (ED) Favours WLC

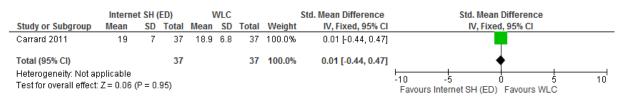
### 6 Figure 962: EDE-restraint

	Interne	t SH (	ED)	١	<b>VLC</b>			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI	
Carrard 2011	1.7	14	37	1.8	1.3	37	100.0%	-0.01 [-0.47, 0.45]	1	
Total (95% CI)			37			37	100.0%	-0.01 [-0.47, 0.45]	·	
Heterogeneity: Not ap Test for overall effect:		P = 0.	97)						-10 -5 0 5 10 Favours Internet SH (ED) Favours WLC	

### 8 Figure 963: EDE-total



### 10 Figure 964: EDI-body dissatisfaction



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## 1 Figure 965: EDI-drive for thinness

	Interne	t SH (	ED)	١	NLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carrard 2011	8.9	5.9	37	11	4.9	37	100.0%	-0.38 [-0.84, 0.08]	
Total (95% CI)			37			37	100.0%	-0.38 [-0.84, 0.08]	•
Heterogeneity: Not ap Test for overall effect:		(P = 0.	10)						-10 -5 0 5 10 Favours Internet SH (ED) Favours WLC

## 3 Figure 966: EDI-bulimia

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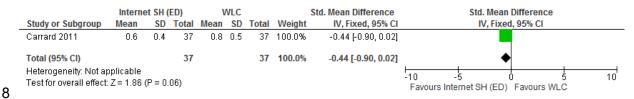
6

	Interne	t SH (	ED)	V	VLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carrard 2011	2.8	2.6	37	5.9	4.4	37	100.0%	-0.85 [-1.33, -0.37]	
Total (95% CI)			37			37	100.0%	-0.85 [-1.33, -0.37]	. •
Heterogeneity: Not ap Test for overall effect:	•	P = 0.	0005)						-10 -5 0 5 10 Favours Internet SH (ED) Favours WLC

### 5 Figure 967: Quality of life

	Intern	et SH (	ED)	V	VLC			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
Carrard 2011	71.7	16.7	37	71.8	18	37	100.0%	-0.01 [-0.46, 0.45]					
Total (95% CI)			37			37	100.0%	-0.01 [-0.46, 0.45]		•	•		
Heterogeneity: Not ap Test for overall effect	•		98)						-10	-5 ( Favours WLC	) Favours Inte	net SH (El	10 (D)

## 7 Figure 968: Global severity

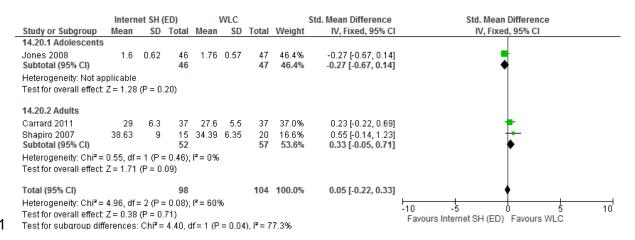


## 9 Figure 969: Remission

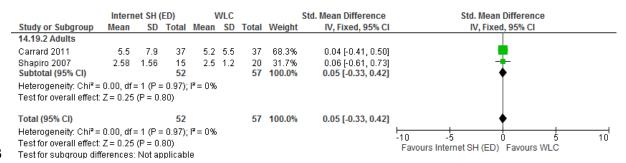


# M.3.25.81 Internet self-help (ED) compared with wait list controls in adults (unless otherwise stated) with binge eating disorder at follow-up

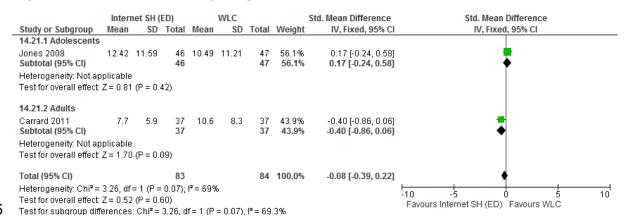
### 13 Figure 970: BMI in young people and adults



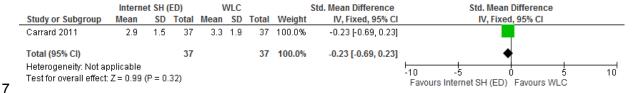
### 2 Figure 971: Bingeing



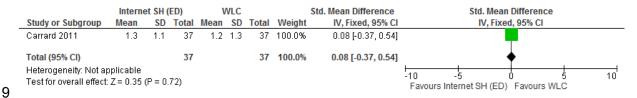
## 4 Figure 972: Depression in young people and adults



#### 6 Figure 973: EDE-shape concern



### 8 Figure 974: EDE-restraint



### 10 Figure 975: EDE-total

	Interne	et SH (	(ED)	١	VLC			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Carrard 2011	1.9	1.1	37	2.3	1.5	37	100.0%	-0.30 [-0.76, 0.16]	-	
Total (95% CI)			37			37	100.0%	-0.30 [-0.76, 0.16]	•	
Heterogeneity: Not ap Test for overall effect		(P = 0.	20)						-10 -5 0 5 Favours Internet SH (ED) Favours WLC	10

## 2 Figure 976: EDI-drive for thinness

	Interne	t SH (	ED)	V	VLC			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Carrard 2011	5.4	4.7	37	7.8	6	37	100.0%	-0.44 [-0.90, 0.02]		
Total (95% CI)			37			37	100.0%	-0.44 [-0.90, 0.02]	. ◆	
Heterogeneity: Not ap Test for overall effect:		P = 0.	06)						-10 -5 0 5 Favours Internet SH (ED) Favours WLC	10

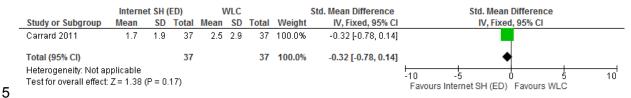
### 4 Figure 977: EDI-bulimia

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# 6 Figure 978: Quality of life

	Intern	et SH (	ED)	1	WLC			Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI	
Carrard 2011	78.2	14.8	37	76	20.2	37	100.0%	0.12 [-0.33, 0.58]			
Total (95% CI)			37			37	100.0%	0.12 [-0.33, 0.58]		<b>&gt;</b>	
Heterogeneity: Not ap Test for overall effect:	•		60)						-10 -5 C	) 5 Favours Inter	10 net SH (ED)

# 8 Figure 979: Global severity

	Interne	t SH (	ED)	1	VLC			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Carrard 2011	0.4	0.3	37	0.5	0.3	37	100.0%	-0.33 [-0.79, 0.13]					
Total (95% CI)			37			37	100.0%	-0.33 [-0.79, 0.13]		•			
Heterogeneity: Not ap Test for overall effect:		P = 0.	16)						-10 - Favours Inte	t 5 ernet SH (ED)	Favours WL	5 C	10

#### 10 Figure 980: Remission

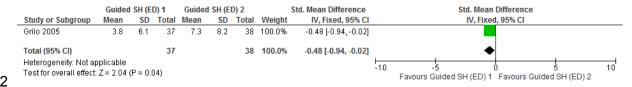


# M.3.25.92 Guided self-help (ED) compared with guided self-help in adults with binge eating disorder at end of treatment

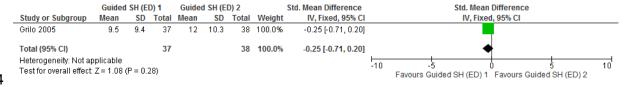
### 14 Figure 981: BMI

	Guided	SH (E	D) 1	Guideo	SH (E	D) 2		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2005	33.1	5.8	37	34.5	8.8	38	100.0%	-0.19 [-0.64, 0.27]	
Total (95% CI)			37			38	100.0%	-0.19 [-0.64, 0.27]	
Heterogeneity: Not ap Test for overall effect:	•		42)						Favours Guided SH (ED) 1 Favours Guided SH (ED) 2

### 1 Figure 982: Bingeing



## 3 Figure 983: Depression



### 5 Figure 984: EDE-eating concern

	Guided	SH (EI	D) 1	Guided	SH (EI	D) 2		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2005	1.8	1.3	37	2.4	1.4	38	100.0%	-0.44 [-0.90, 0.02]	
Total (95% CI)			37			38	100.0%	-0.44 [-0.90, 0.02]	. •
Heterogeneity: Not ap Test for overall effect:		(P = 0.0	06)						-10 -5 0 5 10 Favours Guided SH (ED) 1 Favours Guided SH (ED) 2

### 7 Figure 985: EDE-shape concern

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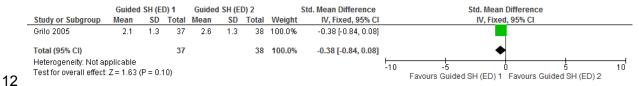
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	Guided	SH (EI	D) 1	Guideo	SH (E	D) 2		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Grilo 2005	3.6	1.6	37	3.8	1.7	38	100.0%	-0.12 [-0.57, 0.33]					
Total (95% CI)			37			38	100.0%	-0.12 [-0.57, 0.33]		, ·	•		
Heterogeneity: Not ap Test for overall effect:	•	(P = 0.6	60)						-10	-5 Favours Guided SH (ED) 1	0 Favours Guid	5 ed SH (ED) 2	10

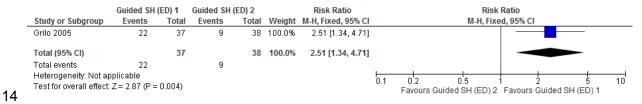
### 9 Figure 986: EDE-weight concern

	Guided	SH (EI	D) 1	Guided	SH (EI	D) 2		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI
Grilo 2005	3.2	1.4	37	3.2	1.4	38	100.0%	0.00 [-0.45, 0.45]	]
Total (95% CI) Heterogeneity: Not ap Test for overall effect:			<b>37</b> 00)			38	100.0%	0.00 [-0.45, 0.45]	Favours Guided SH (ED) 1 Favours Guided SH (ED) 2

### 11 Figure 987: EDE-restraint



## 13 Figure 988: Remission



# M.3.25.105 Internet self-help (ED) compared with any other intervention in adults with binge eating disorder at end of treatment

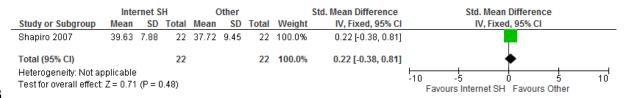
#### 17 Figure 989: BMI

	Inte	rnet S	Н	C	Other			Std. Mean Difference		Std. Mean	Diff	erence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95	5% CI	
Shapiro 2007	39.63	7.88	22	37.72	9.45	22	100.0%	0.22 [-0.38, 0.81]					
Total (95% CI)			22			22	100.0%	0.22 [-0.38, 0.81]			•		
Heterogeneity: Not ap Test for overall effect:	•		0.48)						-10	-5 Favours Internet SH	0 Fa	5 vours Other	10

### 2 Figure 990: Bingeing

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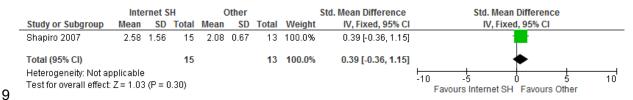


# M.3.25.114 Internet self-help (ED) compared with any other intervention in adults with binge 5 eating disorder at follow-up

### 6 Figure 991: BMI

	Inter	net S	SH		Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Shapiro 2007	38.63	9	15	37.03	10.49	13	100.0%	0.16 [-0.58, 0.90]	<b>=</b>
Total (95% CI)			15			13	100.0%	0.16 [-0.58, 0.90]	<b>+</b>
Heterogeneity: Not a Test for overall effect			0.67)						-10 -5 0 5 10 Favours Internet SH Favours Other

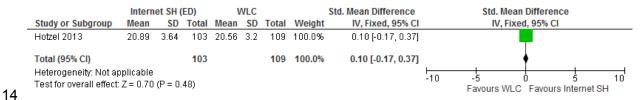
### 8 Figure 992: Bingeing



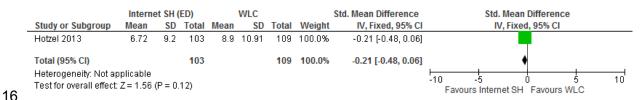
### M.3.260 Any eating disorder and self-help

# M.3.26.11 Internet self-help (ED) compared with wait list controls (WLC) in adults with any eating disorder at end of treatment

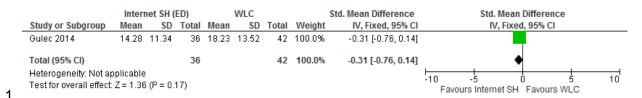
### 13 Figure 993: BMI



### 15 Figure 994: Vomiting



### 17 Figure 995: Depression



### 2 Figure 996: EDE-eating concern



### 4 Figure 997: EDE-shape concern

	Intern	et SH (	ED)	1	WLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Gulec 2014	3.44	1.68	36	2.93	1.57	42	26.5%	0.31 [-0.14, 0.76]	-
Hotzel 2013	4.05	1.38	103	4.03	1.39	109	73.5%	0.01 [-0.25, 0.28]	•
Total (95% CI)			139			151	100.0%	0.09 [-0.14, 0.32]	•
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:		,		I² = 199	6				-10 -5 0 5 10 Favours Internet SH Favours WLC

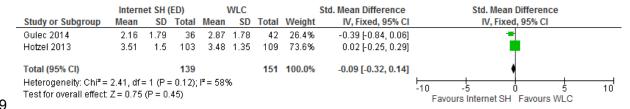
### 6 Figure 998: EDE-weight concern

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	Intern	et SH (	ED)	1	WLC			Std. Mean Difference		Std. I	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Gulec 2014	3.02	1.61	36	2.53	1.5	42	26.6%	0.31 [-0.14, 0.76]			-		
Hotzel 2013	3.72	1.45	103	3.62	1.39	109	73.4%	0.07 [-0.20, 0.34]			•		
Total (95% CI)			139			151	100.0%	0.13 [-0.10, 0.37]			•		
Heterogeneity: Chi² = Test for overall effect:				I <sup>2</sup> = 0%					-10 Fave	-5 ours Interne	0 et SH Favoi	urs WLC	10

### 8 Figure 999: EDE-restraint



## 10 Figure 1000: EDE-total

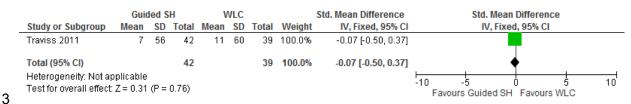


# M.3.26.22 Guided self-help (ED) compared with wait list controls in adults with any eating disorder at end of treatment

### 14 Figure 1001: BMI

	Gui	ded S	Н	1	WLC			Std. Mean Difference		Std. N	lean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Traviss 2011	28.8	8.51	42	27.1	10.6	39	100.0%	0.18 [-0.26, 0.61]					
Total (95% CI)			42			39	100.0%	0.18 [-0.26, 0.61]			•		
Heterogeneity: Not ap Test for overall effect:	•		0.43)						-10	-5 Favours	0 NLC Favo	5 urs Guided	10 ISH

## 2 Figure 1002: Bingeing



### 4 Figure 1003: Exercise frequency

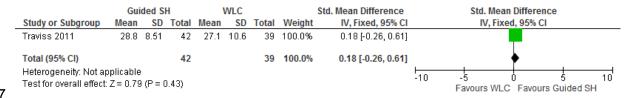
	Guio	ded S	Н	V	VLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Traviss 2011	2	28	42	1.5	25	39	100.0%	0.02 [-0.42, 0.45]	•
Total (95% CI)			42			39	100.0%	0.02 [-0.42, 0.45]	<b>\</b>
Heterogeneity: Not ap Test for overall effect	•		0.93)						-10 -5 0 5 10 Favours Guided SH Favours WLC

## 6 Figure 1004: Vomiting

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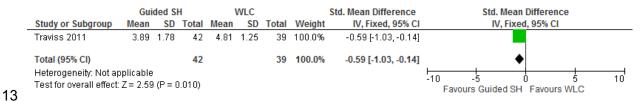
## 8 Figure 1005: Laxative use

	Guio	ded S	H	V	VLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Traviss 2011	3	28	42	10	60	39	100.0%	-0.15 [-0.59, 0.29]	•
Total (95% CI)			42			39	100.0%	-0.15 [-0.59, 0.29]	<b>+</b>
Heterogeneity: Not ap Test for overall effect:			0.50)						-10 -5 0 5 10 Favours Guided SH Favours WLC

### 10 Figure 1006: EDE-eating concern

	Gui	ded SI	Н	1	WLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Traviss 2011	2.72	1.73	42	3.75	1.67	39	100.0%	-0.60 [-1.05, -0.15]	
Total (95% CI)			42			39	100.0%	-0.60 [-1.05, -0.15]	•
Heterogeneity: Not ap Test for overall effect:	•		0.008)						-10 -5 0 5 10 Favours Guided SH Favours WLC

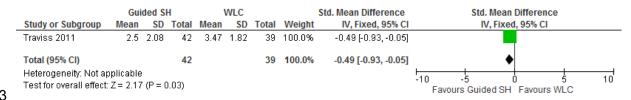
### 12 Figure 1007: EDE-shape concern



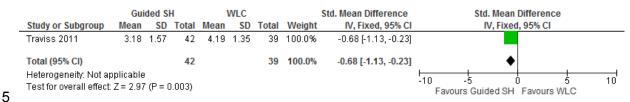
## 14 Figure 1008: EDE-weight concern

	Guided SH WLC						Std. Mean Difference	Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI	
Traviss 2011	3.61	1.79	42	4.75	1.97	39	100.0%	-0.60 [-1.05, -0.15]			
Total (95% CI)			42			39	100.0%	-0.60 [-1.05, -0.15]	•		
Heterogeneity: Not ap Test for overall effect:	•		0.008)						-10 -5 Favours Guided SH	0 5 Favours WL	10 C

# 2 Figure 1009: EDE-restraint



### 4 Figure 1010: EDE-total



# M.3.26.36 Guided self-help (ED) compared with treatment as usual (TAU) in adults with any 7 eating disorder at end of treatment

### 8 Figure 1011: Morgan-Russell menstrual function

	Internet GSH (ED) Treatment as usual				sual		Std. Mean Difference		Std.	Mean Differe	ence		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV.	, Fixed, 95%	CI	
Fichter 2012	6.57	5.4	119	7.57	5.4	120	100.0%	-0.18 [-0.44, 0.07]					
Total (95% CI)			119			120	100.0%	-0.18 [-0.44, 0.07]			•		
Heterogeneity: Not ap Test for overall effect:		P = 0.1	5)						-10	-5 Favours	0 TAU Favou	5 Irs Interne	10 et GSH(ED)

### 10 Figure 1012: Bulimic symptoms

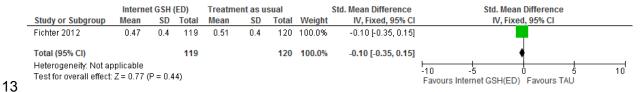
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	Interne	Internet GSH (ED)			ent as u	sual		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Fichter 2012	0.57	0.7	106	0.78	0.9	120	100.0%	-0.26 [-0.52, 0.00]	•	
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		P = 0.0	<b>106</b> (5)			120	100.0%	-0.26 [-0.52, 0.00]	-10 -5 0 5 10 Favours Internet GSH(ED) Favours TAU	I

### 12 Figure 1013: General psychopathology



### 14 Figure 1014: Global clinical score

	Internet GSH (ED)		Treatme	ent as u	sual		Std. Mean Difference	Std. Mean Difference	e		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI		
Fichter 2012	3.48	1.6	119	3.81	1.5	120	100.0%	-0.21 [-0.47, 0.04]			
Total (95% CI)			119			120	100.0%	-0.21 [-0.47, 0.04]	. •		
Heterogeneity: Not ap Test for overall effect:		(P = 0.1	0)						-10 -5 0 Favours Internet GSH(ED) Favours	5 TAU	10

### 16 Figure 1015: Depression

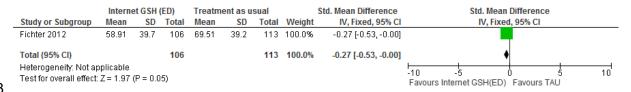
	Internet GSH (ED)			Treatm	ent as u	sual		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Fichter 2012	1.1	0.9	106	1.28	0.9	113	100.0%	-0.20 [-0.46, 0.07]	•
<b>Total (95% CI)</b> Heterogeneity: Not ap Test for overall effect:		P = 0.1	<b>106</b> 4)			113	100.0%	-0.20 [-0.46, 0.07]	-10 -5 0 5 10 Favours Internet GSH(ED) Favours TAU

## 2 Figure 1016: EDE-total

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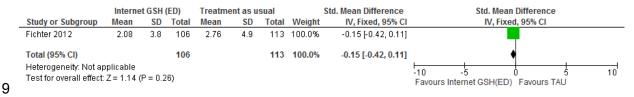
### 4 Figure 1017: EDI-body dissatisfaction

	Internet GSH (ED)		Treatme	ent as u	sual		Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Fichter 2012	9.97	7.9	106	11.85	7.6	113	100.0%	-0.24 [-0.51, 0.02]	•	
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•	P = 0 0	106			113	100.0%	-0.24 [-0.51, 0.02]	-10 -5 0 5 1	H D
restroi overan enect.	. 2 - 1.70 (	r - 0.0	17						Favours Internet GSH(ED) Favours TAU	

### 6 Figure 1018: EDI-drive for thinness

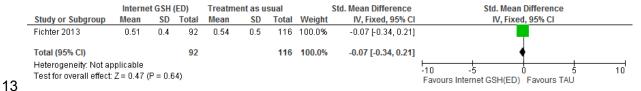
	Interne	. ,			ent as u	sual		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	1, 95% CI		
Fichter 2012	7.41	6.5	106	8.54	6.7	113	100.0%	-0.17 [-0.44, 0.09]					
Total (95% CI)			106			113	100.0%	-0.17 [-0.44, 0.09]					
Heterogeneity: Not ap Test for overall effect:		P = 0.2	21)						-10 - Favours Inter	5 net GSH(ED)	0 Favours TAU	) )	10

### 8 Figure 1019: EDI-bulimia

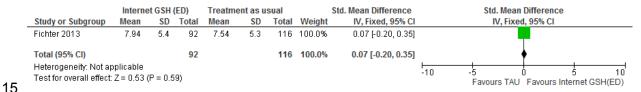


# M.3.270 Guided self-help (ED) compared with treatment as usual (TAU) in adults with any eating disorder at follow-up

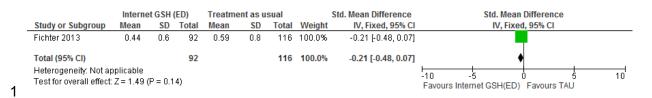
#### 12 Figure 1020: General psychopathology



### 14 Figure 1021: Morgan-Russell menstrual function



### 16 Figure 1022: Bulimic symptoms



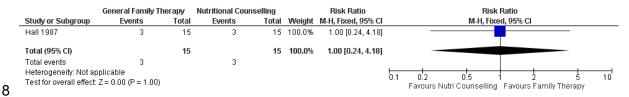
# M.3.282 Family therapy for anorexia nervosa

# M.3.28.13 General family therapy versus nutritional counselling in adults with anorexia nervosa 4 at end of treatment

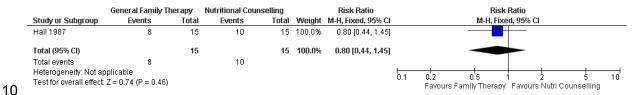
### 5 Figure 1023: Weight (kg)

	General Family Therapy				l Counse	elling	5	Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	i, 95% CI	
Hall 1987	45.1	7.5	15	46	6	15	100.0%	-0.13 [-0.85, 0.59]		-	-	
Total (95% CI)			15			15	100.0%	-0.13 [-0.85, 0.59]			•	
Heterogeneity: Not ap Test for overall effect:	•	0.72)							-10 -	<del> </del> -5  utri Counselling	0 s Favours Family	5 10 Therapy

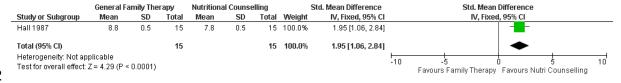
### 7 Figure 1024: Regular menstruation



### 9 Figure 1025: Amenorrheic

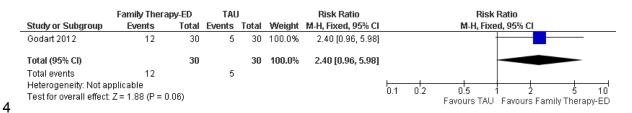


#### 11 Figure 1026: Global clinical score

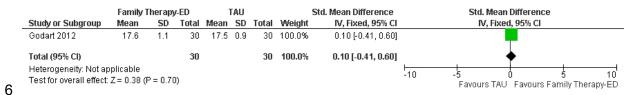


# M.3.28.21 Family therapy-ED and treatment as usual versus treatment as usual in young 2 inpatients with anorexia nervosa at end of treatment

## 3 Figure 1027: Remission (ITT)



## 5 Figure 1028: BMI



## 7 Figure 1029: No. of patients >=BMI 10<sup>th</sup> percentile (age-sex corrected)

	Family Thera	py-ED	TAL	J		Risk Ratio			Risk	Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	ed, 95% C	I		
Godart 2012	16	30	8	29	100.0%	1.93 [0.98, 3.81]							
Total (95% CI)		30		29	100.0%	1.93 [0.98, 3.81]				-			
Total events	16		8										
Heterogeneity: Not ap Test for overall effect:		0.06)					0.1	0.2	0.5 Favours TAU	Favours	? Family Th	† 5 ieraj	10 by-ED

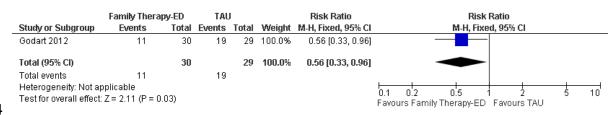
### 9 Figure 1030: EDI Total

Family Therapy-			/-ED		TAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Godart 2012	48.2	29.8	30	47.4	28.4	29	100.0%	0.03 [-0.48, 0.54]	_
Total (95% CI)			30			29	100.0%	0.03 [-0.48, 0.54]	-
Heterogeneity: Not ap Test for overall effect:	2)						-2 -1 0 1 2 Favours Family Therapy-ED Favours TAU		

### 11 Figure 1031: Global functioning

•	Family Therapy				TAU			Std. Mean Difference		Std. Mean D	Difference		
Study or Subgroup	Mean	SD	Total	Total Mean SD Total Weight IV, Fixed,						IV, Fixed,	95% CI		
Godart 2012 7.6 2.			30	7.1	2.2	29	100.0%	0.22 [-0.29, 0.74]					
Total (95% CI)			30			29	100.0%	0.22 [-0.29, 0.74]		•	•		
Heterogeneity: Not ap Test for overall effect:		P = 0.39	3)						-10 -5 Favours Family 1	U O Therapy-ED	: Favours TAU	j	10

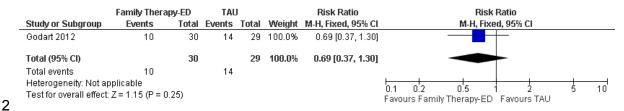
## 13 Figure 1032: Amenorrheic patients



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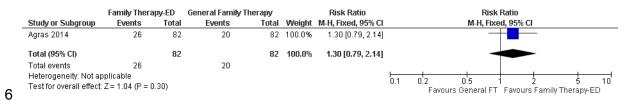
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### 1 Figure 1033: Hospitalizations to end of treatment

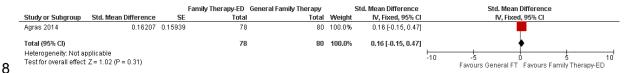


# M.3.28.33 Family therapy-ED versus general family therapy in young people with anorexia 4 nervosa at end of treatment

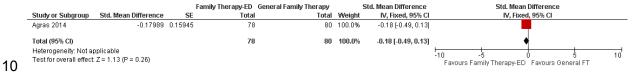
### 5 Figure 1034: Remission (ITT)



### 7 Figure 1035: Percentage of ideal body weight



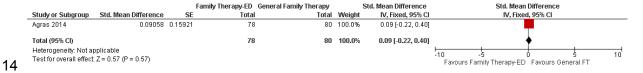
## 9 Figure 1036: Yale-Brown-Cornell Eating Disorder Scale



#### 11 Figure 1037: EDE Global



#### 13 Figure 1038: Depression

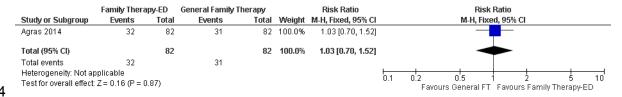


### 15 Figure 1039: Quality of life

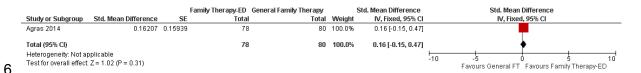


# M.3.28.41 Family therapy-ED versus general family therapy in young people with anorexia 2 nervosa at follow up

## 3 Figure 1040: Remission (ITT)



## 5 Figure 1041: Percentage of ideal body



# 7 Figure 1042: Yale-Brown-Cornell Eating Disorder Scale



### 9 Figure 1043: EDE-global

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			Family Therapy-ED	General Family Therapy		Std. Mean Difference		Std. Mear	Differe	nce	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% (	CI	
Agras 2014	-0.2633	0.15981	78	80	100.0%	-0.26 [-0.58, 0.05]					
Total (95% CI)			78	80	100.0%	-0.26 [-0.58, 0.05]			•		
Heterogeneity: Not ap Test for overall effect:							-10 - Favours Fan	f 5 nily Therapy-EC	0 Favou	5 Irs General FT	10

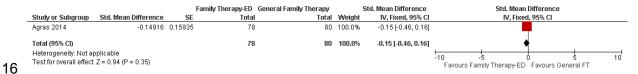
#### 11 Figure 1044: General psychopathology



## 13 Figure 1045: Depression

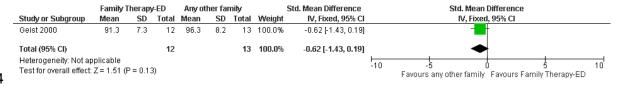


### 15 Figure 1046: Quality of life



# M.3.28.51 Family therapy-ED versus any other family intervention in young people with anorexia 2 nervosa at end of treatment

# 3 Figure 1047: Percentage of ideal body weight



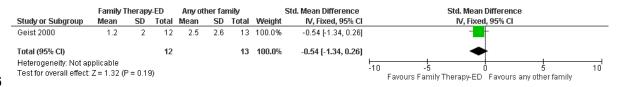
### 5 Figure 1048: EDI-bulimia

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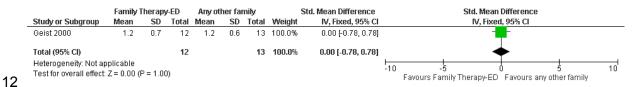
## 7 Figure 1049: EDI-drive for thinness

	Family T	herapy	-ED	Any ot	her fa	mily		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	i, 95% CI		
Geist 2000	12.3	7.5	12	13.3	7.6	13	100.0%	-0.13 [-0.91, 0.66]		-	-		
Total (95% CI)			12			13	100.0%	-0.13 [-0.91, 0.66]		. •			
Heterogeneity: Not ap Test for overall effect:		P = 0.75	5)						-10 - Favours Fa	+ 5 mily Therapy-ED	0 Favours any otl	5 ner family	10

## 9 Figure 1050: EDI-body dissatisfaction

	Family T	herapy	-ED	Any of	her far	nily		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Geist 2000	10.6	9.2	12	12.2	6.1	13	100.0%	-0.20 [-0.99, 0.59]	- <del></del>
<b>Total (95% CI)</b> Heterogeneity: Not app Test for overall effect: 2		= 0.62	12			13	100.0%	-0.20 [-0.99, 0.59]	-10 -5 0 5 10 Favours Family Therapy-ED Favours any other family

# 11 Figure 1051: General psychopathology



### 13 Figure 1052: Depression

	Family 1	Гнегару	-ED	Any of	ther fai	nily		Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	i, 95% CI	
Geist 2000	12.2	7.4	12	15.4	4.9	13	100.0%	-0.50 [-1.30, 0.30]		-	-	
Total (95% CI)			12			13	100.0%	-0.50 [-1.30, 0.30]	1	•		
Heterogeneity: Not ap Test for overall effect:		P = 0.22	2)						-10 Favours Fa	-5 mily Therapy-ED	o Favours any oth	5 10 ner family

### 15 Figure 1053: Family functioning

	Family T	herapy	-ED	Any ot	her fai	nily		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Geist 2000	52.2	8.5	12	55.8	7.7	13	100.0%	-0.43 [-1.23, 0.37]	-
Total (95% CI)			12			13	100.0%	-0.43 [-1.23, 0.37]	•
Heterogeneity: Not ap Test for overall effect:		P = 0.29	9)						-10 -5 0 5 10 Favours Family Therapy-ED Favours any other family

# M.3.28.61 Multi-family therapy-ED versus family therapy-ED in young people with anorexia 2 nervosa at end of treatment

## 3 Figure 1054: Remission (ITT)

	Multi-Family Ther	apy-AN	Family Ther	apy-AN		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Eisler 2016	65	85	48	82	100.0%	1.31 [1.05, 1.62]	-
Total (95% CI)		85		82	100.0%	1.31 [1.05, 1.62]	•
Total events	65		48				
Heterogeneity: Not ap	oplicable						0.1 0.2 0.5 1 2 5 10
Test for overall effect:	Z = 2.41 (P = 0.02)						Favours FT-AN Favours MFT-AN

# 5 Figure 1055: BMI

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	Multi-Fam	ily Therap	y-AN	Family	Therapy	/-AN		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV.	, Fixed, 95%	CI	
5.2.1 Change Scores													
Eisler 2016 Subtotal (95% CI)	3.01	0.98	85 <b>85</b>	2.61	1.04	82 <b>82</b>	100.0% <b>100.0</b> %	0.39 [0.09, 0.70] <b>0.39 [0.09, 0.70]</b>			•		
Heterogeneity: Not ap	plicable												
Test for overall effect:	Z = 2.52 (P =	0.01)											
									-10	-5	<del>-  </del>	5	10
										Favours F	T-AN Favoi	urs MFT-AN	

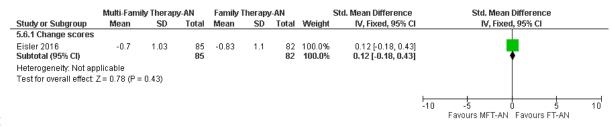
## 7 Figure 1056: %mBMI

	Multi-Fami	ily Therap	y-AN	Family	Therapy	/-AN		Std. Mean Difference		Std. Me	an Differei	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ked, 95% C	1	
5.3.1 Change Scores													
Eisler 2016 Subtotal (95% CI)	13.08	4.93	85 <b>85</b>	10.84	5.08	82 <b>82</b>	100.0% <b>100.0</b> %	0.45 [0.14, 0.75] <b>0.45 [0.14, 0.75</b> ]			•		
Heterogeneity: Not ap Test for overall effect:	•	: 0.004)											
									-10	-5 Favours FT-/	Ö N Favour	5 rs MFT-AN	10

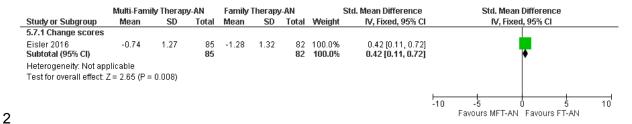
## 9 Figure 1057: EDE-dietary restraint

	Multi-Fami	ily Therap	y-AN	Family 1	Гнегару	/-AN		Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI	
5.5.1 Change scores											
Eisler 2016	-0.93	1.15	85	-1.38	1.2	82	100.0%	0.38 [0.08, 0.69]			
Subtotal (95% CI)			85			82	100.0%	0.38 [0.08, 0.69]		•	
Heterogeneity: Not ap	plicable										
Test for overall effect:	Z = 2.44 (P =	0.01)									
									-10 -5	<u> </u>	10
										Favours FT-AN	10

## 11 Figure 1058: EDE-eating concern



### 1 Figure 1059: EDE-shape concern



# 3 Figure 1060: EDE-weight concern

	Multi-Fam	ily Therap	ry-AN	Family	Therapy	/-AN	:	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
5.8.1 Change scores	;								
Eisler 2016 Subtotal (95% CI)	-0.59	1.25	85 <b>85</b>	-1.03	1.26	82 <b>82</b>	100.0% <b>100.0</b> %	0.35 [0.04, 0.65] <b>0.35 [0.04, 0.65]</b>	<b>.</b>
Heterogeneity: Not ap Test for overall effect:		= 0.03)							
									-10 -5 0 5 10 Favours MFT-AN Favours FT-AN

### 5 Figure 1061: Depression

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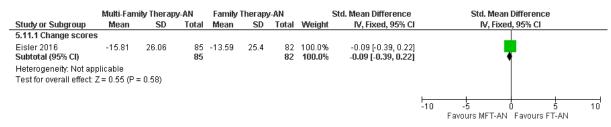
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	Multi-Fan	nily Therap	ry-AN	Family	Therapy	/-AN		Std. Mean Difference		Std. Mean D	ifference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	95% CI	
5.9.1 Change scores	;											
Eisler 2016 Subtotal (95% CI)	-5.91	10.08	85 <b>85</b>	-8.82	10.37	82 <b>82</b>	100.0% <b>100.0</b> %	0.28 [-0.02, 0.59] <b>0.28 [-0.02, 0.59]</b>				
Heterogeneity: Not ap Test for overall effect		= 0.07)										
									-10	-5 0 Favours MFT-AN	5 Favours FT-AN	10

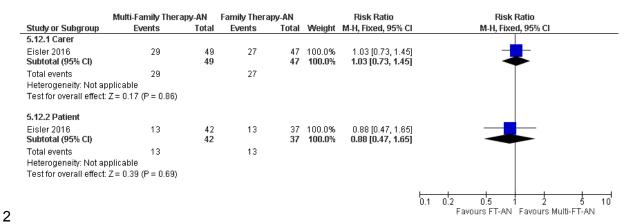
## 7 Figure 1062: Carer Experience of Caregiving Inventory – positive

	Multi-Fam	ily Therap	y-AN	Family	Therapy	/-AN		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
5.10.1 Change score	s								
Eisler 2016 Subtotal (95% CI)	1.13	4.99	85 <b>85</b>	0.42	4.69	82 <b>82</b>	100.0% <b>100.0</b> %	0.15 [-0.16, 0.45] <b>0.15 [-0.16, 0.45</b> ]	· ·
Heterogeneity: Not ap Test for overall effect:		= 0.35)							
									-10 -5 0 5 10 Favours FT-AN Favours MFT-AN

### 9 Figure 1063: Carer Experience of Caregiving Inventory-negative



# 1 Figure 1064: Service user experience



# M.3.28.73 Multi-family therapy-ED versus family therapy-ED in young people with anorexia 4 nervosa at follow up

## 5 Figure 1065: Remission (ITT)

	Multi-Family Thera	apy-AN	Family Thera	apy-AN		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Eisler 2016	66	85	47	82	100.0%	1.35 [1.09, 1.69]	-
Total (95% CI)		85		82	100.0%	1.35 [1.09, 1.69]	•
Total events	66		47				
Heterogeneity: Not ap	plicable						01 02 05 1 2 5 10
Test for overall effect:	Z = 2.72 (P = 0.007)	)					0.1 0.2 0.5 1 2 5 10 Favours FT-AN Favours MFT-AN

### 7 Figure 1066: BMI

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Multi-Family Therapy-AN			Family	Therapy	/-AN		Std. Mean Difference		Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
5.14.1 Change Score	s												
Eisler 2016 Subtotal (95% CI)	3.33	1.08	85 <b>85</b>	2.59	1.13	82 <b>82</b>	100.0% <b>100.0</b> %	0.67 [0.35, 0.98] <b>0.67 [0.35, 0.98]</b>			•		
Heterogeneity: Not ap	plicable												
Test for overall effect:	Z = 4.19 (P <	< 0.0001)											
									-10	-5	Ó	5	10
										Favours F	T-AN Favoi	urs MFT-AN	

### 9 Figure 1067: %mBMI

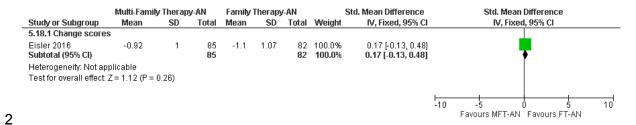
Multi-Family Therapy-AN				Family	Therapy	/-AN	Std. Mean Difference			Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95°	% CI	
5.15.1 Change Score	es											
Eisler 2016 Subtotal (95% CI)	13.08	5.49	85 <b>85</b>	10.84	5.66	82 <b>82</b>	100.0% <b>100.0</b> %	0.40 [0.09, 0.71] <b>0.40 [0.09, 0.71</b> ]		<b>•</b>		
Heterogeneity: Not ap Test for overall effect:	•	: 0.01)										
									-10	-5 Ó Favours FT-AN Fav	5 ours MFT-AN	10

11 Figure 1068: EDE-dietary restraint

	Multi-Fam	Family Therapy-AN			Std. Mean Difference			Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95% C	l	
5.17.1 Change score	·s										T		
Eisler 2016 Subtotal (95% CI)	-1.14	1.19	85 <b>85</b>	-1.59	1.25	82 <b>82</b>	100.0% <b>100.0</b> %	0.37 [0.06, 0.67] <b>0.37 [0.06, 0.67]</b>			•		
Heterogeneity: Not ap Test for overall effect:	•	= 0.02)											
									-10	-5		5	10
									F	avours MFT-Al	N Favour	s FT-AN	

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### 1 Figure 1069: EDE-eating concern



## 3 Figure: EDE-shape concern

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	Multi-Fam	Family Therapy-AN			!	Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
5.19.1 Change scores	s								
Eisler 2016 Subtotal (95% CI)	-0.69	1.28	85 <b>85</b>	-1.25	1.36	82 <b>82</b>	100.0% <b>100.0</b> %	0.42 [0.12, 0.73] <b>0.42 [0.12, 0.73]</b>	<mark>-</mark>
Heterogeneity: Not ap Test for overall effect:	•	= 0.007)							
								<u> </u>	10 -5 0 5 10
									Favours MFT-AN Favours FT-AN

### 5 Figure 1070: EDE-weight concern

	Multi-Family Therapy-AN			Family	Family Therapy-AN			Std. Mean Difference		Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI		
5.20.1 Change score	es											
Eisler 2016 Subtotal (95% CI)	-0.39	1.34	85 <b>85</b>	-0.88	1.43	82 <b>82</b>	100.0% <b>100.0</b> %	0.35 [0.05, 0.66] <b>0.35 [0.05, 0.66]</b>		<b>.</b>		
Heterogeneity: Not a Test for overall effect		= 0.02)										
									-10	-5 0 5 Favours MFT-AN Favours FT-AN	10	

### 7 Figure 1071: Depression

	Multi-Family Therapy-AN			Family Therapy-AN			S	td. Mean Difference	Std. Mean D	ifference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed,	95% CI
5.21.1 Change scores										
Eisler 2016 Subtotal (95% CI)	-5.26	10.9	85 <b>85</b>	-7.4	10.73	82 <b>82</b>	100.0% <b>100.0</b> %	0.20 [-0.11, 0.50] <b>0.20 [-0.11, 0.50]</b>	•	
Heterogeneity: Not app Test for overall effect: 2		= 0.20)								
									-10 -5 0	5 1

# M.3.28.89 Family therapy-ED versus any individual therapy in young people with anorexia nervosa at end of treatment

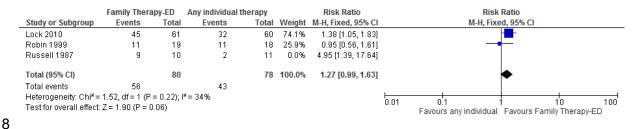
## 11 Figure 1072: Remission (ITT)

Family Therapy-ED Any individual therapy Risk Ratio Risk Ratio Study or Subgroup Events Total Events Total Weight M-H, Random, 95% CI M-H, Random, 95% CI Lock 2010 45 61 32 60 48.0% 1.38 [1.05, 1.83] Robin 1999 0.95 [0.56, 1.61] 11 19 11 18 37.1% Russell 1987 4.95 [1.39, 17.64] 10 11 14.9% Total (95% CI) 89 100.0% 1.45 [0.82, 2.59] 90 Total events 45 65 Heterogeneity: Tau<sup>2</sup> = 0.16; Chi<sup>2</sup> = 5.99, df = 2 (P = 0.05);  $I^2$  = 67% 0.01 100 0.1 Test for overall effect: Z = 1.27 (P = 0.20) Favours any individual Favours Family Therapy-ED

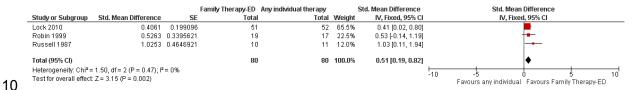
14 Heterogeneity was detected at  $I^2$ =67%. All the studies had the same duration (1 year) and 15 received similar number of family therapy sessions. Russell 1987 appeared to be an outlier

- 1 and when removed from the analysis reduced heterogeneity to 34%. Russell 1987 had a
- 2 high risk of bias given that inclusion criteria to the study (in addition to meeting DSM-III
- 3 criteria for anorexia nervosa) included (i) considerable loss of weight self-induced through
- 4 avoidance of 'fatty' foods, self-induced vomiting, and purging and (ii) specific endocrine
- 5 disorder (e.g. amenorrhea in female, loss of interest in sex in males). Data on comorbidities
- 6 was only available in Lock 2010.

### 7 Figure 1073: Sensitivity analysis for remission



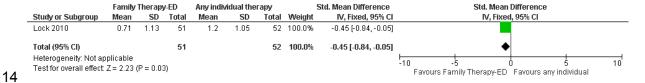
### 9 Figure 1074: BMI/Weight



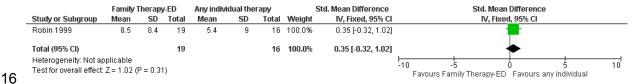
### 11 Figure 1075: Morgan-Russell Outcome-average

	Family Therapy-ED Any individual therapy				ару		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Russell 1987	9.7	2	10	5.7	2	11	100.0%	1.92 [0.85, 2.99]	-			
Total (95% CI)			10			11	100.0%	1.92 [0.85, 2.99]				
Heterogeneity: Not ap Test for overall effect:		P = 0.00	004)						-10 -5 0 5 10 Favours Family Therapy-ED Favours any individual			

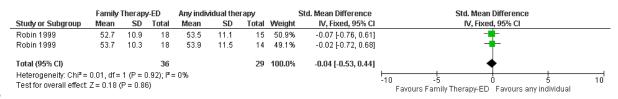
#### 13 Figure 1076: EDE-global



### 15 Figure 1077: Depression



#### 17 Figure 1078: Carer family functioning - conflict



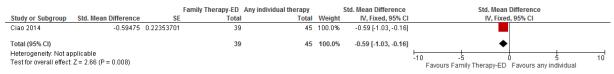
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#### 2 Figure 1079: Carer family functioning - communication



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#### 5 Figure 1080: Carer family functioning - behaviour control



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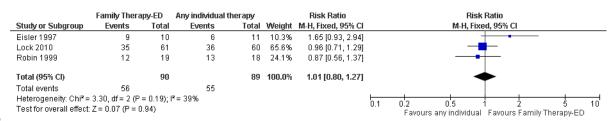
# M.3.28.98 Family therapy-ED versus any individual therapy in young people with anorexia 9 nervosa at follow up

#### 10 Figure 1081: Remission (ITT)

	Family Thera	py-ED	Any individual th	пегару		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	I M-H, Fixed, 95% CI
Eisler 1997	9	10	6	11	10.3%	1.65 [0.93, 2.94]	]
Lock 2010	35	61	36	60	65.6%	0.96 [0.71, 1.29]	] —
Robin 1999	12	19	13	18	24.1%	0.87 [0.56, 1.37]	1
Total (95% CI)		90		89	100.0%	1.01 [0.80, 1.27]	ı <b>+</b>
Total events	56		55				
Heterogeneity: Chi²=	3.30, df = 2 (P	= 0.19); I	²= 39%				0.1 0.2 0.5 1 2 5 10
Test for overall effect:	Z = 0.07 (P = 0	.94)					Favours any individual Favours Family Therapy-ED

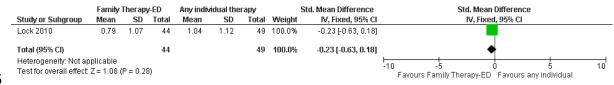
11

#### 12 Figure 1082: BMI/Weight



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#### 14 Figure 1083: EDE-global

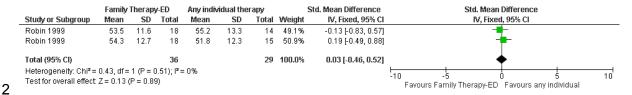


15

#### 16 Figure 1084: Depression

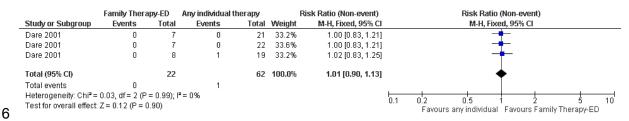
	Family	Therapy	y-ED	Any indiv	vidual the	гару		Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	d, 95% CI	
Lock 2010	0.79	1.07	44	1.04	1.12	49	100.0%	-0.23 [-0.63, 0.18]			
Total (95% CI)			44			49	100.0%	-0.23 [-0.63, 0.18]	•	+	
Heterogeneity: Not ap Test for overall effect:		(P = 0.2)	3)						-10 -5 Favours Family Therapy-ED	0 5 Favours any individua	10

#### 1 Figure 1085: Carer family functioning

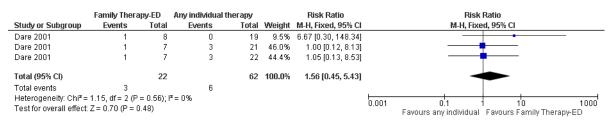


# M.3.28.103 Family therapy-ED versus any individual therapy in adults with anorexia nervosa at 4 end of treatment

#### 5 Figure 1086: All-cause mortality



### 7 Figure 1087: Recovered from anorexia nervosa



# M.3.28.119 Family therapy-ED 1 (conjoint family therapy) versus family therapy-ED 2 (separated 10 family therapy) in young people with anorexia nervosa at end of treatment

#### 11 Figure 1088: Full remission (ITT)

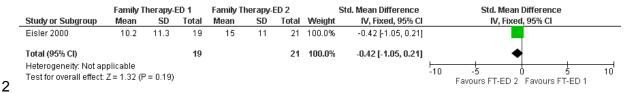
	Family Therapy	/-ED 1	Family Therapy	/-ED 2		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Eisler 2000	5	19	10	21	29.4%	0.55 [0.23, 1.33]	
Le Grange 2016a	12	55	22	51	70.6%	0.51 [0.28, 0.91]	<b>—</b>
Total (95% CI)		74		72	100.0%	0.52 [0.32, 0.85]	•
Total events	17		32				
Heterogeneity: Chi²=	0.03, df = 1 (P =	0.87); l² =	= 0%				01 02 05 1 2 5 10
Test for overall effect:	Z = 2.62 (P = 0.0	09)					Favours FT-ED 2 Favours FT-ED 1

#### 13 Figure 1089: BMI

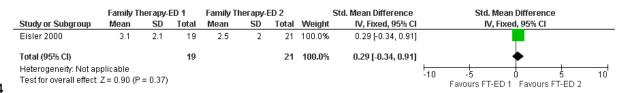
				Family Therapy-ED 2		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Eisler 2000	-0.53826	0.322292	19	21	26.9%	-0.54 [-1.17, 0.09]	-
Le Grange 2016a	-0.27117	0.195286	55	51	73.1%	-0.27 [-0.65, 0.11]	•
Total (95% CI)			74	72	100.0%	-0.34 [-0.67, -0.02]	•
	0.50, df = 1 (P = 0.48); P	= 0%					-10 -5 0 5 10
Test for overall effect:	Z = 2.05 (P = 0.04)						Favoure FT-FD 2 Favoure FT-FD 1

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#### 1 Figure 1090: percentage of average body weight - change scores



#### 3 Figure 1091: Morgan-Russell Outcome-average – change scores



### 5 Figure 1092: EDE-global

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		Family T	hегару-	ED 1	Family 1	Гнегару-	ED 2	5	Std. Mean Difference	Std. Mean Difference
	Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
	Le Grange 2016a	1.1	1.32	55	0.81	1.22	51	100.0%	0.23 [-0.16, 0.61]	•
<b>`</b>	<b>Total (95% CI)</b> Heterogeneity: Not ap Test for overall effect:	•	o = 0.25)	55			51	100.0%	0.23 [-0.16, 0.61]	-10 -5 0 5 10 Favours FT-ED 1 Favours FT-ED 2

# 7 Figure 1093: EDE-dietary restraint

	Family T	ћегару-	ED 1	, ,,				Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95%	CI	
Le Grange 2016a	0.92	1.43	55	0.63	1.34	51	100.0%	0.21 [-0.17, 0.59]					
Total (95% CI)			55			51	100.0%	0.21 [-0.17, 0.59]			•		
Heterogeneity: Not ap Test for overall effect:	•	P = 0.29)							-10	-5 Favours FT-ED	0 1 Favo	5 urs FT-ED 2	10

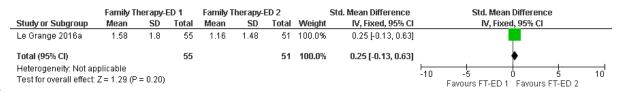
#### 9 Figure 1094: EDE-eating concern

	Family T	ћегару-	ED 1	Family 1	hегару-	ED 2		Std. Mean Difference		Std. Mear	Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95%	CI	
Le Grange 2016a	0.67	0.96	55	0.54	1.09	51	100.0%	0.13 [-0.26, 0.51]					
Total (95% CI)			55			51	100.0%	0.13 [-0.26, 0.51]			<b>•</b>		
Heterogeneity: Not ap Test for overall effect:		P = 0.52)							-10	-5 Favours FT-ED 1	0 Favo	5 urs FT-ED 2	10

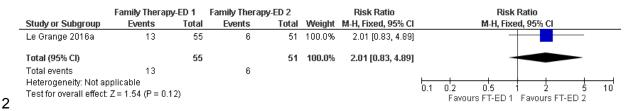
#### 11 Figure 1095: EDE-weight concern

	Family T	herapy-l	ED 1	Family 1	Гнегару-	ED 2		Std. Mean Difference		Std. Mea	n Dif	ference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 9	5% CI	
Le Grange 2016a	1.27	1.5	55	0.89	1.39	51	100.0%	0.26 [-0.12, 0.64]			Ш		
Total (95% CI)			55			51	100.0%	0.26 [-0.12, 0.64]			•		
Heterogeneity: Not ap Test for overall effect:		= 0.18)							-10	-5 Favours FT-ED	0 1 Fa	5 avours FT-ED 2	10

#### 13 Figure 1096: EDE-shape concern



#### 1 Figure 1097: Hospitalised during treatment



#### 3 Figure 1098: Depression

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			Family Therapy-ED 1	Family Therapy-ED 2		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Std. Mean Difference	SE	Tota	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Eisler 2000	-0.76894	0.32809	19	21	26.0%	-0.77 [-1.41, -0.13]	
Le Grange 2016a	0.11345	0.19455	55	51	74.0%	0.11 [-0.27, 0.49]	
Total (95% CI)			74	72	100.0%	-0.12 [-0.44, 0.21]	
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:	5.35, df = 1 (P = 0.02); P Z = 0.69 (P = 0.49)	²= 81%					-10 -5 0 5 10 Favours FT-ED 1 Favours FT-ED 2

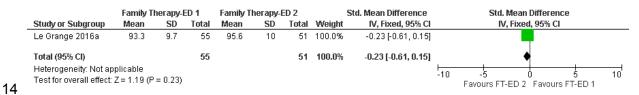
- 5 Although the participants of both studies had similar duration of illness, the BMI of those in
- 6 Eisler 2000 was slightly higher than in Le Grange 2016. However the length of treatment for
- 7 the former was twice that of the latter study (12 months versus 6 months). Data on
- 8 comorbidities was not available for Eisler 2000.

# M.3.28.129 Family therapy-ED 1 (conjoint family therapy) versus family therapy-ED 2 (separated family therapy) in young people with anorexia nervosa at follow up

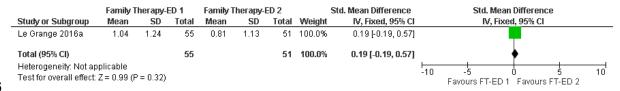
#### 11 Figure 1099: Full remission (ITT)

	Family Therap	y-ED 1	Family Therap	ry-ED 2		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Le Grange 2016a	16	55	19	51	100.0%	0.78 [0.45, 1.35]	<del>-</del>
Total (95% CI)		55		51	100.0%	0.78 [0.45, 1.35]	-
Total events	16		19				
Heterogeneity: Not ap	oplicable						0.1 0.2 0.5 1 2 5 10
Test for overall effect:	Z = 0.89 (P = 0.3	37)					Favours FT-ED 2 Favours FT-ED 1

#### 13 Figure 1100: percentage of median BMI



#### 15 Figure 1101: EDE-global



# 1 Figure 1102: EDE-dietary restraint

	Family T	hегару-	ED 1	Family 1	Therapy-	ED 2	5	Std. Mean Difference		Std. Me	an Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fi	xed, 95% (	CI	
Le Grange 2016a	0.77	1.18	55	0.55	0.96	51	100.0%	0.20 [-0.18, 0.58]					
Total (95% CI)			55			51	100.0%	0.20 [-0.18, 0.58]			•		
Heterogeneity: Not ap Test for overall effect:		e = 0.30)							-10	-5 Favours FT-EI	ο O1 Favou	5 irs FT-ED 2	10

# 3 Figure 1103: EDE-eating concern

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	Family T	hегару-	ED 1	Family 1	Гнегару-	ED 2	,	Std. Mean Difference		Std. Mo	an Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	xed, 95%	6 CI	
Le Grange 2016a	0.79	1.13	55	0.65	1.15	51	100.0%	0.12 [-0.26, 0.50]					
Total (95% CI)			55			51	100.0%	0.12 [-0.26, 0.50]			•		
Heterogeneity: Not ap Test for overall effect:	•	e = 0.53)							-10	-5 Favours FT-EI	0 0 1 Favo	t 5 ours FT-ED 2	10

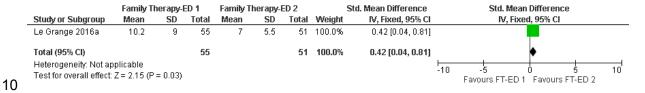
# 5 Figure 1104: EDE-weight concern

	Family Therapy-ED 1			Family 1	Гнегару-	ED 2		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Le Grange 2016a	1.1	1.28	55	0.94	1.21	51	100.0%	0.13 [-0.25, 0.51]	
Total (95% CI)			55			51	100.0%	0.13 [-0.25, 0.51]	<b>•</b>
Heterogeneity: Not ap	pplicable								-10 -5 0 5 10
Test for overall effect	: Z = 0.65 (F	P = 0.51)							Favours FT-ED 1 Favours FT-ED 2

# 7 Figure 1105: EDE-shape concern

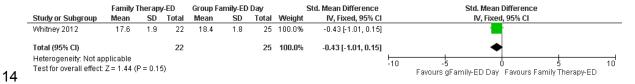
	Family Therapy-ED 1			Family 1	Гнегару-	ED 2	9	td. Mean Difference		Std. M	ean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	ixed, 95%	6 CI	
Le Grange 2016a	1.42	1.66	55	1.11	1.37	51	100.0%	0.20 [-0.18, 0.58]					
Total (95% CI)			55			51	100.0%	0.20 [-0.18, 0.58]			•		
Heterogeneity: Not ap Test for overall effect:	•	P = 0.30)							-10	-5 Favours FT-E	0 D1 Favi	5 ours FT-ED 2	10

#### 9 Figure 1106: Depression



# M.3.28.131 Family therapy-ED versus group family day workshop for eating disorders in adult with anorexia nervosa at end of treatment

### 13 Figure 1107: BMI



### 1 Figure 1108: SEED Anorexia-severity

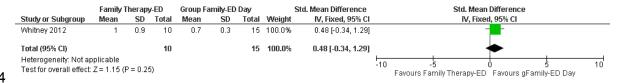
		Family T	herapy	/-ED	Group Fa	mily-ED	Day	5	Std. Mean Difference	Std. Mean Difference	
	Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
	Whitney 2012	2	1.1	10	1.8	0.9	15	100.0%	0.20 [-0.61, 1.00]	+	
	Total (95% CI)			10			15	100.0%	0.20 [-0.61, 1.00]	,	
)	Heterogeneity: Not ap Test for overall effect:		9 = 0.63	3)						-10 -5 0 5 10 Favours Family Therapy-ED Favours gFamily-ED Day	

#### 3 Figure 1109: SEED Bulimia-severity

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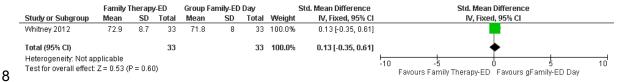
10



#### 5 Figure 1110: Carer quality of life

	Family 1	Гһегару	/-ED	Group Fa	amily-ED	Day				Std. Mea	n Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 95% CI		
Whitney 2012	15.2	4.2	37	14.7	7.4	40	100.0%	0.08 [-0.37, 0.53]					
Total (95% CI)			37			40	100.0%	0.08 [-0.37, 0.53]			<b>*</b>		
Heterogeneity: Not ap Test for overall effect:		P = 0.73	2)						-10	-5 Favours Family Therapy-EI	0 Favours gF	5 amily-ED Day	10

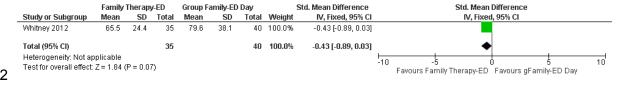
#### 7 Figure 1111: Carer family functioning



### 9 Figure 1112: Carer Experience of Caregiving Inventory-positive

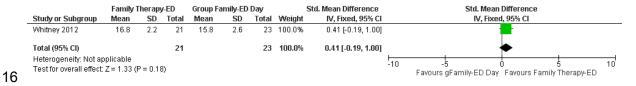
	Family T	пегару	/-EU	Group Fa	amiry-Ev	υay	;	Std. Mean Difference						
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		P	V, Fixed,	95% CI		
Whitney 2012	25.4	9.7	35	30.1	8	40	100.0%	-0.53 [-0.99, -0.06]						
<b>Total (95% CI)</b> Heterogeneity: Not app Test for overall effect: 2		P = 0.03	<b>35</b> 3)			40	100.0%	-0.53 [-0.99, -0.06]	-10	-5 Favours gFamily-E	◆ 0 D Day	Favours Family	I 5 Therapy-ED	10

#### 11 Figure 1113: Carer Experience of Caregiving Inventory-negative



# M.3.28.143 Family therapy-ED versus group family day workshop for eating disorders in adult with anorexia nervosa at follow up

#### 15 Figure 1114: BMI



#### 1 Figure 1115: SEED Anorexia-severity

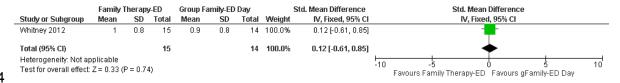
	Family 1	Therapy	/-ED	Group Fa	mily-ED	Day	!	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Whitney 2012	1.7	0.7	15	1.9	0.9	14	100.0%	-0.24 [-0.97, 0.49]	<del>-</del>
Total (95% CI)			15			14	100.0%	-0.24 [-0.97, 0.49]	<b>→</b>
Heterogeneity: Not ap Test for overall effect:		P = 0.52	2)						-10 -5 0 5 10 Favours Family Therapy-ED Favours gFamily-ED Day

#### 3 Figure 1116: SEED Bulimia-severity

2

6

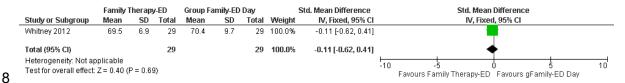
10



#### 5 Figure 1117: Carer quality of life

	Family 1	Гһегару	/-ED	Group Fa	amily-ED	Day		Std. Mean Difference		Sto	l. Mean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed, 95%	i CI	
Whitney 2012	12.6	6.2	37	13.6	6.4	32	100.0%	-0.16 [-0.63, 0.32]			-		
Total (95% CI)			37			32	100.0%	-0.16 [-0.63, 0.32]			•		
Heterogeneity: Not ap Test for overall effect:		P = 0.50	2)						-10 Fa	-5 vours Family Ther	0 apy-ED Favo	5 ours gFamily-ED Day	10

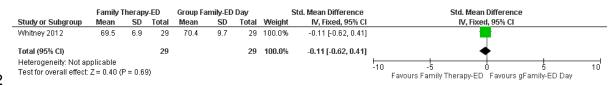
#### 7 Figure 1118: Carer family functioning



# 9 Figure 1119: Carer Experience of Caregiving Inventory-positive

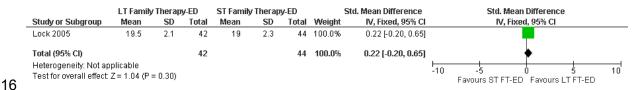
	Family	ınerapy	/-ED	Group F	amily-ED	Day				5	ta. Mean Differei	ıce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed, 95% C	1	
Whitney 2012	25.3	9.7	31	27.7	10.5	32	100.0%	-0.23 [-0.73, 0.26]					
Total (95% CI) Heterogeneity: Not ap Test for overall effect: .		P = 0.35	<b>31</b>			32	100.0%	-0.23 [-0.73, 0.26]	-10	-5 Favours gFamily	0 -ED Day Favour	5 rs Family Therap	10 by-ED

#### 11 Figure 1120: Carer Experience of Caregiving Inventory-negative



# M.3.28.153 Long-term family therapy-ED versus short-term family therapy for young people with anorexia nervosa at end of treatment

#### 15 Figure 1121: BMI

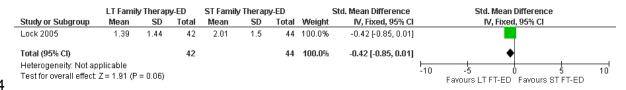


#### 1 Figure 1122: EDE-dietary restraint

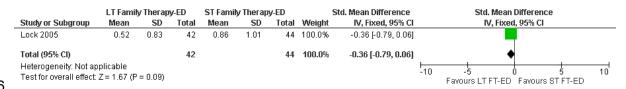
	LT Family	LT Family Therapy-ED			ly Therap	y-ED		Std. Mean Difference		Std. N	lean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95 <sup>t</sup>	% CI	
Lock 2005	1.42	1.63	42	1.84	1.77	44	100.0%	-0.24 [-0.67, 0.18]					
Total (95% CI)			42			44	100.0%	-0.24 [-0.67, 0.18]			•		
Heterogeneity: Not ap Test for overall effect:		= 0.26)							-10	-5 Favours LT F1	o -ED Fav	5 ours ST FT-E	10 D

#### 3 Figure 1123: EDE-weight concern

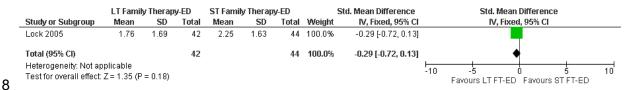
2



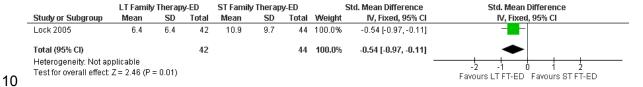
### 5 Figure 1124: EDE-eating concern



#### 7 Figure 1125: EDE-shape concern



#### 9 Figure 1126: Yale-Brown-Cornell Eating Disorder Scale

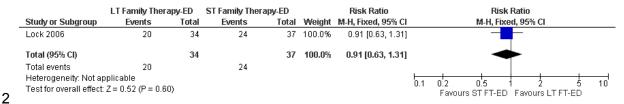


# M.3.28.161 Long-term family therapy-ED versus short-term family therapy for young people with anorexia nervosa at follow up

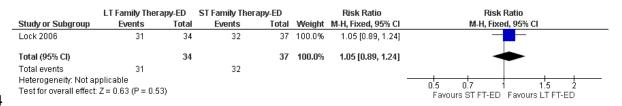
#### 13 Figure 1127: BMI

	LT Family Therapy-ED			ST Fami	ly Therap	y-ED		Std. Mean Difference		Std. Mean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95°	% CI	
Lock 2006	20.74	2.25	34	20.57	2.03	37	100.0%	0.08 [-0.39, 0.54]				
Total (95% CI)			34			37	100.0%	0.08 [-0.39, 0.54]		•		
Heterogeneity: Not ap Test for overall effect:	•	= 0.74)							-10 - Favou	5 0 rs ST FT-ED Fav	5 ours LT FT-ED	10

#### 1 Figure 1128: number of people achieving a BMI of 20 kg/m<sup>2</sup> or greater



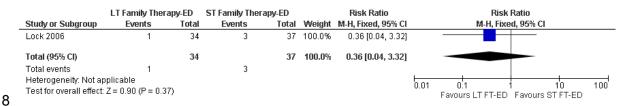
#### 3 Figure 1129: number of people achieving 90% or greater ideal body weight



#### 5 Figure 1130: number of people menstruating

	LT Family Ther	apy-ED	ST Family The	apy-ED		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Lock 2006	18	34	20	37	100.0%	0.98 [0.63, 1.51]	
Total (95% CI)		34		37	100.0%	0.98 [0.63, 1.51]	•
Total events	18		20				
Heterogeneity: Not a	pplicable						0.1 0.2 0.5 1 2 5 10
Test for overall effect	: Z = 0.09 (P = 0.9	3)					0.1 0.2 0.5 1 2 5 10 Favours LT FT-ED Favours ST FT-ED

# 7 Figure 1131: Amenorrheic



#### 9 Figure 1132: EDE-dietary restraint

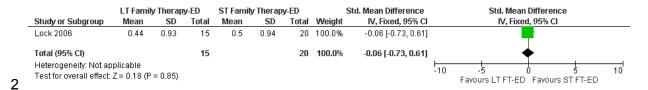
	LT Family Therapy-ED			ST Family	y Therap	y-ED		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Lock 2006	0.52	0.76	15	1.04	1.6	20	100.0%	-0.39 [-1.06, 0.29]	
Total (95% CI)			15			20	100.0%	-0.39 [-1.06, 0.29]	•
Heterogeneity: Not ap Test for overall effect:		= 0.26)							-10 -5 0 5 10 Favours LT FT-ED Favours ST FT-ED

#### 11 Figure 1133: EDE-weight concern

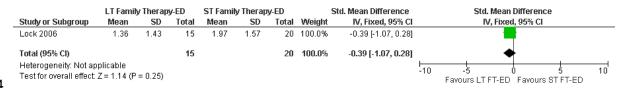
	LT Family	y Therap	y-ED	ST Fami	ly Therap	y-ED	!	Std. Mean Difference		Std. N	lean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Lock 2006	1.32	1.48	15	1.86	1.74	20	100.0%	-0.32 [-1.00, 0.35]					
Total (95% CI)			15			20	100.0%	-0.32 [-1.00, 0.35]			•		
Heterogeneity: Not ap Test for overall effect:		= 0.35)							-10	-5 Favours LT F	0 F-ED Favo	5 urs ST FT-ED	10

10

#### 1 Figure 1134: EDE-eating concern

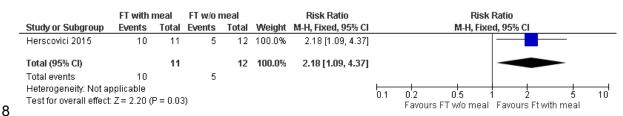


#### 3 Figure 1135: EDE-shape concern

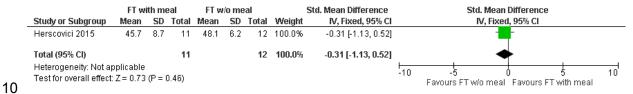


# M.3.28.175 Family therapy-ED with family meal versus family therapy-ED without family meal in 6 young people with anorexia nervosa at end of treatment

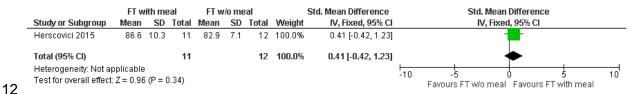
### 7 Figure 1136: Remission



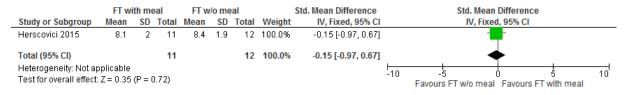
#### 9 Figure 1137: Weight (kg)



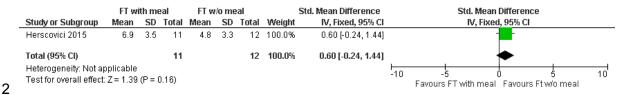
#### 11 Figure 1138: percentage of expected body weight



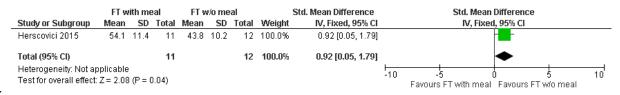
#### 13 Figure 1139: Morgan-Russell Outcome-average



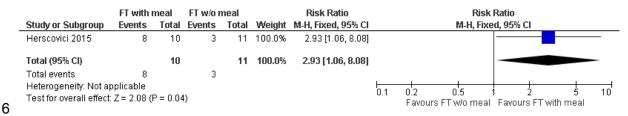
#### 1 Figure 1140: Eating Disorder Inventory-2



### 3 Figure 1141: General psychopathology

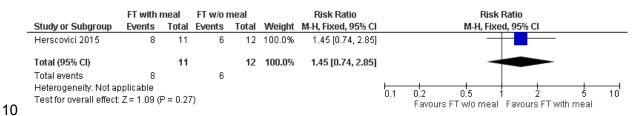


#### 5 Figure 1142: Resumed menstruation

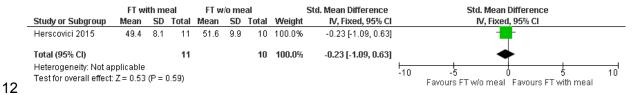


# M.3.28.187 Family therapy-ED with family meal versus family therapy-ED without family meal in 8 young people with anorexia nervosa at follow up

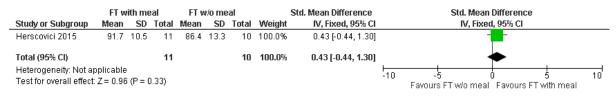
#### 9 Figure 1143: Remission



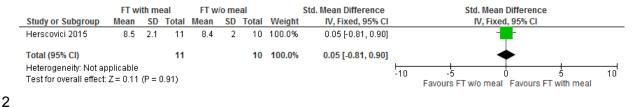
#### 11 Figure 1144: Weight (kg)



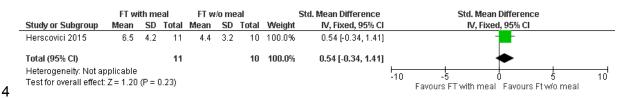
#### 13 Figure 1145: percentage of expected body weight



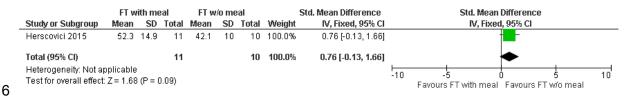
#### 1 Figure 1146: Morgan-Russell Outcome-average



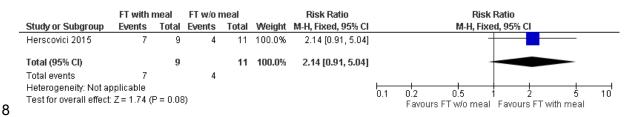
# 3 Figure 1147: Eating Disorder Inventory-2



#### 5 Figure 1148: General psychopathology



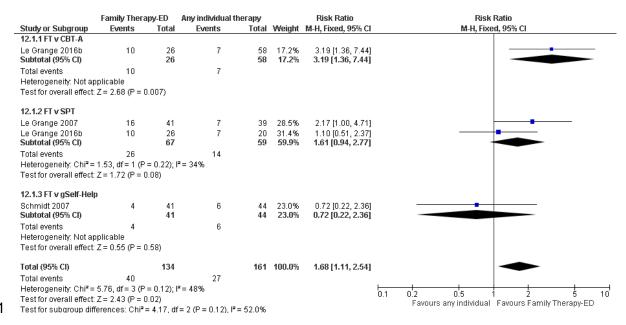
# 7 Figure 1149: Resumed menstruation



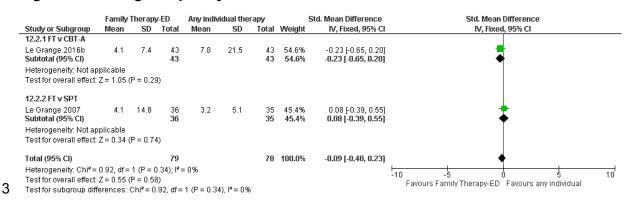
#### M.3.299 Family therapy for bulimia nervosa

# M.3.29.10 Family therapy-ED versus any other intervention in young people with bulimia nervosa 11 at end of treatment

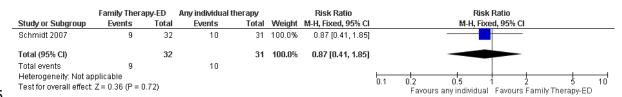
#### 12 Figure 1150: Remission (ITT)



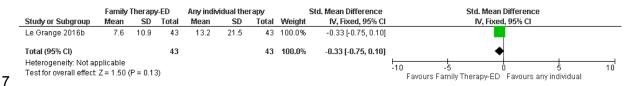
#### 2 Figure 1151: Binge frequency



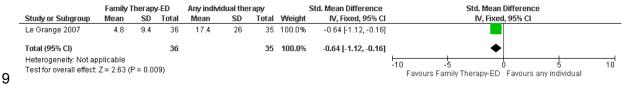
#### 4 Figure 1152: Abstinence from vomiting



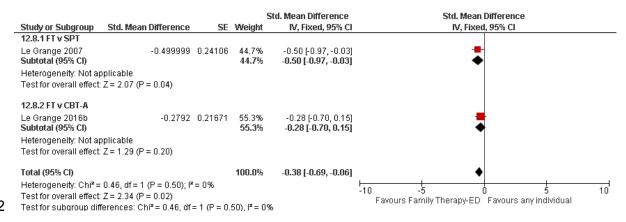
#### 6 Figure 1153: Purge frequency



#### 8 Figure 1154: Vomit frequency



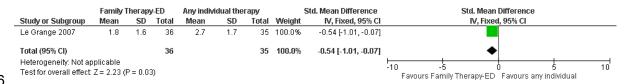
#### 1 Figure 1155: EDE-global



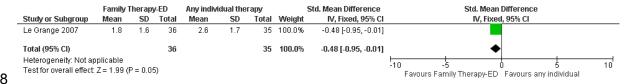
#### 3 Figure 1156: EDE-dietary restraint



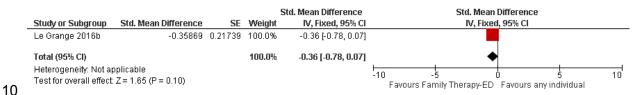
#### 5 Figure 1157: EDE-shape concern



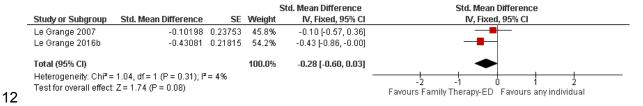
### 7 Figure 1158: EDE-weight concern



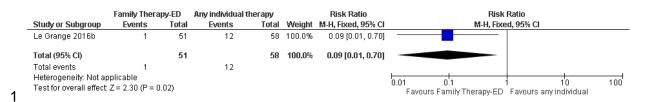
#### 9 Figure 1159: Yale-Brown-Cornell Eating Disorder Scale



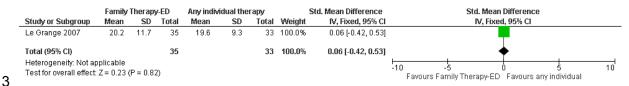
#### 11 Figure 1160: Depression



#### 13 Figure 1161: Hospitalised during treatment

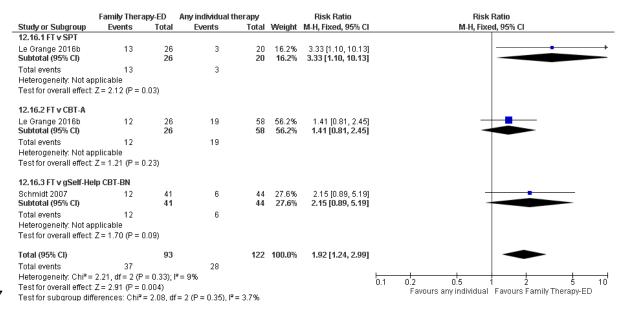


#### 2 Figure 1162: Service user experience

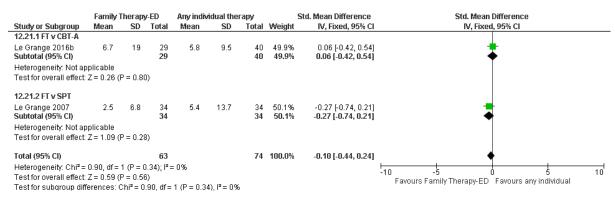


# M.3.29.24 Family therapy-ED versus any other intervention in young people with bulimia nervosa 5 at end of treatment at follow up

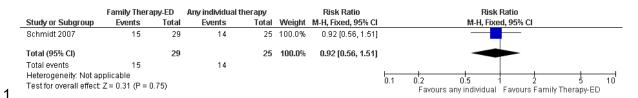
# 6 Figure 1163: Remission (ITT)



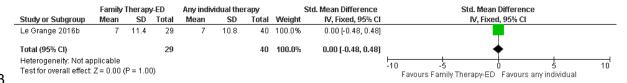
# 8 Figure 1164: Binge frequency



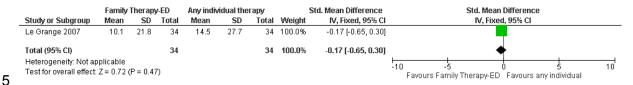
#### 10 Figure 1165: Abstinence from vomiting



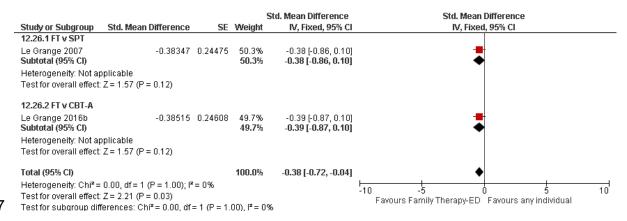
#### 2 Figure 1166: Purge frequency



#### 4 Figure 1167: Vomit frequency



#### 6 Figure 1168: EDE-global



#### 8 Figure 1169: EDE-dietary restraint

	Family Therapy-EC				idual ther	ару		Std. Mean Difference	Std. Mear	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI	
Le Grange 2007	1.3	1.5	34	1.9	1.6	34	100.0%	-0.38 [-0.86, 0.10]			
Total (95% CI)			34			34	100.0%	-0.38 [-0.86, 0.10]		<b>,</b>	
Heterogeneity: Not ap Test for overall effect:		P = 0.12	2)						-10 -5 Favours Family Therapy-ED	o 5 Favours any indi	10 ividual

#### 10 Figure 1170: EDE-shape concern

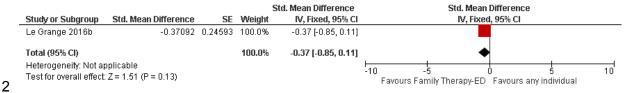
	Family 1	Therapy	∕-ED	Any indivi	idual the	гару	9	Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI	
Le Grange 2007	1.7	1.5	34	2.7	1.9	34	100.0%	-0.58 [-1.06, -0.09]			
Total (95% CI)			34			34	100.0%	-0.58 [-1.06, -0.09]	•		
Heterogeneity: Not ap Test for overall effect:		P = 0.02	2)						-10 -5 Favours Family Therapy-ED	0 5 Favours any indiv	10

### 12 Figure 1171: EDE-weight concern

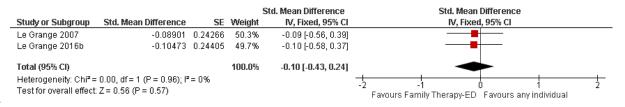
	Family 1	Гнегару	/-ED	Any indivi	idual ther	ару	5	Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Le Grange 2007	1.6	1.5	34	2.3	1.5	34	100.0%	-0.46 [-0.94, 0.02]		
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		P = 0.06	<b>34</b>			34	100.0%	-0.46 [-0.94, 0.02]	-10 -5 5 5 Favours Family Therapy-ED Favours any individual	10

11

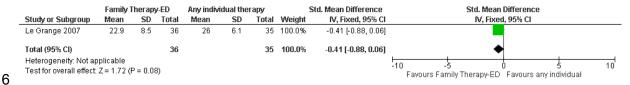
#### 1 Figure 1172: Yale-Brown-Cornell Eating Disorder Scale



### 3 Figure 1173: Depression



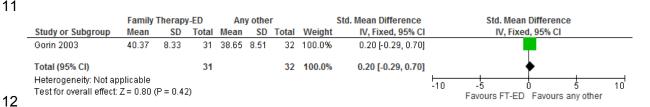
#### 5 Figure 1174: Service user experience



# M.3.307 Family therapy for binge eating disorder

# M.3.30.18 Family therapy-ED vs any other intervention in adults with binge eating disorder at 9 end of treatment

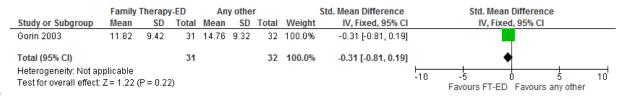
### 10 Figure 1175: Weight (kg)



#### 13 Figure 1176: Binge frequency

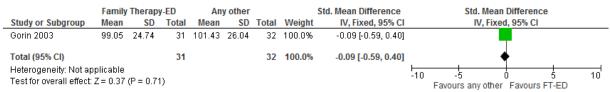
	Family 7	Family Therapy-ED			y othe	г		Std. Mean Difference		Std. Mea	n Dif	ference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 9	5% CI	
Gorin 2003	3.32	4.35	31	2.44	2.83	32	100.0%	0.24 [-0.26, 0.73]					
Total (95% CI)			31			32	100.0%	0.24 [-0.26, 0.73]			•		
Heterogeneity: Not ap Test for overall effect:		P = 0.35	5)						-10	-5 Favours FT-ED	o Fa	5 avours any other	10

#### 15 Figure 1177: Depression



#### 1 Figure 1178: Family functioning





3

# M.3.30.24 Family therapy-ED vs any other intervention in adults with binge eating disorder at follow up

#### 6 Figure 1179: Weight (kg)

	Family '	Family Therapy-ED			y othe	г		Std. Mean Difference		Std. Me	an Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fi	ked, 959	% CI	
Gorin 2003	39.74	8.67	31	37.83	8.84	32	100.0%	0.22 [-0.28, 0.71]					
Total (95% CI)			31			32	100.0%	0.22 [-0.28, 0.71]			•		
Heterogeneity: Not ap Test for overall effect:	•	P = 0.39	3)						-10	-5 Favours FT-E	0 D Fav	ours any	10 other

7

#### 8 Figure 1180: Binge frequency

	Family	Family Therapy-ED Mean SD Total I			y othe	г		Std. Mean Difference		Std. Me	an Differ	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ced, 95%	CI	
Gorin 2003	3.5	4.64	31	1.63	2.09	32	100.0%	0.52 [0.01, 1.02]					
Total (95% CI)			31			32	100.0%	0.52 [0.01, 1.02]		ı	•		
Heterogeneity: Not ap Test for overall effect:		(P = 0.04	1)						-10	-5 Favours FT-E	0 D Favo	5 ours any othe	10 er

9

# 10 Figure 1181: Depression

	Family 1	Family Therapy-ED Mean SD Total I			y othe	г		Std. Mean Difference		Std. Mea	n Differ	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95%	CI	
Gorin 2003	12.24	9.23	31	12.89	8.05	32	100.0%	-0.07 [-0.57, 0.42]					
Total (95% CI)			31			32	100.0%	-0.07 [-0.57, 0.42]			•		
Heterogeneity: Not ap Test for overall effect:		P = 0.77	7)						-10	-5 Favours FT-ED	0 Favo	5 ours any other	10 r

11

#### 12 Figure 1182: Family functioning

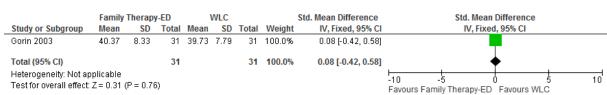
	Family	Therap	y-ED	An	y other	г		Std. Mean Difference		Std. Me	an D	ifference	)	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	xed,	95% CI		
Gorin 2003	99.06	22.84	31	99.2	23.52	32	100.0%	-0.01 [-0.50, 0.49]			Ц			
Total (95% CI)			31			32	100.0%	-0.01 [-0.50, 0.49]			•			
Heterogeneity: Not ap Test for overall effect:			3)						-10	-5 Favours any oth	o er	Favours F	5 T-ED	10

13

# M.3.30.34 Family therapy-ED vs WLC in adults with binge eating disorder at end of treatment

# 15 Figure 1183: Weight (kg)

16

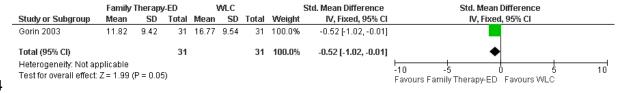


# 1 Figure 1184: Binge frequency

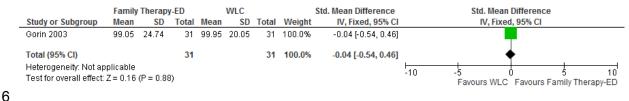
	Family Therapy-ED			1	MLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Gorin 2003	3.32	4.35	31	5.87	4.64	31	100.0%	-0.56 [-1.07, -0.05]	•
Total (95% CI)			31			31	100.0%	-0.56 [-1.07, -0.05]	<b>.</b>
Heterogeneity: Not ap Test for overall effect:		P = 0.03	3)						-10 -5 0 5 10 Favours Family Therapy-ED Favours WLC

#### 3 Figure 1185: Depression

2



# 5 Figure 1186: Family functioning



# M.47 Clinical question: Does any psychological intervention

- 8 produce benefits/harms in the parents or carers of children
- 9 or young people with an eating disorder compared with any
- 10 other intervention or controls?

#### M.4.11 Interventions for carers of people with anorexia nervosa

- M.4.1.12 Self-Help or guided self-Help and treatment as usual vs treatment as usual at 12-
  - 13 months after inpatient admission for carers of people with anorexia nervosa carer
  - 14 outcomes

#### 15 Figure 1187: Carer general psychopathology (distress)

	Guided Se	lf-Help/SH ·	+ TAU		TAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Salerno 2016	32.27	24.78	99	31.61	28.74	50	100.0%	0.03 [-0.31, 0.37]	•
Total (95% CI)			99			50	100.0%	0.03 [-0.31, 0.37]	<b>,</b>
Heterogeneity: Not ap Test for overall effect:		0.89)							-10 -5 0 5 10 Favours gSH/SH + TAU Favours TAU

# M.4.21 Self-Help and treatment as usual vs treatment as usual at 6- or 12-months after

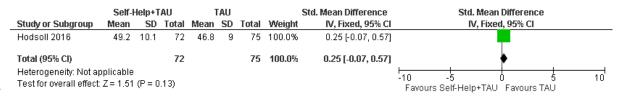
- 2 inpatient admission for carers of people with anorexia nervosa carer
- 3 outcomes

5

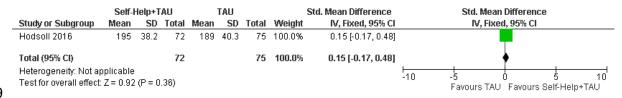
#### 4 Figure 1188: Carer accommodation and enabling (6 months)

	Self-Help+TAU				UAT			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Hodsoll 2016	45.8	24.6	72	45.6	24	75	100.0%	0.01 [-0.32, 0.33]	
Total (95% CI)			72			75	100.0%	0.01 [-0.32, 0.33]	•
Heterogeneity: Not ap Test for overall effect:			.96)						-10 -5 0 5 10 Favours Self-Help+TAU Favours TAU

#### 6 Figure 1189: Carer family functioning



#### 8 Figure 1190: Carer skills



# M.4.2.10 Self-Help and treatment as usual vs treatment as usual at 12-months after inpatient admission for carers of people with anorexia nervosa – patient outcomes

#### 12 Figure 1191: BMI

	SH+TAU TAU				Std. Mean Difference		Std. Mean Difference						
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	l, 95% CI		
Hodsoll 2016	19.4	2.6	49	18.7	2.6	50	100.0%	0.27 [-0.13, 0.66]					
Total (95% CI)			49			50	100.0%	0.27 [-0.13, 0.66]			•		
Heterogeneity: Not ap Test for overall effect:			0.19)						-10	-5 ( Favours TAU	) 5 Favours SH	i + TAU	10

#### 14 Figure 1192: Gender standardized weight for height percentage

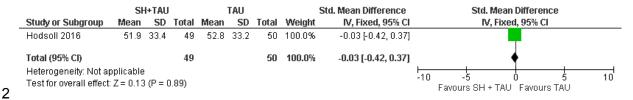
	SH	SH+TAU TAU				Std. Mean Difference	Std. Mean Difference						
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Hodsoll 2016	91.2	13.1	49	88.6	13.1	50	100.0%	0.20 [-0.20, 0.59]					
Total (95% CI)			49			50	100.0%	0.20 [-0.20, 0.59]			•		
Heterogeneity: Not ap Test for overall effect:			0.33)						-10	-5 Favours	0 TAU Favo	5 urs SH + T.	10 AU

### 16 Figure 1193: SEED Anorexia

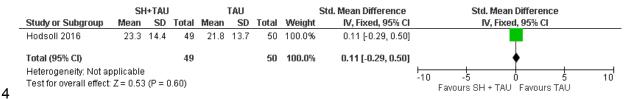
	Si	SH+TAU TAU						Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Hodsoll 2016	1.32	0.56	49	1.33	0.75	50	100.0%	-0.01 [-0.41, 0.38]	•
Total (95% CI)			49			50	100.0%	-0.01 [-0.41, 0.38]	•
Heterogeneity: Not ap Test for overall effect:	•		0.94)						-10 -5 0 5 10 Favours SH + TAU Favours TAU

13

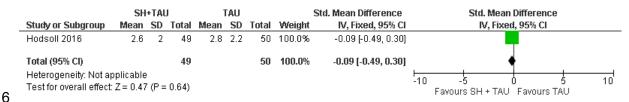
#### 1 Figure 1194: General psychopathology



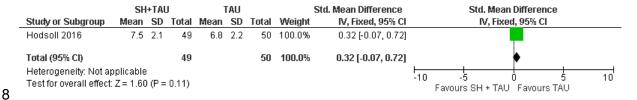
#### 3 Figure 1195: Clinical impairment due to eating disorder



### 5 Figure 1196: Strength and Difficulties Questionnaire-peer problems

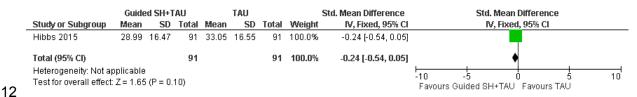


#### 7 Figure 1197: Strength and Difficulties Questionnaire-prosocial behaviour

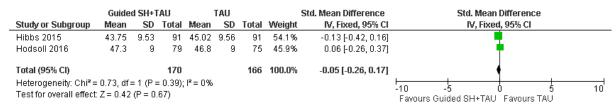


# M.4.2.29 Guided self-help and treatment as usual vs treatment as usual at 12- and 24-months 10 after inpatient admission for carers of people with anorexia nervosa – carer outcomes

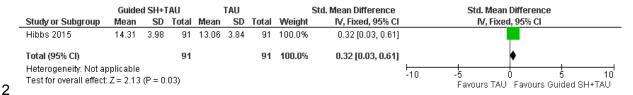
#### 11 Figure 1198: Carer burden after 12-months treatment



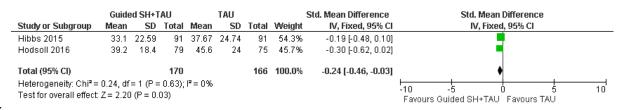
#### 13 Figure 1199: Carer family functioning after 6- or 12-months treatment



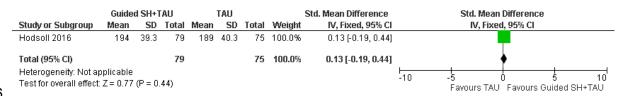
#### 1 Figure 1200: Carer quality of life after 12-months treatment



#### 3 Figure 1201: Carer accommodation and enabling after 12-months treatment



### 5 Figure 1202: Carer skills after 12-months treatment



#### 7 Figure 1203: Carer burden after 24-months treatment

8

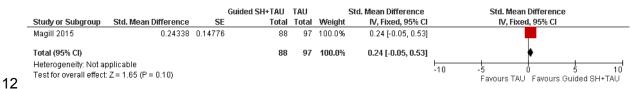
10

Study or Subgroup	Std. Mean Difference	SE	Guided SH+TAU Total	TAU Total	Weight	Std. Mean Difference IV. Fixed, 95% CI		Std. Mean I IV, Fixed			
Magill 2015		0.147594		97	100.0%	,,		11,1110	, 0011 01		
Total (95% CI)			88	97	100.0%	-0.20 [-0.49, 0.09]		•			
Heterogeneity: Not ap Test for overall effect:	•						-10	5 (ided SH (ED)	) Favours TAL	<del> </del> 5 J	10

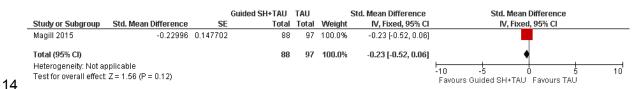
#### 9 Figure 1204: Carer family functioning after 24-months treatment

			Guided SH+TAU	TAU		Std. Mean Difference	Std. I	dean Differenc	e	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI	IV,	Fixed, 95% CI		
Magill 2015	-0.25092	0.147794	88	97	100.0%	-0.25 [-0.54, 0.04]				
Total (95% CI)			88	97	100.0%	-0.25 [-0.54, 0.04]		•		
Heterogeneity: Not ap Test for overall effect:							-10 -5 Favours Guided SH-	0 TAU Favours	5 TAU	10

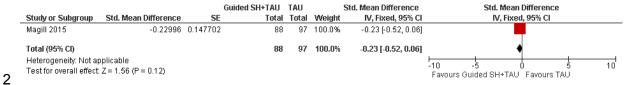
#### 11 Figure 1205: Carer quality of life after 24-months treatment



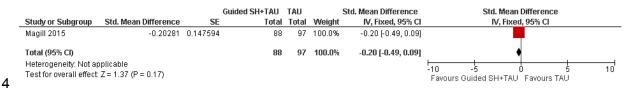
#### 13 Figure 1206: Carer accommodation and enabling after 24-months treatment



### 1 Figure 1207: Carer general psychopathology (distress) after 24-months treatment

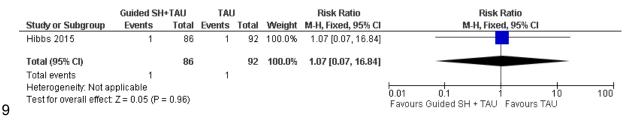


#### 3 Figure 1208: Time spent caregiving after 24-months treatment



# M.4.2.35 Guided self-Help and treatment as usual vs treatment as usual at 12- and 24-months after inpatient admission for carers of people with anorexia nervosa - patient outcomes

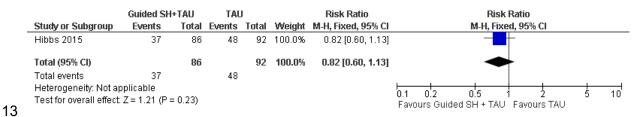
### 8 Figure 1209: Patient deaths during study



#### 10 Figure 1210: Readmitted to hospital during study

	Guided SH+TAU TAU			Risk Ratio	Risk Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Hibbs 2015	23	86	29	92	100.0%	0.85 [0.53, 1.35]	_
Total (95% CI)		86		92	100.0%	0.85 [0.53, 1.35]	-
Total events	23		29				
Heterogeneity: Not ap Test for overall effect:	•	= 0.49)					0.1

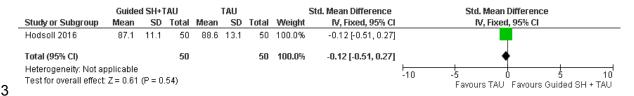
#### 12 Figure 1211: Relapse



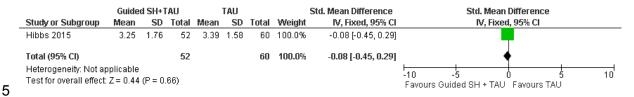
#### 14 Figure 1212: BMI after 12-months treatment

	Guided SH+TAU TAU		TAU Std. Mean Differen			Std. Mean Difference							
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	95% CI		
Hibbs 2015	17.33	2.9	52	17.04	2.51	60	52.8%	0.11 [-0.26, 0.48]			ŀ		
Hodsoll 2016	18.3	2.2	50	18.7	2.6	50	47.2%	-0.16 [-0.56, 0.23]		•			
Total (95% CI)			102			110	100.0%	-0.02 [-0.29, 0.25]		•	,		
Heterogeneity: Chi² = Test for overall effect		,		²=0%					-10	-5 0 Favours TAU	Favours Gu	1 5 ided SH	10 + TAU

# 1 Figure 1213: Gender standardised weight for height percentage after 12-months treatment



#### 4 Figure 1214: EDE-Q-global after 12-months treatment



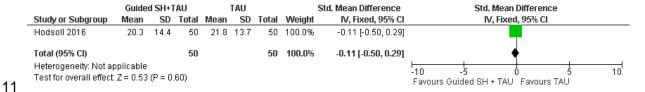
#### 6 Figure 1215: SEED after 12-months treatment

	Guided SH+TAU TAU				Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Hodsoll 2016	1.44	0.66	50	1.33	0.75	50	100.0%	0.15 [-0.24, 0.55]	•
Total (95% CI)			50			50	100.0%	0.15 [-0.24, 0.55]	<b>•</b>
Heterogeneity: Not a Test for overall effect			44)						-10 -5 0 5 10 Favours Guided SH + TAU Favours TAU

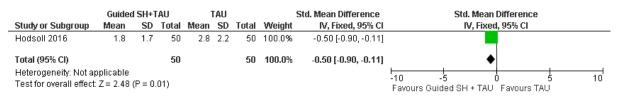
#### 8 Figure 1216: General psychopathology after 12-months treatment

	Guided SH+TAU TAU						Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI		
Hibbs 2015	61.14	31.15	52	62.07	31.52	60	52.8%	-0.03 [-0.40, 0.34]	<b>*</b>		
Hodsoll 2016	47.8	29.8	50	52.8	33.2	50	47.2%	-0.16 [-0.55, 0.24]	<b>*</b>		
Total (95% CI)			102			110	100.0%	-0.09 [-0.36, 0.18]	•		
Heterogeneity: Chi² = Test for overall effect:				I² = 0%					-10 -5 0 5 1! Favours Guided SH + TAU Favours TAU	ō	

#### 10 Figure 1217: Clinical impairment due to eating disorder after 12-months treatment

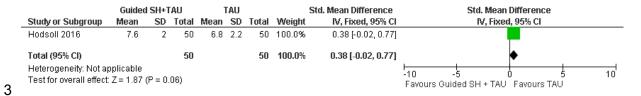


# 12 Figure 1218: Strength and Difficulties Questionnaire-peer problems after 12-months treatment



7

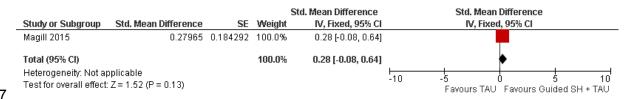
#### 1 Figure 1219: Strength and Difficulties Questionnaire-prosocial behaviour after 12-2 months treatment



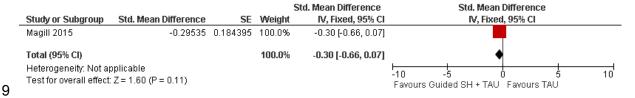
#### 4 Figure 1220: Quality of life after 12-months treatment

	Guide	Guided SH+TAU TAU				Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI		
Hibbs 2015	11.77	3.44	52	11.44	3.19	60	100.0%	0.10 [-0.27, 0.47]	·		
Total (95% CI)			52			60	100.0%	0.10 [-0.27, 0.47]	<b>,</b>		
Heterogeneity: Not a Test for overall effect			60)						-10 -5 0 5 10 Favours Guided SH + TAU Favours TAU		

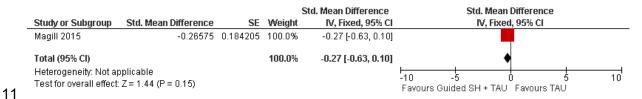
# 6 Figure 1221: BMI after 24-months treatment



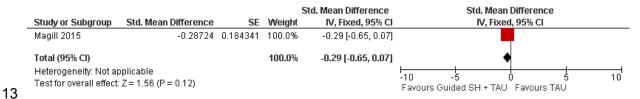
#### 8 Figure 1222: EDE-Q-global after 24-months treatment



#### 10 Figure 1223: General psychopathology after 24-months treatment



#### 12 Figure 1224: Quality of life after 24-months treatment



#### M.4.2.41 Guided self-Help and treatment as usual vs self-help and treatment as usual at 6- and

- 2 12-months after inpatient admission for carers of people with anorexia nervosa -
- 3 Carer outcomes

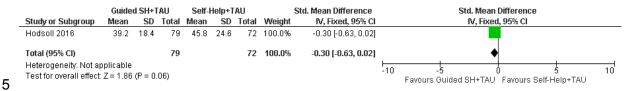
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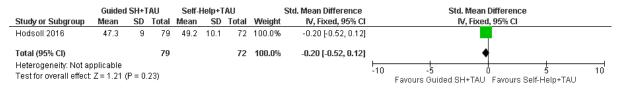
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### 4 Figure 1225: Carer accommodation and enabling after 6-months treatment



# 6 Figure 1226: Carer family functioning after 6-months treatment



#### 8 Figure 1227: Carer skills after 12-months treatment

	Guide	d SH+1	AU	Self-l	Self-Help+TAU			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Hodsoll 2016	194	39.3	79	195	38.2	72	100.0%	-0.03 [-0.35, 0.29]					
Total (95% CI)			79			72	100.0%	-0.03 [-0.35, 0.29]			<b>•</b>		
Heterogeneity: Not ap Test for overall effect			87)						-10	-5 Favours Self-Help+TAU	↓ O □ Favours Gui	5 ded SH+TAU	10

#### 10 Figure 1228: Carer general psychopathology after 12-months treatment

	Guide	d SH+1	TAU .	Self-l	Help+T	AU		Std. Mean Difference		Std. Mean D	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	, 95% CI	
Hodsoll 2016	27.9	21.7	79	28.9	25.2	72	100.0%	-0.04 [-0.36, 0.28]		-		
Total (95% CI)			79			72	100.0%	-0.04 [-0.36, 0.28]		<b>+</b>	•	
Heterogeneity: Not ap Test for overall effect:			.79)						-10	-5 0 Favours Guided SH+TAU	5 Favours Self-Help+TAU	10

#### 12 Figure 1229: Time spent caregiving after 12-months treatment

			Guided SH+TAU	Self-Help+TAU		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Hodsoll 2016	0.01228	0.162934	79	72	100.0%	0.01 [-0.31, 0.33]	•
Total (95% CI)			79	72	100.0%	0.01 [-0.31, 0.33]	<b>•</b>
Heterogeneity: Not ap Test for overall effect:							-10 -5 0 5 10 Favours Guided SH+TAU Favours Self-Help+TAU

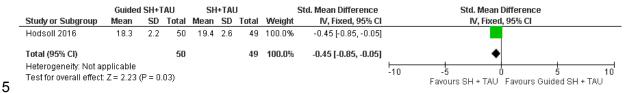
#### 14 Figure 1230: Direct spending after 12-months treatment

			Guided SH+TAU	Self-Help+TAU		Std. Mean Difference		Std. Me	an Difference		
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI		IV, Fi	xed, 95% CI		
Hodsoll 2016	0.00409	0.162933	79	72	100.0%	0.00 [-0.32, 0.32]			-		
Total (95% CI)			79	72	100.0%	0.00 [-0.32, 0.32]			<b>*</b>		
Heterogeneity: Not ap Test for overall effect:							-10 Favo	-5 ours Guided SH+T	0 AU Favours Sel	5 f-Help+T.	10 AU

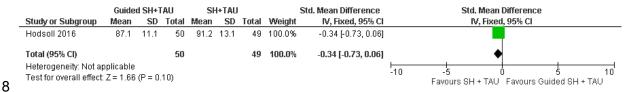
#### M.4.2.51 Guided self-help and treatment as usual vs self-help and treatment as usual at 12-

- 2 months after inpatient admission for carers of people with anorexia nervosa Patient
- 3 outcomes

#### 4 Figure 1231: BMI after 12-months treatment



#### 6 Figure 1232: Gender standardised weight for height percentage after 12-months 7 treatment



# 9 Figure 1233: SEED Anorexia after 12-months treatment

	Guide	d SH+T	AU	SH	I+TAU			Std. Mean Difference		Std. Mean Di	ifference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 9	95% CI	
Hodsoll 2016	1.44	0.66	50	1.32	0.56	49	100.0%	0.19 [-0.20, 0.59]				
Total (95% CI)			50			49	100.0%	0.19 [-0.20, 0.59]		•	,	
Heterogeneity: Not ap Test for overall effect:			33)						-10 -5 Favours Guideo	O ISH+TAU F	5 Favours SH + TA	10 \U

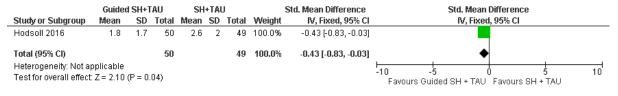
# 11 Figure 1234: General psychopathology after 12-months treatment

	Guide	d SH+1	TAU	SH	I+TAU			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Hodsoll 2016	47.8	29.8	50	51.9	33.4	49	100.0%	-0.13 [-0.52, 0.27]	•	
Total (95% CI)			50			49	100.0%	-0.13 [-0.52, 0.27]	<b>♦</b>	
Heterogeneity: Not ap Test for overall effect:			.52)						-10 -5 0 5 10 Favours Guided SH + TAU Favours SH + TAU	o d

### 13 Figure 1235: Clinical impairment due to eating disorder after 12-months treatment

	Guide	d SH+1	ΓAU	SE	+TAU			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Hodsoll 2016	20.3	14.4	50	23.3	14.4	49	100.0%	-0.21 [-0.60, 0.19]	•	
Total (95% CI)			50			49	100.0%	-0.21 [-0.60, 0.19]	•	
Heterogeneity: Not ap Test for overall effect:			.31)						-10 -5 0 5 10 Favours Guided SH + TAU Favours SH + TAU	

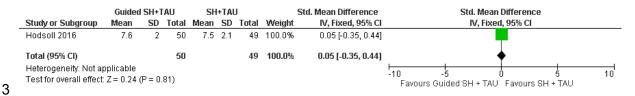
# 15 Figure 1236: Strength and Difficulties Questionnaire-peer problems after 12-months 16 treatment



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#### 1 Figure 1237: Strength and Difficulties Questionnaire-prosocial behaviour after 12-2 months treatment



# M.4.2.64 Web-based guided self-help vs treatment as usual for carers of people with anorexia 5 nervosa at end of treatment

# 6 Figure 1238: Carer general psychopathology (distress)

			WB Guided SH	TAU		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Grover 2011	-0.5503433	0.25698279	33	30	100.0%	-0.55 [-1.05, -0.05]					
Total (95% CI)			33	30	100.0%	-0.55 [-1.05, -0.05]					
Heterogeneity: Not ap Test for overall effect:	•						-10 - Favours W	5 B Guided SH	D 5 Favours TAU	j J	10

#### 8 Figure 1239: Carer burden

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Study or Subgroup	Std. Mean Difference	SE	WB Guided SH Total	TAU Total	Weight	Std. Mean Difference IV, Fixed, 95% CI	Std. Mean Difference IV, Fixed, 95% CI	
Grover 2011	-0.4044916	0.25482324	17	15	49.7%	-0.40 [-0.90, 0.09]	-	
Grover 2011	-0.2292718	0.25308803	16	15	50.3%	-0.23 [-0.73, 0.27]	<b>+</b>	
Total (95% CI)			33	30	100.0%	-0.32 [-0.67, 0.04]	•	
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:	0.24, df = 1 (P = 0.63); P Z = 1.76 (P = 0.08)	= 0%					-10 -5 0 5 Favours WB Guided SH Favours TAU	10

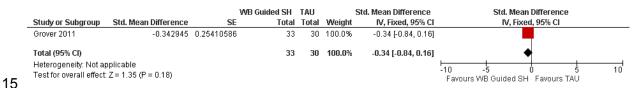
# 10 Figure 1240: Carer Experience of Caregiving Inventory-positive

			WB Guided SH	TAU		Std. Mean Difference		Std. Mea	n Difference	ŧ	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 95% CI		
Grover 2011	0.0583013	0.25231595	33	30		0.06 [-0.44, 0.55]			+		
							-10	-5	Ó	5	10
								Favours TAI	J Favours∖	NB Guided	1 SH

#### 12 Figure 1241: Carer family functioning

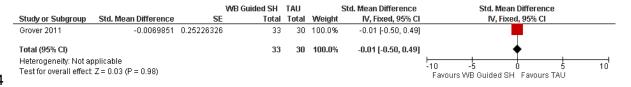
			WB Guided SH	TAU		Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	l, 95% CI	
Grover 2011	-0.4553508	0.25550333	33	30	100.0%	-0.46 [-0.96, 0.05]				
Total (95% CI)			33	30	100.0%	-0.46 [-0.96, 0.05]		•		
Heterogeneity: Not ap Test for overall effect:	•						-10 - Favours Wi	<del>l</del> 5 3 Guided SH	) 5 Favours TAU	10

#### 14 Figure 1242: Carer accommodation and enabling

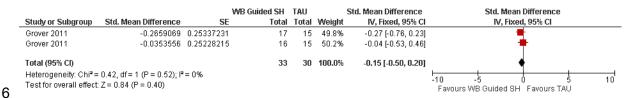


# M.4.2.71 Web-based guided self-help vs treatment as usual for carers of people with anorexia 2 nervosa at follow up

#### 3 Figure 1243: Carer general psychopathology (distress)



#### 5 Figure 1244: Carer burden



#### 7 Figure 1245: Carer Experience of Caregiving Inventory-positive

Study or Subgroup	Std. Mean Difference		WB Guided SH Total	TAU Total		Std. Mean Difference IV, Fixed, 95% CI		Std. Mea IV, Fixe	n Differe ed, 95% :		
Grover 2011	0.1776383	0.25275839	33	30	100.0%	0.18 [-0.32, 0.67]					
Total (95% CI)			33	30	100.0%	0.18 [-0.32, 0.67]			<b>*</b>		
Heterogeneity: Not ap Test for overall effect:	•						-10	-5 Favours TAL	0 J Favol	5 urs WB Guide	10 ed SH

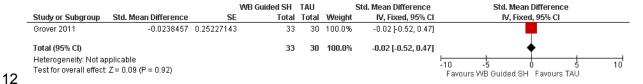
#### 9 Figure 1246: Carer family functioning

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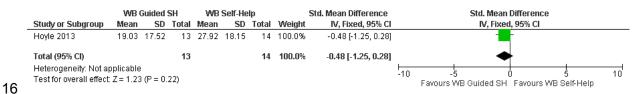
Study or Subgroup	Std. Mean Difference	SE	WB Guided SH Total	TAU Total		Std. Mean Difference IV, Fixed, 95% CI	Std. Mean Difference IV, Fixed, 95% CI
Grover 2011	-0.17601	0.25274935	33	30	100.0%	-0.18 [-0.67, 0.32]	-
<b>Total (95% CI)</b> Heterogeneity: Not ap Test for overall effect:	•		33	30	100.0%	-0.18 [-0.67, 0.32]	-10 -5 0 5 10 Favours WB Guided SH Favours TAU

#### 11 Figure 1247: Carer accommodation and enabling

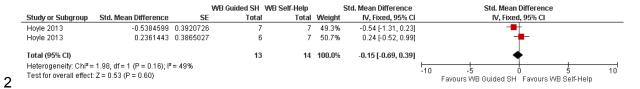


# M.4.2.83 Web-based guided self-help vs web-based self-help for carers of people with anorexia nervosa at end of treatment

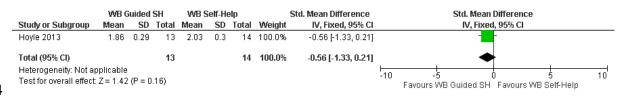
#### 15 Figure 1248: Carer general psychopathology



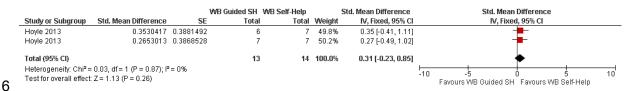
### 1 Figure 1249: Carer quality of life



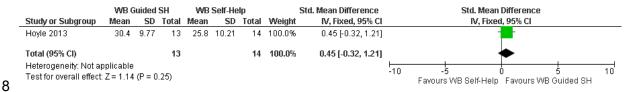
### 3 Figure 1250: Carer family functioning



# 5 Figure 1251: Carer burden

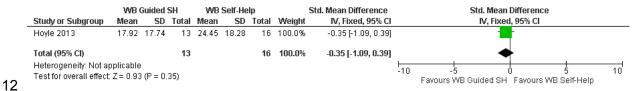


#### 7 Figure 1252: Carer Experience of Caregiving Inventory-positive

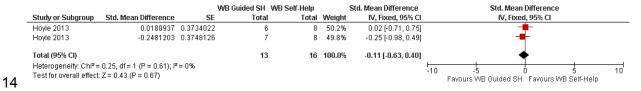


# M.4.2.99 Web-based guided self-help vs web-based self-help for carers of people with anorexianervosa at follow up

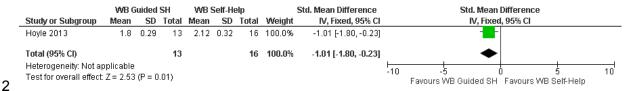
#### 11 Figure 1253: Carer general psychopathology (distress)



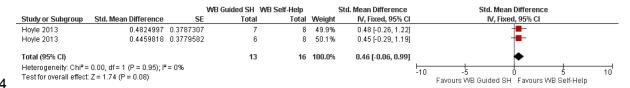
#### 13 Figure 1254: Carer quality of life



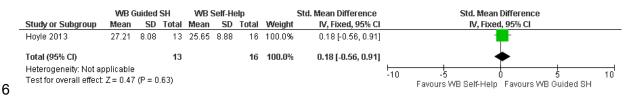
### 1 Figure 1255: Carer family functioning



#### 3 Figure 1256: Carer burden



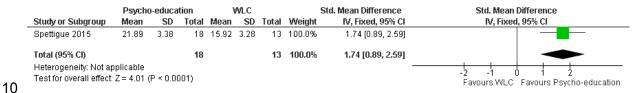
### 5 Figure 1257: Carer Experience of Caregiving Inventory-positive



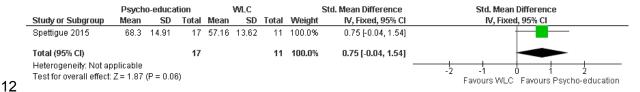
# M.4.37 Interventions for carers of any eating disorder at end of treatment

#### M.4.3.18 Psychoeducation vs wait list control

#### 9 Figure 1258: Carer self-efficacy



#### 11 Figure 1259: Carer knowledge of eating disorders

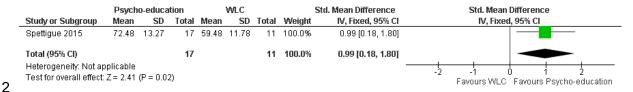


# M.4.3.23 Psychoeducation vs wait list control for carers of any eating disorder at formal assessment – carer outcomes

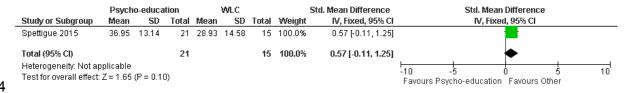
#### 15 Figure 1260: Carer self-efficacy

	Psycho	o-educa	tion	١	<b>VL</b> C			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Spettigue 2015	20	3.73	18	16.46	4.1	13	100.0%	0.89 [0.14, 1.64]	
Total (95% CI)			18			13	100.0%	0.89 [0.14, 1.64]	
Heterogeneity: Not ap Test for overall effect:	•	(P = 0.02	2)						-2 -1 0 1 2 Favours WLC Favours Psycho-education

#### 1 Figure 1261: Carer knowledge of eating disorders



#### 3 Figure 1262: Carer burden

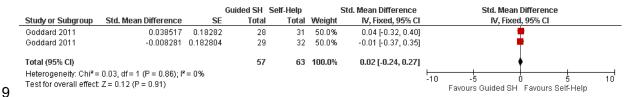


#### M.4.3.35 Guided self-help for eating disorders vs self-help for eating disorders

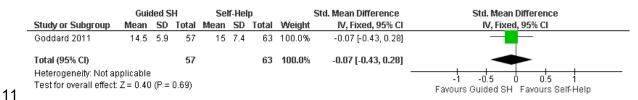
#### 6 Figure 1263: Carer general psychopathology

	Guided SH			Self-Help				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Goddard 2011	15.1	7.2	57	15.6	8.7	63	100.0%	-0.06 [-0.42, 0.30]	_
Total (95% CI)			57			63	100.0%	-0.06 [-0.42, 0.30]	-
Heterogeneity: Not applicable Test for overall effect: Z = 0.34 (P = 0.73)									-1 -0.5 0 0.5 1 Favours Guided SH Favours Self-Help

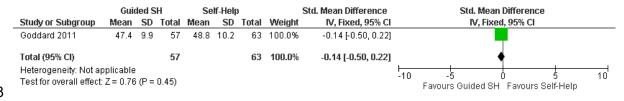
#### 8 Figure 1264: Carer burden



#### 10 Figure 1265: Carer quality of life



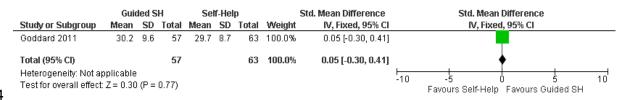
#### 12 Figure 1266: Carer family functioning



#### 1 Figure 1267: Carer self-efficacy

	Guided SH			Self-Help				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Goddard 2011	73.3	17	57	70.5	20.1	63	100.0%	0.15 [-0.21, 0.51]	•
Total (95% CI)			57			63	100.0%	0.15 [-0.21, 0.51]	<b>,</b> • • • • • • • • • • • • • • • • • • •
Heterogeneity: Not applicable Test for overall effect: Z = 0.81 (P = 0.42)								- -	-10 -5 0 5 10 Favours Self-Help Favours Guided SH

### 3 Figure 1268: Carer Experience of Caregiving Inventory-positive



#### 5 Figure 1269: Carer accommodation and enabling

	Guided SH			Self-Help				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Goddard 2011	40.4	21.7	57	40.7	25.4	63	100.0%	-0.01 [-0.37, 0.35]	•
Total (95% CI)			57			63	100.0%	-0.01 [-0.37, 0.35]	
Heterogeneity: Not applicable Test for overall effect: Z = 0.07 (P = 0.95)									-10 -5 0 5 10 Favours Guided SH Favours Self-Help

# M.57 Clinical question: Does any pharmacological intervention

- 8 produce benefits/harms on specified outcomes in people
- 9 with eating disorders?

# M.5.10 Pharmacological interventions in people with anorexia nervosa

### M.5.1.11 Antidepressants compared with placebo in adults with anorexia nervosa at end of

# 12 treatment

2

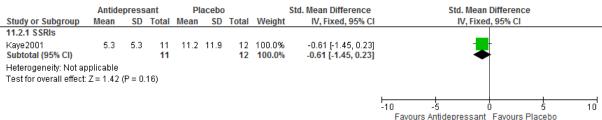
6

#### 13 Figure 1270: BMI

	Antid	epress	ant	PI	acebo	)		Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI		
11.1.1 SSRIs												
Fassino2002 Subtotal (95% CI)	17.47	1.41	26 <b>26</b>	16.33	1.68	26 <b>26</b>	100.0% <b>100.0</b> %	0.72 [0.16, 1.29] <b>0.72 [0.16, 1.29]</b>		•		
Heterogeneity: Not a Test for overall effect			.01)									
									-10	-5 0 5 10 Favours Placebo Favours Antidepressant		

14 Test for subgroup differences: Not applicable

#### 15 Figure 1271: Change in percent body weight



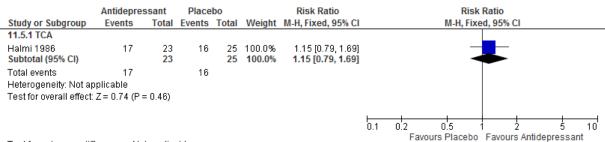
16 Test for subgroup differences: Not applicable

#### 17 Figure 1272: Dropout due to any reason

	Antidepres	Placebo			Risk Ratio		Risk Ratio						
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	ed, 95% CI			
11.6.1 SSRIs													
Fassino2002 Subtotal (95% CI)	7	26 <b>26</b>	6	26 <b>26</b>	100.0% <b>100.0%</b>	1.17 [0.45, 3.00] <b>1.17 [0.45, 3.00]</b>					_		
Total events Heterogeneity: Not a Test for overall effect	• •	= 0.75)	6										
T16							0.1 F	0.2 avours An	0.5 tidepressant	1 2	Placebo	5	10

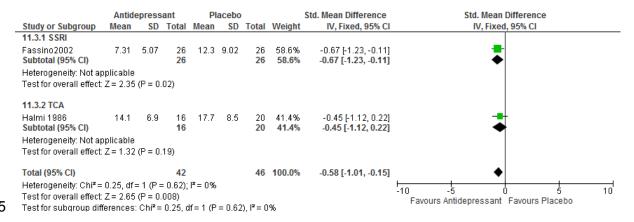
1 Test for subgroup differences: Not applicable

#### 2 Figure 1273: Achieved target body weight

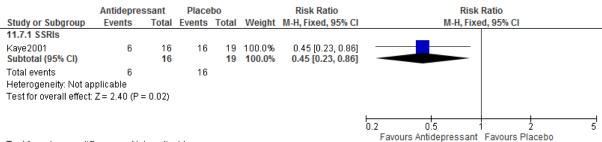


3 Test for subgroup differences: Not applicable

#### 4 Figure 1274: Depression



#### 6 Figure 1275: Relapse



7 Test for subgroup differences: Not applicable

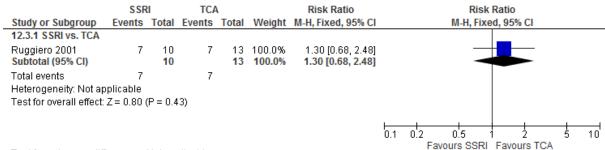
# M.5.1.28 Antidepressants compared with another antidepressant in adults with anorexia 9 nervosa at end of treatment

### 10 Figure 1276: Bingeing

	SSF	RI	TCA	A		Risk Ratio		Risk Ratio				
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI			M-H, Fix	ed, 95% CI		
12.3.1 SSRI vs. TCA												
Ruggiero 2001 Subtotal (95% CI)	7	10 <b>10</b>	7	13 <b>13</b>	100.0% <b>100.0</b> %	1.30 [0.68, 2.48] <b>1.30 [0.68, 2.48]</b>			-			
Total events Heterogeneity: Not a Test for overall effect		(P = 0.4	7									
							0.1	0.2 E:	0.5 avours SSRI	1 2	5 CA	10

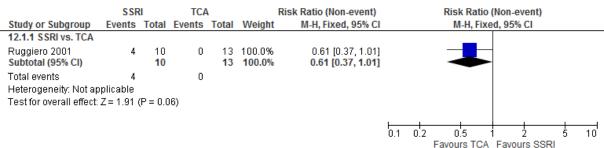
1 Test for subgroup differences: Not applicable

#### 2 Figure 1277: Amenorrhea



3 Test for subgroup differences: Not applicable

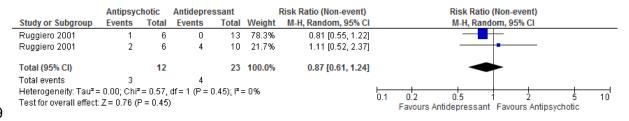
#### 4 Figure 1278: Vomiting



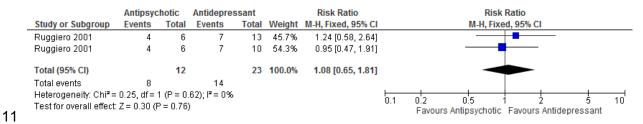
5 Test for subgroup differences: Not applicable

# M.5.1.36 Antipsychotic compared with an antidepressant in adults with anorexia nervosa at end 7 of treatment

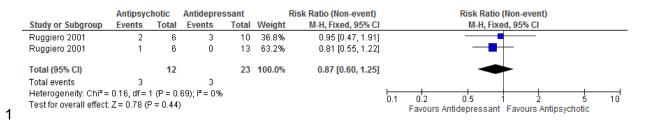
#### 8 Figure 1279: Bingeing



10 Figure 1280: Amenorrhea

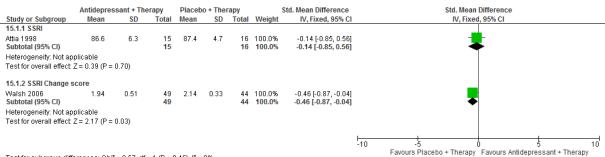


12 Figure 1281: Vomiting



# M.5.1.42 Combined antidepressant and psychotherapy compared with a placebo and 3 psychotherapy in adults with anorexia nervosa at end of treatment

#### 4 Figure 1282: Weight



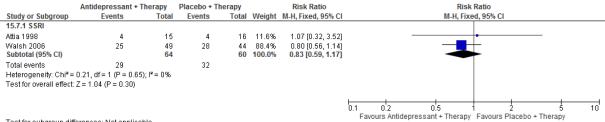
5 Test for subgroup differences: Chi² = 0.57, df = 1 (P = 0.45), l² = 0%

#### 6 Figure 1283: Quality of life

	Antidepressant + Therapy			Placeb	o + The	гару		Std. Mean Difference		Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	1, 95% CI		
15.3.1 SSRI													
Walsh 2006 Subtotal (95% CI)	0.23	0.23	49 <b>49</b>	0.31	0.18		100.0% <b>100.0</b> %	-0.38 [-0.79, 0.03] - <b>0.38 [-0.79, 0.03</b> ]		•			
Heterogeneity: Not ap		0.07\											
restion overall ellect	. Z = 1.02 (F =	0.07)											
									-	<del></del>	<del>                                     </del>		
									-10	-5	0 5	10	
										Favours Placebo + Therapy	Favours Antidep + Thera	VQ	

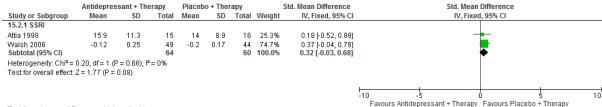
#### Test for subgroup differences: Not applicable

#### 8 Figure 1284: Dropout due to any reason



Test for subgroup differences: Not applicable

#### 10 Figure 1285: Depression

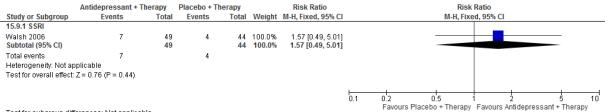


Test for subgroup differences: Not applicable

#### 12 Figure 1286: Global improvement

	Antidepres	sant + Th	егару	Placebo	o + The	гару	9	Std. Mean Difference		Std. Me	an Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fi	xed, 95% CI		
15.10.1 SSRI													
Attia 1998 Subtotal (95% CI)	2.5	1.4	15 <b>15</b>	2.8	1.5		100.0% <b>100.0</b> %	-0.20 [-0.91, 0.51] - <b>0.20 [-0.91, 0.51]</b>			•		
Heterogeneity: Not ap Test for overall effect:		0.58)											
									-10	<del> </del>	1	<del> </del>	10
T16									Favour	s Antidepressant + Thera	py Favours Pl	lacebo + Therapy	

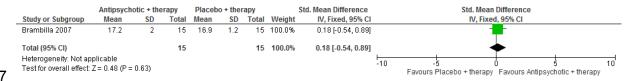
### 2 Figure 1287: Remission



### 3 Test for subgroup differences: Not applicable

# M.5.1.54 Combined antipsychotic and psychotherapy compared with a placebo and 5 psychotherapy in adults with anorexia nervosa at end of treatment

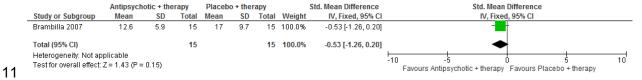
# 6 Figure 1288: BMI



# 8 Figure 1289: Dropout due to side-effects



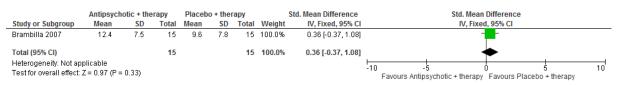
# 10 Figure 1290: Yale eating disorder scale



### 12 Figure 1291: EDI-body dissatisfaction

	Antipsycho	otic + the	гару	Placebo	+ the	гару		Std. Mean Difference		Std. Mea	n Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95% CI		
Brambilla 2007	13.4	7.9	15	10.6	4.1	15	100.0%	0.43 [-0.29, 1.16]			-		
Total (95% CI)			15			15	100.0%	0.43 [-0.29, 1.16]			•		
Heterogeneity: Not ap Test for overall effect:		0.24)							-10 Favours An	-5 tipsychotic + therap	0 y Favours Placeb	5 o + therapy	10

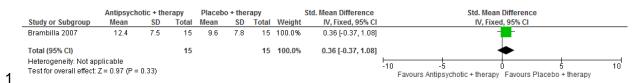
### 14 Figure 1292: EDI-drive for thinness



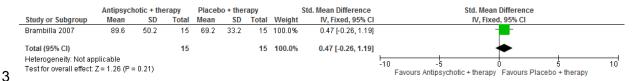
### 16 Figure 1293: EDI-bulimia

13

15



### 2 Figure 1294: EDI-total



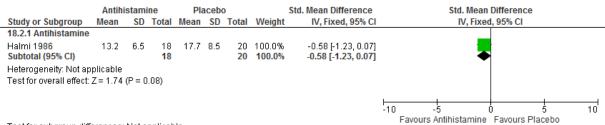
# M.5.1.64 Other medication compared with a placebo in adults with anorexia nervosa at end of treatment

### 6 Figure 1295: Achieved target weight

	Antihista	mine	Place	bo		Risk Ratio			Risk	Ratio		
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	ed, 95% CI		
18.1.1 Antihistamine	Э											
Halmi 1986 Subtotal (95% CI)	17	23 <b>23</b>	16	25 <b>25</b>	100.0% <b>100.0</b> %	1.15 [0.79, 1.69] <b>1.15 [0.79, 1.69]</b>			_			
Total events Heterogeneity: Not a Test for overall effect		P = 0.46)	16									
							0.1	0.2 F	0.5 avours Placebo	1 2	5 ntihistamin	10

7 Test for subgroup differences: Not applicable

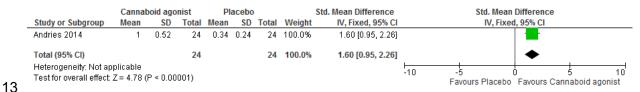
### 8 Figure 1296: Depression



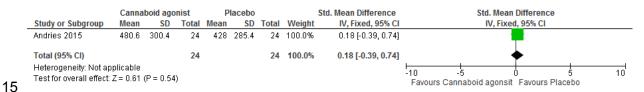
9 Test for subgroup differences: Not applicable

# M.5.1.70 Cannaboid agonist compared with a placebo in adults with anorexia nervosa at end of treatment

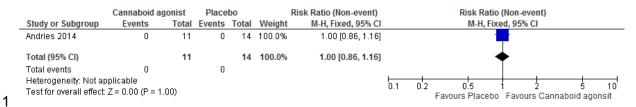
# 12 Figure 1297: Weight gain



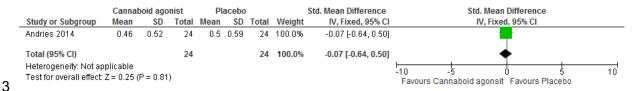
### 14 Figure 1298: Intensity of physical exercise



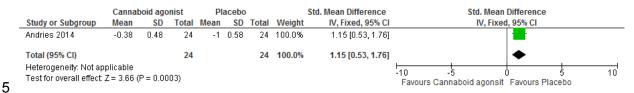
### 16 Figure 1299: Dropout due to adverse events



# 2 Figure 1300: Change in EDI-body dissatisfaction



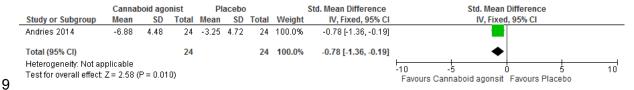
# 4 Figure 1301: Change in EDI-drive for thinness



### 6 Figure 1302: Change in EDI-bulimia

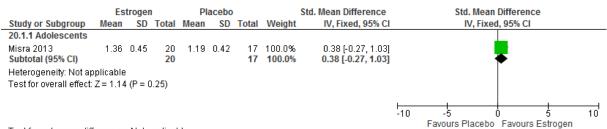


### 8 Figure 1303: Change in EDI-total



# M.5.1.80 Estrogen compared with a placebo in young people with anorexia nervosa at end of 11 treatment

### 12 Figure 1304: Change in body weight

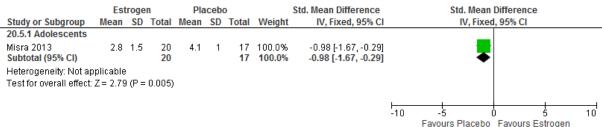


# 13 Test for subgroup differences: Not applicable

### 14 Figure 1305: Dropout due to any reason

	Estrog	Estrogen Placebo				Risk Ratio			Risk	Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	ed, 95%	CI		
20.2.1 Adolescents													
Misra 2013 Subtotal (95% CI)	18	38 <b>38</b>	17	34 <b>34</b>	100.0% <b>100.0</b> %	0.95 [0.59, 1.52] <b>0.95 [0.59, 1.52]</b>							
Total events Heterogeneity: Not ap Test for overall effect:	•	(P = 0.8	17										
T-1610	-						0.1	0.2 Favou	0.5 rs Estrogen	Favou	l 2 rs Placel	5	10

# 2 Figure 1306: Change in fat mass



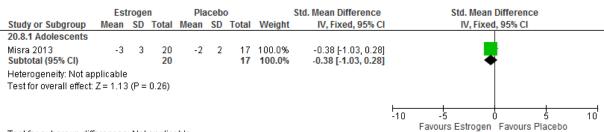
3 Test for subgroup differences: Not applicable

### 4 Figure 1307: Change in EDI-body dissatisfaction

	Est	troge	n	Pla	ceb	0		Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI	
20.10.1 Adolescents												
Misra 2013 Subtotal (95% CI)	-0.8	0.8	20 <b>20</b>	-2	2	17 <b>17</b>	100.0% <b>100.0%</b>	0.80 [0.12, 1.47] <b>0.80 [0.12, 1.47]</b>			•	
Heterogeneity: Not ap Test for overall effect:			0.02)									
									-10	-5 Favours Estrogen	) 5 Favours Place	10

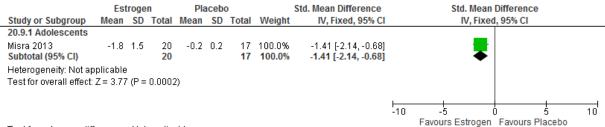
5 Test for subgroup differences: Not applicable

### 6 Figure 1308: Change in EDI-drive for thinness



7 Test for subgroup differences: Not applicable

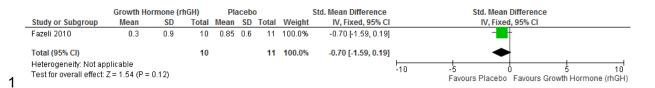
### 8 Figure 1309: Change in EDI-bulimia



9 Test for subgroup differences: Not applicable

# M.5.1.90 Growth hormone (rhGH) compared with a placebo in adults with anorexia nervosa at end of treatment

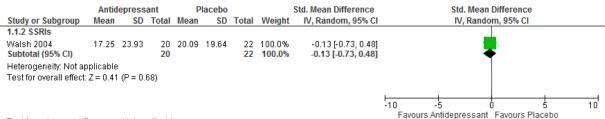
### 12 Figure 1310: Change in EDI-bulimia



# M.5.22 Pharmacological interventions in people with bulimia nervosa

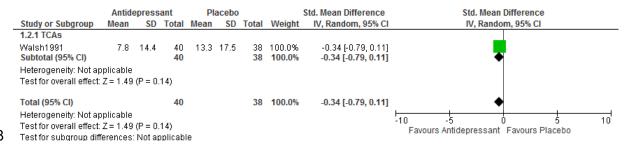
# M.5.2.13 Antidepressants compared with placebo in adults with bulimia nervosa at end of 4 treatment

### 5 Figure 1311: Bingeing

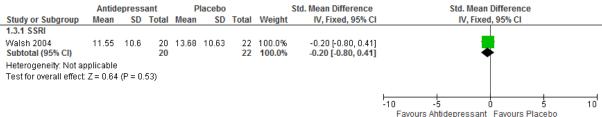


6 Test for subgroup differences: Not applicable

### 7 Figure 1312: Purging

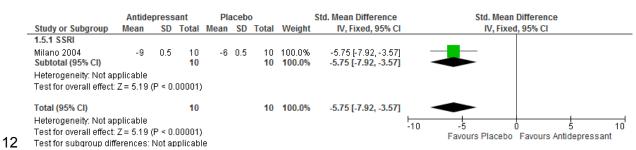


### 9 Figure 1313: Vomiting



10 Test for subgroup differences: Not applicable

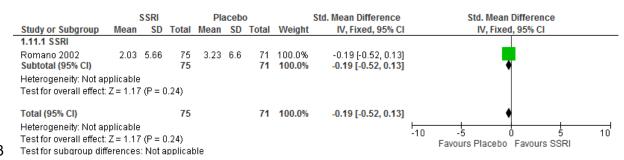
### 11 Figure 1314: Loss in body weight



### 13 Figure 1315: Depression

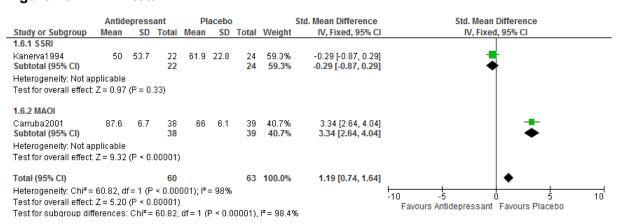
ravours P	Antidepres	sant	Р	lacebo		5	Std. Mean Difference	Std. Mean Difference
Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
6.4	7.1	10	7.7	6.5	13	7.2%	-0.19 [-1.01, 0.64]	<del></del>
9.2	7.7	40	13	11	38	24.5%	-0.40 [-0.85, 0.05]	<del>-</del>
		50			51	31.7%	-0.35 [-0.74, 0.04]	◆
0.20, df = 1.6	(P = 0.66);	l <sup>2</sup> = 0%						
Z= 1.74 (P=	= 0.08)							
7.1	5.1	22	9.5	5.5	24	14.4%	-0.44 [-1.03, 0.14]	<del></del>
12.25	10.38	20	15.95	11.23	22	13.3%		<del> </del>
		42			46	27.6%	-0.39 [-0.81, 0.03]	<b>♦</b>
0.06, df = $1/$	(P = 0.80):	I <sup>2</sup> = 0%						
6.22	0.99	38	6.26	1.26	39	24.7%	-0.03 [-0.48, 0.41]	+
10.4	7.8	23	11.4	13.1	27	15.9%		+
		61			66	40.7%	-0.06 [-0.40, 0.29]	<b>♦</b>
0.02.  df = 1.6	(P = 0.88):	$I^2 = 0\%$						
, ,	٠,							
		153			163	100.0%	-0.24 [-0.46, -0.02]	•
2.14 df = 5 i	P = 0.83):	I2 = 0%					. , .	
		. 0.00						-10551
,		lf = 2 (P =	- 0.30)	I² = ∩%				Favours Antidepressant Favours Placebo
2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Mean  6.4 9.2 0.20, df = 1 Z = 1.74 (P:  7.1 12.25 0.06, df = 1 Z = 1.82 (P:  6.22 10.4 0.02, df = 1 Z = 0.32 (P:  2.14, df = 5 Z = 2.14 (P:	Mean SD  6.4 7.1 9.2 7.7  0.20, df = 1 (P = 0.66); Z = 1.74 (P = 0.08)  7.1 5.1 12.25 10.38  0.06, df = 1 (P = 0.80); Z = 1.82 (P = 0.07)  6.22 0.99 10.4 7.8  0.02, df = 1 (P = 0.88); Z = 0.32 (P = 0.75)  2.14, df = 5 (P = 0.83); Z = 2.14 (P = 0.03)	Mean   SD   Total	Mean   SD   Total   Mean	Mean         SD         Total         Mean         SD           6.4         7.1         10         7.7         6.5           9.2         7.7         40         13         11           0.20, df=1 (P=0.66); P=0%         7.1         5.1         22         9.5         5.5           12.25         10.38         20         15.95         11.23           0.06, df=1 (P=0.80); P=0%         2         15.95         11.23           0.06, df=1 (P=0.80); P=0%         2         1.26         1.26           10.4         7.8         23         11.4         13.1           0.02, df=1 (P=0.88); P=0%         61         1.26         1.26           0.02, df=1 (P=0.88); P=0%         153         1.24         1.26           1.44, df=5 (P=0.75)         153         2.14, df=5 (P=0.83); P=0%	Mean   SD   Total   Mean   SD   Total	Mean   SD   Total   Mean   SD   Total   Weight	Mean         SD         Total         Mean         SD         Total         Weight         IV, Fixed, 95% CI           6.4         7.1         10         7.7         6.5         13         7.2%         -0.19 [-1.01, 0.64]           9.2         7.7         40         13         11         38         24.5%         -0.40 [-0.85, 0.05]           0.20, df = 1 (P = 0.66);  ² = 0%         50         51         31.7%         -0.35 [-0.74, 0.04]           7.1         5.1         22         9.5         5.5         24         14.4%         -0.44 [-1.03, 0.14]           12.25         10.38         20         15.95         11.23         22         13.3%         -0.34 [-0.95, 0.28]           10.6, df = 1 (P = 0.80);  ² = 0%         2         42         46         27.6%         -0.39 [-0.81, 0.03]           2 = 1.82 (P = 0.07)         38         6.26         1.26         39         24.7%         -0.03 [-0.48, 0.41]           10.4         7.8         23         11.4         13.1         27         15.9%         -0.09 [-0.65, 0.47]           10.02, df = 1 (P = 0.88);  ² = 0%         2         3         163         100.0%         -0.24 [-0.46, -0.02]           2.14, df = 5 (P = 0.83);  ² = 0%

### 2 Figure 1316: Depression change scores

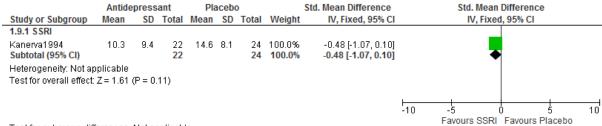


# 4 Figure 1317: EDI-total

1

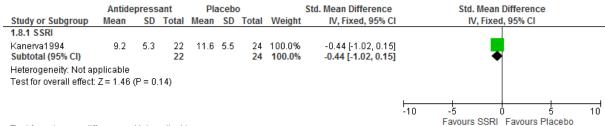


### 6 Figure 1318: EDI-body dissatisfaction

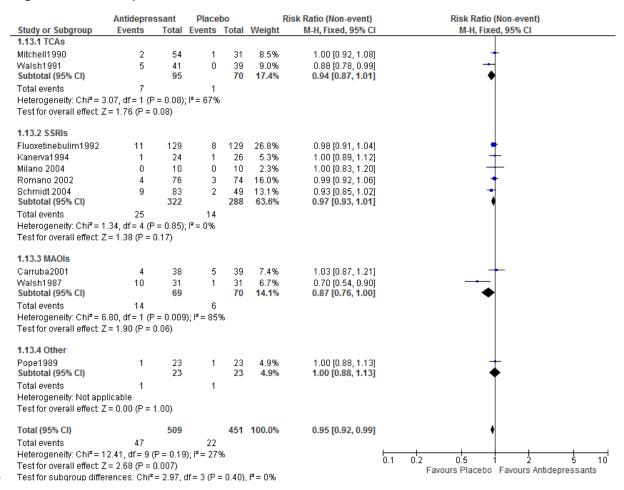


#### 7 Test for subgroup differences: Not applicable

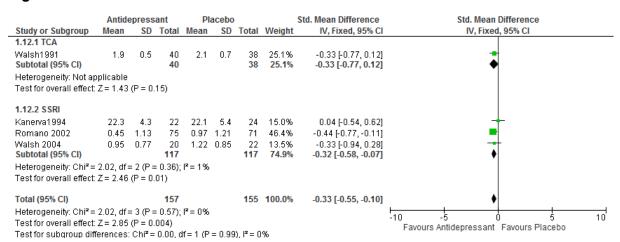
### 8 Figure 1319: EDI-drive for thinness



### 2 Figure 1320: Drop out due to adverse events



#### 4 Figure 1321: Global score

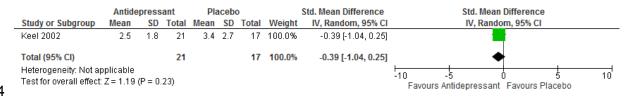


### 6 Figure 1322: Remission

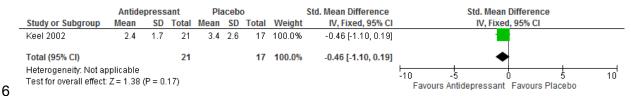


# M.5.2.22 Antidepressants compared with placebo in adults with bulimia nervosa at follow-up

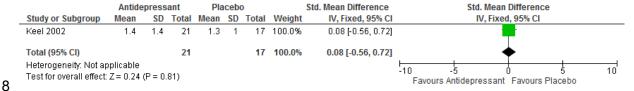
# 3 Figure 1323: Bingeing



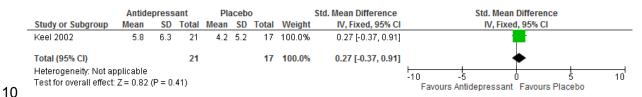
### 5 Figure 1324: Vomiting



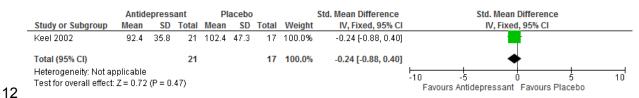
# 7 Figure 1325: Laxative use



### 9 Figure 1326: Depression



#### 11 Figure 1327: EDI-body dissatisfaction

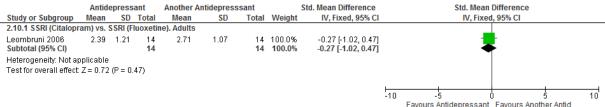


# M.5.2.33 Antidepressants compared with antidepressants in adults with bulimia nervosa at end of treatment

#### 15 Figure 1328: Depression

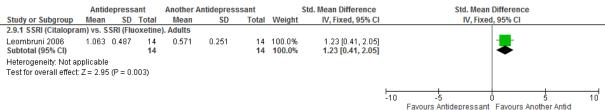
	Antide	epress	ant	Another A	Antidepres	ssant		Std. Mean Difference		Std. Mean Differer	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% C	1	
2.5.1 SSRI (Citalopra	ım) vs. S	SRI (Flu	uoxetine	e). Adults								
Leombruni 2006 Subtotal (95% CI)	7.83	7.15	14 <b>14</b>	10.28	13.31	14 <b>14</b>	100.0% <b>100.0</b> %	-0.22 [-0.97, 0.52] - <b>0.22 [-0.97, 0.52]</b>				
Heterogeneity: Not ap Test for overall effect:			.56)									
									-10 -5	0	5	10
Test for subgroup dif	ferences:	: Not ai	pplicable	e					Favours Anti	idepressant Favoui	rs Another Antid	

# 2 Figure 1329: Clinical global impression



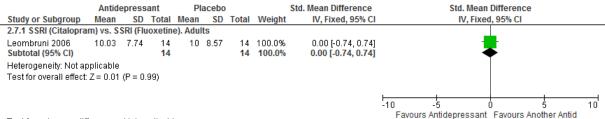
3 Test for subgroup differences: Not applicable

# 4 Figure 1330: Exercise



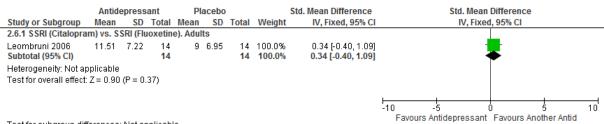
5 Test for subgroup differences: Not applicable

### 6 Figure 1331: EDI-body dissatisfaction



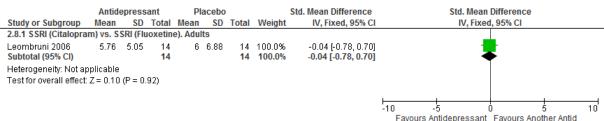
7 Test for subgroup differences: Not applicable

### 8 Figure 1332: EDI-drive for thinness



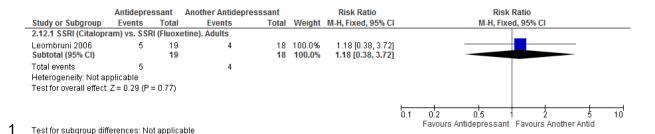
9 Test for subgroup differences: Not applicable

### 10 Figure 1333: EDI-bulimia



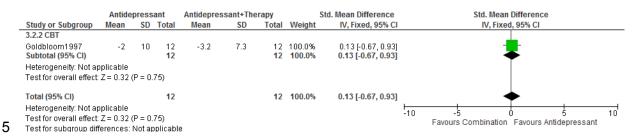
11 Test for subgroup differences: Not applicable

# 12 Figure 1334: Drop out due to any reason

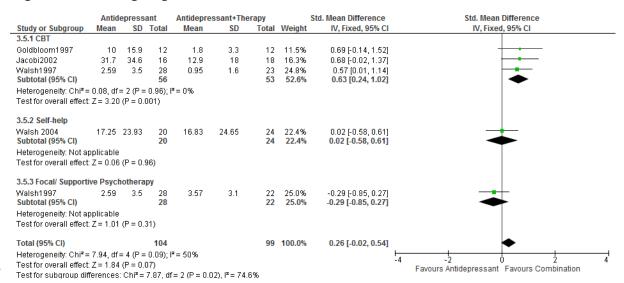


# M.5.2.42 Antidepressants compared combined psychotherapy antidepressants in adults with 3 bulimia nervosa at end of treatment

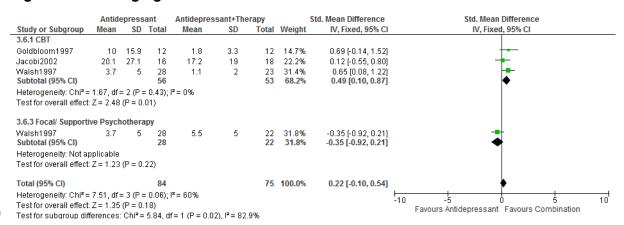
### 4 Figure 1335: Change in body weight



### 6 Figure 1336: Bingeing



#### 8 Figure 1337: Purging

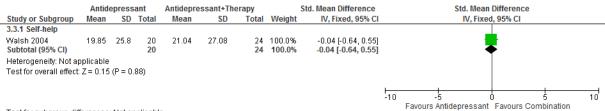


### 10 Figure 1338: Vomiting

	Antid	epress	ant	Antidepre	essant+The	егару	S	td. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
3.4.1 Self-help									
Walsh 2004	11.55	10.6	20	11.83	11.86	24	43.7%	-0.02 [-0.62, 0.57]	<del>-</del>
Subtotal (95% CI)			20			24	43.7%	-0.02 [-0.62, 0.57]	•
Heterogeneity: Not as	pplicable								
Test for overall effect:	Z = 0.08	(P = 0.	94)						
3.4.2 CBT									
Goldbloom1997	17.3	27.2	12	3.3	4.5	12	22.4%	0.69 [-0.14, 1.52]	<del>  • -</del>
Jacobi2002	20.1	27	16	17.2	19	18	33.9%	0.12 [-0.55, 0.80]	<del>+</del>
Subtotal (95% CI)			28			30	56.3%	0.35 [-0.17, 0.87]	♦
Heterogeneity: Chi2=	1.10, df	= 1 (P =	= 0.29);	l² = 9%					
Test for overall effect	Z= 1.31	(P = 0)	19)						
Total (95% CI)			48			54	100.0%	0.19 [-0.21, 0.58]	<b>•</b>
Heterogeneity: Chi <sup>2</sup> =	1.96, df	= 2 (P =	= 0.38);	I <sup>2</sup> = 0%					-10 -5 0 5 10
Test for overall effect:	Z = 0.93	(P = 0.	.35)						-10 -5 0 5 10 Favours Antidepressant Favours Combination
Test for subaroup dif	ferences	: Chi²=	0.86. d	f= 1 (P = 0.	35), I <sup>2</sup> = 09	6			ravours Annuepressant Favours Combination

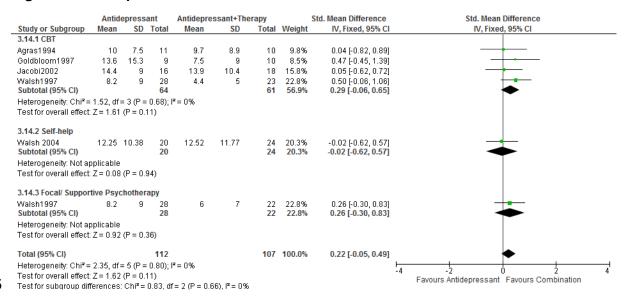
### 2 Figure 1339: Laxative use

1

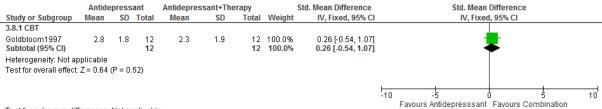


3 Test for subgroup differences: Not applicable

### 4 Figure 1340: Depression



### 6 Figure 1341: EDE-shape concern

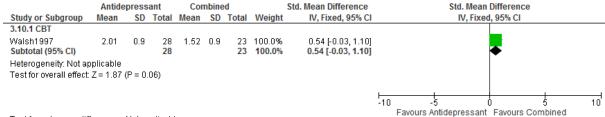


7 Test for subgroup differences: Not applicable

### 8 Figure 1342: EDE-weight concern

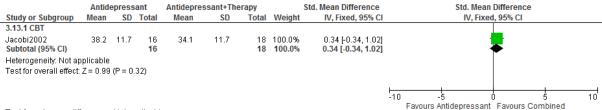
	Antide	press	ant	Antidepres	sant+The	егару		Std. Mean Difference	!	Std. Mean Differen	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI		
3.9.1 CBT												
Goldbloom1997 Subtotal (95% CI)	2.1	1.4	12 <b>12</b>	1.8	1.7	12 <b>12</b>	100.0% <b>100.0</b> %	0.19 [-0.62, 0.99] <b>0.19 [-0.62, 0.99]</b>				
Heterogeneity: Not a Test for overall effect		(P = 0	.65)									
Test for subaroup dit	ferences:	Not a	pplicabl	e					-10 -5 Favours Antide	0 epressant Favours	5 Combination	10

# 2 Figure 1343: EDE-total



3 Test for subgroup differences: Not applicable

### 4 Figure 1344: EDI-body dissatisfaction



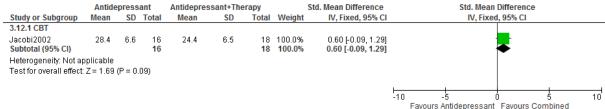
5 Test for subgroup differences: Not applicable

# 6 Figure 1345: EDI-drive for thinness

	Antide	press	ant	Antidepres	sant+The	егару		Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI	
3.11.1 CBT										_		
Jacobi2002 Subtotal (95% CI)	29.9	9.3	16 <b>16</b>	27.7	8.7	18 <b>18</b>		0.24 [-0.44, 0.92] <b>0.24 [-0.44, 0.92]</b>		1		
Heterogeneity: Not as	pplicable											
Test for overall effect	Z = 0.69	(P = 0)	.49)									
									-10	-5 (	5 5	10
									Favo	urs Antidepressant	Favours Combined	

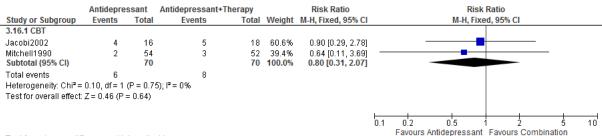
7 Test for subgroup differences: Not applicable

### 8 Figure 1346: EDI-bulimia



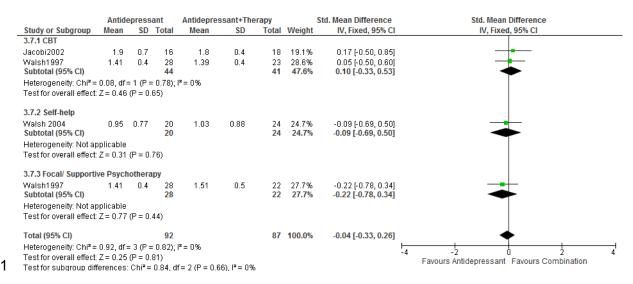
9 Test for subgroup differences: Not applicable

### 10 Figure 1347: Drop out due to adverse events

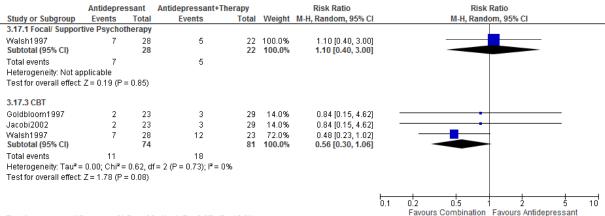


11 Test for subgroup differences: Not applicable

### 12 Figure 1348: General psychiatric symptoms

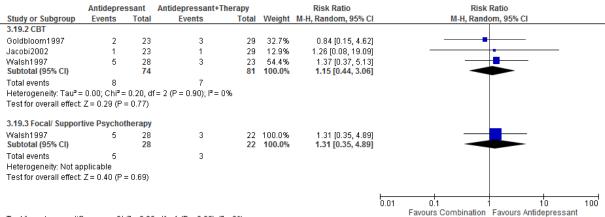


# 2 Figure 1349: Remission (binge free)



3 Test for subgroup differences: Chi<sup>2</sup> = 1.23, df = 1 (P = 0.27), I<sup>2</sup> = 19.0%

### 4 Figure 1350: Remission (purge free)



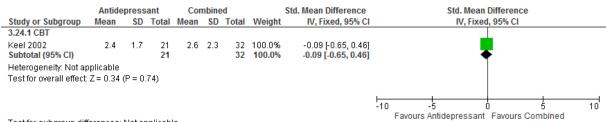
5 Test for subgroup differences: Chi² = 0.02, df = 1 (P = 0.88), l² = 0%

# M.5.2.56 Antidepressants compared combined psychotherapy antidepressants in adults with 7 bulimia nervosa at follow-up

### 8 Figure 1351: Bingeing

	Antide	press	ant	Con	nbine	ed	9	Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
3.27.1 CBT											
Keel 2002 Subtotal (95% CI)	2.5	1.8	21 <b>21</b>	2.5	2	32 <b>32</b>	100.0% <b>100.0</b> %	0.00 [-0.55, 0.55] <b>0.00 [-0.55, 0.55]</b>			
Heterogeneity: Not ap Test for overall effect	•	(P = 1.	.00)								
									-10	-5 0 5 Favours Antidepressant Favours Combined	10

# 2 Figure 1352: Vomiting



Test for subgroup differences: Not applicable

# 4 Figure 1353: Laxative use

	Antide	press	ant	Cor	nbine	ed		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
3.26.1 CBT									
Keel 2002 Subtotal (95% CI)	1.4	1.4	21 <b>21</b>	1.2	0.9	32 <b>32</b>		0.18 [-0.38, 0.73] <b>0.18 [-0.38, 0.73]</b>	
Heterogeneity: Not ap	•	<i>(</i> D 0	50)						
Test for overall effect:	Z = U.62 i	(P = U.	.53)						
									-10 -5 0 5 10 Favours Antidepressant Favours Combined

Test for subgroup differences: Not applicable

# 6 Figure 1354: Depression

	Antide	press	ant	Con	nbine	d		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
3.23.1 CBT											
Agras1994	10	7.5	11	9.7	8.9	10	23.4%	0.04 [-0.82, 0.89]		<del>-</del>	
Agras1994	5.1	5.3	9	4.4	4.6	9	20.0%	0.13 [-0.79, 1.06]		<del>-</del>	
Keel 2002	5.8	6.3	21	5.4	6.8	32	56.6%	0.06 [-0.49, 0.61]		+	
Subtotal (95% CI)			41			51	100.0%	0.07 [-0.35, 0.48]		<b>*</b>	
Heterogeneity: Chi <sup>2</sup> =	: 0.03, df=	2 (P =	= 0.99);	$I^2 = 0\%$							
Test for overall effect	Z = 0.33	(P = 0.	.74)								
									⊢ -10	1 1	10
									-10	Favours Antidepressant Favours Combin	

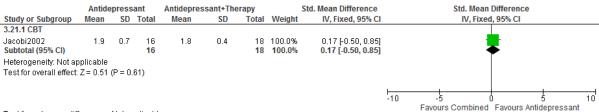
Test for subgroup differences: Not applicable

# 8 Figure 1355: EDI-body dissatisfaction

	Antidepressant			Cor	mbine	d		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
3.22.1 CBT									<u>L</u>	
Keel 2002 Subtotal (95% CI)	92.4	35.8	21 <b>21</b>	88.2	36.1		100.0% <b>100.0</b> %	0.11 [-0.44, 0.67] <b>0.11 [-0.44, 0.67]</b>	•	
Heterogeneity: Not ap Test for overall effect:	•		68)							
									10 -5 0 5	10

Test for subgroup differences: Not applicable

# 10 Figure 1356: Quality of life



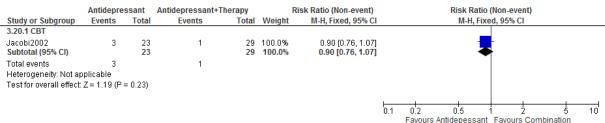
11 Test for subgroup differences: Not applicable

### 1 Figure 1357: Remission (binge free)

	Antidepre	ssant	Antidepressant+T	herapy	1	Risk Ratio (Non-event)	Risk Ratio (Non-event)
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
3.18.2 CBT							
Jacobi2002 Subtotal (95% CI)	1	23 <b>23</b>	1	29 <b>29</b>	100.0% <b>100.0%</b>	0.99 [0.89, 1.11] <b>0.99 [0.89, 1.11]</b>	
Total events Heterogeneity: Not ap Test for overall effect:	•	= 0.87)	1				
- 10 1 10							0.1 0.2 0.5 1 2 5 10 Favours Antidepressant Favours Combined

Test for subgroup differences: Not applicable

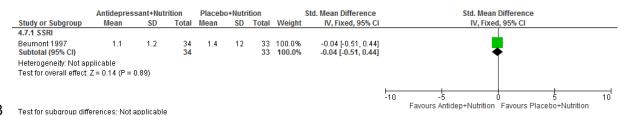
### Figure 1358: Remission (purge free)



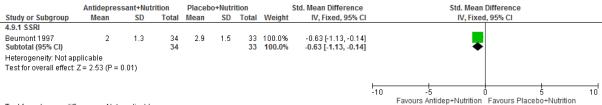
Test for subgroup differences: Not applicable

# M.5.2.65 Antidepressant and nutrition counselling compared with combined placebo and 6 nutrition counselling in adults with bulimia nervosa at end of treatment

# 7 Figure 1359: EDE-eating concern

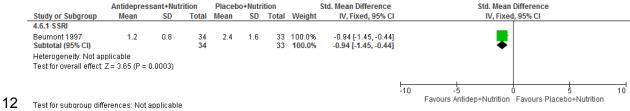


# 9 Figure 1360: EDE-shape concern



Test for subgroup differences: Not applicable

### 11 Figure 1361: EDE-weight concern

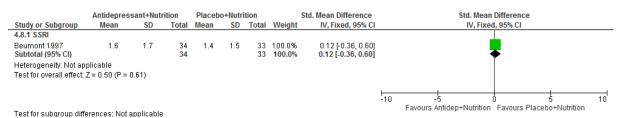


# 13 Figure 1362: Drop out due to adverse events

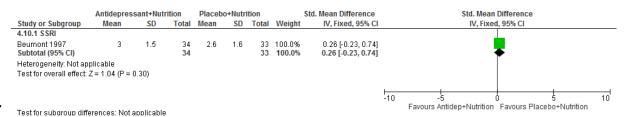
	Antidepressant+Nut	trition	Placebo+Nu	ıtrition	F	Risk Ratio (Non-event)			Risk Ratio	(Non-event)		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	ed, 95% CI		
4.14.1 SSRI												
Beumont 1997 Subtotal (95% CI)	4	34 <b>34</b>	0	33 <b>33</b>	100.0% <b>100.0%</b>	0.88 [0.77, 1.01] <b>0.88 [0.77, 1.01]</b>			•			
Total events Heterogeneity: Not ap	•		0									
Test for overall effect:	Z = 1.80 (P = 0.07)											
							0.1	0.2	0.5	1 2	5	10
Test for subgroup diff	erences: Not applicab	le						Favours Antid	ep+Nutrition	Favours Placel	00+Nutrition	

# M.5.2.72 Antidepressant and nutrition counselling compared with combined placebo and nutrition counselling in adults with bulimia nervosa at follow-up

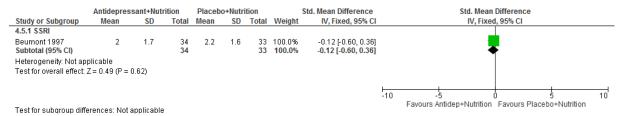
# 4 Figure 1363: EDE-eating concern



# 6 Figure 1364: EDE-shape concern

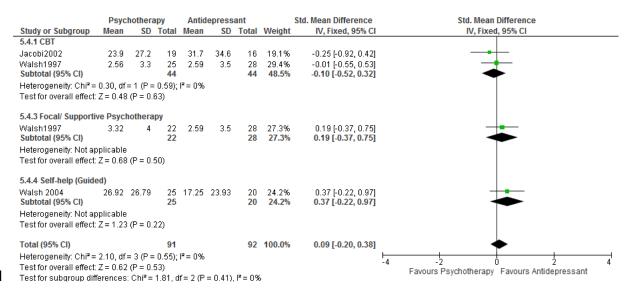


# 8 Figure 1365: EDE-weight concern

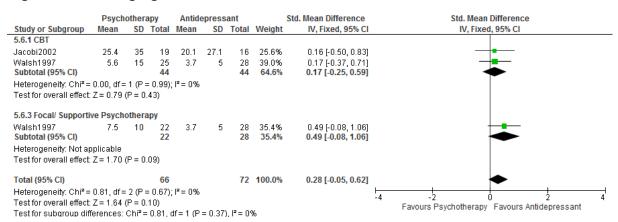


# M.5.2.80 Psychotherapy compared with antidepressants in adults with bulimia nervosa at end 11 of treatment

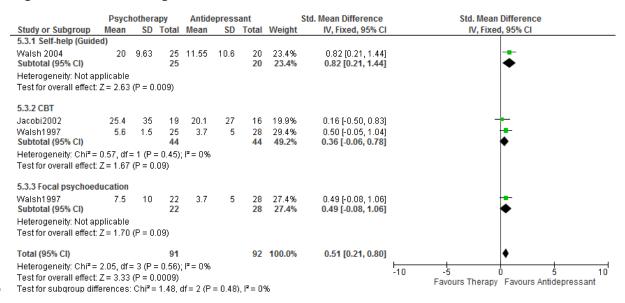
# 12 Figure 1366: Bingeing



### 2 Figure 1367: Purging



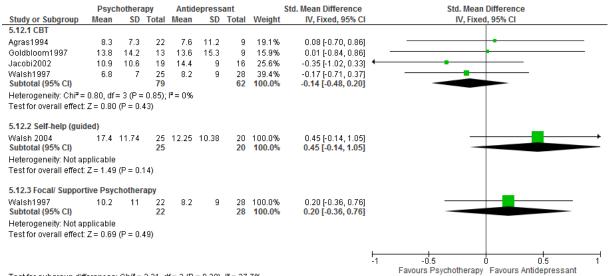
### 4 Figure 1368: Vomiting



#### 6 Figure 1369: Laxative use

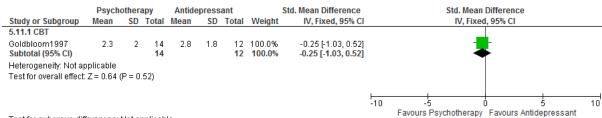
	Psyc	)			epress	ant		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
5.2.1 Self-help (Guid	ed)										
Walsh 2004 Subtotal (95% CI)	46.12	56.75	25 <b>25</b>	19.85	25.8		100.0% <b>100.0%</b>	0.56 [-0.04, 1.16] <b>0.56 [-0.04, 1.16</b> ]		-	
Heterogeneity: Not a Test for overall effect			07)								
									-10	-5 0 5  Favours Psychotherapy Favours Antidepres	10

### 2 Figure 1370: Depression



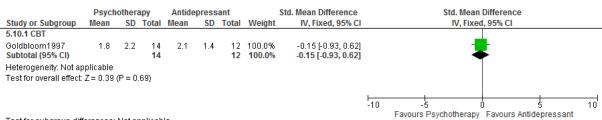
Test for subaroup differences: Chi² = 3.21, df = 2 (P = 0.20), l² = 37.7%

### 4 Figure 1371: EDE-shape concern



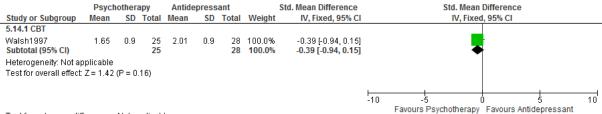
Test for subgroup differences: Not applicable

### 6 Figure 1372: EDE-weight concern



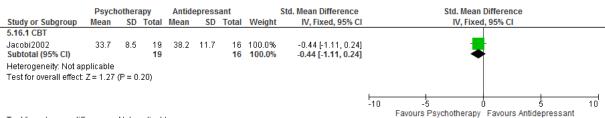
Test for subgroup differences: Not applicable

### 8 Figure 1373: EDE-total

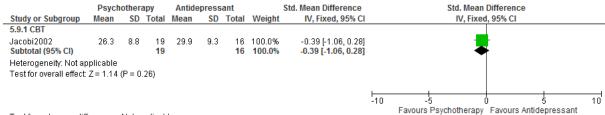


Test for subgroup differences: Not applicable

### 10 Figure 1374: EDI-body dissatisfaction

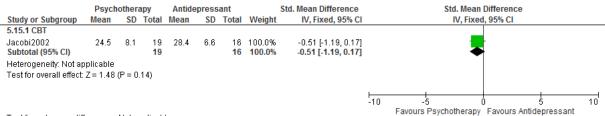


### 2 Figure 1375: EDI-drive for thinness



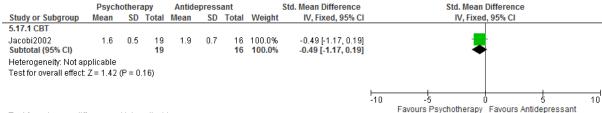
3 Test for subgroup differences: Not applicable

### 4 Figure 1376: EDI-bulimia



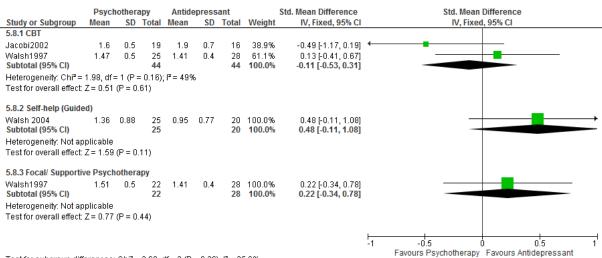
5 Test for subgroup differences: Not applicable

### 6 Figure 1377: Quality of life



7 Test for subgroup differences: Not applicable

### 8 Figure 1378: General psychiatric symptoms



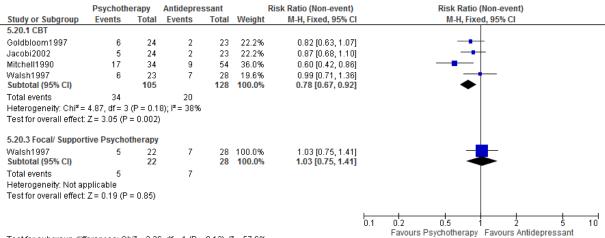
9 Test for subgroup differences: Chi<sup>2</sup> = 2.69, df = 2 (P = 0.26), I<sup>2</sup> = 25.6%

# 10 Figure 1379: Remission (purge frequency)

	Psychothe	егару	Antidepre	ssant	R	isk Ratio (Non-event)	Risk Ratio (Non-event)
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
5.18.1 CBT							
Goldbloom1997	6	24	2	23	33.2%	0.82 [0.63, 1.07]	-
Jacobi2002	7	24	1	23	34.7%	0.74 [0.56, 0.97]	-
Walsh1997 Subtotal (95% CI)	5	23 <b>71</b>	5	28 <b>74</b>	32.1% 100.0%	0.95 [0.72, 1.26] <b>0.84 [0.71, 0.98</b> ]	•
Total events Heterogeneity: Chi <sup>z</sup> = Test for overall effect:		,	8 4);  ² = 0%				
5.18.3 Focal/ Suppor	tive Psycho	therapy					
Walsh1997 Subtotal (95% CI)	2	22 <b>22</b>	5	28 <b>28</b>	100.0% 100.0%	1.11 [0.89, 1.38] <b>1.11 [0.89, 1.38</b> ]	-
Total events Heterogeneity: Not ap Test for overall effect:		= 0.36)	5				
			1 df = 1 /D =				0.1 0.2 0.5 1 2 5 10 Favours Psychotherapy Favours Antidepressant

Test for subgroup differences:  $Chi^2 = 4.24$ , df = 1 (P = 0.04),  $I^2 = 76.4\%$ 

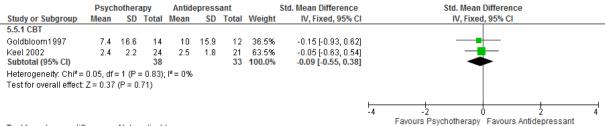
# 2 Figure 1380: Remission (binge frequency)



3 Test for subgroup differences:  $Chi^2 = 2.36$ , df = 1 (P = 0.12),  $I^2 = 57.6\%$ 

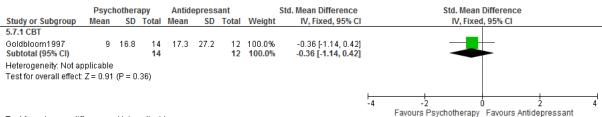
# M.5.2.94 Psychotherapy compared with antidepressants in adults with bulimia nervosa at 5 follow-up

### 6 Figure 1381: Bingeing



7 Test for subgroup differences: Not applicable

### 8 Figure 1382: Purging

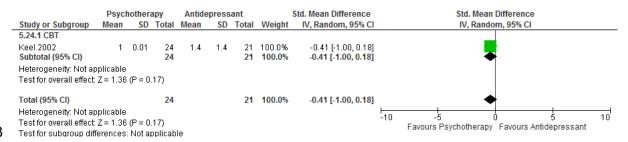


9 Test for subgroup differences: Not applicable

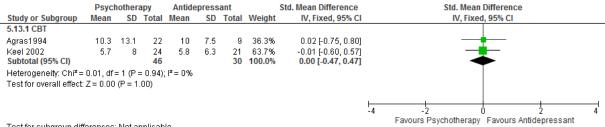
### 10 Figure 1383: Vomiting

	Psych	Psychotherapy Antidepressant					Std. Mean Difference		Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
5.25.1 CBT											
Keel 2002	2.3	2.2	24	2.4	1.7	21	100.0%	-0.05 [-0.64, 0.54]			
Subtotal (95% CI)			24			21	100.0%	-0.05 [-0.64, 0.54]		◆	
Heterogeneity: Not as	pplicable										
Test for overall effect	Z= 0.17	(P = 0.	.87)								
									-10	-5 0 5	10
										Favours Psychotherapy Favours Antidepressant	

### 2 Figure 1384: Laxative use



# 4 Figure 1385: Depression



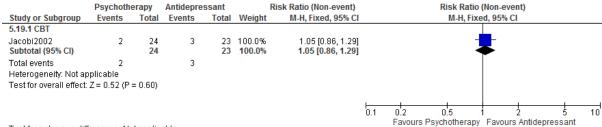
Test for subgroup differences: Not applicable

### 6 Figure 1386: EDI-body dissatisfaction

	Psycl	hother	ару	Antide	epress	ant		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
5.27.1 CBT										<u></u>	
Keel 2002	76.2	28.7	24	92.4	35.8	21	100.0%	-0.49 [-1.09, 0.10]			
Subtotal (95% CI)			24			21	100.0%	-0.49 [-1.09, 0.10]		•	
Heterogeneity: Not ap	plicable										
Test for overall effect:	Z = 1.63	(P = 0	.10)								
									-10	-5 0 5	10
									-10	Favours Psychotherapy Favours Antidepressant	10

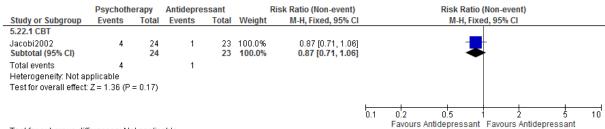
Test for subgroup differences: Not applicable

# 8 Figure 1387: Remission (purge-free)



Test for subgroup differences: Not applicable

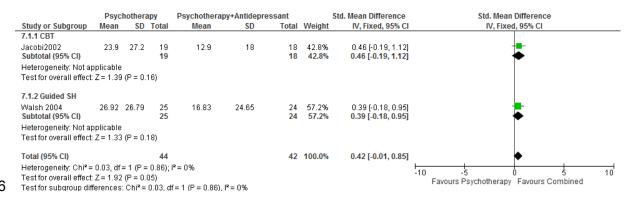
### 10 Figure 1388: Remission (binge-free)



# 2

# M.5.2.103 Psychotherapy compared with combined psychotherapy and antidepressants in adults with bulimia nervosa at end of treatment

### 5 Figure 1389: Bingeing

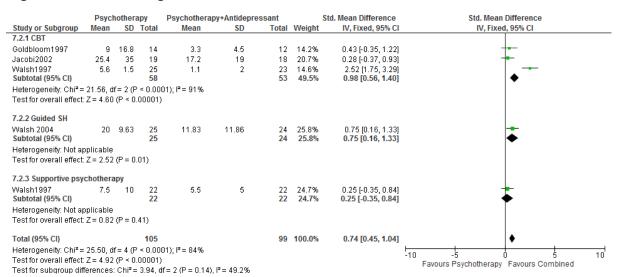


### 7 Figure 1390: Purging

	Psycl	hothera	ару	Psychotherap	y+Antidepre	essant	9	Std. Mean Difference		Std. Mear	Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% C	1	
7.4.1 CBT													
Goldbloom1997	7.4	16.6	14	1.8	3.3	12	100.0%	0.44 [-0.35, 1.22]					
Subtotal (95% CI)			14			12	100.0%	0.44 [-0.35, 1.22]			•		
Heterogeneity: Not ap	oplicable												
Test for overall effect	Z = 1.09	(P = 0.	27)										
									-10	-5	h	5	10
										Favours Psychotherany	Favour	rs Combined	

#### 8 Test for subgroup differences: Not applicable

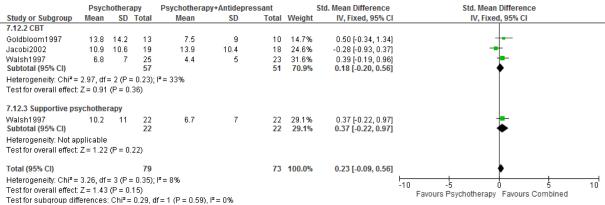
### 9 Figure 1391: Vomiting



### 11 Figure 1392: Laxative use

	Psyc	Psychotherapy			Control			Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI	
7.5.1 CBT												
Walsh 2004 Subtotal (95% CI)	46.12	56.75	25 <b>25</b>	21.04	27.08	24 <b>24</b>	100.0% <b>100.0%</b>	0.55 [-0.02, 1.12] <b>0.55 [-0.02, 1.12</b> ]			•	
Heterogeneity: Not a Test for overall effect			06)									
									-10	-5 Favours Psychotherapy	D 5	10

### 2 Figure 1393: Depression



# 4 Figure 1394: EDE-shape concern

	Psych	othera	ару	Psychotherap	y+Antidepre	ssant	!	Std. Mean Difference		Std. M	lean Differei	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% C	I	
7.7.1 CBT													
Goldbloom1997 Subtotal (95% CI)	2.3	2	14 <b>14</b>	2.3	1.9		100.0% <b>100.0%</b>	0.00 [-0.77, 0.77] <b>0.00 [-0.77, 0.77]</b>					
Heterogeneity: Not ap	pplicable												
Test for overall effect	Z = 0.00	(P = 1.	.00)										
									-10	-5	ó	5	10
										Favours Psychothe	rany Favour	s Combined	

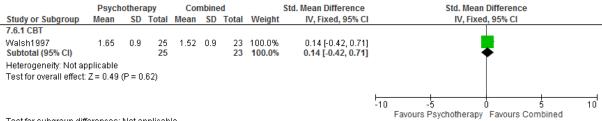
Test for subgroup differences: Not applicable

### 6 Figure 1395: EDE-weight concern

	Psych	other	ару	Psychotherap	y+Antidepre	ssant	9	Std. Mean Difference		Std.	Mean Differen	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IN	/, Fixed, 95% C	l	
7.9.1 CBT													
Goldbloom1997 Subtotal (95% CI)	1.8	2.2	14 <b>14</b>	1.8	1.7	12 <b>12</b>	100.0% 100.0%	0.00 [-0.77, 0.77] <b>0.00 [-0.77, 0.77]</b>			-		
Heterogeneity: Not ap	plicable												
Test for overall effect:	Z = 0.00	(P = 1	.00)										
									-10	-5	Ó	5	10
To at fav au bavaun diff	faranaa.	blot or	اطممناهم	la.					Favou	rs Psychoth	nerapy Favour	s Combined	

7 Test for subgroup differences: Not applicable

# 8 Figure 1396: EDE-total



Test for subgroup differences: Not applicable

# 10 Figure 1397: EDI-body dissatisfaction

	Psychotherapy Mean SD Total			Psychothera	py+Antidepre	essant		Std. Mean Difference		Std. Mea	n Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95%	CI	
7.8.1 CBT													
Jacobi2002 Subtotal (95% CI)	33.7	8.5	19 <b>19</b>	34.1	11.7		100.0% <b>100.0%</b>	-0.04 [-0.68, 0.61] - <b>0.04 [-0.68, 0.61]</b>			•		
Heterogeneity: Not a	pplicable												
Test for overall effect	: Z = 0.12	(P = 0)	.91)										
									-10	-5	6	5	10
									-	Favours Psychotherap	y Favoi	urs Combined	

### 2 Figure 1398: EDI-drive for thinness

	Psych	othera	ару	Psychotherapy	+Antidepre	ssant		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
7.10.1 CBT									
Jacobi2002 Subtotal (95% CI)	26.3	8.8	19 <b>19</b>	27.7	8.7	18 <b>18</b>	100.0% <b>100.0%</b>	-0.16 [-0.80, 0.49] - <b>0.16 [-0.80, 0.49]</b>	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 0.48	(P = 0.	.63)						
									-10 -5 Ö 5 10°
									Favours Psychotherapy Favours Combined

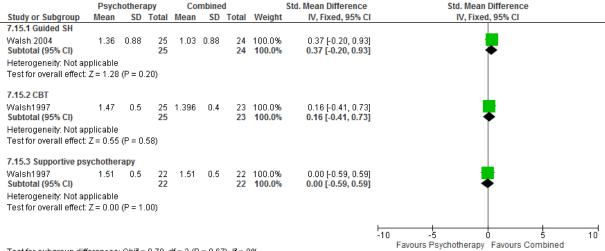
#### Test for subgroup differences: Not applicable

### 4 Figure 1399: EDI-bulimia

	Psych	other	ару	Psychotherapy	+Antidepres	ssant		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
7.11.1 CBT									
Jacobi2002 Subtotal (95% CI)	24.5	8.1	19 <b>19</b>	24.4	6.5	18 <b>18</b>	100.0% <b>100.0%</b>	0.01 [-0.63, 0.66] <b>0.01 [-0.63, 0.66]</b>	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 0.04	(P = 0)	97)						
									-10 -5 0 5 10
	_								Favours Psychotherapy Favours Combined

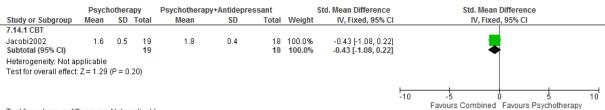
#### Test for subgroup differences: Not applicable

# 6 Figure 1400: General symptoms



### Test for subgroup differences: $Chi^2 = 0.79$ , df = 2 (P = 0.67), $I^2 = 0\%$

# 8 Figure 1401: Quality of life

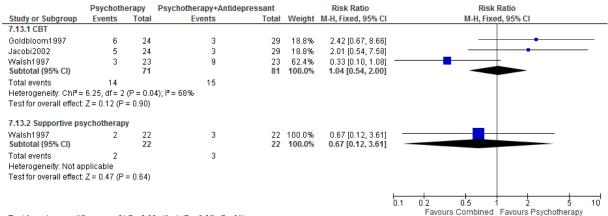


#### Test for subgroup differences: Not applicable

### 10 Figure 1402: Dropout due to side-effects

	Psychothe	егару	Psychotherapy+Antide	pressant	1	Risk Ratio (Non-event)		R	isk Ratio (Non-	event)		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixed, 95	% CI		
7.16.1 CBT												
Jacobi2002	0	19	5	18	26.3%	1.37 [1.02, 1.84]			-	_		
Mitchell1990	1	34	3	52	73.7%	1.03 [0.94, 1.13]						
Subtotal (95% CI)		53		70	100.0%	1.12 [1.01, 1.25]			•			
Total events	1		8									
Heterogeneity: Chi2=	5.21, df = 1	(P = 0.0)	2); I² = 81%									
Test for overall effect	Z = 2.08 (P)	= 0.04)										
							0.1	1 0	0.5	<del>- </del>	+	10
T46-0-016-00-00-016	¥		-1-1-				0.1		ombined Fav	ours Psych	notherapy	

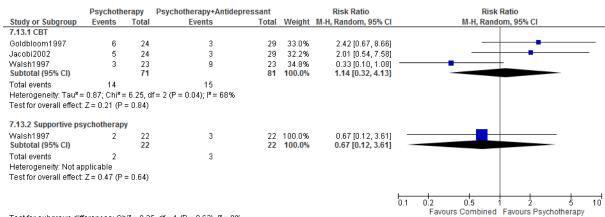
### 2 Figure 1403: Remission



3 Test for subgroup differences: Chi<sup>2</sup> = 0.23, df = 1 (P = 0.63),  $I^2$  = 0%

4 Heterogeneity was detected at I²=68%. The study by Walsh 1997 showed opposing results to the two studies, favouring single psychotherapy compared with combined treatment. The possible reason for this is unclear since they used the same antidepressant as the other two studies and the sample size was similar. Also, the duration of illness and treatment was not remarkably different to Jacobi (Jacobi was the only other study that reported duration of illness). Severity of illness, although different amongst the studies, did not explain the heterogeneity. In the absence of a good explanation, a random effects analysis was presented.

#### 12 Figure 1404: Remission with random effects



Test for subgroup differences: Chi<sup>2</sup> = 0.25, df = 1 (P = 0.62), I<sup>2</sup> = 0%

M.5.2.115 Psychotherapy compared with combined psychotherapy and antidepressants in adults with bulimia nervosa at follow-up

### 17 Figure 1405: Bingeing

14

	Psychotherapy Mean SD Total			Con	nbine	ed		Std. Mean Difference		Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI			
7.18.1 CBT													
Keel 2002 Subtotal (95% CI)	2.4	2.2	24 <b>24</b>	2.5	2	32 <b>32</b>	100.0% <b>100.0</b> %	-0.05 [-0.58, 0.48] - <b>0.05 [-0.58, 0.48]</b>					
Heterogeneity: Not applicable Test for overall effect: Z = 0.17 (P = 0.86)													
									-10	-5 0 5 10			

# 2 Figure 1406: Vomiting

	Psych	other	ару	Cor	nbine	ed		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
7.20.1 CBT											
Keel 2002 Subtotal (95% CI)	2.3	2.2	24 <b>24</b>	2.6	2.3		100.0% <b>100.0%</b>				
Heterogeneity: Not a Test for overall effect		(P = 0	.63)								
									-10	-5 0 5 Favours Psychotherapy Favours Combined	10

3 Test for subgroup differences: Not applicable

### 4 Figure 1407: Laxative use

	Psychotherapy			Cor	nbine	ed		Std. Mean Difference		Std. Mean I	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
7.19.1 CBT													
Keel 2002 Subtotal (95% CI)	1	0	24 <b>24</b>	1.2	0.9	32 <b>32</b>		Not estimable Not estimable					
Heterogeneity: Not applicable Test for overall effect: Not applicable									<u> </u>			<b>-</b>	<b>—</b>
									-10	-5 Ó	Ė	j	10
										Egyptire Develothorany	Favoure Com	hinad	

5 Test for subgroup differences: Not applicable

# 6 Figure 1408: Depression

	Psyc	hother	• •			ed		Std. Mean Difference		Std. Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95%	CI	
7.21.1 CBT												
Agras1994	10.3	13.1	22	4.4	4.6	9	31.1%	0.50 [-0.28, 1.29]		+-		
Keel 2002	5.7	8	24	5.4	6.8	32	68.9%	0.04 [-0.49, 0.57]		-		
Subtotal (95% CI)			46			41	100.0%	0.18 [-0.25, 0.62]		<b>*</b>		
Heterogeneity: Chi <sup>2</sup> :	= 0.92, df	= 1 (P	= 0.34)	$ I^2 = 0\% $								
Test for overall effect	t: Z = 0.82	P = 0	.41)									
									-10	-5 0	<del> </del> 5	10
										Favours Psychotherany Favo	urs Combined	

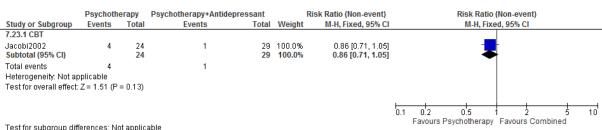
7 Test for subgroup differences: Not applicable

# 8 Figure 1409: EDI-body dissatisfaction

	Psychotherapy Combined  Mean SD Total Mean SD Total				Std. Mean Difference		Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
7.22.1 CBT											
Keel 2002 Subtotal (95% CI)	76.2	28.7	24 <b>24</b>	88.2	36.1		100.0% 100.0%			•	
Heterogeneity: Not ap Test for overall effect:	•		.19)								
		`	ĺ								
									-10	-5 0 5	10
										Favours Psychotherapy Favours Combined	

9 Test for subgroup differences: Not applicable

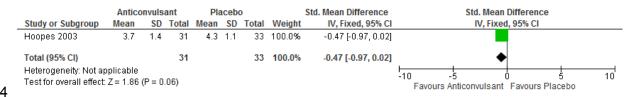
# 10 Figure 1410: Remission



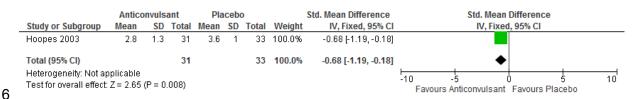
Test for subgroup differences: Not applicable

# M.5.2.121 Anticonvulsant compared with placebo in adults with bulimia nervosa at end of 2 treatment

### 3 Figure 1411: Severity of illness (CGI-S)



# 5 Figure 1412: Improvement scale (CGI-I)



### 7 Figure 1413: Dropout due to side-effects

	Anticonvu	Ilsant	Place	bo		Risk Ratio (Non-event)			Risk Ratio	(Non-eve	ent)		
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	ed, 95% C	1		
Hoopes 2003	1	34	2	33	100.0%	1.03 [0.93, 1.15]							
Total (95% CI)		34		33	100.0%	1.03 [0.93, 1.15]			•	•			
Total events	1		2										
Heterogeneity: Not ap Test for overall effect:	•				0.1	0.2 Fa	0.5 avours Placebo	Favours	? Anticonvu	l 5 Ilsan	10 It		

# 9 Figure 1414: General health perceptions –SF 36

	Anticonvulsant			Pla	iceb	0		Std. Mean Difference		Std. Mea	n Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 95% CI		
Nickel 2005	60.7	5.6	30	53.7	5.7	30	100.0%	1.22 [0.67, 1.78]					
Total (95% CI)	1: 1- 1-		30			30	100.0%	1.22 [0.67, 1.78]			<b>*</b>		
Heterogeneity: Not ap Test for overall effect:		(P < 0	.0001)					-1	10 F	-5 avours Placebo	o Favours Anti	5 convulsant	10 t

### 11 Figure 1415: EDI-body dissatisfaction

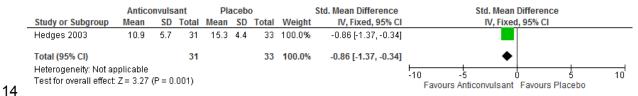
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10

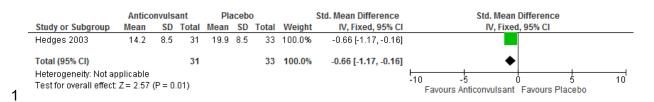
12

	Antico	nvuls	ant	Pla	iceb	0	!	Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Hedges 2003	5.9	5.5	31	10.3	6.8	33	100.0%	-0.70 [-1.21, -0.19]					
Total (95% CI) Heterogeneity: Not as			31			33	100.0%	-0.70 [-1.21, -0.19]	-10	<b>♦</b>	0 :	<del> </del> 5	10
Test for overall effect:	Z = 2.71	(P = 0	.007)						Favours A	nticonvulsant	Favours Plac	ebo	

# 13 Figure 1416: EDI-drive for thinness

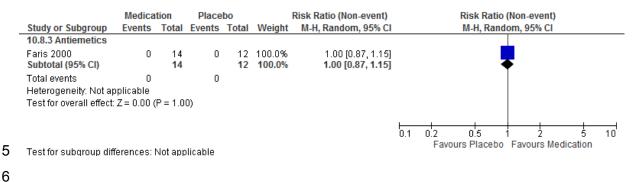


# 15 Figure 1417: EDI-bulimia



# M.5.32 Other medication compared with placebo in adults with bulimia nervosa at end 3 of treatment

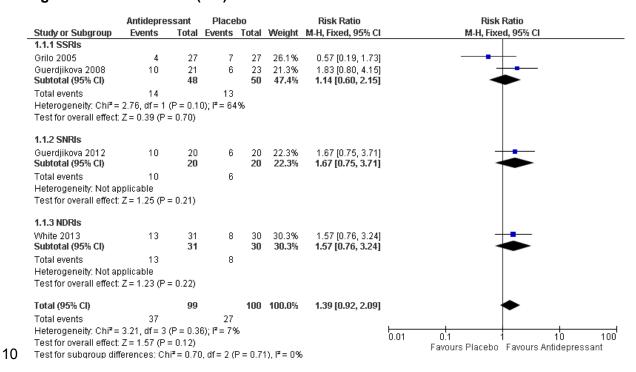
### 4 Figure 1418: Dropout due to side-effects



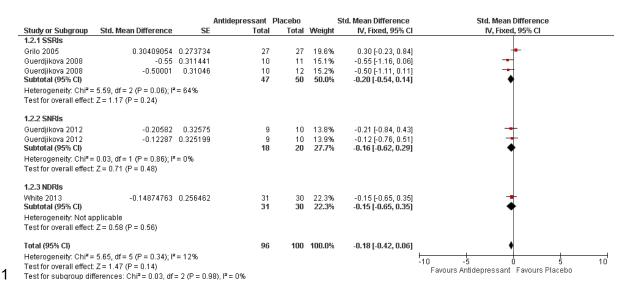
# M.5.47 Pharmacological interventions for people with binge eating disorder

### M.5.4.18 Any antidepressant versus placebo in adults with binge eating disorder

### 9 Figure 1419: Remission (ITT)

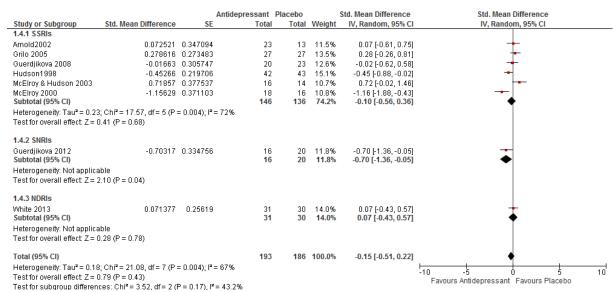


### 11 Figure 1420: Binge frequency



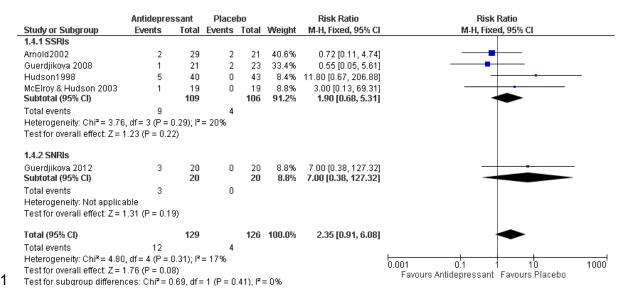
### 2 Figure 1421: BMI/Weight



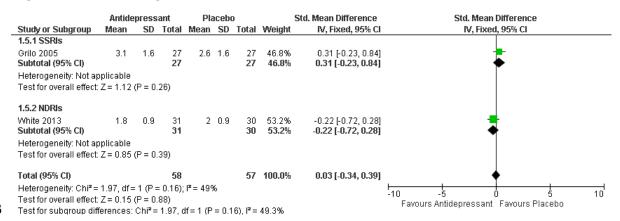


Heterogeneity was detected at i²=67% overall and 72% within the SSRI subgroup. There was no obvious risk of bias nor differences in comorbidities. Duration of illness was not reported for the majority of the studies. Heterogeneity might be explained by severity of illness: within the SSRI group, the majority of participants experienced approximately 18 binge episodes per month (Guerdjikova 2008, Guerdijikova 20012, Hudson 1998, and McElroy & Hudson 2003), whilst the participants of McElroy 2000 experienced approximately 28 binge episodes per month. However, data on severity of illness was not available for Arnold 2002, Grilo 2005, and White 2013. Hence the observed heterogeneity remains unexplained and a random effects was presented.

### 14 Figure 1422: Withdrawn due to adverse events



### 2 Figure 1423: EDE-Q-global



### 4 Figure 1424: EDE-Q-dietary restraint

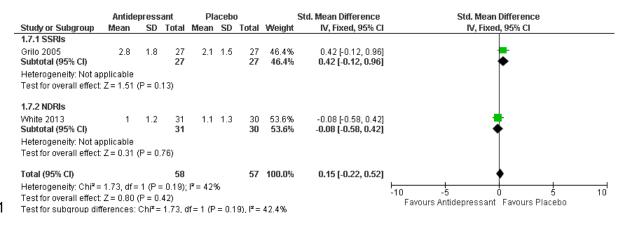
Antidepressant Placebo Std. Mean Difference Std. Mean Difference Study or Subgroup SD Total Mean SD Total Weight IV, Random, 95% CI IV, Random, 95% CI Mean 1.7.1 SSRIs Grilo 2005 0.38 f-0.16, 0.921 2.4 27 1.8 1.5 48.7% Subtotal (95% CI) 48.7% 0.38 [-0.16, 0.92] Heterogeneity: Not applicable Test for overall effect: Z = 1.39 (P = 0.17) 1.7.2 NDRIs White 2013 1.4 31 1.6 0.8 30 51.3% -0.22 (-0.72, 0.29) Subtotal (95% CI) 30 51.3% -0.22 [-0.72, 0.29] Heterogeneity: Not applicable Test for overall effect: Z = 0.85 (P = 0.40) 57 100.0% 0.07 [-0.51, 0.66] Total (95% CI) 58 Heterogeneity:  $Tau^2 = 0.11$ ;  $Chi^2 = 2.53$ , df = 1 (P = 0.11);  $I^2 = 61\%$ 10 Test for overall effect: Z = 0.25 (P = 0.81) Favours Antidepressant Favours Placebo Test for subgroup differences:  $Chi^2 = 2.53$ , df = 1 (P = 0.11),  $I^2 = 60.5\%$ 

6

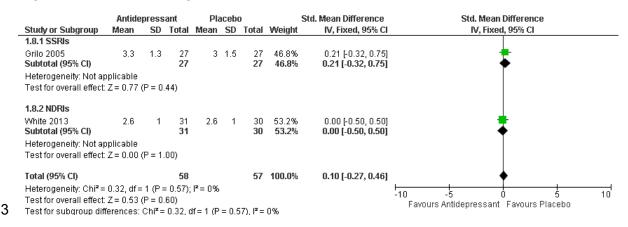
5

- 7 Heterogeneity was detected at i<sup>2</sup>=61%. In addition to examining different types of
- 8 antidepressant, Grilo 2005 carried a high risk of bias given that the length of treatment was
- 9 twice that of White 2013 (16 versus 8 weeks), thus making it difficult to compare the efficacy
- 10 of the two types of antidepressants. A random effects was presented.

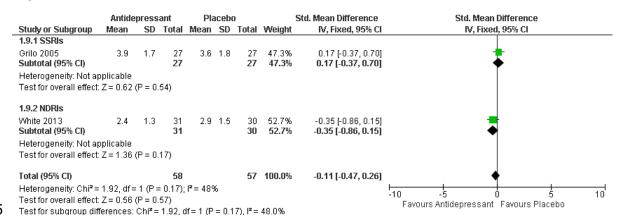
### 11 Figure 1425: EDE-Q-eating concern



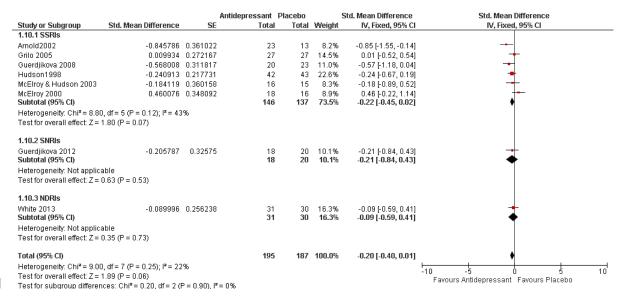
### 2 Figure 1426: EDE-Q-weight concern



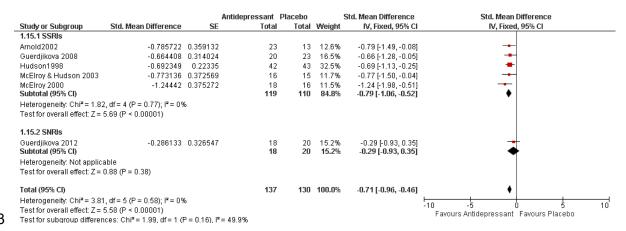
### 4 Figure 1427: EDE-Q-shape concern



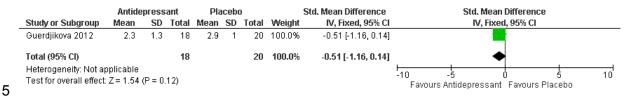
### 6 Figure 1428: Depression



# 2 Figure 1429: Clinical Global Impressions-severity

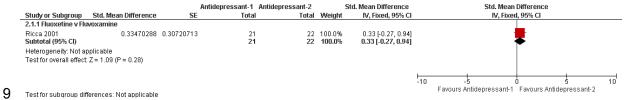


### 4 Figure 1430: Clinical Global Impressions-severity of illness for depressive disorders



# M.5.4.26 Any antidepressant-1 versus any antidepressant-2 in adults with binge eating disorder at end of treatment

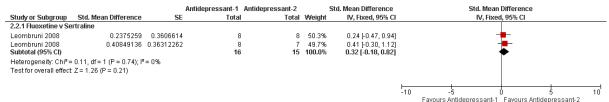
### 8 Figure 1431: Binge frequency



### 10 Figure 1432: BMI

	Antidepressant-1			Antide	pressa	nt-2	Std. Mean Difference			Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Leombruni 2008	36.6	4.3	16	38.5	5	15	100.0%	-0.40 [-1.11, 0.31]		-	-		
Total (95% CI)			16			15	100.0%	-0.40 [-1.11, 0.31]		•	+		
Heterogeneity: Not ap Test for overall effect:		P = 0.2	!7)						-10	-5 Favours Antidepressant-1	Favours Anti	5 depressant-2	10

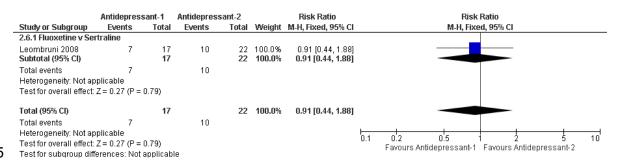
# 2 Figure 1433: Number of people achieving weight loss of %% or more



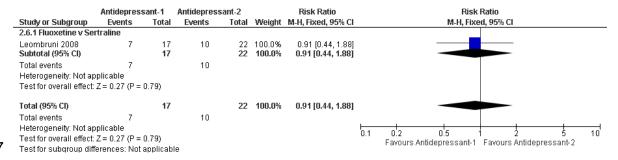
# 3 Test for subgroup differences: Not applicable

1

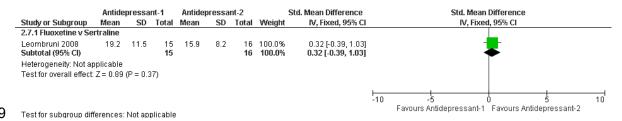
### 4 Figure 1434: Withdrawn due to adverse events



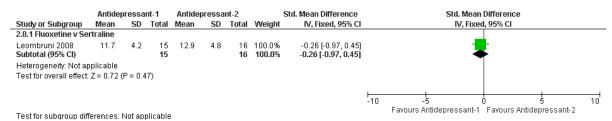
### 6 Figure 1435: Binge Eating Scale score greater than 17



### 8 Figure 1436: Binge Eating Scale



### 10 Figure 1437: EDI-2-drive for thinness

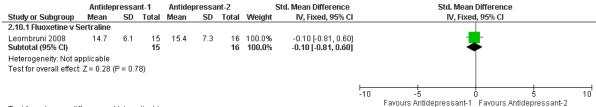


### 12 Figure 1438: ED-2-bulimia

	Antide	Antidepressant-1			Antidepressant-2			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
2.9.1 Fluoxetine v Se	ertraline												
Leombruni 2008 Subtotal (95% CI)	4.7	2.3	15 <b>15</b>	4	3.2	16 <b>16</b>	100.0% <b>100.0</b> %	0.24 [-0.46, 0.95] <b>0.24 [-0.46, 0.95</b> ]		1			
Heterogeneity: Not a Test for overall effect		(P = 0.5	50)										
									-10	-5	0	5	10
Test for subgroup dif	ferences:	Not ap	plicable							Favours Antidepressant-1	Favours Ant	idepressant-2	

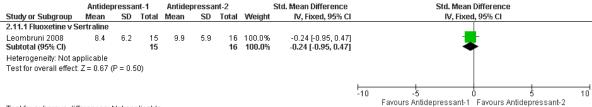
#### restion subgroup differences. Not applicable

# 2 Figure 1439: EDI-2-body dissatisfaction



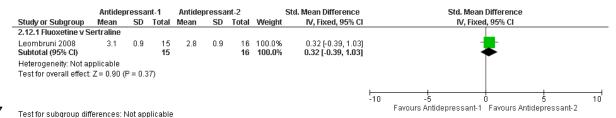
#### 3 Test for subgroup differences: Not applicable

### 4 Figure 1440: Depression



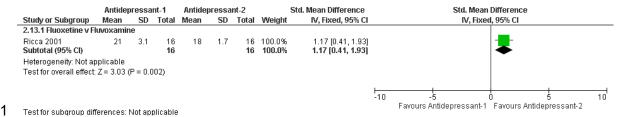
#### 5 Test for subgroup differences: Not applicable

### 6 Figure 1441: Clinical Global Impressions-severity



# M.5.4.38 Any antidepressant-1 versus any antidepressant-2 in adults with binge eating disorder 9 at follow up

### 10 Figure 1442: Binge frequency

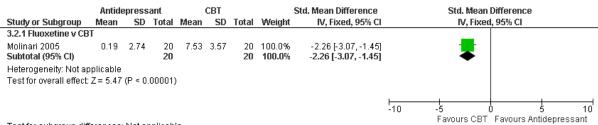


# M.5.4.42 Any antidepressant versus any other intervention in adults with binge eating disorder 13 at end of treatment

### 14 Figure 1443: Binge frequency

	Antide	epress	ant		CBT			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
3.1.1 Fluoxetine v CB	T								
Molinari 2005	4.4	2.07	20	0.8	1.32	20	50.8%	2.03 [1.26, 2.81]	_ <del></del>
Ricca 2001	19	3.5	21	8	3.9	10	25.9%	2.95 [1.86, 4.04]	_ <del></del>
Subtotal (95% CI)			41			30	76.7%	2.34 [1.71, 2.98]	•
Heterogeneity: Chi <sup>2</sup> =	1.82, df	= 1 (P =	= 0.18);	$I^2 = 459$	6				
Test for overall effect:		•							
3.1.2 Fluvoxamine v (	СВТ								
Ricca 2001	18	2.4	22	8	3.9	10	23.3%	3.32 [2.18, 4.47]	
Subtotal (95% CI)			22			10	23.3%	3.32 [2.18, 4.47]	•
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 5.68	(P < 0	.00001	)					
Total (95% CI)			63			40	100.0%	2.57 [2.02, 3.13]	•
Heterogeneity: Chi <sup>2</sup> =	3.97. df:	= 2 (P =	= 0.14):	$I^2 = 509$	6				- t t t t t
Test for overall effect:									-4 -2 0 2 4
Test for subgroup diff		•			= 0.14	N 12 = 5	3 7%		Favours Antidepressant Favours CBT

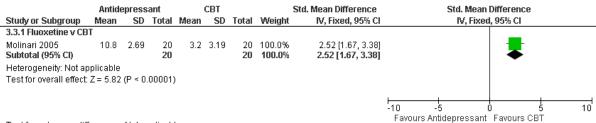
# 2 Figure 1444: Weight loss (percentage)



3 Test for subgroup differences: Not applicable

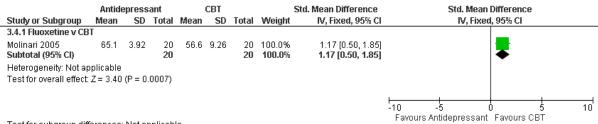
1

### 4 Figure 1445: EDI-2-bulimia



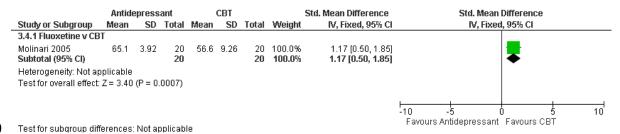
5 Test for subgroup differences: Not applicable

### 6 Figure 1446: Depression



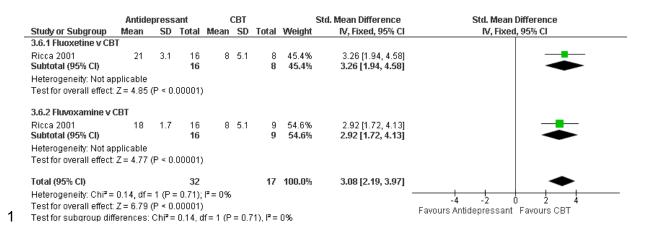
7 Test for subgroup differences: Not applicable

### 8 Figure 1447: Family functioning



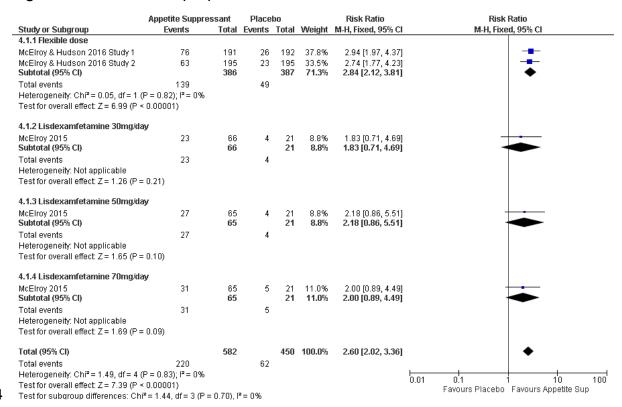
### M.5.4.50 Any antidepressant versus any other intervention in adults with follow up at follow up

### 11 Figure 1448: Binge frequency

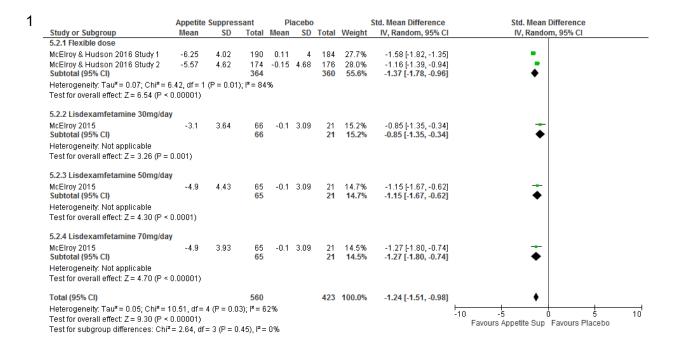


# M.5.4.62 Any appetite suppressant versus placebo in adults with binge eating disorder

### 3 Figure 1449: Remission (ITT)



# 5 Figure 1450: BMI - change scores

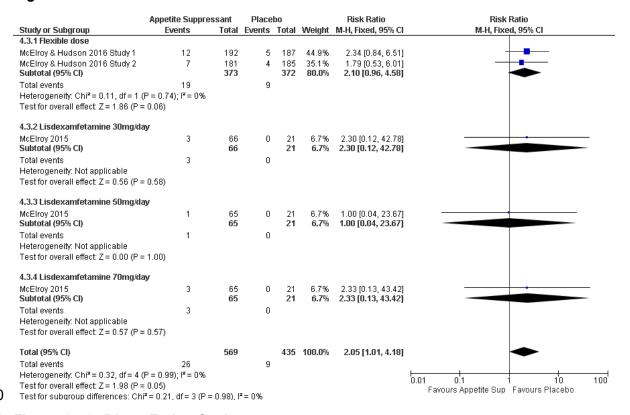


Heterogeneity was detected at i²=62% overall and at 84% for the flexible dose group. There was no obvious risk of bias, whilst data on duration of illness was not available. Lifetime and current comorbidities were exclusion criteria for the three studies. The studies followed the same protocols and participants had similar illness severity. Hence, the observed heterogeneity remains unexplained and a random effects was presented..

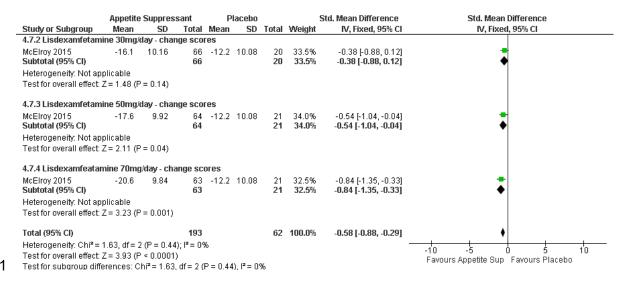
#### Figure 1451: Withdrawn due to adverse events

2

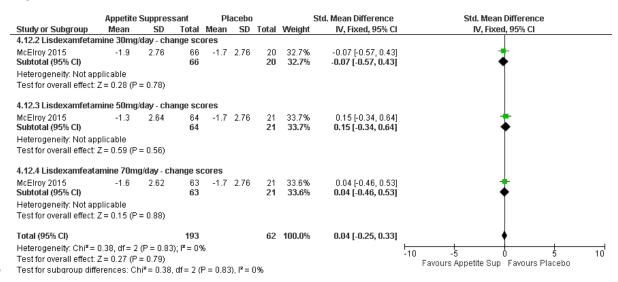
8



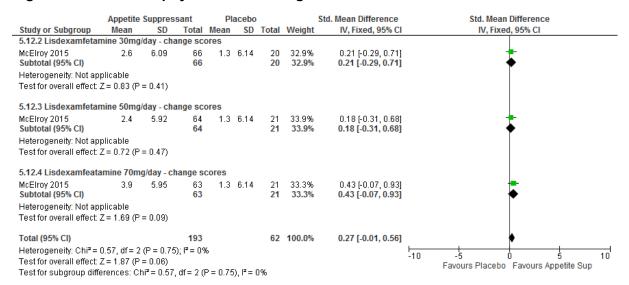
#### 11 Figure 1452: Binge Eating Scale



# 2 Figure 1453: Depression



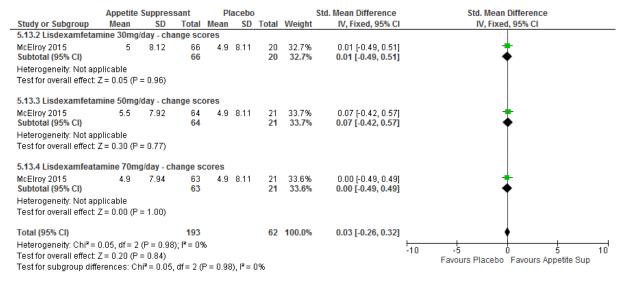
# 4 Figure 1454: General physical functioning



5

1

# 2 Figure 1455: General mental functioning

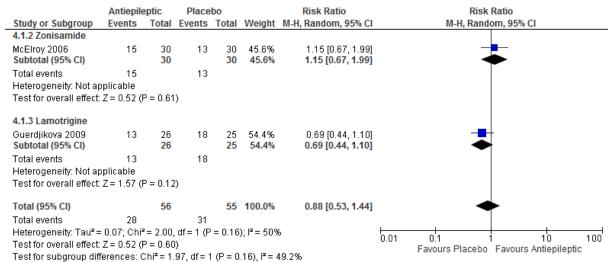


3

# M.5.54 Any antiepileptic versus placebo in adults with binge eating disorder

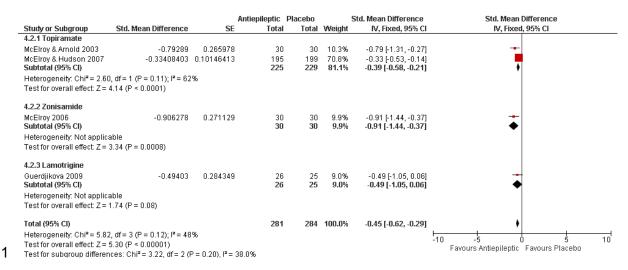
### 5 Figure 1456: Remission (ITT)

6

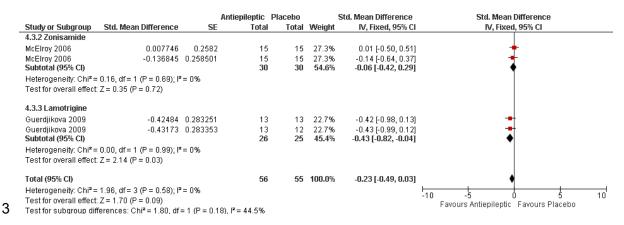


8 Heterogeneity was detected at i<sup>2</sup>=50%. There was no obvious risk of bias, nor difference in comorbidities and duration of illness. In addition to the studies examining different types of antiepileptic, heterogeneity might be explained by severity of illness: the participants of Guerdjikova 2009 had a lower severity of illness in terms of binge frequency (less than 18 binge episodes or binge days per month) compared to those of McElroy 2006. A random effects was presented.

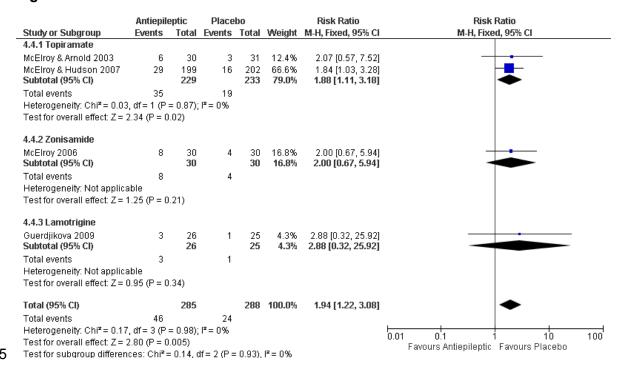
#### 14 Figure 1457: BMI



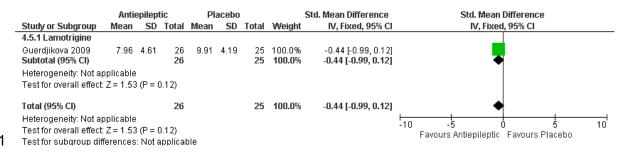
# 2 Figure 1458: Binge frequency



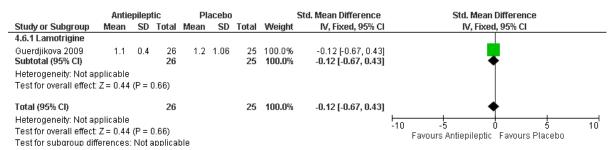
#### 4 Figure 1459: Withdrawn due to adverse events



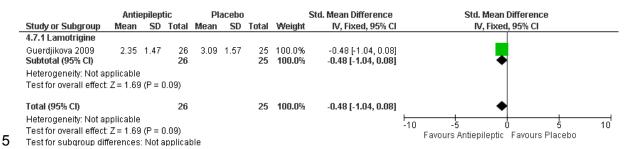
#### 6 Figure 1460: EDE-Q-global



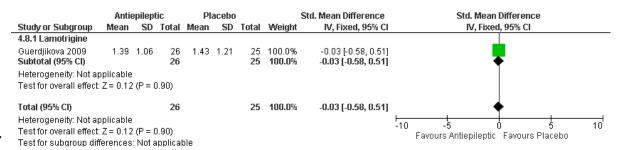
# 2 Figure 1461: EDE-Q-dietary restraint



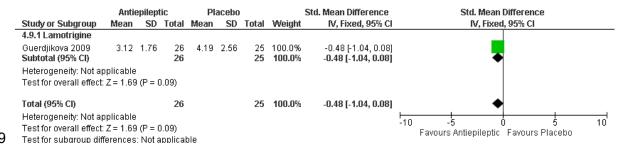
# 4 Figure 1462: EDE-Q-weight concern



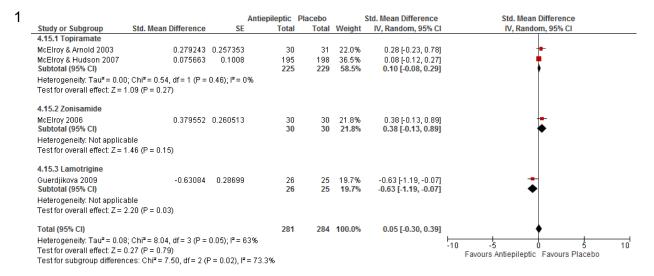
#### 6 Figure 1463: EDE-Q-eating concern



#### 8 Figure 1464: EDE-Q-shape concern



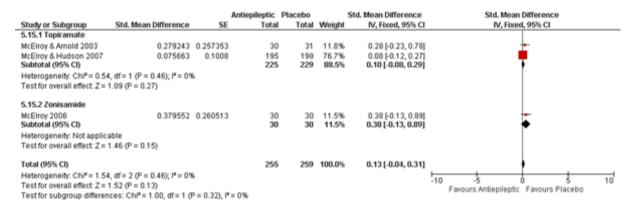
#### 10 Figure: Depression



2

- $3\,$  Heterogeneity was detected at  $i^2$ =63%. There was no obvious risk of bias, nor differences in
- 4 duration of illness and comorbidities. Heterogeneity might be explained by severity of illness:
- 5 the participants of Guerdjikova 2009 had a lower severity of illness in terms of binge
- 6 frequency (approximately less than 18 binge episodes or binge days per month) compared to
- 7 the other studies (approximately more than 18 binge episodes or binge days per month).

# 8 Figure 1465: Sensitivity analysis for depression



9

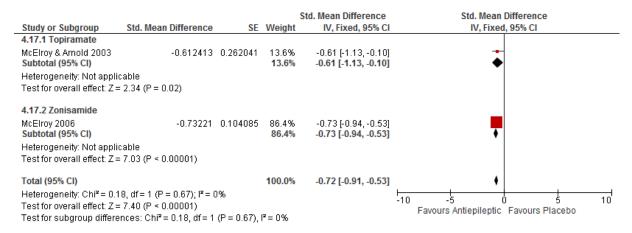
# 10 Figure 1466: Clinical Global Impressions-severity

1				Antiepileptic	Placebo		Std. Mean Difference	Std. Mean Difference
	Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
	4.17.1 Topiramate							
	McElroy & Arnold 2003 Subtotal (95% CI)	-0.612413	0.262041	30 <b>30</b>		25.4% <b>25.4%</b>		<b>.</b>
	Heterogeneity: Not applic	able						
	Test for overall effect: Z=	2.34 (P = 0.02)						
	4.17.2 Zonisamide							
	McElroy 2006	-0.73221	0.104085	30	30	51.2%	-0.73 [-0.94, -0.53]	
	Subtotal (95% CI)			30	30	51.2%	-0.73 [-0.94, -0.53]	<b>♦</b>
	Heterogeneity: Not applic	able						
	Test for overall effect: Z=	7.03 (P < 0.00001)						
	4.17.3 Lamotrigine							
	Guerdjikova 2009	-0.1301951	0.280406	26	25	23.4%	-0.13 [-0.68, 0.42]	+
	Subtotal (95% CI)			26	25	23.4%	-0.13 [-0.68, 0.42]	<b>♦</b>
	Heterogeneity: Not applic	able						
	Test for overall effect: Z=	0.46 (P = 0.64)						
	Total (95% CI)			86	86	100.0%	-0.56 [-0.90, -0.23]	•
	Heterogeneity: Tau <sup>2</sup> = 0.0	5; Chi² = 4.08, df = 2 (P	= 0.13);  ==	51%				-10 -5 0 5 10
	Test for overall effect: Z=	3.29 (P = 0.001)						Favours Antiepileptic Favours Placebo
	Test for subgroup differer	nces: Chi² = 4.08, df = 2	(P = 0.13).	I <sup>2</sup> = 51.0%				i avouis Aimephephic Favouis Flacebo

2

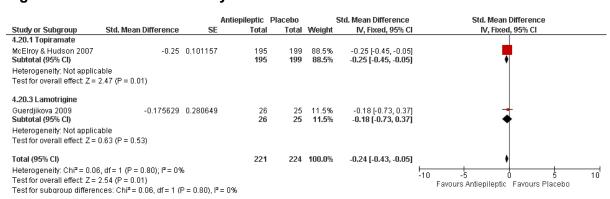
- 3 Heterogeneity was detected at i<sup>2</sup>=51%. There was no obvious risk of bias, nor differences in duration of illness and comorbidities. Heterogeneity might be explained by severity of illness:
- 5 the participants of Guerdjikova 2009 had a lower severity of illness in terms of binge
- 6 frequency (approximately less than 18 binge episodes or binge days per month) compared to
- 7 the other studies (approximately more than 18 binge episodes or binge days per month).

# 8 Figure 1467: Sensitivity analysis for Clinical Global Impressions-severity



9

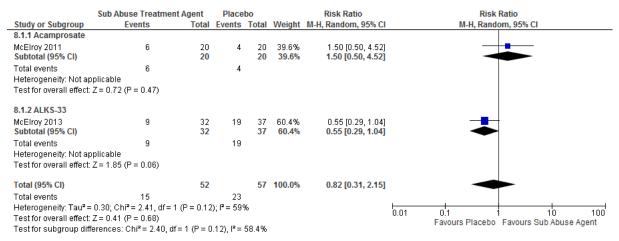
#### 10 Figure 1468: Sheehan Disability Scale



# M.5.5.11 Any substance abuse treatment agent versus placebo in adults with binge eating 2 disorder

# 3 Figure 1469: Remission (ITT)

4



5

6 Heterogeneity was detected at i²=59%. McElroy 2013 carried a high risk of bias as the 7 participants in the ALKS-33 group (unlike the acamprosate group) were significantly younger 8 than the relevant placebo group suggesting a failure of randomisation. However, removing it 9 would not explain the heterogeneity with only 2 studies, hence a random effects analysis was 10 presented. Duration of illness and comorbidities other than depression were not reported in 11 the two studies.

12

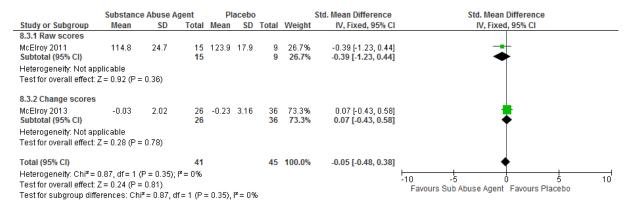
# 13 Figure 1470: BMI

	Substance Abuse Agent			PI	acebo		:	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
8.2.1 Raw scores									
McElroy 2011 Subtotal (95% CI)	38.9	6.2	15 <b>15</b>	45.6	4	9 <b>9</b>	45.3% <b>45.3%</b>	-1.18 [-2.08, -0.27] - <b>1.18 [-2.08, -0.27]</b>	•
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z= 2.55 (P=	0.01)							
8.2.2 Change scores									
McElroy 2013	0.01	0.69	26	-0.07	1.27	36	54.7%	0.07 [-0.43, 0.58]	<u> </u>
Subtotal (95% CI)			26			36	54.7%	0.07 [-0.43, 0.58]	<b>♦</b>
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z= 0.29 (P=	0.77)							
Total (95% CI)			41			45	100.0%	-0.49 [-1.71, 0.73]	•
Heterogeneity: Tau <sup>2</sup> =	0.64; Chi <sup>2</sup> =	5.61, df=	1 (P = 0.	02); l²=	82%				<u> </u>
Test for overall effect:	Z = 0.79 (P =	0.43)	•						-10 -5 0 5
Test for subgroup differences: Chi² = 5.61, df = 1 (				= 0.02).	P= 82	2%			Favours Sub Abuse Agent Favours Placebo

14

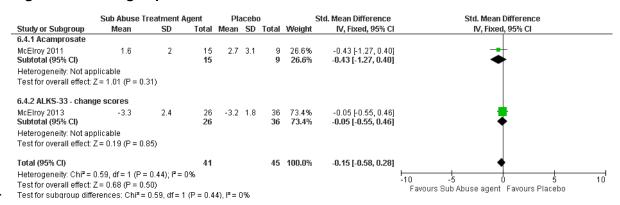
Heterogeneity was detected at i²=59%. McElroy 2013 carried a high risk of bias as the participants in the ALKS-33 group (unlike the acamprosate group) were significantly younger than the relevant placebo group suggesting a failure of randomisation. However, removing it would not explain the heterogeneity with only 2 studies, hence a random effects analysis was presented. Duration of illness and comorbidities other than depression were not reported in the two studies.

# 1 Figure 1471: Weight

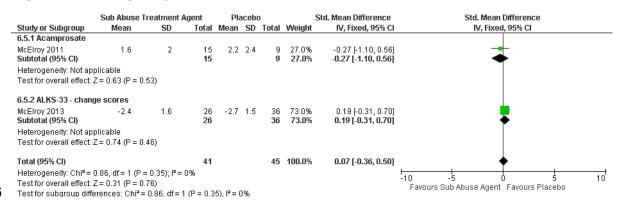


#### 2

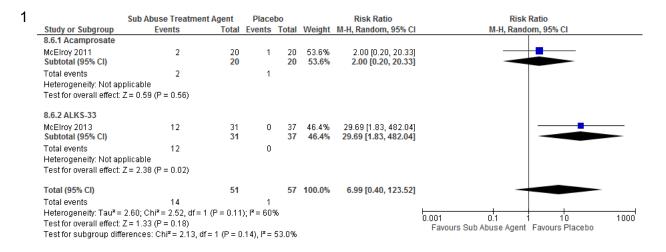
# 3 Figure 1472: Binge episodes/week



#### 5 Figure 1473: Binge days/week



# 7 Figure 1474: Withdrawn due to adverse events



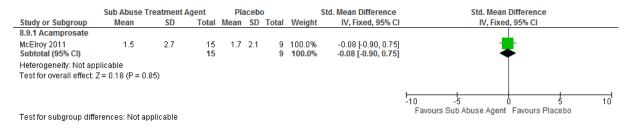
2

7

3 Heterogeneity was detected at i<sup>2</sup>=60%. McElroy 2013 carried a high risk of bias as the participants in the ALKS-33 group (unlike the acamprosate group) were significantly younger 5 than the relevant placebo group suggesting a failure of randomisation. . However, removing it 6 would not explain the heterogeneity with only 2 studies, hence a random effects analysis was presented. Duration of illness and comorbidities other than depression were not reported in 8 the two studies. In addition over 20% of the participants in ALKS-33 group reported several 9 side effects, including nausea, dizziness, headaches and insomnia, which may explain the 10 variability. By contrast, these side effects were relatively uncommon in the acamprosate 11 study.

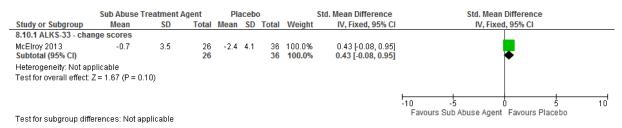
12

#### 13 Figure 1475: Depression



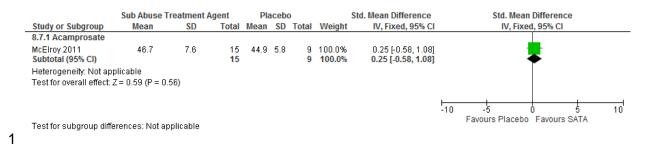
14

#### 15 Figure 1476: Depression - change scores

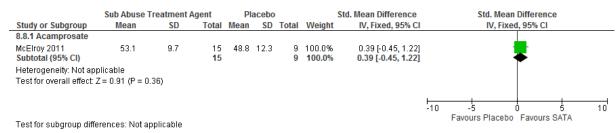


16

#### 17 Figure 1477: General physical functioning

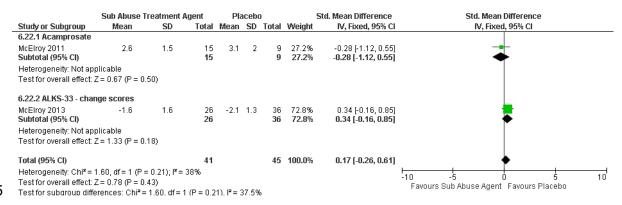


# 2 Figure 1478: General mental functioning



3

#### 4 Figure 1479: Clinical Global Impressions-severity

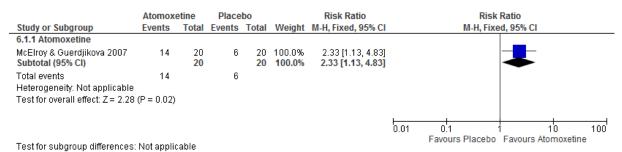


# M.5.5.26 Other pharmacological interventions versus placebo in adults with binge eating 7 disorder

#### 8 • Atomoxetine versus placebo

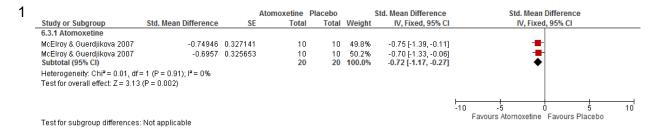
# 9 Figure 1480: Remission (ITT)

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11

# 12 Figure 1481: Binge frequency



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# 3 Figure 1482: BMI

4

			Atomoxetine	Placebo		Std. Mean Difference		Std. Mean D	Difference	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	95% CI	
6.3.1 Atomoxetine										
McElroy & Guerdjikova 2007 Subtotal (95% CI)	-0.73997	0.326871	20 <b>20</b>		100.0% <b>100.0</b> %			•		
Heterogeneity: Not applicable Test for overall effect: Z = 2.26										
Test for subgroup differences:	Not applicable						-10 -5 Favours At	tomoxetine	5 Favours Placebo	10

5

# 6 Figure 1483: Weight loss (kg)

	Atom	oxeti	ne	Pla	acebo	0		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	CI IV, Fixed, 95% CI
6.4.1 Atomoxetine									
McElroy & Guerdjikova 2007 Subtotal (95% CI)	2.7	3.7	20 <b>20</b>	0	3.2	20 <b>20</b>	100.0% <b>100.0</b> %	0.77 [0.12, 1.41] <b>0.77 [0.12, 1.41]</b>	
Heterogeneity: Not applicable Test for overall effect: Z = 2.33	(P = 0.02	)							
Total (95% CI)			20			20	100.0%	0.77 [0.12, 1.41]	ı <u>ı</u>
Heterogeneity: Not applicable Test for overall effect: Z = 2.33 Test for subgroup differences:	•		e						-10 -5 0 5 11 Favours Placebo Favours Atomoxetine

7

# 8 Figure 1484: Withdrawn due to adverse events

9

	Atomox	etine	Place	bo		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
6.5.1 Atomoxetine							_
McElroy & Guerdjikova 2007 Subtotal (95% CI)	3	20 <b>20</b>	1	20 <b>20</b>	100.0% <b>100.0%</b>	3.00 [0.34, 26.45] 3.00 [0.34, 26.45]	
Total events Heterogeneity: Not applicable Test for overall effect: Z = 0.99	3 (P = 0.32)		1				
Test for subgroup differences:	Not appli	cable					0.01 0.1 1 10 100 Favours Atomoxetine Favours Placebo

10

# 11 Figure 1485: Depression

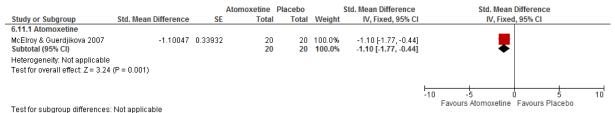
12

Study or Subgroup	Std. Mean Difference		Atomoxetine Total		Weight	Std. Mean Difference IV, Fixed, 95% CI	Std. Mean Difference IV, Fixed, 95% CI	
6.10.1 Atomoxetine						, ,	Ĺ	_
McElroy & Guerdjikova 2007 Subtotal (95% CI)	0.047434	0.316272	20 <b>20</b>	20 <b>20</b>		0.05 [-0.57, 0.67] <b>0.05 [-0.57, 0.67]</b>		
Heterogeneity: Not applicable Test for overall effect: Z = 0.15								
							-10 -5 0 5 10	1
Test for subgroup differences:	Not applicable						Favours Atomoxetine Favours Placebo	

13 "

# 1 Figure 1486: Clinical Global Impressions-severity of illness

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3

6

# Armodafinil versus placebo

#### 5 Figure 1487: Remission (ITT)

	Armoda	finil	Place	bo		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
McElroy & Guerdjikova 2015	7	27	6	28	100.0%	1.21 [0.47, 3.14]	
Total (95% CI)		27		28	100.0%	1.21 [0.47, 3.14]	
Total events Heterogeneity: Not applicable Test for overall effect: Z = 0.39 (	7 (P = 0.70)		6				0.1 0.2 0.5 1 2 5 10 Favours Placebo Favours Armodafinil

# 7 Figure 1488: Binge frequency

			Armodafinil	Placebo		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Std. Mean Difference	SE	Total	l Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
8.2.1 Change scores							
McElroy & Guerdjikova 2015	-0.3759	0.2721	13	14	50.5%	-0.38 [-0.91, 0.16]	<b>-</b>
McElroy & Guerdjikova 2015	-0.5549	0.27487			49.5%		<b>⇒</b>
Subtotal (95% CI)			27	28	100.0%	-0.46 [-0.84, -0.09]	◆
Heterogeneity: Chi2 = 0.21, df	= 1 (P = 0.64); I <sup>2</sup> = 0%						
Test for overall effect: Z = 2.40	) (P = 0.02)						
Total (95% CI)			27	28	100.0%	-0.46 [-0.84, -0.09]	•
Heterogeneity: Chi² = 0.21, df	= 1 (P = 0.64); I <sup>2</sup> = 0%						-10 -5 0 5 10
Test for overall effect: Z = 2.40	) (P = 0.02)						Favours Armodafinil Favours Placebo
Test for subgroup differences	: Not applicable						i avouis Aimouaiiiii Favouis Flatebo

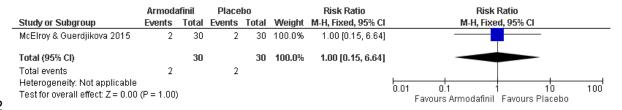
# 9 Figure 1489: BMI - change scores

	Arm	odafi	nil	Pla	aceb	0		Std. Mean Difference		Std. Mear	Difference	į	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
McElroy & Guerdjikova 2015	-0.6	0.8	27	0.1	1.2	28	100.0%	-0.67 [-1.22, -0.13]					
Total (95% CI)			27			28	100.0%	-0.67 [-1.22, -0.13]		•	•		
Heterogeneity: Not applicable Test for overall effect: Z = 2.43		2)							-10	-5 Favours Armodafini	0 Favours F	5 Placebo	10

10

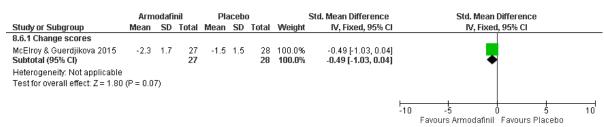
8

# 11 Figure 1490: Withdrawn due to adverse events

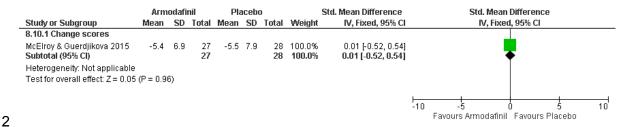


12

# 13 Figure 1491: Clinical Global Impressions-severity

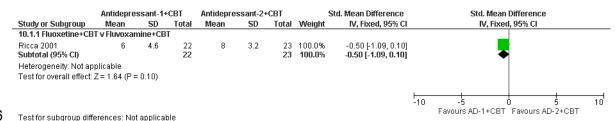


# 1 Figure 1492: Depression

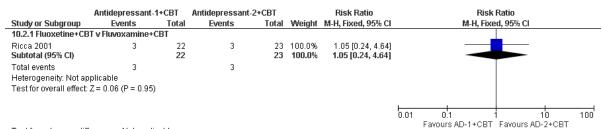


# M.5.5.33 Any antidepressant-1 and CBT-ED versus any antidepressant-2 and CBT-ED in adults 4 with binge eating disorder at end of treatment

# 5 Figure 1493: Binge frequency



# 7 Figure 1494: Withdrawn due to adverse events



8 Test for subgroup differences: Not applicable

# 9 Figure 1495: Binge Eating Scale

	Antidepre	essant-1+	-CBT	Antidepro	essant-2-	+CBT	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			
10.4.1 Paroxetine+CBT v Venlafaxine+CBT											
Cristina 2014 Subtotal (95% CI)	27.9	2.85	10 <b>10</b>	27.2	2.57	10 <b>10</b>	100.0% <b>100.0</b> %	0.25 [-0.63, 1.13] <b>0.25 [-0.63, 1.13]</b>			
Heterogeneity: Not applicable Test for overall effect: Z = 0.55 (P = 0.58)											

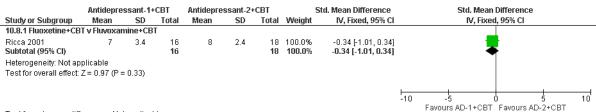
10

5.5.4.1. Any antideproceant 4 and CRT ED versus any antidepressant 2 and CRT ED in adults

# M.5.5.41 Any antidepressant-1 and CBT-ED versus any antidepressant-2 and CBT-ED in adults with binge eating disorder at follow up

# 13 Figure 1496: Binge frequency

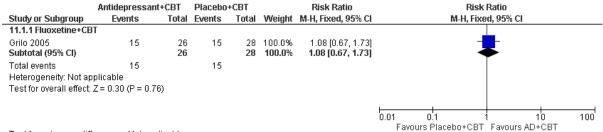
10



14 Test for subgroup differences: Not applicable

# M.5.5.51 Any antidepressant and CBT-ED versus placebo and CBT-ED in adults with binge 2 eating disorder at end of treatment

# 3 Figure 1497: Remission (ITT)



4 Test for subgroup differences: Not applicable

# 5 Figure 1498: Binge frequency

	Antidepi	ressant+	-CBT	Place	bo+C	BT.		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
11.2.1 Fluoxetine+CE	BT								
Grilo 2005 Subtotal (95% CI)	4.7	11.9	26 <b>26</b>	1.8	3.9	28 <b>28</b>	100.0% <b>100.0</b> %	0.33 [-0.21, 0.87] <b>0.33 [-0.21, 0.87]</b>	•
Heterogeneity: Not ap Test for overall effect:	•	P = 0.23)							
Test for overall effect: Z = 1.20 (P = 0.23)						5	10 -5 0 5 10 Favours AD+CBT Favours Placebo+CBT		

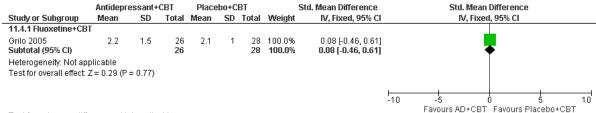
6 Test for subgroup differences: Not applicable

#### 7 Figure 1499: BMI

	Antidepr	essant+	CBT	Place	bo+C	BT	!	Std. Mean Difference		Std. Mean D	ifference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	95% CI		
11.3.1 Fluoxetine+CE	3T												
Grilo 2005 Subtotal (95% CI)	34.9	7.9	26 <b>26</b>	34.2	5.8	28 <b>28</b>	100.0% <b>100.0</b> %	0.10 [-0.43, 0.63] <b>0.10 [-0.43, 0.63]</b>		•			
Heterogeneity: Not ap Test for overall effect:	•	= 0.71)											
									-10 -5	j 0		<del> </del>	10
										urs AD+CBT I	Favours Plac	cebo+CBT	

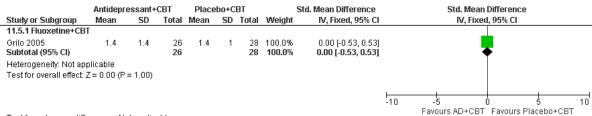
8 Test for subgroup differences: Not applicable

# 9 Figure 1500: EDE-Q-global



10 Test for subgroup differences: Not applicable

#### 11 Figure 1501: EDE-Q-dietary restraint



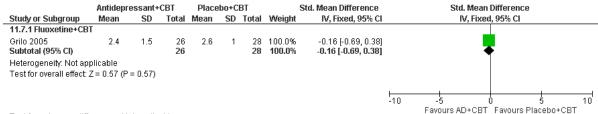
12 Test for subgroup differences: Not applicable

#### 13 Figure 1502: EDE-Q-eating concern

				Place	ebo+C	BT		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
11.6.1 Fluoxetine+CB	T												
Grilo 2005 Subtotal (95% CI)	1.5	1.3	26 <b>26</b>	1.7	0.7	28 <b>28</b>	100.0% <b>100.0</b> %	-0.19 [-0.73, 0.34] - <b>0.19 [-0.73, 0.34</b> ]					
Heterogeneity: Not ap Test for overall effect:	•	= 0.48)											
									-10		<u></u>	<del> </del>	10
									-10	Favours AD+CBT	Favours P	ນ Nacaho+∩l	

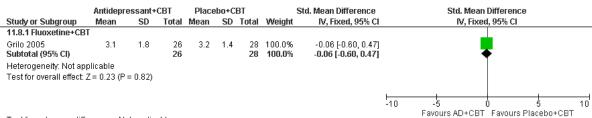
1 Test for subgroup differences: Not applicable

### 2 Figure 1503: EDE-Q-weight concern



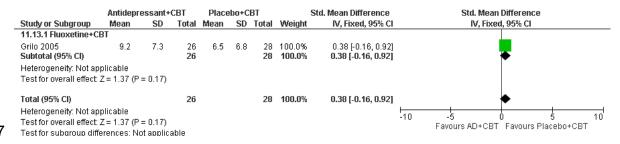
3 Test for subgroup differences: Not applicable

### 4 Figure 1504: EDE-Q-shape concern



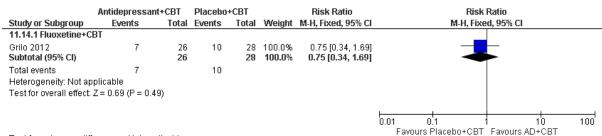
5 Test for subgroup differences: Not applicable

# 6 Figure 1505: Depression



# M.5.5.68 Any antidepressant and CBT-ED versus placebo and CBT-ED in adults with binge 9 eating disorder at follow up

#### 10 Figure 1506: Remission (ITT)



11 Test for subgroup differences: Not applicable

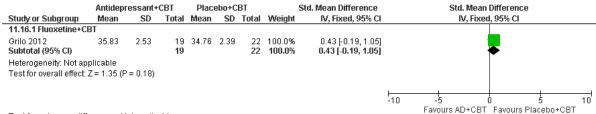
#### 12 Figure 1507: Binge frequency

	Antidepressant+CBT			Place	ebo+C	BT		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
11.15.1 Fluoxetine+C	BT								
Grilo 2012 Subtotal (95% CI)	4.64	7.41	19 <b>19</b>	4.63	6.94	22 <b>22</b>	100.0% <b>100.0</b> %	0.00 [-0.61, 0.62] <b>0.00 [-0.61, 0.62]</b>	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 0.00 (P	= 1.00)							
Total (95% CI)			19			22	100.0%	0.00 [-0.61, 0.62]	<b>+</b>
Heterogeneity: Not applicable									
Test for overall effect:	est for overall effect: Z = 0.00 (P = 1.00)								-10 -5 0 5 10 Favours AD+CBT Favours Placebo+CBT
Test for subgroup diff	st for subgroup differences: Not applicabl								rayouls AD+CD1 Fayouls Flacebu+CB1

# 2 Figure 1508: BMI

1

5

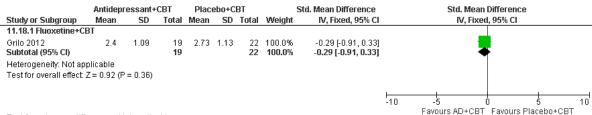


3 Test for subgroup differences: Not applicable

# 4 Figure 1509: Percentage weight loss

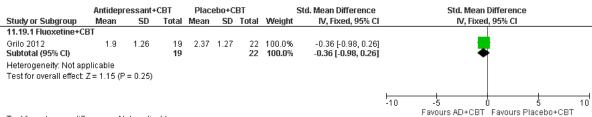
	Antidepressant+CBT			Plac	ebo+Cl	3T		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2012	-4.13	15.69	19	-9.84	14.92	22	100.0%	0.37 [-0.25, 0.99]	•
Total (95% CI)	nlicabla		19			22	100.0%	0.37 [-0.25, 0.99]	<b>•</b>
Heterogeneity: Not applicable Test for overall effect: Z = 1.16 (P = 0.25)									-10 -5 0 5 10 Favours AD+CBT Favours PL+CBT

# 6 Figure 1510: EDE-Q-global



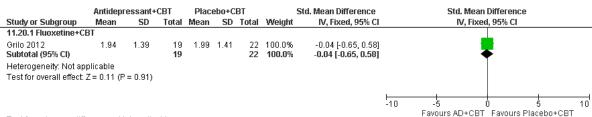
7 Test for subgroup differences: Not applicable

# 8 Figure 1511: EDE-Q-dietary restraint



9 Test for subgroup differences: Not applicable

#### 10 Figure 1512: EDE-Q-eating concern



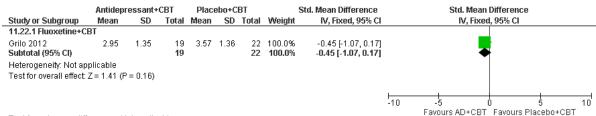
11 Test for subgroup differences: Not applicable

#### 12 Figure 1513: EDE-Q-weight concern

Antidepressant+CBT			Place	ebo+C	BT		Std. Mean Difference		Std. Mean	Difference		
Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
BT .									_			
2.63	1.22	19 <b>19</b>	3.03	1.22	22 <b>22</b>	100.0% <b>100.0</b> %	-0.32 [-0.94, 0.30] - <b>0.32 [-0.94, 0.30]</b>					
	= 0.31)											
								-10	-5		 5 cebo+CBT	10
	Mean 3T 2.63 plicable	Mean SD 3T 2.63 1.22	Mean         SD         Total           3T         2.63         1.22         19           19 olicable         19         19	Mean         SD         Total         Mean           BT         2.63         1.22         19         3.03           19         19         19         19         19         10           10	Mean         SD         Total         Mean         SD           BT         2.63         1.22         19         3.03         1.22           19         19         19         10	Mean         SD         Total         Mean         SD         Total           3T         2.63         1.22         19         3.03         1.22         22           19         19         22         22           20         22         22	Mean         SD         Total         Mean         SD         Total         Weight           37           2.63         1.22         19         3.03         1.22         22         100.0%           19         2         22         100.0%           olicable         3 <td< td=""><td>Mean         SD         Total         Mean         SD         Total         Weight         IV, Fixed, 95% CI           3T           2.63         1.22         19         3.03         1.22         22         100.0%         -0.32 [-0.94, 0.30]           90         -0.32 [-0.94, 0.30]         -0.32 [-0.94, 0.30]         -0.32 [-0.94, 0.30]</td><td>Mean         SD         Total         Mean         SD         Total         Weight         IV, Fixed, 95% CI           3T           2.63         1.22         19         3.03         1.22         22         100.0%         -0.32 [-0.94, 0.30]<!--</td--><td>Mean         SD         Total         Mean         SD         Total         Weight         N, Fixed, 95% CI         M, Fixed           3T           2.63         1.22         19         3.03         1.22         22         100.0%         -0.32 [-0.94, 0.30]         -0.32 [-0.94, 0.30]         ■           olicable Z = 1.02 (P = 0.31)         Z = 1.02 (P = 0.31)         ■         &lt;</td><td>Mean         SD         Total         Mean         SD         Total         Weight         IV, Fixed, 95% CI         IV, Fixed, 95% CI           3T         2.63         1.22         19         3.03         1.22         22         100.0%         -0.32 [-0.94, 0.30]           9 clicable         Z = 1.02 (P = 0.31)         2         100.0%         -0.32 [-0.94, 0.30]         -0.32 [-0.94, 0.30]</td><td>Mean         SD         Total         Mean         SD         Total         Weight         IV, Fixed, 95% CI         IV, Fixed, 95% CI           3T         2.63         1.22         19         3.03         1.22         22         100.0%         -0.32 [-0.94, 0.30]         -0.32 [-0.94, 0.30]           olicable         Z = 1.02 (P = 0.31)         Z = 1.02 (P = 0.31)</td></td></td<>	Mean         SD         Total         Mean         SD         Total         Weight         IV, Fixed, 95% CI           3T           2.63         1.22         19         3.03         1.22         22         100.0%         -0.32 [-0.94, 0.30]           90         -0.32 [-0.94, 0.30]         -0.32 [-0.94, 0.30]         -0.32 [-0.94, 0.30]	Mean         SD         Total         Mean         SD         Total         Weight         IV, Fixed, 95% CI           3T           2.63         1.22         19         3.03         1.22         22         100.0%         -0.32 [-0.94, 0.30] </td <td>Mean         SD         Total         Mean         SD         Total         Weight         N, Fixed, 95% CI         M, Fixed           3T           2.63         1.22         19         3.03         1.22         22         100.0%         -0.32 [-0.94, 0.30]         -0.32 [-0.94, 0.30]         ■           olicable Z = 1.02 (P = 0.31)         Z = 1.02 (P = 0.31)         ■         &lt;</td> <td>Mean         SD         Total         Mean         SD         Total         Weight         IV, Fixed, 95% CI         IV, Fixed, 95% CI           3T         2.63         1.22         19         3.03         1.22         22         100.0%         -0.32 [-0.94, 0.30]           9 clicable         Z = 1.02 (P = 0.31)         2         100.0%         -0.32 [-0.94, 0.30]         -0.32 [-0.94, 0.30]</td> <td>Mean         SD         Total         Mean         SD         Total         Weight         IV, Fixed, 95% CI         IV, Fixed, 95% CI           3T         2.63         1.22         19         3.03         1.22         22         100.0%         -0.32 [-0.94, 0.30]         -0.32 [-0.94, 0.30]           olicable         Z = 1.02 (P = 0.31)         Z = 1.02 (P = 0.31)</td>	Mean         SD         Total         Mean         SD         Total         Weight         N, Fixed, 95% CI         M, Fixed           3T           2.63         1.22         19         3.03         1.22         22         100.0%         -0.32 [-0.94, 0.30]         -0.32 [-0.94, 0.30]         ■           olicable Z = 1.02 (P = 0.31)         Z = 1.02 (P = 0.31)         ■         <	Mean         SD         Total         Mean         SD         Total         Weight         IV, Fixed, 95% CI         IV, Fixed, 95% CI           3T         2.63         1.22         19         3.03         1.22         22         100.0%         -0.32 [-0.94, 0.30]           9 clicable         Z = 1.02 (P = 0.31)         2         100.0%         -0.32 [-0.94, 0.30]         -0.32 [-0.94, 0.30]	Mean         SD         Total         Mean         SD         Total         Weight         IV, Fixed, 95% CI         IV, Fixed, 95% CI           3T         2.63         1.22         19         3.03         1.22         22         100.0%         -0.32 [-0.94, 0.30]         -0.32 [-0.94, 0.30]           olicable         Z = 1.02 (P = 0.31)         Z = 1.02 (P = 0.31)

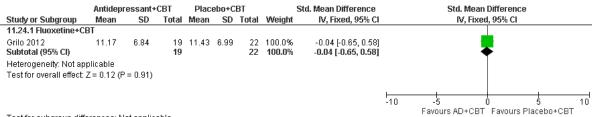
#### 1 Test for subgroup differences: Not applicable

#### 2 Figure 1514: EDE-Q-shape concern



#### 3 Test for subgroup differences: Not applicable

# 4 Figure 1515: Depression

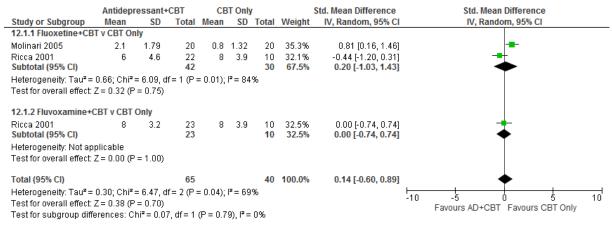


# 5 Test for subgroup differences: Not applicable

# M.5.5.76 Any antidepressant and CBT-ED versus CBT-ED in adults with binge eating disorder 7 at end of treatment

# 8 Figure 1516: Binge frequency

9

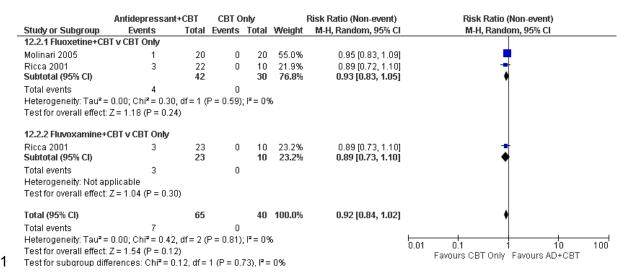


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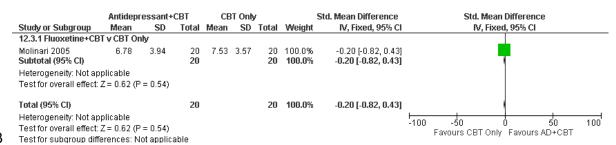
11 Heterogeneity was detected at i<sup>2</sup>=84% for the fluoxetine and CBT-ED subgroup. One study by Molinari 2005 appeared to be an outlier. Molinari 2005 carried a high risk of bias given

- 13 that part of the study was conducted in an inpatient setting (4 of the 52 weeks), the duration
- 14 of the treatment was twice that of Ricca 2001 (12 months vs 6 months), participants were on
- 15 a diet and also received group nutritional counselling. Hence, it is difficult to compare the
- 16 efficacy of the combined treatments and a random effects analysis was presented.

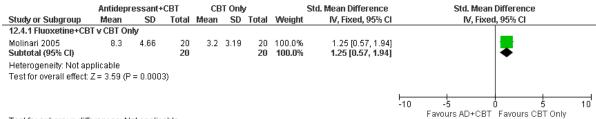
#### 17 Figure 1517: Withdrawn due to adverse events



# 2 Figure 1518: Percentage weight loss

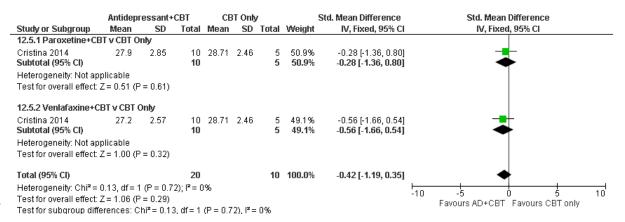


# 4 Figure 1519: EDI-2-bulimia

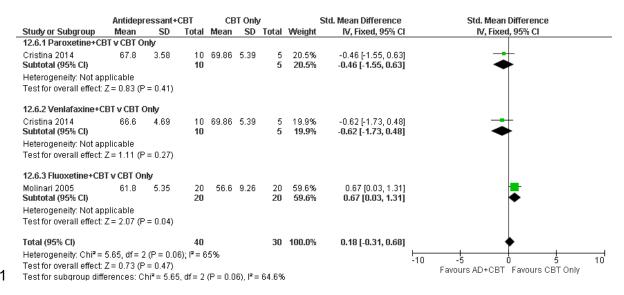


#### 5 Test for subgroup differences: Not applicable

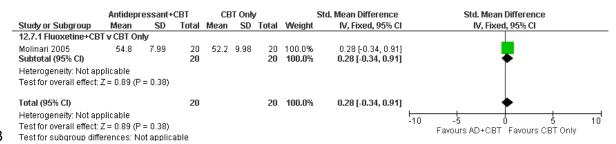
#### 6 Figure 1520: Binge Eating Scale



#### 8 Figure 1521: Depression

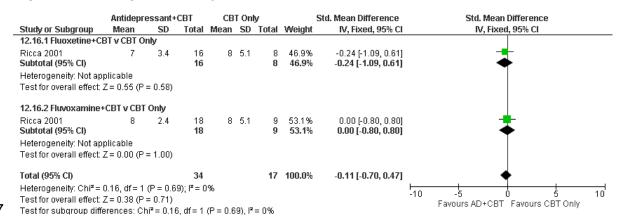


### 2 Figure 1522: Family functioning



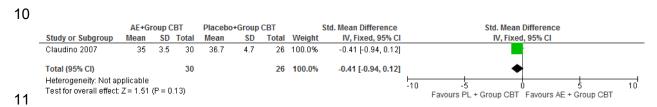
# M.5.5.84 Any antidepressant and CBT-ED versus CBT-ED in adults with binge eating disorder at follow up

# 6 Figure 1523: Binge frequency



# M.5.5.98 Any antiepileptic and group CBT-ED versus placebo and group CBT-ED

#### 9 Figure 1524: BMI

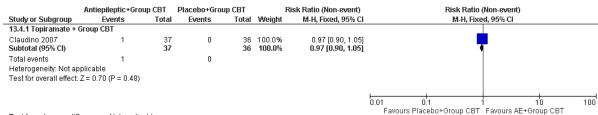


#### 12 Figure 1525: Number of people achieving weight loss of 10% or more

	Antiepileptic+Group	CBT	Placebo+Gro	ир СВТ		Risk Ratio		Risk	Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixe	ed, 95% CI	
13.3.1 Topiramate +	· Group CBT									
Claudino 2007 Subtotal (95% Cl)	11	30 <b>30</b>	3	26 <b>26</b>		3.18 [0.99, 10.17] <b>3.18 [0.99, 10.17]</b>				
Total events Heterogeneity: Not a Test for overall effect	• •		3							
							0.01	0.1 Favours PL+Group CRT	1 10 Favours AE+Group CBT	100

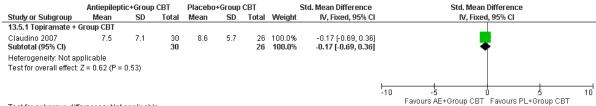
Test for subgroup differences: Not applicable

# 2 Figure 1526: Withdrawn due to adverse events



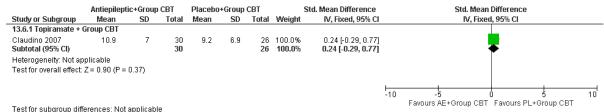
Test for subgroup differences: Not applicable

# 4 Figure 1527: Binge Eating Scale



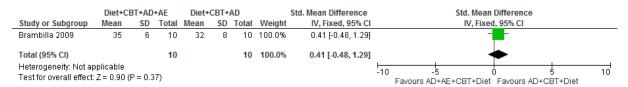
Test for subgroup differences: Not applicable

# 6 Figure 1528: Depression



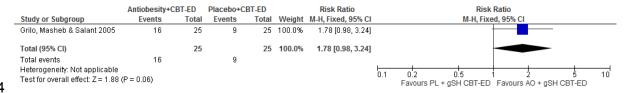
# M.5.5.108 Any antidepressant, antiepileptic, CBT-ED and group behavioural weight loss therapy 9 versus antidepressant, CBT-ED and group behavioural weight loss therapy

# 10 Figure 1529: BMI



# M.5.5.111 Any antiobesity agent and CBT-ED versus placebo and CBT-ED in adults with binge 2 eating disorder at end of treatment

# 3 Figure 1530: Remission (ITT)



# 5 Figure 1531: Binge frequency

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	•			Placeb	o+CB1	-ED		Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI	
Grilo, Masheb & Salant 2005	3.2	5.5	25	3.6	5.2	25	100.0%	-0.07 [-0.63, 0.48]		•		
Total (95% CI)			25			25	100.0%	-0.07 [-0.63, 0.48]				
Heterogeneity: Not applicable Test for overall effect: Z = 0.26 (P	9 = 0.79)							<u>!</u>	-10	-5 I Favours AO+qSH CBT-ED	5 Favours PL+qSH CBT-ED	10

# 7 Figure 1532: Weight loss>=5% (ITT)

	Antiobesity+(	CBT-ED	Placebo+0	BT-ED		Risk Ratio		Risk	Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixe	ed, 95% CI		
Grilo, Masheb & Salant 2005	9	25	2	25	100.0%	4.50 [1.08, 18.77]					
Total (95% CI)		25		25	100.0%	4.50 [1.08, 18.77]					
Total events	9		2								
Heterogeneity: Not applicable Test for overall effect: Z = 2.06 (P	= 0.04)						0.01	0.1 Favours PL + gSH CBT-ED	Favours AO +	10 gSH CBT-ED	100

# 9 Figure 1533: Weight loss (kg)

	Antiobes	•		Placel	o+CB	Γ-ED		Std. Mean Difference		Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI
Grilo, Masheb & Salant 2005	3.5	3.5	25	1.6	2.4	25	100.0%	0.62 [0.05, 1.19]		-
Total (95% CI)			25			25	100.0%	0.62 [0.05, 1.19]		<b>◆</b>
Heterogeneity: Not applicable Test for overall effect: Z = 2.15 (F	P = 0.03)								-10	) -5 0 5 10 Favours PL+gSH CBT-ED Favours AO+gSH CBT-ED

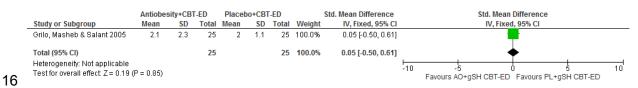
#### 11 Figure 1534: Mean % weight loss

	Antiobe			Placel	o+CB	Γ-ED		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Grilo, Masheb & Salant 2005	3.3	3.3	25	1.6	2.4	25	100.0%	0.58 [0.01, 1.15]			-		
Total (95% CI)			25			25	100.0%	0.58 [0.01, 1.15]			<b>*</b>		
Heterogeneity: Not applicable Test for overall effect: Z = 2.01 (I	P = 0.04)								-10	-5 Favours PL+gSH CBT-ED	Favours AO+gS	5 H CBT-ED	10

#### 13 Figure 1535: EDE Global

	Antiobes				00+CB1	-ED		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Grilo, Masheb & Salant 2005	2.1	1	25	2.4	0.7	25	100.0%	-0.34 [-0.90, 0.22]		•	-		
Total (95% CI)			25			25	100.0%	-0.34 [-0.90, 0.22]		•			
Heterogeneity: Not applicable Test for overall effect: Z = 1.20 (f	P = 0.23)								-10	-5 Favours AO+gSH CBT-ED	5 Favours PL+gSH	CBT-ED	10

# 15 Figure 1536: EDE Dietary Restraint



# 1 Figure 1537: EDE Eating Concern

	•			Placeb	o+CB1	-ED		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
Grilo, Masheb & Salant 2005	0.9	1	25	1	1	25	100.0%	-0.10 [-0.65, 0.46]		•	
Total (95% CI) Heterogeneity: Not applicable Test for overall effect: Z = 0.35 (F	° = 0.73)		25			25	100.0%	-0.10 [-0.65, 0.46]	-10	-5 0 5 1 Favours AO+gSH CBT-ED Favours PL+gSH CBT-ED	T <sub>O</sub>

# 3 Figure 1538: EDE Weight Concern

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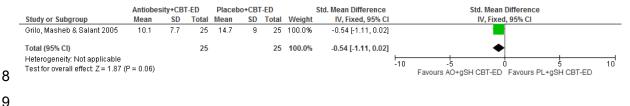
6

	Antiobesity+CBT-ED			Placeb	o+CB	Γ-ED		Std. Mean Difference			Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed	d, 95% CI		
Grilo, Masheb & Salant 2005	2.8	1.1	25	3	0.7	25	100.0%	-0.21 [-0.77, 0.34]						
Total (95% CI)			25			25	100.0%	-0.21 [-0.77, 0.34]			•			
Heterogeneity: Not applicable Test for overall effect: Z = 0.75 (I	P = 0.45)								-10	Favours A	5 O+gSH CBT-ED	0 Favours PL+gS	5 H CBT-ED	10

# 5 Figure 1539: EDE Shape Concern

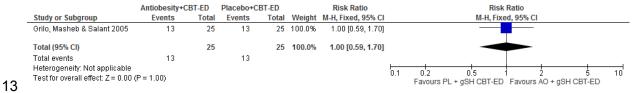
	Antiobe	sity+CB1	Γ-ED	Placel	bo+CB1	Γ-ED		Std. Mean Difference			Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixe	d, 95% CI		
Grilo, Masheb & Salant 2005	2.8	1.4	25	3.3	1.1	25	100.0%	-0.39 [-0.95, 0.17]			-			
Total (95% CI)			25			25	100.0%	-0.39 [-0.95, 0.17]			•	+		
Heterogeneity: Not applicable Test for overall effect: Z = 1.37 (	P = 0.17)								-10	-5 Favours AO+	gSH CBT-ED	0 Favours PL+g	5 SH CBT-ED	10

#### 7 Figure 1540: Depression

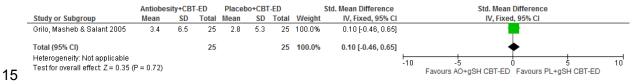


# M.5.5.120 Any antiobesity agent and CBT-ED versus placebo and CBT-ED in adults with binge eating disorder at follow up

# 12 Figure 1541: Remission (ITT)



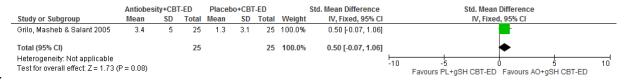
# 14 Figure 1542: Binge frequency



# 1 Figure 1543: Weight loss>=5% (ITT)



# 3 Figure 1544: Weight loss (kg)



# 5 Figure 1545: Mean % weight loss

	Antiobes	sity+CB1	Γ-ED	Placel	bo+CB	Γ-ED		Std. Mean Difference			Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed	1, 95% CI		
Grilo, Masheb & Salant 2005	3.3	5	25	1.3	3	25	100.0%	0.48 [-0.09, 1.04]						
Total (95% CI)			25			25	100.0%	0.48 [-0.09, 1.04]				<b>*</b>		
Heterogeneity: Not applicable Test for overall effect: Z = 1.66 (I	P = 0.10)								-10	Favours P	5 L+gSH CBT-ED	0 Favours AO+g	5 SH CBT-E	10 ED

# 7 Figure 1546: EDE Global

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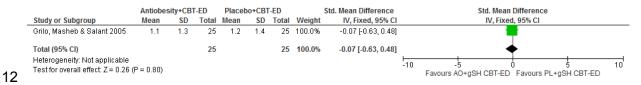
10

	Antiobes	sity+CB	T-ED	Placel	o+CB1	T-ED		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Grilo, Masheb & Salant 2005	2.2	1.1	25	2.3	1	25	100.0%	-0.09 [-0.65, 0.46]		•			
Total (95% CI)			25			25	100.0%	-0.09 [-0.65, 0.46]			•	i	
Heterogeneity: Not applicable Test for overall effect: Z = 0.33 (	P = 0.74)								-10	-5 Favours AO+gSH CBT-ED	0 Favours PL+gSl	i 1 H CBT-ED	10

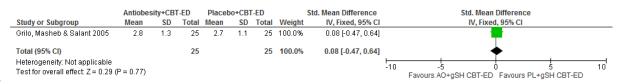
# 9 Figure 1547: EDE Dietary Restraint

	Antiobes	sity+CB	T-ED	Placel	00+CB1	-ED		Std. Mean Difference			Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixe	i, 95% CI		
Grilo, Masheb & Salant 2005	2.1	1.3	25	2.3	1.3	25	100.0%	-0.15 [-0.71, 0.40]				-		
Total (95% CI)			25			25	100.0%	-0.15 [-0.71, 0.40]			. •			
Heterogeneity: Not applicable Test for overall effect: Z = 0.53 (F	P = 0.59)								-10	Favours A	5 O+gSH CBT-ED	o Favours PL+g	5 SH CBT-ED	10

# 11 Figure 1548: EDE Eating Concern



# 13 Figure 1549: EDE Weight Concern



# 1 Figure 1550: EDE Shape Concern

	Antiobes	ity+CB1	T-ED	Placel	o+CB1	-ED		Std. Mean Difference			Std. Mear	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixe	d, 95% CI		
Grilo, Masheb & Salant 2005	2.9	1.6	25	3	1.4	25	100.0%	-0.07 [-0.62, 0.49]						
Total (95% CI) Heterogeneity: Not applicable Test for overall effect: Z = 0.23 (I	P = 0.82)		25			25	100.0%	-0.07 [-0.62, 0.49]	-10	-6	i Duggell CDT EF	0 Favoura Bl +	5 5	10
										Favours AC	)+gSH CBT-EL	Favours PL+	gSH CBT-ED	

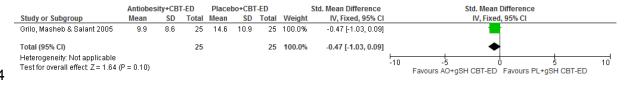
# 3 Figure 1551: Depression

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# M.66 Clinical question: Does any nutritional intervention7 produce benefits/harms on specified outcomes in people8 with eating disorders?

# M.6.19 Nutritional interventions for people with anorexia nervosa

# M.6.1.10 Nutritional counselling compared with any other intervention in adults with anorexia 11 nervosa at end of treatment

# 12 Figure 1552: Relapse

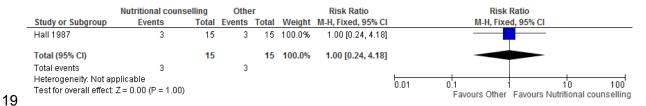
	Nutritional couns	selling	Othe	er		Risk Ratio			Risk	Ratio		
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	d, 95% CI		
Pike 2003	8	15	4	18	100.0%	2.40 [0.90, 6.43]			_			_
Total (95% CI)		15		18	100.0%	2.40 [0.90, 6.43]			-			-
Total events Heterogeneity: Not ap Test for overall effect:	•		4				0.1	0.2	0.5 Favours Other	i 2 Favours N	5 utrition co	10 unsel

# M.6.1.24 Nutritional counselling compared with any other intervention in adults with anorexia 15 nervosa at follow-up

#### 16 Figure 1553: Weight

		Nutritional	counse	lling	0	ther			Std. Mean Difference		Std. Mea	in Difference		
	Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95% CI		
	Hall 1987	46	6	15	45.1	10	15	100.0%	0.11 [-0.61, 0.82]			-		
	Total (95% CI)	aliaabla		15			15	100.0%	0.11 [-0.61, 0.82]			<b>*</b>		
,	Heterogeneity: Not app Test for overall effect: 2		0.77)							-10	-5 Favours Oth	ό er Favours Nutri	5 tional couns	10' selling

#### 18 Figure 1554: Menstruation regular

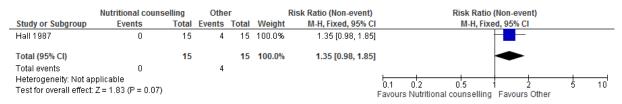


#### 20 Figure 1555: Menstruation absent



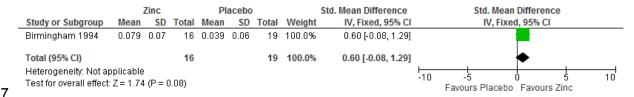
# 2 Figure 1556: Remission

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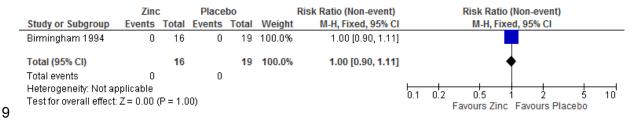


# M.6.1.34 Zinc supplementation compared with placebo in adults with anorexia nervosa at end 5 of treatment

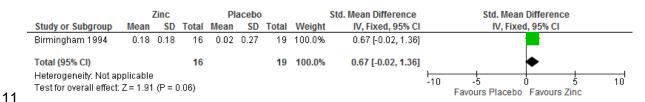
#### 6 Figure 1557: BMI gain/day



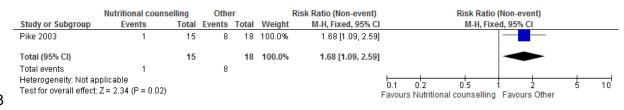
# 8 Figure 1558: Side-effects



# 10 Figure 1559: Percent body fat gain/day



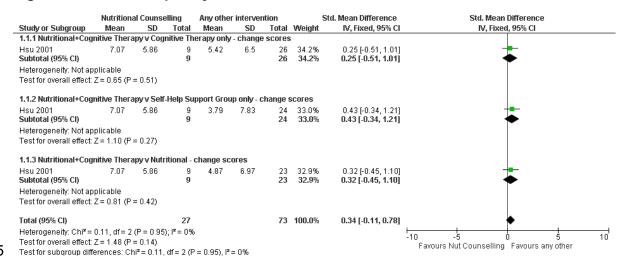
# 12 Figure 1560: Remission



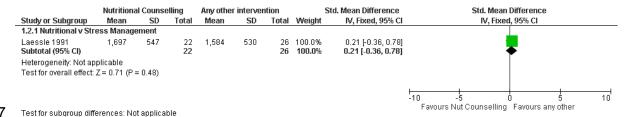
#### M.6.21 Nutritional interventions for bulimia nervosa

# M.6.2.12 Nutritional counselling versus any other intervention in adults with bulimia nervosa at 3 end of treatment

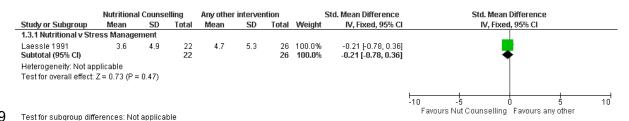
# 4 Figure 1561: Meal frequency



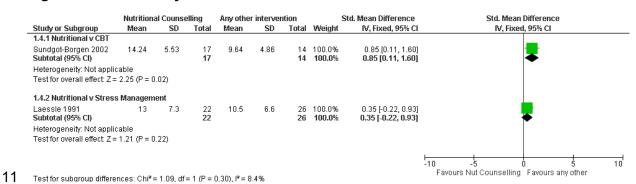
#### 6 Figure 1562: Calories/day



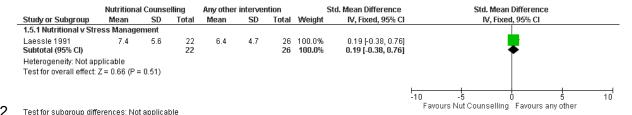
# 8 Figure 1563: EDI-bulimia



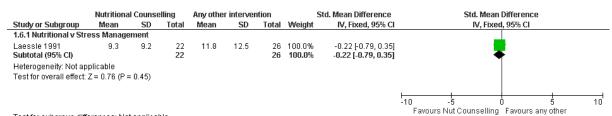
# 10 Figure 1564: EDI-body dissatisfaction



# 1 Figure 1565: EDI-drive for thinness

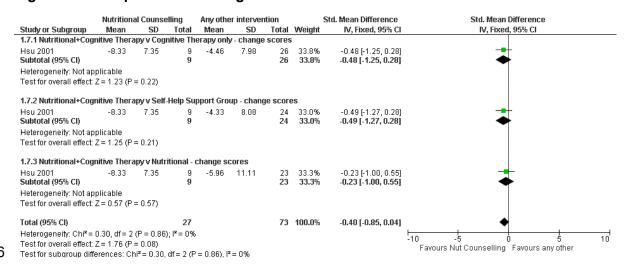


# 3 Figure 1566: Depression – raw scores



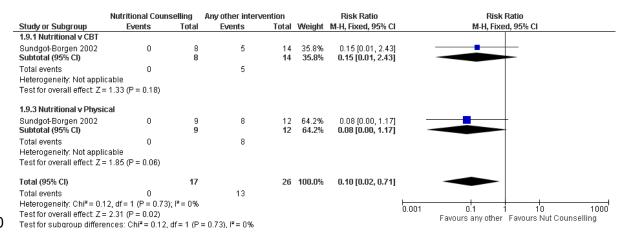
#### 4 Test for subgroup differences: Not applicable

# 5 Figure 1567: Depression - change scores

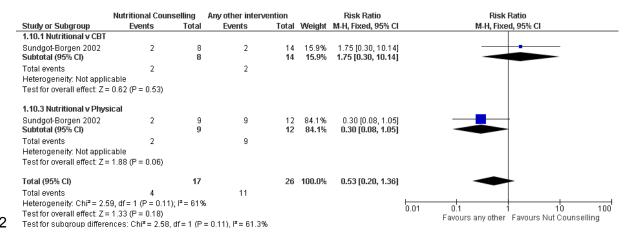


# M.6.2.27 Nutritional counselling versus any other intervention in adults with bulimia nervosa at 8 follow up

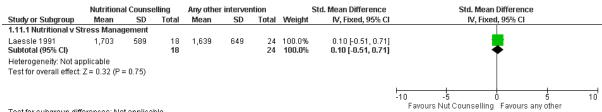
#### 9 Figure 1568: Recovery from bulimia



# 1 Figure 1569: Satisfies EDNOS criteria



#### 3 Figure 1570: Calories/day



4 Test for subgroup differences: Not applicable

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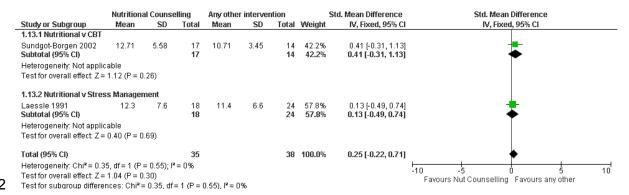
8

# 6 Figure 1571: EDI-bulimia

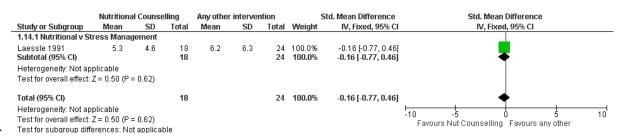
**Nutritional Counselling** Any other intervention Std. Mean Difference Std. Mean Difference Total Weight Study or Subgroup Mean SD Total Mean SD IV. Random, 95% CI IV. Random, 95% CI 1.12.1 Nutritional v CB Sundgot-Borgen 2002 1.83 3.06 [1.98, 4.14] Subtotal (95% CI) 49.2% Heterogeneity: Not applicable Test for overall effect: Z = 5.56 (P < 0.00001) 1.12.2 Nutritional v Stress Management -0.44 [-1.06, 0.18] 5.6 Subtotal (95% CI) 18 50.8% -0.44 [-1.06, 0.18] Heterogeneity: Not applicable Test for overall effect: Z = 1.40 (P = 0.16) 38 100.0% 1.28 [-2.15, 4.72] Heterogeneity:  $Tau^2 = 5.94$ ;  $Chi^2 = 30.45$ , df = 1 (P < 0.00001);  $I^2 = 97\%$ -10 10 Test for overall effect: Z = 0.73 (P = 0.46) Test for subgroup differences: Chi<sup>2</sup> = 30.45, df = 1 (P < 0.00001), i<sup>2</sup> = 96.7% Favours Nut Counselling Favours any other

9 Heterogeneity was detected at i<sup>2</sup>=97%. Laessle 1991 carried a high risk of bias given that the 10 participants in the stress management group had significantly lower BMI than the nutritional 11 management group suggesting a failure of randomisation. Moreover, the participants in this 12 study were severely ill experiencing over 40 bulimic episodes per month. Duration of illness 13 in both studies was relatively similar, whilst comorbidities and severity of illness were not 14 reported in Sundgot-Borgen 2002. In the absence of an explanation, a random effects 15 analysis was presented.

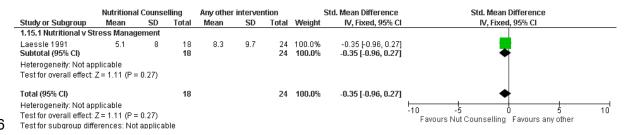
# 1 Figure 1572: EDI-body dissatisfaction



# 3 Figure 1573: EDI-drive for thinness

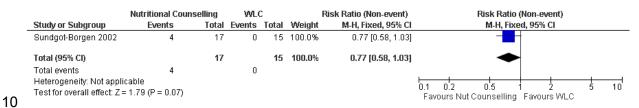


### 5 Figure 1574: Depression



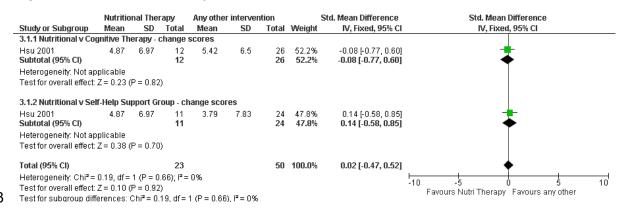
# M.6.2.37 Nutritional counselling versus wait list control in adults with bulimia nervosa at follow 8 up

# 9 Figure 1575: Satisfies EDNOS criteria

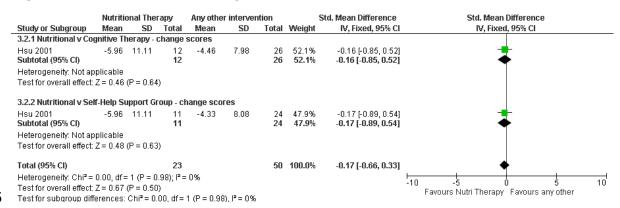


# M.6.2.41 Nutritional therapy versus wait list control in adults with bulimia nervosa

# 2 Figure 1576: Meal frequency

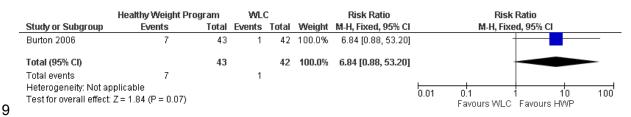


# 4 Figure 1577: Depression – change scores

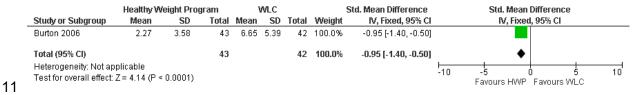


# M.6.2.56 Healthy weight program versus wait list control in adults with bulimia nervosa at end 7 of treatment

#### 8 Figure 1578: Remission (ITT)

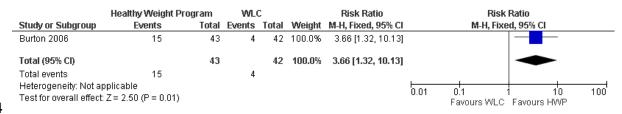


# 10 Figure 1579: Binge frequency



# M.6.2.61 Healthy weight program versus wait list control in adults with bulimia nervosa at 2 follow up

# 3 Figure 1580: Remission (ITT)



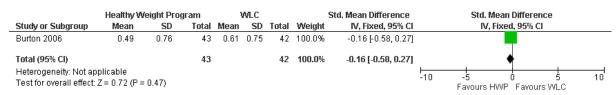
# 5 Figure 1581: Binge frequency

	Healthy W	/eight Pro	угат		WLC			Std. Mean Difference		Std.	Mean Diffe	егепсе	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	f, Fixed, 95	% CI	
Burton 2006	1.19	2.44	43	7.82	10.64	42	100.0%	-0.86 [-1.30, -0.41]					
Total (95% CI)			43			42	100.0%	-0.86 [-1.30, -0.41]			•		
Heterogeneity: Not ap Test for overall effect:	•	0.0002)							-10	-5 Favours	0 HWP Fav	5 ours WLC	10

# 7 Figure 1582: General functioning

	Healthy W	eight Pro	угат	1	WLC			Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Burton 2006	30.4	6.07	43	32.69	8.32	42	100.0%	-0.31 [-0.74, 0.12]					
Total (95% CI)			43			42	100.0%	-0.31 [-0.74, 0.12]			•		
Heterogeneity: Not ap Test for overall effect:		0.15)							-10	-5 Favours	0 HWP Favo	5 ours WLC	10

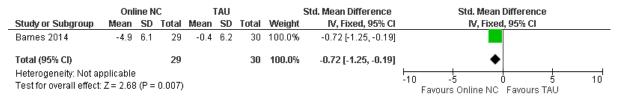
# 9 Figure 1583: Service use



# M.6.31 Nutritional interventions for binge eating disorder

# M.6.3.12 Online nutritional counselling versus treatment as usual in adults with BED at end of treatment

# 14 Figure 1584: Weight (lbs - change scores)



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# 1 Figure 1585: EDE-global

	Onl	ine N	С	1	ΓAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Barnes 2014	1.2	0.5	29	1.5	0.9	30	100.0%	-0.40 [-0.92, 0.11]	•
Total (95% CI)			29			30	100.0%	-0.40 [-0.92, 0.11]	.       •
Heterogeneity: Not ap Test for overall effect:			0.12)						-10 -5 0 5 10 Favours Online NC Favours TAU

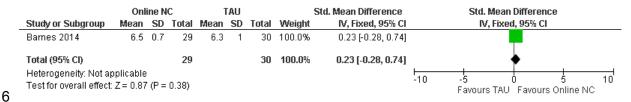
# 3 Figure 1586: Depression

2

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	Onl	ine N	C		ΓAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Barnes 2014	5.1	3.9	29	6.9	6.2	30	100.0%	-0.34 [-0.86, 0.17]	
Total (95% CI)			29			30	100.0%	-0.34 [-0.86, 0.17]	•
Heterogeneity: Not ap Test for overall effect:	•		0.19)						-10 -5 0 5 10 Favours Online NC Favours TAU

# 5 Figure 1587: General functioning

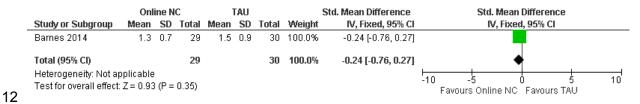


# M.6.3.27 Online nutritional counselling versus treatment as usual in adults with BED at follow 8 up

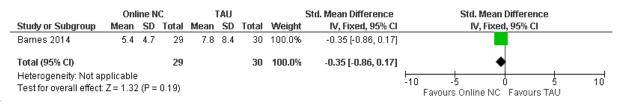
# 9 Figure 1588: Weight (lbs - change scores)

	Onl	ine N	С	1	ΓAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Barnes 2014	-5.7	9	29	0.4	7.2	30	100.0%	-0.74 [-1.27, -0.21]	
Total (95% CI)			29			30	100.0%	-0.74 [-1.27, -0.21]	<b>→</b>
Heterogeneity: Not ap Test for overall effect:			0.006)						-10 -5 0 5 10 Favours Online NC Favours TAU

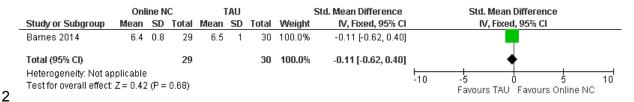
#### 11 Figure 1589: EDE-global



# 13 Figure 1590: Depression

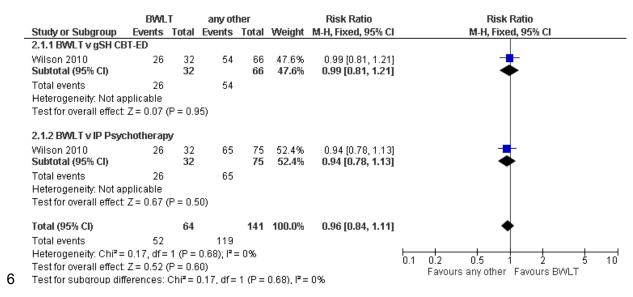


# 1 Figure 1591: General functioning



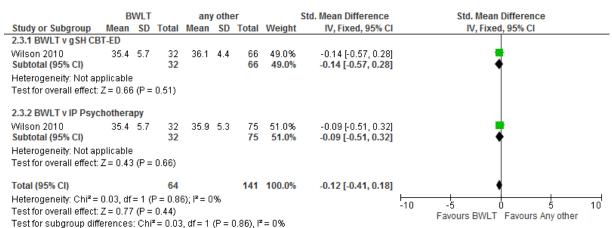
# M.6.3.33 Behavioural weight loss therapy versus any other intervention in adults with BED at 4 end of treatment

# 5 Figure 1592: Remission

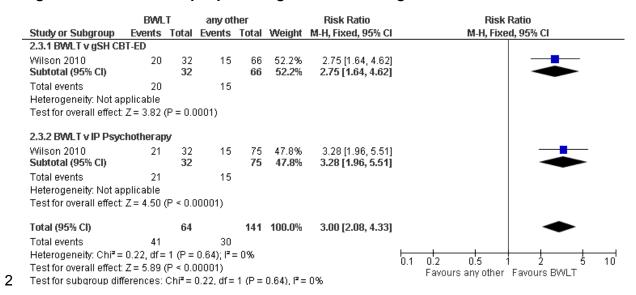


#### 7 Figure 1593: BMI

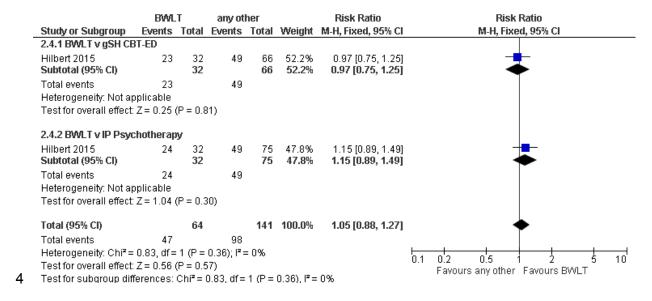
8



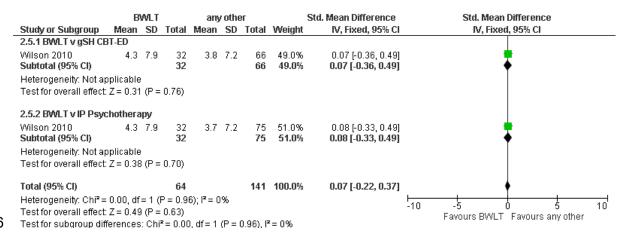
# 1 Figure 1594: Number of people losing 5% or more weight



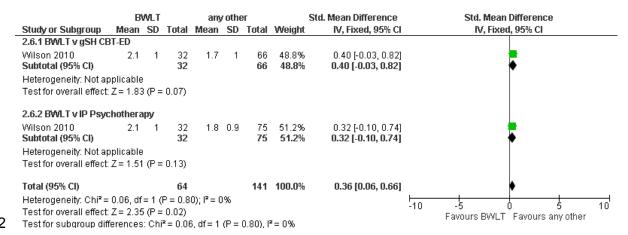
# 3 Figure 1595: Rapid response



#### 5 Figure 1596: Binge frequency



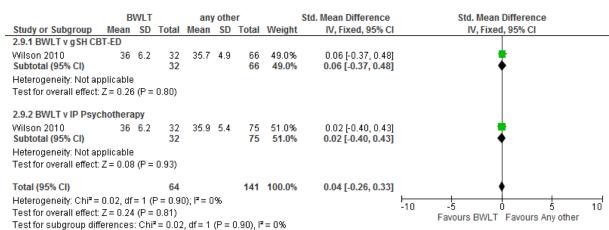
# 1 Figure 1597: EDE-global



# M.6.3.43 Behavioural weight loss therapy versus any other intervention in adults with BED at 1-4 year follow up

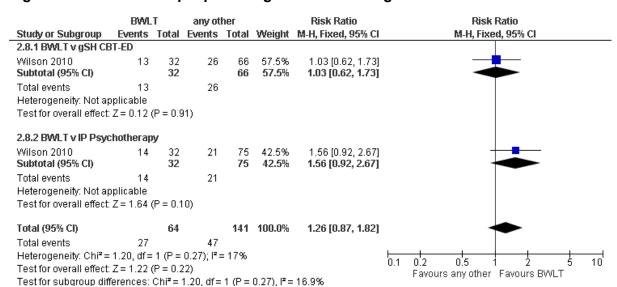
#### 5 Figure 1598: BMI



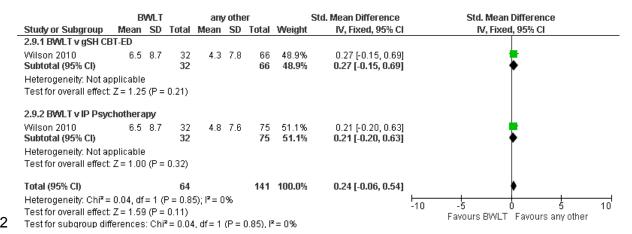


#### 7

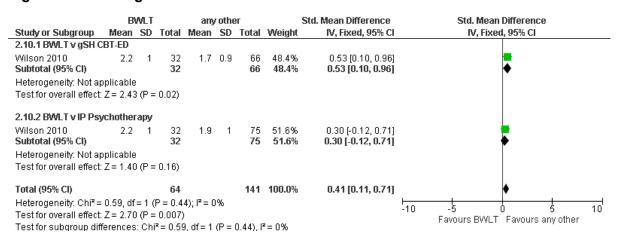
# 8 Figure 1599: Number of people losing 5% or more weight



#### 1 Figure 1600: Binge frequency



## 3 Figure 1601: EDE-global



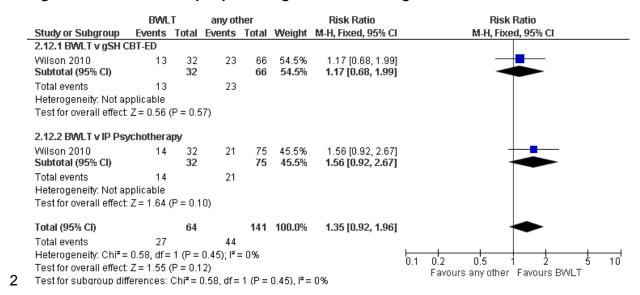
### M.6.3.55 Behavioural weight loss therapy versus any other intervention in adults with BED at 2-6 year follow up

#### 7 Figure 1602: BMI

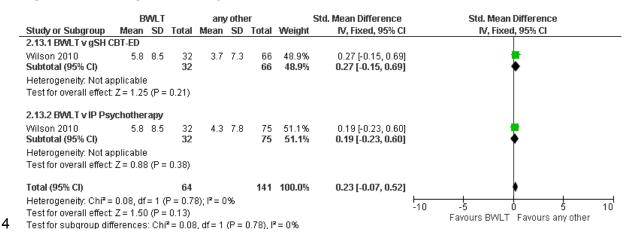
8

	В	WLT		any	othe	er		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
2.14.1 BWLT v gSH (	CBT-ED								
Wilson 2010	36.3	6.2	32	35.7	5	66	49.0%	0.11 [-0.31, 0.53]	<b>+</b>
Subtotal (95% CI)			32			66	49.0%	0.11 [-0.31, 0.53]	<b>♦</b>
Heterogeneity: Not ap	pplicable	!							
Test for overall effect	: Z = 0.51	(P=	0.61)						
2.14.2 BWLT v IP Ps	ychothe	гару							
Wilson 2010	36.3	6.2	32	36.1	5.5	75	51.0%	0.03 [-0.38, 0.45]	<b>+</b>
Subtotal (95% CI)			32			75	51.0%	0.03 [-0.38, 0.45]	<b>♦</b>
Heterogeneity: Not ap	pplicable								
Test for overall effect	: Z = 0.18	6 (P =	0.87)						
Total (95% CI)			64			141	100.0%	0.07 [-0.22, 0.37]	•
Heterogeneity: Chi <sup>2</sup> =	0.06, df	= 1 (	P = 0.81	$0); I^2 = 0$	96			Ļ.	- + + +
Test for overall effect	Z = 0.47	' (P =	0.64)					-1	0 -5 0 5 10 Favours BWLT Favours Any other
Test for subgroup dif	ferences	: Chi	= 0.08	i. df = 1	(P = I	0.80), l <sup>a</sup>	²= 0%		Favours DVVLT Favours Arry outer

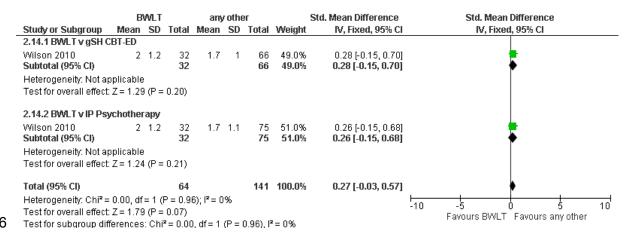
#### 1 Figure 1603: Number of people losing 5% or more weight



#### 3 Figure 1604: Binge frequency



#### 5 Figure 1605: EDE-global

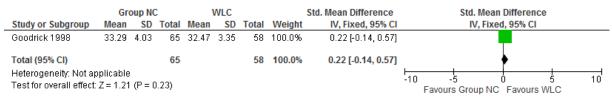


# M.6.3.61 Group nutritional counselling versus wait list control in adults with BED at end of 2 treatment

#### 3 Figure 1606: BMI

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### 6 Figure 1607: Binge Eating Scale

	Gr	oup NO		1	<b>WLC</b>			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Goodrick 1998	17.29	7.77	62	24.22	8.85	58	100.0%	-0.83 [-1.20, -0.46]	
Total (95% CI)			62			58	100.0%	-0.83 [-1.20, -0.46]	. •
Heterogeneity: Not ap Test for overall effect			0.0001)						-10 -5 0 5 10 Favours Group NC Favours WLC

# M.6.3.78 Group behavioural weight loss therapy versus wait list control in adults with BED at 9 end of treatment

#### 10 Figure 1608: BMI/Weight

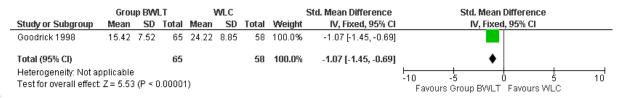
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			Group BWLT	WLC		Std. Mean Difference	Std. Mea	n Difference	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI	IV, Fix	ed, 95% CI	
Goodrick 1998	0.22012972	0.18117112	33	29	60.2%	0.22 [-0.13, 0.58]			
Reeves 2001	0.17123218	0.2229253	46	36	39.8%	0.17 [-0.27, 0.61]		<b>†</b>	
Total (95% CI)			79	65	100.0%	0.20 [-0.07, 0.48]		•	
Heterogeneity: Chi <sup>z</sup> = Test for overall effect:	0.03, df = 1 (P = 0.86); l <sup>2</sup> Z = 1.43 (P = 0.15)	= 0%					-10 -5 Favours Group BWL	0 5 T Favours WL	5 10 .C

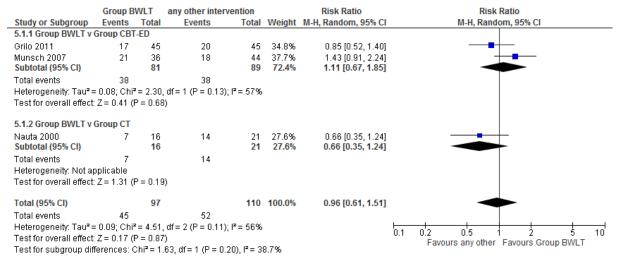
#### 13 Figure 1609: Binge Eating Scale



# M.6.3.81 Group behavioural weight loss therapy versus any other intervention in adults with 2 BED at end of treatment

#### 3 Figure 1610: Remission (ITT)

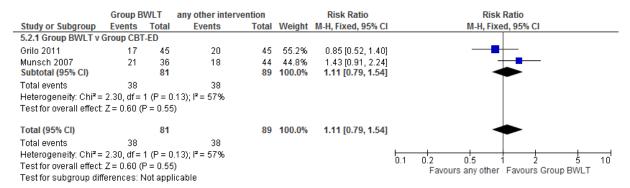
4



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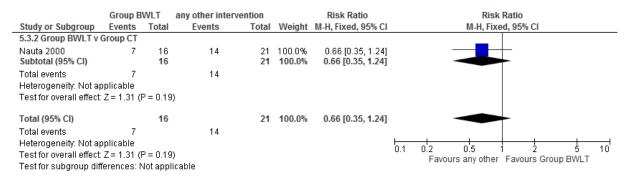
Heterogeneity was detected at i²=56%. There was no clear difference in the risk of bias between these three studies. The study by Nauta 2000 was unclear if the participants had comorbidities, whilst Munsch 2007 was unclear on the duration of illness. The severity of illness, as indicated by the average number of binges per month were different, Nauta 2000 >18 per month versus both Grillo 2011 and Munsch 2007 <18 per month and this may explain the heterogeneity. However, , the heterogeneity for the latter subgroup (group behavioural weight loss therapy vs group CBT-ED), which excludes Nauta 2000, was 57%. Hence, the observed heterogeneity remained unexplained.

# 14 Figure 1611: Remission (ITT) - subgroup analysis of severity of illness (<18 binges per month)



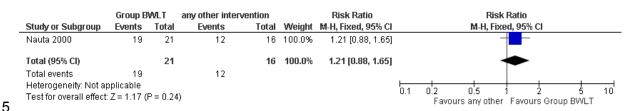
16

# 1 Figure 1612: Remission (ITT) - subgroup analysis of severity of illness (>18 binges per month)

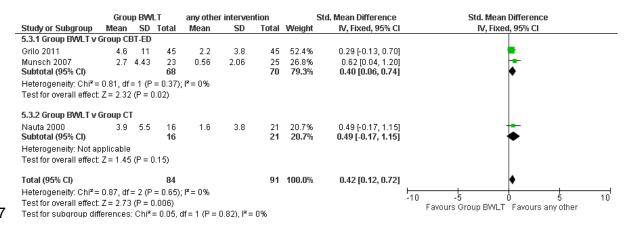


3

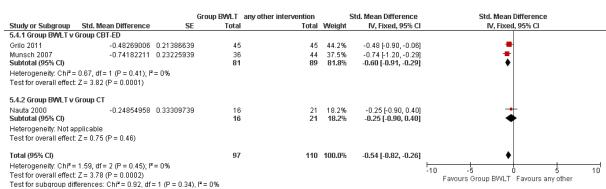
### 4 Figure 1613: No longer meets all DSM-IV BED criteria



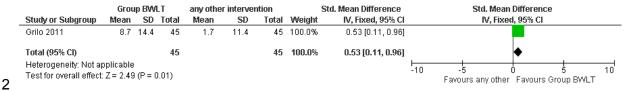
### 6 Figure 1614: Binge frequency



#### 8 Figure 1615: BMI/Weight



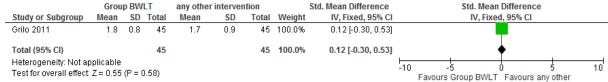
#### 1 Figure 1616: Weight loss (lbs)



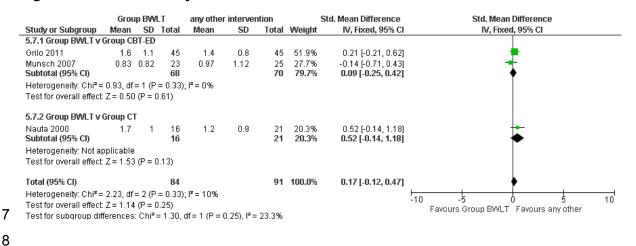
#### 3 Figure 1617: EDE-global



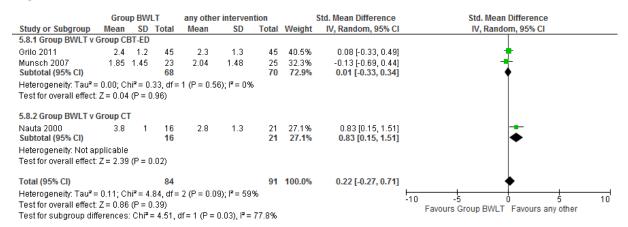
5



# 6 Figure 1618: EDE-dietary restraint



#### 9 Figure 1619: EDE-shape concern

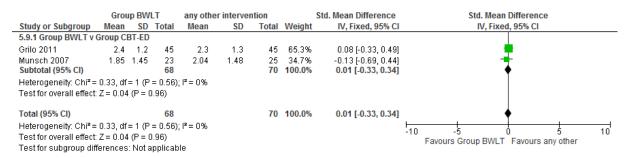


10

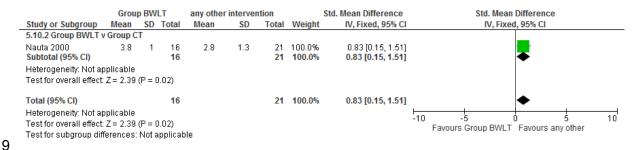
Heterogeneity was detected at i<sup>2</sup> =59%. There was no clear difference in the risk of bias between these three studies. The study by Nauta 2000 was unclear if the participants had comorbidities, whilst Munsch 2007 was unclear on the duration of illness. The severity of illness, as indicated by the average number of binges per month were different, Nauta 2000 >18 per month versus both Grillo 2011 and Munsch 2007 <18 per month. As can be seen

- 1 above, the heterogeneity for the latter subgroup (group behavioural weight loss therapy vs
- 2 group CBT-ED), which excludes Nauta 2000, was reduced to 0%. Hence severity of illness
- 3 may explain the observed heterogeneity.

# 4 Figure 1620: EDE-shape concern - subgroup analysis for severity of illness (<18 binges/month)



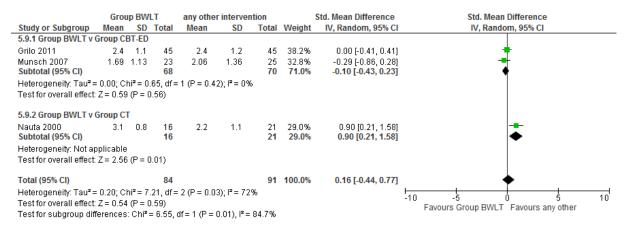
# 7 Figure 1621: EDE-shape concern - subgroup analysis for severity of illness (>18 binges/month)



#### 10 Figure 1622: EDE-weight concern

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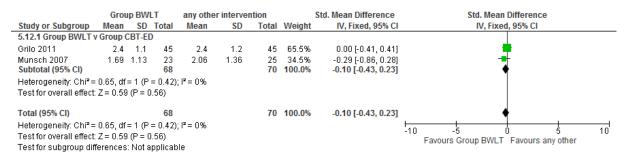
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Heterogeneity was detected at i<sup>2</sup>=72%. There was no clear difference in the risk of bias between these three studies. The study by Nauta 2000 was unclear if the participants had comorbidities, whilst Munsch 2007 was unclear on the duration of illness. The severity of illness, as indicated by the average number of binges per month were different, Nauta 2000 >18 per month versus both Grillo 2011 and Munsch 2007 <18 per month. As can be seen above, the heterogeneity for the latter subgroup (group behavioural weight loss therapy vs group CBT-ED), which excludes Nauta 2000, was reduced to 0%. Hence severity of illness may explain the observed heterogeneity.

# 1 Figure 1623: EDE-weight concern - subgroup analysis for severity of illness (<18 binges/month)



## 3

# Figure 1624: EDE-weight concern - subgroup analysis for severity of illness (>18 binges/month)

	Grou	p BW	LT	any other	interve	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
5.13.2 Group BWLT	v Group C	T							
Nauta 2000 Subtotal (95% CI)	3.1	0.8	16 <b>16</b>	2.2	1.1	21 <b>21</b>	100.0% <b>100.0</b> %	0.90 [0.21, 1.58] <b>0.90 [0.21, 1.58</b> ]	
Heterogeneity: Not a Test for overall effect			0.01)						
Total (95% CI)			16			21	100.0%	0.90 [0.21, 1.58]	•
Heterogeneity: Not a Test for overall effect Test for subgroup dit	: Z= 2.56	(P = 0	,	ole					-10 -5 0 5 10 Favours Group BWLT Favours any other

### 6

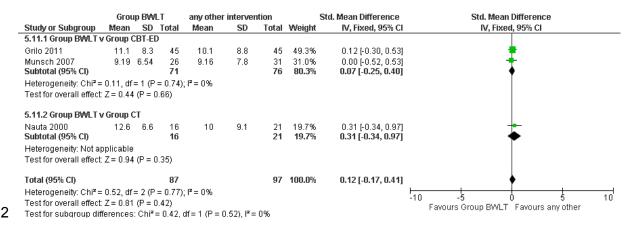
## 7

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#### 8 Figure 1625: EDE-eating concern

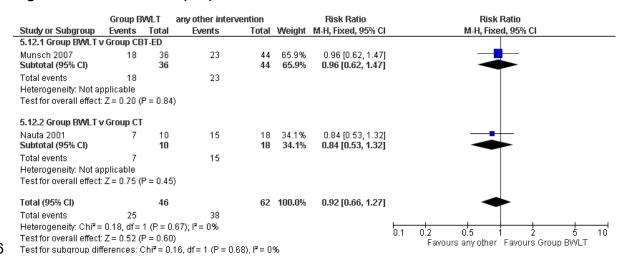
	Grou	ıp BWI	LT	any othe	r interve	ntion	S	td. Mean Difference	Std. Mean Difference	9
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
5.10.1 Group BWLT v	/ Group (	CBT-E	)							
Grilo 2011	1	1	45	0.8	1.1	45	52.0%	0.19 [-0.23, 0.60]	<b>*</b>	
Munsch 2007	0.37	0.45	23	0.35	0.67	25	27.8%	0.03 [-0.53, 0.60]	+	
Subtotal (95% CI)			68			70	79.8%	0.13 [-0.20, 0.47]	<b>*</b>	
Heterogeneity: Chi²=	0.19, df	= 1 (P	= 0.67)	; I² = 0%						
Test for overall effect:	Z = 0.79	(P = 0	0.43)							
5.10.2 Group BWLT v	/ Group (	CT								
Nauta 2000	1.7	1	16	1.2	0.7	21	20.2%	0.58 [-0.08, 1.25]	<del>  •</del>	
Subtotal (95% CI)			16			21	20.2%	0.58 [-0.08, 1.25]	•	
Heterogeneity: Not ap	oplicable									
Test for overall effect:	Z = 1.71	(P = 0)	0.09)							
Total (95% CI)			84			91	100.0%	0.22 [-0.07, 0.52]	<b>•</b>	
Heterogeneity: Chi <sup>2</sup> =	1.57, df	= 2 (P	= 0.46)	; I² = 0%					<u> </u>	
Test for overall effect:	Z = 1.47	(P = 0	0.14)						-10 -5 Ó Favours Group BWLT Favours a	5 10
Test for subgroup diff	ferences	: Chi²:	= 1.38,	df = 1 (P =	0.24), l²=	27.6%			ravouls Gloup BVVEL Favouls	any outer

### 1 Figure 1626: Depression

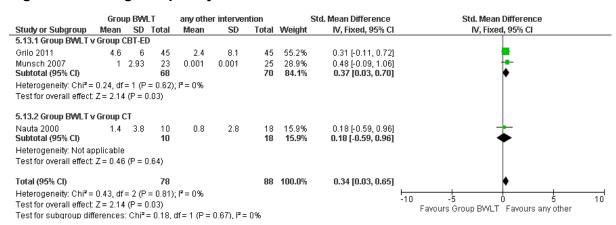


# M.6.3.93 Group behavioural weight loss therapy versus any other intervention in adults with4 BED at follow up

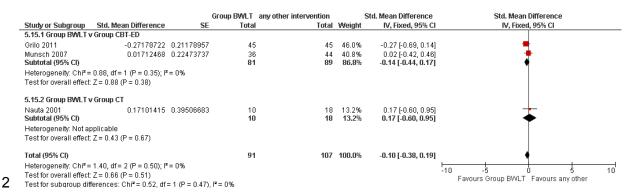
#### 5 Figure 1627: Remission (ITT)



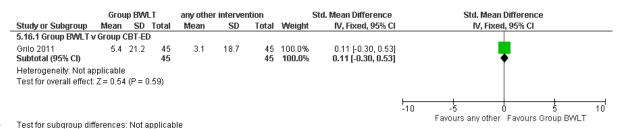
#### 7 Figure 1628: Binge frequency



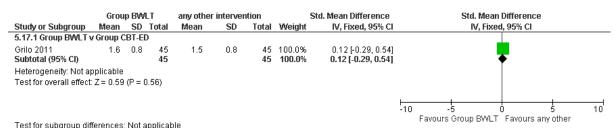
#### 1 Figure 1629: BMI/Weight



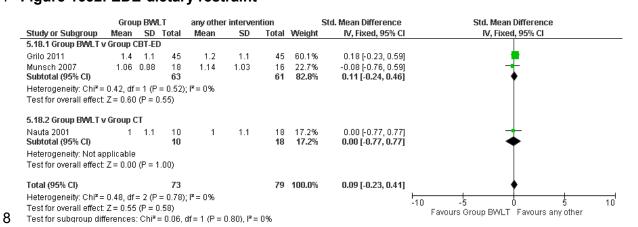
### 3 Figure 1630: Weight loss (lbs)



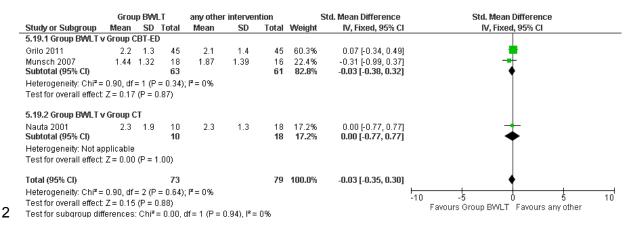
# 5 Figure 1631: EDE-global



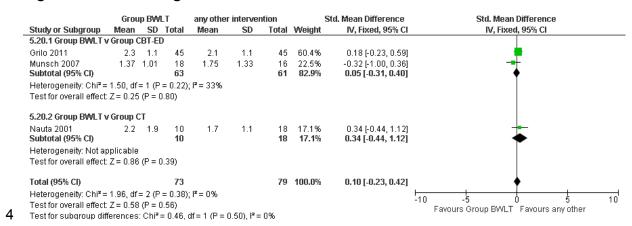
# 7 Figure 1632: EDE-dietary restraint



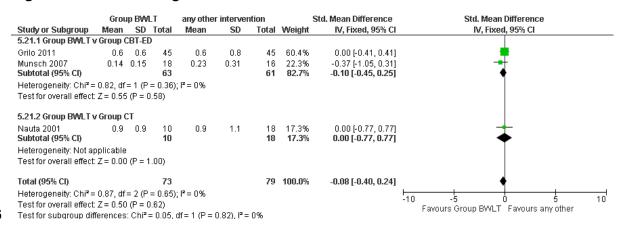
#### 1 Figure 1633: EDE-shape concern



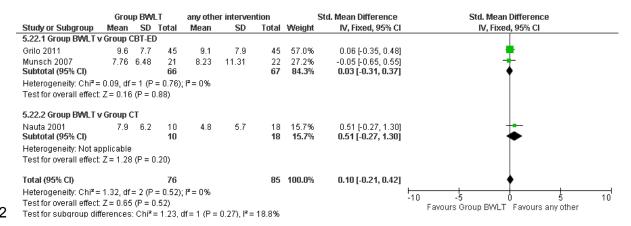
#### 3 Figure 1634: EDE-weight concern



#### 5 Figure 1635: EDE-eating concern

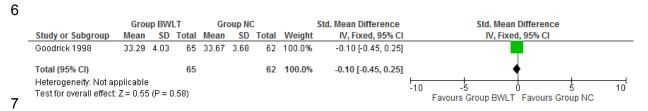


#### 1 Figure 1636: Depression

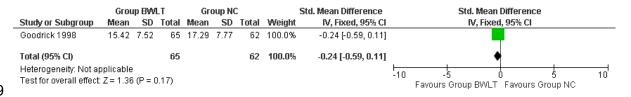


# M.6.3.103 Group behavioural weight loss therapy versus group nutritional counselling in adults 4 with BED at end of treatment

#### 5 Figure 1637: BMI



### 8 Figure 1638: Binge Eating Scale



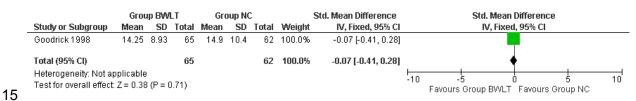
# M.6.3.110 Group behavioural weight loss therapy versus group nutritional counselling in adults 11 with BED at follow up

#### 12 Figure 1639: BMI

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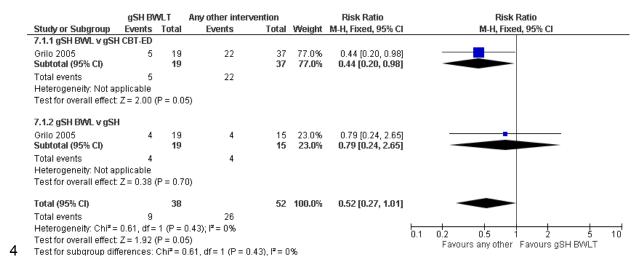
	Group BWLT Group NC				2		Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		P.	f, Fixed, 95% C	1	
Goodrick 1998	34.03	4.14	65	33.62	4.34	62	100.0%	0.10 [-0.25, 0.44]			-		
Total (95% CI)			65			62	100.0%	0.10 [-0.25, 0.44]			•		
Heterogeneity: Not ap Test for overall effect:			0.59)						-10 Far	-5 /ours Group	0 BWLT Favou	5 rs Group NC	10

#### 14 Figure 1640: Binge Eating Scale

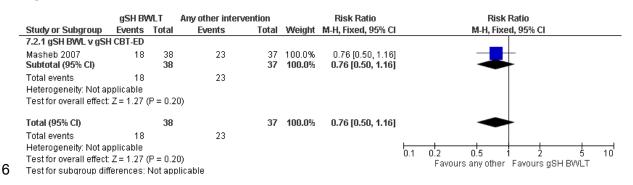


# M.6.3.121 Guided self-help behavioural weight loss versus any other intervention in adults with 2 BED at end of treatment

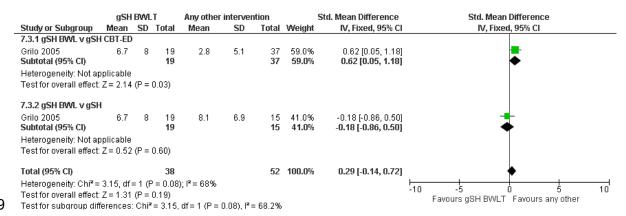
#### 3 Figure 1641: Remission



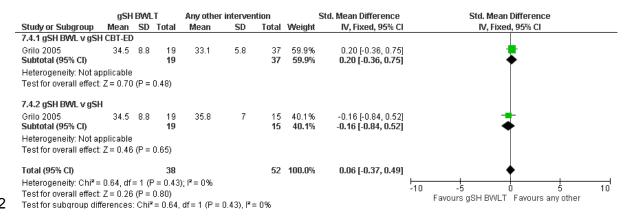
#### 5 Figure 1642: Rapid response



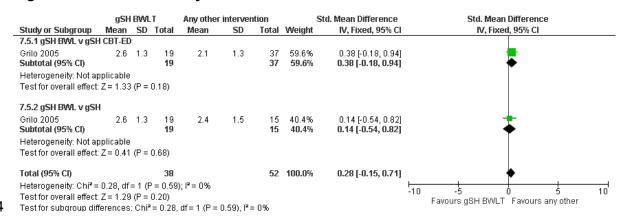
#### 8 Figure 1643: Binge frequency



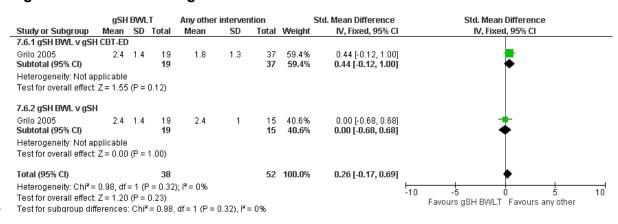
#### 1 Figure 1644: BMI



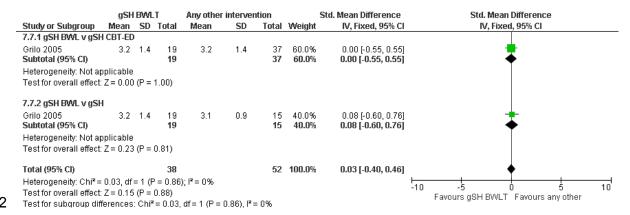
#### 3 Figure 1645: EDE-Q-dietary restraint



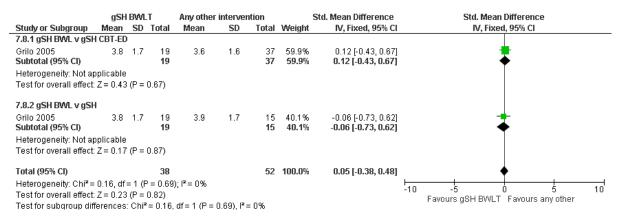
#### 5 Figure 1646: EDE-Q-eating concern



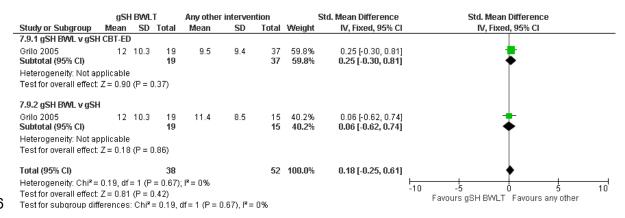
#### 1 Figure 1647: EDE-Q-weight concern



#### 3 Figure 1648: EDE-Q-shape concern

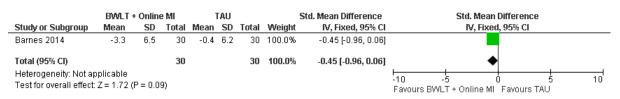


#### 5 Figure 1649: Depression



# M.6.3.137 Behavioural weight loss therapy and online motivational interviewing versus 8 treatment as usual intervention in adults with BED at end of treatment

#### 9 Figure 1650: Weight (lbs - change scores)



#### 1 Figure 1651: EDE-global

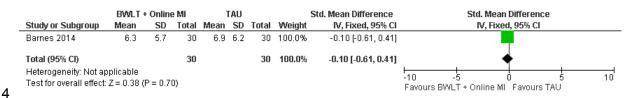
	BWLT -	+ Online	e MI	1	UAT			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Barnes 2014	1.7	0.8	30	1.5	0.9	30	100.0%	0.23 [-0.28, 0.74]	-
<b>Total (95% CI)</b> Heterogeneity: Not ap Test for overall effect:		(P = 0.3)	<b>30</b> 7)			30	100.0%	0.23 [-0.28, 0.74]	-10 -5 0 5 10 Favours BWLT + Online MI Favours TAU

#### 3 Figure 1652: Depression

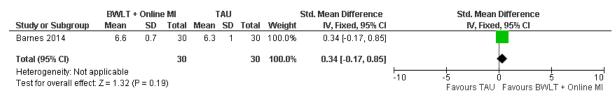
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#### 5 Figure 1653: General functioning



# M.6.3.147 Behavioural weight loss therapy and online motivational interviewing versus treatment as usual intervention in adults with BED at follow up

#### 9 Figure 1654: Weight (lbs – change scores)

	BWLT	+ Online	e MI	1	UAT			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Barnes 2014	-2.6	8.7	30	0.4	7.2	30	100.0%	-0.37 [-0.88, 0.14]	•
Total (95% CI)			30			30	100.0%	-0.37 [-0.88, 0.14]	◆
Heterogeneity: Not ap Test for overall effect:		(P = 0.1	5)						-10 -5 0 5 10 Favours BWLT + Online MI Favours TAU

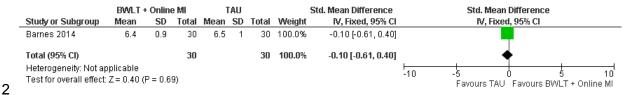
# 11 Figure 1655: EDE-global

	BWLT +	Online	e MI	1	ΓAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Barnes 2014	1.7	1	30	1.5	0.9	30	100.0%	0.21 [-0.30, 0.72]	•
Total (95% CI)			30			30	100.0%	0.21 [-0.30, 0.72]	<b>*</b>
Heterogeneity: Not ap Test for overall effect:		P = 0.43	2)						-10 -5 0 5 10 Favours BWLT + Online MI Favours TAU

#### 13 Figure 1656: Depression

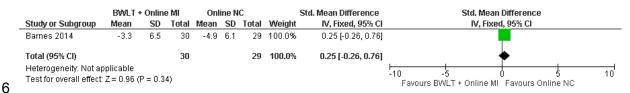
	BWLT +	Online	e MI	1	ΓAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Barnes 2014	7.3	7.1	30	7.8	8.4	30	100.0%	-0.06 [-0.57, 0.44]	•
Total (95% CI)			30			30	100.0%	-0.06 [-0.57, 0.44]	,
Heterogeneity: Not ap Test for overall effect:		P = 0.8	1)						-10 -5 0 5 10 Favours BWLT + Online MI Favours TAU

### 1 Figure 1657: General functioning



# M.6.3.153 Behavioural Weight Loss Therapy + Online Motivational Interviewing versus Online 4 Nutritional Counselling in adults with BED at end of treatment

#### 5 Figure 1658: Weight (lbs - change scores)



#### 7 Figure 1659: EDE-global

	BWLT +	Online	e MI	Onl	ine N	С		Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	I, 95% CI	
Barnes 2014	1.7	0.8	30	1.2	0.5	29	100.0%	0.74 [0.21, 1.27]			
Total (95% CI)			30			29	100.0%	0.74 [0.21, 1.27]		<b>•</b>	
Heterogeneity: Not ap Test for overall effect:		P = 0.0	06)						-10 -5 Favours BWLT + Online MI	5 Favours Online	10 NC

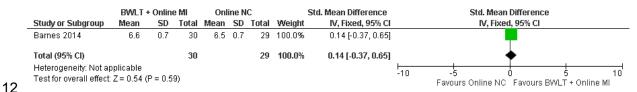
#### 9 Figure 1660: Depression

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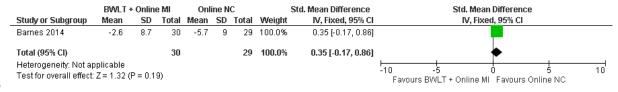
	BWLT 4	· Online	e MI	Onl	ine N	С		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Barnes 2014	6.3	5.7	30	5.1	3.9	29	100.0%	0.24 [-0.27, 0.75]					
Total (95% CI)			30			29	100.0%	0.24 [-0.27, 0.75]			•		
Heterogeneity: Not ap Test for overall effect:	•	P = 0.3	6)						-10 - Favours BV	5 VLT + Online MI	) Favours Onlin	5 e NC	10

#### 11 Figure 1661: General functioning

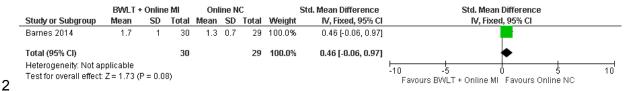


# M.6.3.163 Behavioural Weight Loss Therapy + Online Motivational Interviewing versus Online Nutritional Counselling in adults with BED at follow up

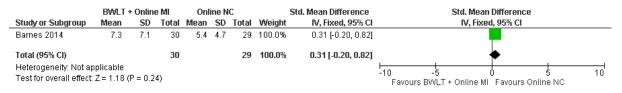
#### 15 Figure 1662: Weight (lbs - change scores)



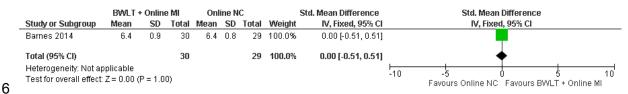
#### 1 Figure 1663: EDE-global



#### 3 Figure 1664: Depression

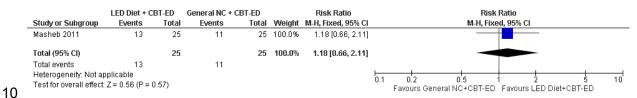


#### 5 Figure 1665: General functioning

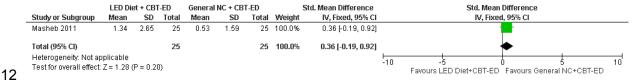


# M.6.3.177 Low-energy density diet and CBT-ED versus general nutritional counselling and CBT-8 ED in adults with BED at end of treatment

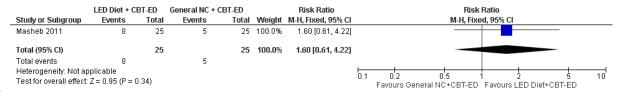
#### 9 Figure 1666: Remission (ITT)



#### 11 Figure 1667: BMI - change scores



#### 13 Figure 1668: Number of people achieving 5 % weight loss or more



#### 1 Figure 1669: Mean % weight loss

	LED Die	t + CBT	-ED	General	NC + CB1	Γ-ED		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Masheb 2011	3.1	6.2	25	1.5	4.2	25	100.0%	0.30 [-0.26, 0.86]	•
Total (95% CI)			25			25	100.0%	0.30 [-0.26, 0.86]	<b>+</b>
Heterogeneity: Not ap Test for overall effect:		P = 0.30	0)						-10 -5 0 5 10 Favours General NC+CBT-ED Favours LED Diet+CBT-ED

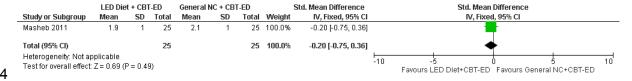
#### 3 Figure 1670: EDE-global

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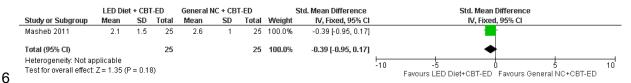
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#### 5 Figure 1671: EDE-weight concern



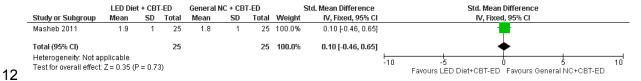
#### 7 Figure 1672: EDE-shape concern

	LED Die	t + CBT	-ED	General	NC + CB	T-ED		Std. Mean Difference		Std. M	lean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% (	CI	
Masheb 2011	2.8	1.5	25	2.8	1.5	25	100.0%	0.00 [-0.55, 0.55]			-		
Total (95% CI)			25			25	100.0%	0.00 [-0.55, 0.55]			•		
Heterogeneity: Not ap Test for overall effect:	•	P = 1.00	0)						-10	-5 Favours LED Diet+CBT	0 -ED Favou	5 rs General NC+CBT-ED	10

#### 9 Figure 1673: EDE-eating concern

	LED Die	t + CB1	-ED	General	NC + CB	Γ-ED		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Masheb 2011	1.4	1.5	25	1.1	1.5	25	100.0%	0.20 [-0.36, 0.75]	<del> </del>
Total (95% CI)			25			25	100.0%	0.20 [-0.36, 0.75]	•
Heterogeneity: Not ap Test for overall effect:		P = 0.49	3)						-10 -5 0 5 10 Favours LED Diet+CBT-ED Favours General NC+CBT-ED

#### 11 Figure 1674: Depression

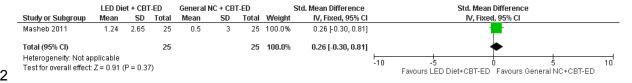


# M.6.3.183 Low-energy density diet and CBT-ED versus general nutritional counselling and CBT-14 ED in adults with BED at follow up

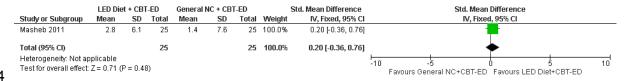
#### 15 Figure 1675: Binge frequency

	LED Die	t + CBT	-ED	General N	IC + CB.	T-ED	9	td. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Masheb 2011	0.7	1.5	25	0	1	25	100.0%	0.54 [-0.02, 1.11]	-
Total (95% CI)			25			25	100.0%	0.54 [-0.02, 1.11]	•
Heterogeneity: Not ap Test for overall effect:		P = 0.08	6)						-10 -5 0 5 10 Favours LED Diet+CBT-ED Favours General NC+CBT-ED

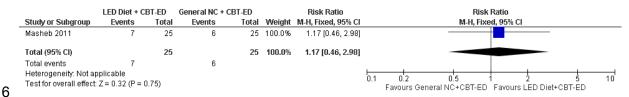
### 1 Figure 1676: BMI - change scores



#### 3 Figure 1677: Mean % weight loss



#### 5 Figure 1678: Number of people achieving 5 % weight loss or more



# M.6.3.197 Group CBT-ED then group behavioural weight loss therapy versus group CBT-ED in 8 adults with BED at end of treatment

### 9 Figure 1679: Remission

	Group CBT-ED->Grou	p BWLT	Any other inte	ervention		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Grilo 2011	17	35	20	45	100.0%	1.09 [0.68, 1.75]	_
Total (95% CI)		35		45	100.0%	1.09 [0.68, 1.75]	
Total events	17		20				
Heterogeneity: Not as	•						0.1 0.2 0.5 1 2 5 10
Test for overall effect:	: Z = 0.37 (P = 0.71)						Favours any other Favours gCBT-ED->gBWLT

#### 11 Figure 1680: Binge frequency

	Group CBT-ED	->Group I	3WLT	Any other	interver	ntion		Std. Mean Difference	Std. Mean I	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI	
Grilo 2011	3.4	9	35	2.2	3.8	45	100.0%	0.18 [-0.26, 0.62]			
Total (95% CI)			35			45	100.0%	0.18 [-0.26, 0.62]	•	•	
Heterogeneity: Not ap Test for overall effect:	•	2)							-10 -5 C Favours gCBT-ED->gBWLT	5 Favours any othe	10 r

#### 13 Figure 1681: BMI

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	Group CBT-EI	D->Group I	BWLT	Any other	interven	tion	9	Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	l, 95% CI		
Grilo 2011	38.9	6.2	35	38.5	5.7	45	100.0%	0.07 [-0.37, 0.51]					
Total (95% CI)			35			45	100.0%	0.07 [-0.37, 0.51]					
Heterogeneity: Not ap Test for overall effect:	•	77)							-10 · Favours gCE	-5 ( BT-ED->gBWLT	) Favours any (	5 other	10

#### 15 Figure 1682: Weight loss

	Group CBT-E	D->Group I	BWLT	Any othe	r intervei	ntion	9	Std. Mean Difference		Std. Mean I	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
Grilo 2011	7.2	13.8	35	1.7	11.4	45	100.0%	0.44 [-0.01, 0.88]					
Total (95% CI)			35			45	100.0%	0.44 [-0.01, 0.88]			<b>•</b>		
Heterogeneity: Not ap Test for overall effect:		.06)							-10 Fa	5 C vours any other	Favours gCB	5 T-ED->gB\	10 WLT

#### 1 Figure 1683: EDE-global

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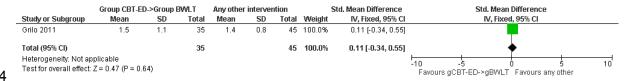
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	Group CBT-EI	)->Group I	BWLT	Any other	interver	tion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	1.6	0.9	35	1.7	0.9	45	100.0%	-0.11 [-0.55, 0.33]	•
Total (95% CI)			35			45	100.0%	-0.11 [-0.55, 0.33]	,
Heterogeneity: Not ap Test for overall effect:		63)							-10 -5 0 5 10 Favours gCBT-ED->gBWLT Favours any other

#### 3 Figure 1684: EDE-dietary restraint



### 5 Figure 1685: EDE-eating concern

	Group CBT-EI	D->Group I	3WLT	Any other	interver	ntion	5	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	0.5	0.6	35	0.8	1.1	45	100.0%	-0.32 [-0.77, 0.12]	
Total (95% CI)			35			45	100.0%	-0.32 [-0.77, 0.12]	•
Heterogeneity: Not ap Test for overall effect:	•	15)							-10 -5 0 5 10 Favours gCBT-ED->gBWLT Favours any other

#### 7 Figure 1686: EDE-shape concern

	Group CBT-EI	D->Group E	3WLT	Any other	interven	ntion	!	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	2.1	1.4	35	2.3	1.3	45	100.0%	-0.15 [-0.59, 0.30]	•
Total (95% CI) Heterogeneity: Not ap		E41	35			45	100.0%	-0.15 [-0.59, 0.30]	-10 -5 0 5 10
Test for overall effect:	Z = 0.65 (P = 0.5	51)							Favours gCBT-ED->gBWLT Favours any other

#### 9 Figure 1687: EDE-weight concern

	Group CBT-E	D->Group I	BWLT	Any other	interver	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	2.2	1.1	35	2.4	1.2	45	100.0%	-0.17 [-0.61, 0.27]	•
Total (95% CI)			35			45	100.0%	-0.17 [-0.61, 0.27]	. ♦
Heterogeneity: Not ap Test for overall effect:		45)							-10 -5 0 5 10 Favours gCBT-ED->gBWLT Favours any other

#### 11 Figure 1688: Depression

	Group CBT-EI			Any other intervention				Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Grilo 2011	9.7	9.2	35	10.1	8.8	45	100.0%	-0.04 [-0.49, 0.40]					
Total (95% CI)			35			45	100.0%	-0.04 [-0.49, 0.40]					
Heterogeneity: Not ap Test for overall effect:		84)							-10 - Favours gCE	-5 ( BT-ED->gBWLT	D Favours any o	5 other	10

# M.6.3.203 Group CBT-ED then group behavioural weight loss therapy versus group CBT-ED in adults with BED at follow up

#### 15 Figure 1689: Binge frequency

	Group CBT-EI	Group CBT-ED->Group BWLT		Any other intervention			5	td. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	4	8.4	35	2.4	8.1	45	100.0%	0.19 [-0.25, 0.64]	_
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•	39)	35			45	100.0%	0.19 [-0.25, 0.64]	-10 -5 0 5 10 Favours gCBT-ED->gBWLT Favours any other

### 1 Figure 1690: BMI

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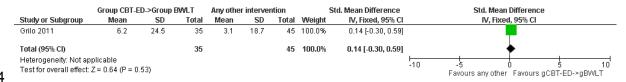
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	Group CBT-EI			Any other intervention				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	38.7	5.6	35	38.3	6	45	100.0%	0.07 [-0.37, 0.51]	•
Total (95% CI)	nlinelle		35			45	100.0%	0.07 [-0.37, 0.51]	, <b>†</b>
Heterogeneity: Not ap Test for overall effect:	•	76)							-10 -5 0 5 10 Favours gCBT-ED->gBWLT Favours any other

### 3 Figure 1691: Weight loss



#### 5 Figure 1692: EDE-global

	Group CBT-E				interve	ntion		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI
Grilo 2011	1.4	0.9	35	1.5	0.8	45	100.0%	-0.12 [-0.56, 0.32]	
Total (95% CI)			35			45	100.0%	-0.12 [-0.56, 0.32]	ı ,
Heterogeneity: Not ap Test for overall effect:		60)							-10 -5 0 5 1 Favours gCBT-ED->gBWLT Favours any other

#### 7 Figure 1693: EDE-dietary restraint

	Group CBT-EI			Any other intervention				Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	l, 95% CI		
Grilo 2011	1.1	1.2	35	1.2	1.1	45	100.0%	-0.09 [-0.53, 0.36]					
Total (95% CI)			35			45	100.0%	-0.09 [-0.53, 0.36]		. •			
Heterogeneity: Not ap Test for overall effect:	•	70)							-10 - Favours gCE	5 ( ST-ED->gBWLT	) Favours any (	5 other	10

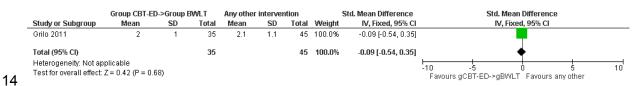
#### 9 Figure 1694: EDE-eating concern

	Group CBT-E												
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
Grilo 2011	0.6	0.7	35	0.6	0.8	45	100.0%	0.00 [-0.44, 0.44]					
Total (95% CI)			35			45	100.0%	0.00 [-0.44, 0.44]		•			
Heterogeneity: Not ap Test for overall effect:		00)							-10 Favours gC	-5 ( BT-ED->gBWLT	) Favours ar	5 ny other	10

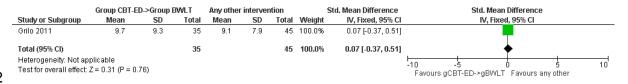
#### 11 Figure 1695: EDE-shape concern

	Group CBT-EI				interver	tion		Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Grilo 2011	1.8	1.2	35	2.1	1.4	45	100.0%	-0.23 [-0.67, 0.22]	•			
Total (95% CI)			35			45	100.0%	-0.23 [-0.67, 0.22]	, , 🔸 , ,			
Heterogeneity: Not ap Test for overall effect:		32)							-10 -5 0 5 10 Favours gCBT-ED->gBWLT Favours any other			

### 13 Figure 1696: EDE-weight concern

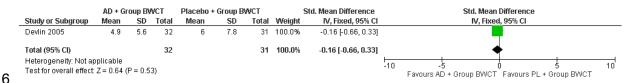


#### 1 Figure 1697: Depression



# M.6.3.213 Antidepressant and group behavioural weight control therapy versus placebo and group behavioural weight control therapy in adults with BED

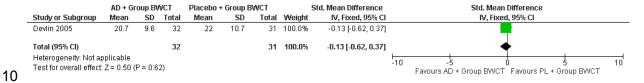
#### 5 Figure 1698: Binge frequency



### 7 Figure 1699: Weight (kg)

	AD + G	roup B\	NCT	Placebo + Group BWCT			5	td. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI				
Devlin 2005	111.9	27.1	32	111.1	21.9	31	100.0%	0.03 [-0.46, 0.53]	<b>-</b>				
Total (95% CI)			32			31	100.0%	0.03 [-0.46, 0.53]	<b>+</b>				
Heterogeneity: Not ap Test for overall effect:			0)						-10 -5 0 5 10 Favours AD + Group BWCT Favours PL + Group BWCT				

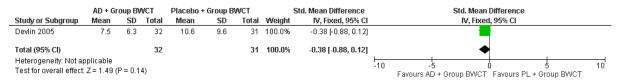
# 9 Figure 1700: Binge Eating Scale



#### 11 Figure 1701: General psychopathology

	AD + G	roup BV	NCT	Placebo + Group BWCT				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Devlin 2005	26.8	29.5	32	28.8	30.2	31	100.0%	-0.07 [-0.56, 0.43]	•
Total (95% CI)			32			31	100.0%	-0.07 [-0.56, 0.43]	<b>•</b>
Heterogeneity: Not ap Test for overall effect:			9)						-10 -5 0 5 10 Favours AD + Group BWCT Favours PL + Group BWCT

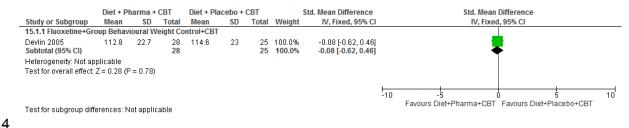
#### 13 Figure 1702: Depression



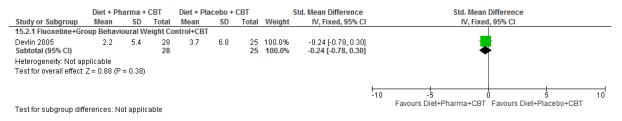
12

# M.6.3.221 Antidepressant, CBT-ED and group behavioural weight control therapy versus 2 placebo, CBT-ED and group behavioural weight control therapy in adults with BED

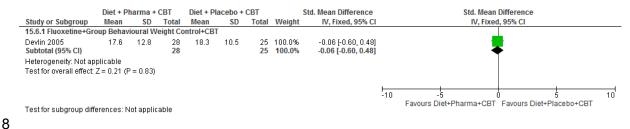
### 3 Figure 1703: Weight (kg)



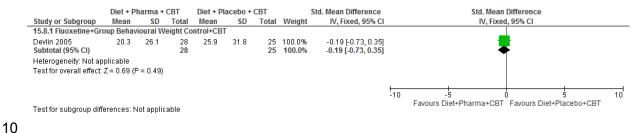
#### 5 Figure 1704: Binge frequency



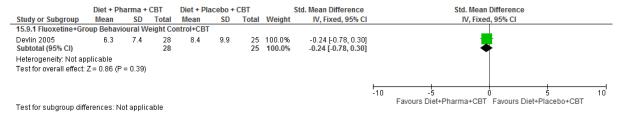
### 7 Figure 1705: Binge Eating Scale



#### 9 Figure 1706: General psychopathology



#### 11 Figure 1707: Depression

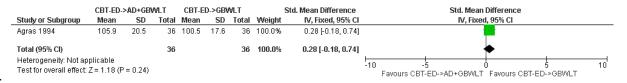


12

6

### M.6.3.231 CBT-ED then antidepressant and group behavioural weight loss therapy versus CBT-2 ED then group behavioural weight loss therapy in adults with BED at end of treatment

#### 3 Figure 1708: Weight



#### 5 Figure 1709: Depression

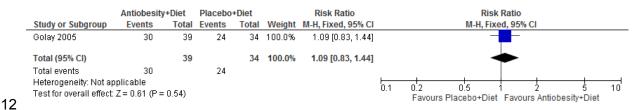
	CBT-ED->	AD+GB\	MLT	CBT-E	D->GB\	MLT	Std. Mean Difference			Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed	l, 95% CI		
Agras 1994	7.8	7.8	36	8.9	7.6	36	100.0%	-0.14 [-0.60, 0.32]						
Total (95% CI)			36			36	100.0%	-0.14 [-0.60, 0.32]			4			
Heterogeneity: Not ap Test for overall effect:		= 0.55)							-10	- Favours CBT	l 5 -ED->AD+GBWLT	l ) Favours CBT-E	5 D->GBWLT	10

# M.6.3.247 Any antiobesity agent and diet versus placebo and diet in adults with binge eating 8 disorder at end of treatment

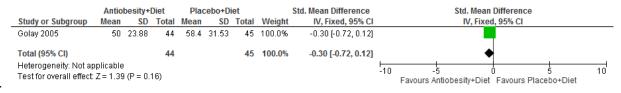
### 9 Figure 1710: Weight loss from baseline

				Antiobesity+Diet	Placebo+Diet		Std. Mean Difference		Std. Mean	Difference		
	Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
	Golay 2005	0.899307	0.22121826	39	34	100.0%	0.90 [0.47, 1.33]					
	Total (95% CI)			39	34	100.0%	0.90 [0.47, 1.33]			•		
10	Heterogeneity: Not app Test for overall effect: 2							-10 F	-5 avours Placebo+Diet	0 Favours Ar	5 ntiobesity+Die	10 et

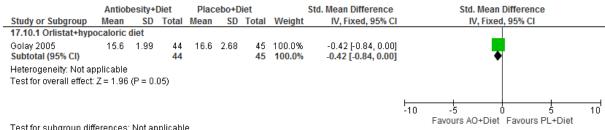
### 11 Figure 1711: No longer meets BED DSM-IV criteria



#### 13 Figure 1712: EDI Total



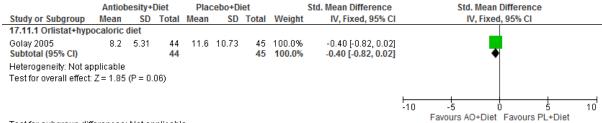
#### 1 Figure 1713: General psychopathology



Test for subgroup differences: Not applicable

2

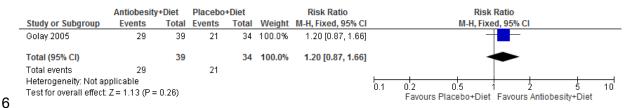
#### 3 Figure 1714: Depression



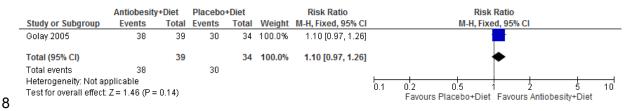
Test for subgroup differences: Not applicable

4

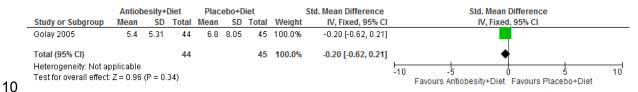
#### 5 Figure 1715: No longer meets generalized anxiety disorder DSM-IV criteria



# 7 Figure 1716: No longer meets major depressive disorder DSM-IV criteria



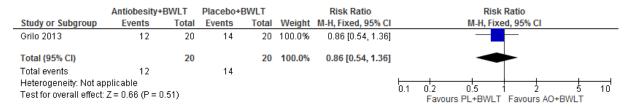
9 Figure 1717: Quality of Life



### M.6.3.251 Any antiobesity agent and behavioural weight loss therapy versus placebo and

- 2 behavioural weight loss therapy in adults with binge eating disorder at end of
- 3 treatment

#### 4 Figure 1718: Remission (ITT)



5

### 6 Figure 1719: BMI

	Antiobe			Placebo+BWLT						Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	d, 95% CI		
Grilo 2013	37.9	6.9	19	36	5	19	100.0%	0.31 [-0.33, 0.95]		•			
Total (95% CI)			19			19	100.0%	0.31 [-0.33, 0.95]			•		
Heterogeneity: Not ap Test for overall effect:	•	P = 0.34	1)						-10	-5 Favours AO+BWLT	0 Favours P	5 PL+BWLT	10

7

#### 8 Figure 1720: EDE Global

	Antiobe				bo+BV	VLT		Std. Mean Difference		Std.	Mean [	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	/, Fixed,	95% CI		
Grilo 2013	1.6	0.9	19	2	0.7	19	100.0%	-0.49 [-1.13, 0.16]						
Total (95% CI)			19			19	100.0%	-0.49 [-1.13, 0.16]			•			
Heterogeneity: Not a Test for overall effect		P = 0.14	<b>1</b> )						-10	-5 Favours AO+	BWLT	Favours PL	<del> </del> 5 +BWLT	10

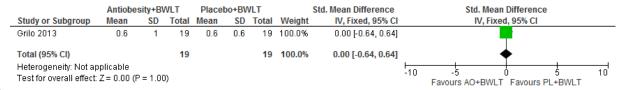
9

#### 10 Figure 1721: EDE Dietary Restraint

	Antiobe	Place	bo+BV	VLT		Std. Mean Difference	. Mean Differ	ence					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I	V, Fixed, 95%	CI	
Grilo 2013	1.8	1	19	2.1	1.1	19	100.0%	-0.28 [-0.92, 0.36]					
Total (95% CI)			19			19	100.0%	-0.28 [-0.92, 0.36]			•		
Heterogeneity: Not ap Test for overall effect:	•	P = 0.39	3)						-10	-5 Favours AO+	0 BWLT Favo		10

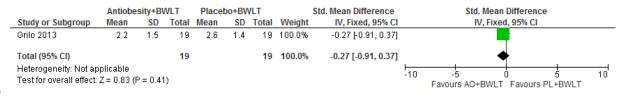
11

#### 12 Figure 1722: EDE Eating Concern

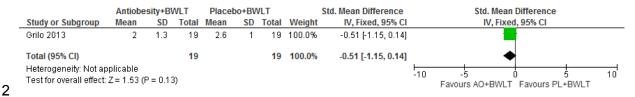


13

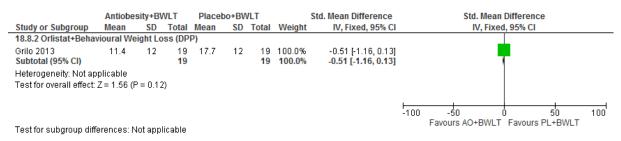
### 14 Figure 1723: EDE Shape Concern



### 1 Figure 1724: EDE Weight Concern

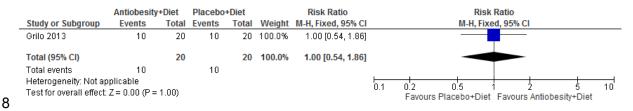


#### 3 Figure 1725: Depression



# M.6.3.265 Any antiobesity agent and behavioural weight loss therapy versus placebo and 6 behavioural weight loss therapy in adults with binge eating disorder at follow up

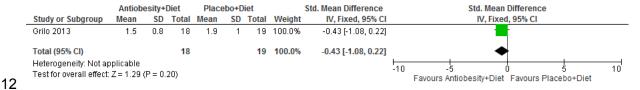
#### 7 Figure 1726: Remission



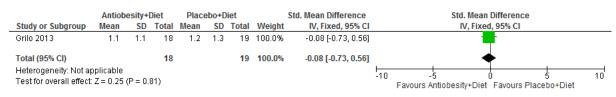
#### 9 Figure 1727: BMI

	Antiobesity+Diet				ebo+D	iet		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2013	37.6	5.7	18	36.7	5.3	19	100.0%	0.16 [-0.49, 0.81]	•
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		P = 0.0	<b>18</b> 63)			19	100.0%	0.16 [-0.49, 0.81]	-10 -5 0 5 10 Favours Antiobesity+Diet Favours Placebo+Diet

#### 11 Figure 1728: EDE Global



## 13 Figure 1729: EDE Dietary Restraint



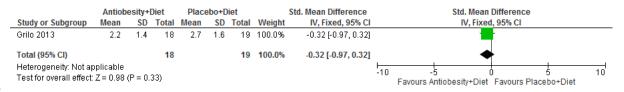
#### 1 Figure 1730: EDE Eating Concern

	Antiobe	Antiobesity+Diet Placebo+Diet						Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Grilo 2013	0.6	0.6	18	1.2	1.4	19	100.0%	-0.54 [-1.20, 0.12]	•			
Total (95% CI)			18			19	100.0%	-0.54 [-1.20, 0.12]	•			
Heterogeneity: Not ap Test for overall effect:		P = 0.1	11)						-10 -5 0 5 10 Favours Antiobesity+Diet Favours Placebo+Diet			

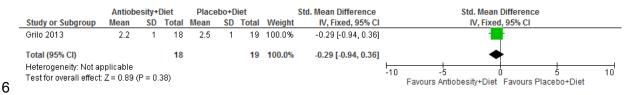
#### 3 Figure 1731: EDE Shape Concern

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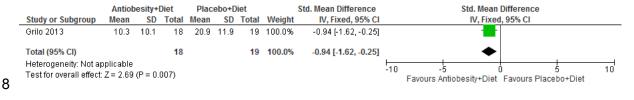
9



#### 5 Figure 1732: EDE Weight Concern



#### 7 Figure 1733: Depression



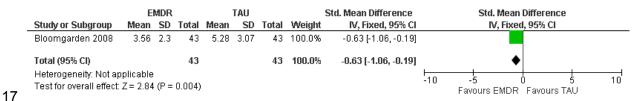
# M.70 Clinical question: Do physical interventions, such as

- 11 transcranial magnetic stimulation or physiotherapy,
- 12 produce benefits/harms in people with eating disorders?

### M.7.13 Physical interventions for any eating disorder

# M.7.1.14 Eye movement desensitization and reprocessing therapy versus TAU in adults with any eating disorder at end of treatment

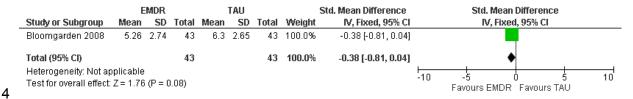
### 16 Figure 1734: Body Image Memory Questionnaire -worst memory



### 1 Figure 1735: Body Image Memory Questionnaire-worst memory

	E	EMDR			TAU		Std. Mean Difference			Std. M	lean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	Fixed, 95%	CI	
Bloomgarden 2008	5.21	2.68	43	7.3	2.68	43	100.0%	-0.77 [-1.21, -0.33]					
Total (95% CI)			43			43	100.0%	-0.77 [-1.21, -0.33]			•		
Heterogeneity: Not ap Test for overall effect:	•		).0006)						-10	-5 Favours EN	0 1DR Favo	5 urs TAU	10

### 3 Figure 1736: Body Image Memory Questionnaire-most recent memory



# M.7.1.25 Eye movement desensitization and reprocessing therapy versus TAU in adults with 6 any eating disorder at follow up

#### 7 Figure 1737: Body Image Memory Questionnaire-earliest memory

	E	EMDR			TAU			Std. Mean Difference			Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Bloomgarden 2008	4.49	2.59	34	5.06	2.44	32	100.0%	-0.22 [-0.71, 0.26]					
Total (95% CI)			34			32	100.0%	-0.22 [-0.71, 0.26]			•		
Heterogeneity: Not ap Test for overall effect:			).37)						-10	-5 Favours E	0 EMDR Favo	5 urs TAU	10

## 9 Figure 1738: Body Image Memory Questionnaire-worst memory

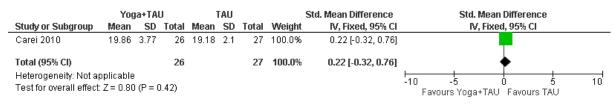
	EMDR				TAU		Std. Mean Difference			Std. I	dean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Bloomgarden 2008	5.26	3.05	34	7.13	2.08	32	100.0%	-0.70 [-1.20, -0.21]					
Total (95% CI)			34			32	100.0%	-0.70 [-1.20, -0.21]			•		
Heterogeneity: Not ap Test for overall effect:	•		).006)						-10	-5 Favours E	0 MDR Favo	5 urs TAU	10

#### 11 Figure 1739:Body Image Memory Questionnaire-most recent memory

	Е	EMDR Jean SD Total M			TAU			Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Bloomgarden 2008	5.49	3.34	34	5.75	2.97	32	100.0%	-0.08 [-0.56, 0.40]					
Total (95% CI)			34			32	100.0%	-0.08 [-0.56, 0.40]			•		
Heterogeneity: Not ap Test for overall effect:	•		0.74)						-10	-5 Favours E	0 MDR Favo	5 iurs TAU	10

#### M.7.1.33 Yoga and TAU vs TAU in young people with eating disorders at end of treatment

#### 14 Figure 1740: BMI



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# 1 Figure 1741: EDE-global

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	Yoga+TAU				TAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carei 2010	1.94	1.5	26	1.86	1.61	27	100.0%	0.05 [-0.49, 0.59]	•
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•		<b>26</b> 0.85)			27	100.0%	0.05 [-0.49, 0.59]	-10 -5 0 5 10 Favours Yoga+TAU Favours TAU

### 3 Figure 1742: EDE-weight concern

	Yog	ja+TAI	J		TAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carei 2010	2.54	1.95	26	2.26	1.88	27	100.0%	0.14 [-0.40, 0.68]	-
Total (95% CI)			26			27	100.0%	0.14 [-0.40, 0.68]	<b>•</b>
Heterogeneity: Not ap Test for overall effect:	•		0.60)						-10 -5 0 5 10 Favours Yoga+TAU Favours TAU

### 5 Figure 1743: EDE-shape concern

	Yog	ja+TAI	IJ		TAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carei 2010	2.13	1.75	26	1.88	1.72	27	100.0%	0.14 [-0.40, 0.68]	•
Total (95% CI)			26			27	100.0%	0.14 [-0.40, 0.68]	<b>+</b>
Heterogeneity: Not a Test for overall effect			0.61)						-10 -5 0 5 10 Favours Yoga+TAU Favours TAU

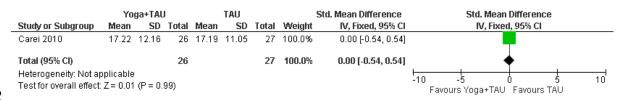
### 7 Figure 1744: EDE-eating concern

	Yog	Yoga+TAU									Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Carei 2010	1.44	1.53	26	1.31	1.48	27	100.0%	0.09 [-0.45, 0.62]	•			
Total (95% CI)			26			27	100.0%	0.09 [-0.45, 0.62]	<b>\( \big </b>			
Heterogeneity: Not ap Test for overall effect:			0.76)						-10 -5 0 5 10 Favours Yoga+TAU Favours TAU			

#### 9 Figure 1745: EDE-dietary restraint

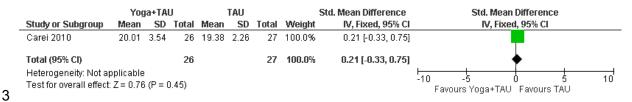
	Yoga+TAU TAU				TAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carei 2010	1.66	1.37	26	2.02	1.81	27	100.0%	-0.22 [-0.76, 0.32]	-
Total (95% CI)			26			27	100.0%	-0.22 [-0.76, 0.32]	•
Heterogeneity: Not ap Test for overall effect:			0.42)						-10 -5 0 5 10 Favours Yoga+TAU Favours TAU

#### 11 Figure 1746: Depression

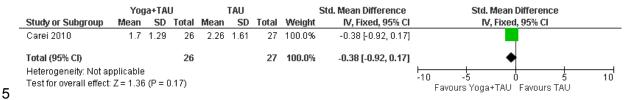


#### M.7.1.41 Yoga and TAU vs TAU in young people with eating disorders at follow up

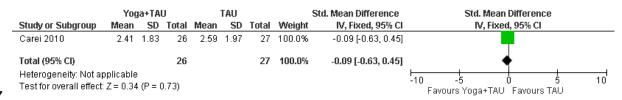
#### 2 Figure 1747: BMI



#### 4 Figure 1748: EDE-global



#### 6 Figure 1749: EDE-weight concern



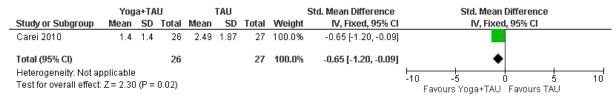
### 8 Figure 1750: EDE-shape concern

	Yoga+TAU TAU							Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI
Carei 2010	1.91	1.3	26	2.48	1.8	27	100.0%	-0.36 [-0.90, 0.19]	1
Total (95% CI)			26			27	100.0%	-0.36 [-0.90, 0.19]	1
Heterogeneity: Not ap Test for overall effect:	•		0.20)						-10 -5 0 5 10 Favours Yoga+TAU Favours TAU

#### 10 Figure 1751: EDE-eating concern

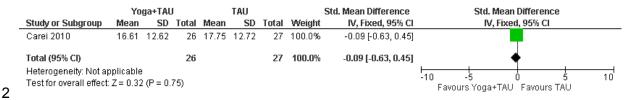
	Yoga+TAU TAU							Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carei 2010	1.91	1.3	26	2.48	1.8	27	100.0%	-0.36 [-0.90, 0.19]	•
Total (95% CI)			26			27	100.0%	-0.36 [-0.90, 0.19]	<b>.</b> • •
Heterogeneity: Not ap Test for overall effect:	•		0.20)						-10 -5 0 5 10 Favours Yoga+TAU Favours TAU

#### 12 Figure 1752: EDE-dietary restraint



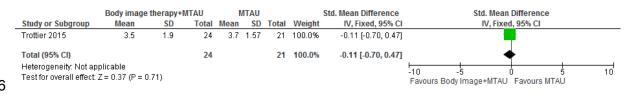
11

#### 1 Figure 1753: Depression



# M.7.1.53 Graded body image exposure therapy and maintenance TAU versus maintenance TAU 4 in adults with any eating disorder at end of treatment

#### 5 Figure 1754: EDE-weight concern

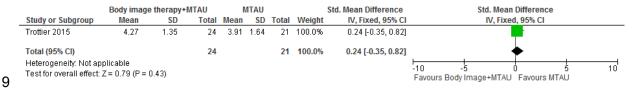


#### 8 Figure 1755: EDE-shape concern

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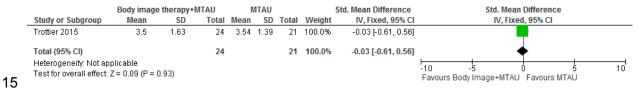


# M.7.1.60 Graded body image exposure therapy and maintenance TAU versus maintenance TAUin adults with any eating disorder at follow up

#### 12 Figure 1756: EDE-weight concern

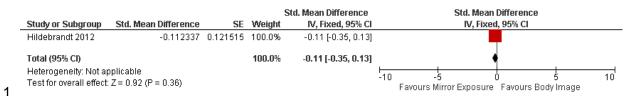
		Body image	therapy+i	MTAU	N	<b>NTAU</b>			Std. Mean Difference	Std. Mean Difference	
Stud	ly or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Trott	tier 2015	3.6	1.58	24	3.25	1.84	21	100.0%	0.20 [-0.39, 0.79]	•	
	ıl (95% CI)			24			21	100.0%	0.20 [-0.39, 0.79]	<b>,</b>	
	erogeneity: Not app t for overall effect: :		0.50)							-10 -5 0 5 10 Favours Body Image+MTAU Favours MTAU	

#### 14 Figure 1757: EDE-shape concerns

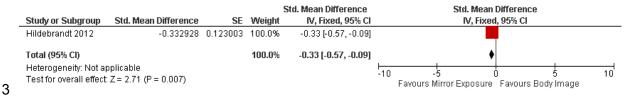


# M.7.1.77 Acceptance-based mirror exposure therapy and TAU versus non-directive body image therapy and TAU in adults with any eating disorder at end of treatment

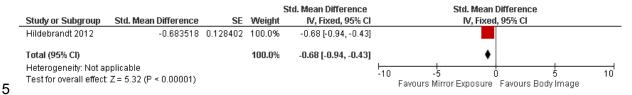
#### 19 Figure 1758: EDE-Q-dietary restraint



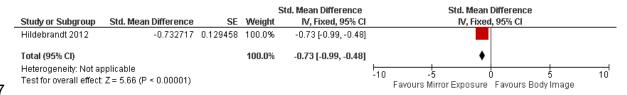
#### 2 Figure 1759: EDE-Q-eating concern



### 4 Figure 1760: EDE-Q-shape concern



#### 6 Figure 1761: EDE-Q-weight concern



# M.7.1.88 Psychomotor therapy and supportive contact versus supportive contact in adults with 9 any eating disorder at end of treatment

#### 10 Figure 1762: Self-Expression and Control Scale-anger in

	Psychomotor Therapy+Sup				ррог	t		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Boerhout 2016	24.24	5.72	17	27.5	7.5	12	100.0%	-0.49 [-1.24, 0.26]		-	-		
Total (95% CI)			17			12	100.0%	-0.49 [-1.24, 0.26]		•	}		
Heterogeneity: Not ap Test for overall effect:		.20)							-10 - Favours Psyc	5 chomotor+Sup	) Favours Supp	5 ort	10

#### 12 Figure 1763: Self-Expression and Control Scale-anger out

	Psychomoto	r Therapy+	Sup	Su	ррог	t		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI	
Boerhout 2016	24.24	5.72	17	27.5	7.5	12	100.0%	-0.49 [-1.24, 0.26]	1 -	
<b>Total (95% CI)</b> Heterogeneity: Not app Test for overall effect: 2		.20)	17			12	100.0%		1 -10 -5 0 5 11 Favours Psychomotor+Sup Favours Support	d D

# M.7.21 Physical interventions for anorexia nervosa

### M.7.32 Real repetitive transcranial magnetic stimulation vs 'sham' repetitive

- 3 transcranial magnetic stimulation in adults with anorexia nervosa at end of
- 4 treatment

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#### 5 Figure 1764: VAS-core anorexia nervosa symptoms

Study or Subgroup	Std. Mean Difference	SE		Sham rTMS Total	Weight	Std. Mean Difference IV, Fixed, 95% CI	
McClelland 2016	-0.56566	0.294276	21	28	100.0%	-0.57 [-1.14, 0.01]	1
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•		21	28	100.0%	-0.57 [-1.14, 0.01]	1 -10 -5 0 5 10 Favours Real rTMS Favours Sham rTMS

#### 7 Figure 1765: VAS-restrict

	Rea	l rTM	S	Sha	m rTM	IS		Std. Mean Difference			Std. M	ean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, F	ixed, 95%	CI	
McClelland 2016	5.62	3	21	6.17	2.39	28	100.0%	-0.20 [-0.77, 0.36]						
Total (95% CI)			21			28	100.0%	-0.20 [-0.77, 0.36]				•		
Heterogeneity: Not ap Test for overall effect			0.48)						-10	- Favou	l 5 rs Real r1	0 MS Favo	5 urs Sham rTM	10 1S

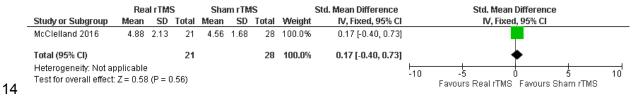
#### 9 Figure 1766: VAS-feeling full

	Rea	l rTM	IS	Sha	m rTM	IS		Std. Mean Difference		Std. Mear	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
McClelland 2016	3.53	2.8	21	4.91	3.18	28	100.0%	-0.45 [-1.02, 0.12]					
Total (95% CI)			21			28	100.0%	-0.45 [-1.02, 0.12]					
Heterogeneity: Not ap Test for overall effect			0.12)						-10	-5 Favours Real rTMS	0 Favours Sha	5 am rTMS	10

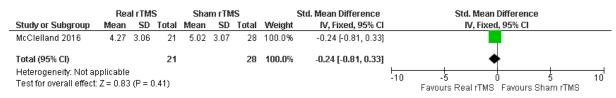
#### 11 Figure 1767: VAS-feeling fat

	Rea	al rTMS	S	Sha	m rTM	IS		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
McClelland 2016	4.55	3.19	21	6.68	2.76	28	100.0%	-0.71 [-1.29, -0.13]	
Total (95% CI)			21			28	100.0%	-0.71 [-1.29, -0.13]	. ◆
Heterogeneity: Not ap Test for overall effect:			).02)						-10 -5 0 5 10 Favours Real rTMS Favours Sham rTMS

#### 13 Figure 1768: VAS-mood



#### 15 Figure 1769: VAS-hunger



### 1 Figure 1770: VAS-urge to eat

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	Real rTMS Sham rTMS				IS		Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI		
McClelland 2016	3.93	2.84	21	4.43	3.1	28	100.0%	-0.16 [-0.73, 0.40]	•		
Total (95% CI)			21			28	100.0%	-0.16 [-0.73, 0.40]	<b>,</b>		
Heterogeneity: Not ap Test for overall effect:	•		0.57)					<u>-</u>	-10 -5 0 5 10 Favours Real rTMS Favours Sham rTMS		

#### 3 Figure 1771: VAS-urge to binge eat

	Real rTMS Sham				m rTM	IS		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	i, 95% CI		
McClelland 2016	1.12	2.13	21	1.91	2.83	28	100.0%	-0.30 [-0.87, 0.27]					
Total (95% CI)			21			28	100.0%	-0.30 [-0.87, 0.27]		•			
Heterogeneity: Not a Test for overall effect			0.30)						-10	-5 Favours Real rTMS	0 Favours Sha	m rTMS	10

#### 5 Figure 1772: VAS-urge to be sick/purge

	Real rTMS			Sham rTMS				Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI		
McClelland 2016	1.1	2.03	21	2.6	3.2	28	100.0%	-0.53 [-1.11, 0.04]	<b>-</b>		
Total (95% CI)			21			28	100.0%	-0.53 [-1.11, 0.04]	•		
Heterogeneity: Not applicable Test for overall effect: Z = 1.82 (P = 0.07)								F.	10 -5 0 5 Favours Real rTMS Favours Sham rTMS	10	

# M.7.47 Real repetitive transcranial magnetic stimulation vs 'sham' repetitive transcranial magnetic stimulation in adults with anorexia nervosa at follow up

### 9 Figure 1773: VAS-restrict

	Real rTMS			Sham rTMS				Std. Mean Difference		Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
McClelland 2016	5.57	2.48	21	6.79	2.11	28	100.0%	-0.53 [-1.10, 0.05]					
Total (95% CI)			21			28	100.0%	-0.53 [-1.10, 0.05]		•	ļ		
Heterogeneity: Not applicable Test for overall effect: Z = 1.80 (P = 0.07)									-10	-5 Favours Real rTMS	 0   Favours Sha	+ 5 am rTMS	10

### 11 Figure 1774: VAS-feeling full

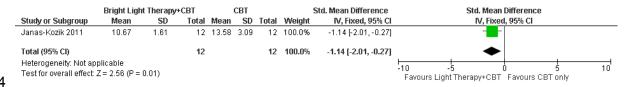
	Real rTMS			Sham rTMS				Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
McClelland 2016	5.19	2.56	21	6.86	2.53	28	100.0%	-0.65 [-1.23, -0.06]	•			
Total (95% CI)			21			28	100.0%	-0.65 [-1.23, -0.06]	•			
Heterogeneity: Not ap Test for overall effect:			0.03)						-10 -5 0 5 Favours Real rTMS Favours Sham rTM	10 1S		

#### 13 Figure 1775: VAS-feeling fat

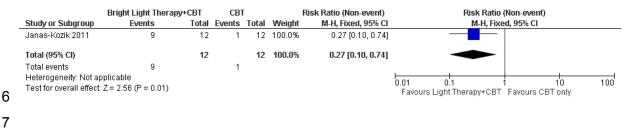
	Rea	al rTM:	S	Sham rTMS				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
McClelland 2016	4.55	3.19	21	6.68	2.76	28	100.0%	-0.71 [-1.29, -0.13]	
Total (95% CI)			21			28	100.0%	-0.71 [-1.29, -0.13]	<b>◆</b>
Heterogeneity: Not ap Test for overall effect:			0.02)						-10 -5 0 5 10 Favours Real rTMS Favours Sham rTMS

# M.7.51 Bright light treatment and CBT versus CBT in young people with anorexia 2 nervosa-restricting

### 3 Figure 1776: Depression



### 5 Figure 1777: Remission of depression



## M.7.68 Warming therapy and refeeding versus refeeding in adult inpatients with

9 anorexia nervosa

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### 10 Figure 1778: BMI - change scores

	Warming The	егару + Ко	efeed	No WT	+ Refee	ding		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Birmingham 2004	0.6	1.2	10	0.58	1.1	11	100.0%	0.02 [-0.84, 0.87]	+
Total (95% CI)	ماطممناه		10			11	100.0%	0.02 [-0.84, 0.87]	<b>+</b>
Heterogeneity: Not ap Test for overall effect:	•	97)							-10 -5 0 5 10' Favours No WT + Refeed Favours WT + Refeed

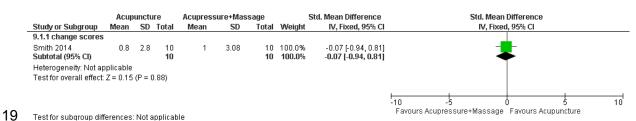
# M.7.72 Video feedback and TAU versus TAU in young people with anorexia nervosa at an end of treatment

### 14 Figure 1779: BMI – change scores

	Video Feedback dv or Subgroup Mean SD To				eedba	ck		Std. Mean Difference		Std. Mea	n Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 95% CI		
Touyz 1994	2.2	1.6	16	2	0.6	16	100.0%	0.16 [-0.53, 0.86]			-		
Total (95% CI)			16			16	100.0%	0.16 [-0.53, 0.86]			•		
Heterogeneity: Not a Test for overall effect		(P = 0.	65)						-10	-5 Favours No Feedbac	0 k Favours Vi	5 ideo Feedbac	10 k

# M.7.86 Acupuncture and TAU versus acupressure, massage and TAU in adults with anorexia nervosa

### 18 Figure 1780: BMI - change scores

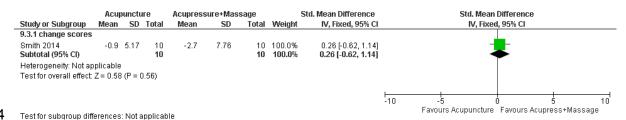


### 1 Figure 1781: EDI-3-bulimia

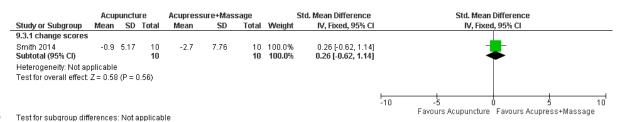
Std. Mean Difference	Std. Mean Difference
tal Weight IV, Fixed, 95% CI	IV, Fixed, 95% CI
10 100.0% 0.45 [-0.44, 1.34] 10 100.0% 0.45 [-0.44, 1.34]	
-10	) -5 0 5 10 Fayours Acupuncture Fayours Acupress+Massage
	-11

#### 2 Test for subgroup differences: Not applicable

### 3 Figure 1782: EDI-3-drive for thinness



### 5 Figure 1783: EDI-3-body dissatisfaction



### 7 Figure 1784: EDE-Q-global

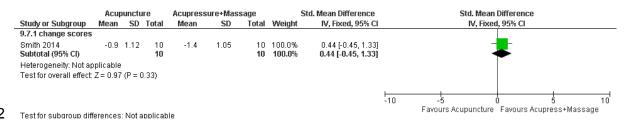
	Acupuncture Mean SD Total			Acupress	sure+Mas	sage		Std. Mean Difference	Std. N	lean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV,	Fixed, 95% CI		
9.3.1 change scores												
Smith 2014 Subtotal (95% CI)	-0.9	5.17	10 <b>10</b>	-2.7	7.76	10 <b>10</b>	100.0% <b>100.0</b> %	0.26 [-0.62, 1.14] <b>0.26 [-0.62, 1.14</b> ]		-		
Heterogeneity: Not ap Test for overall effect:			0.56)									
									-10 -5	0	<del>-  </del>	10
Test for subgroup diff	erences	: Not a	applicat	ole					Favours Acupun	ture Favours Ac	upress+Mas	sage

9 Figure 1785: EDE-Q-dietary restraint

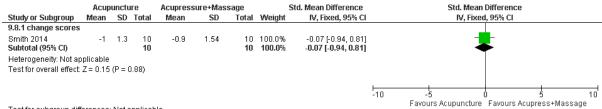
#### Acupuncture Acupressure+Massage Std. Mean Difference Std. Mean Difference Total Weight Study or Subgroup Mean SD Total Mean SD IV, Fixed, 95% CI IV, Fixed, 95% CI 9.6.1 change scores Smith 2014 10 100.0% **10 100.0**% 0.67 [-0.24, 1.58] **0.67 [-0.24, 1.58]** Subtotal (95% CI) Heterogeneity: Not applicable Test for overall effect: Z = 1.45 (P = 0.15) -10 Favours Acupuncture Favours Acupress+Massage

### 11 Figure 1786: EDE-Q-eating concern

Test for subgroup differences: Not applicable

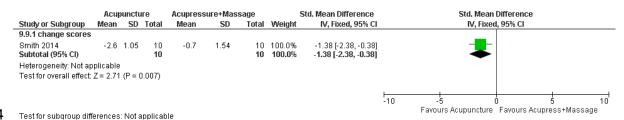


### 1 Figure 1787: EDE-Q-weight concern



#### Test for subgroup differences: Not applicable

### 3 Figure 1788: EDE-Q-shape concern

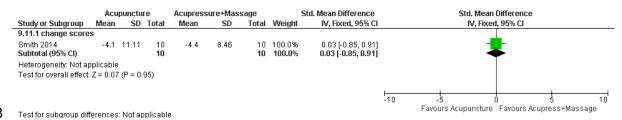


### 5 Figure 1789: General psychopathology

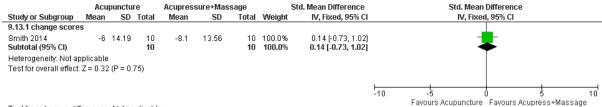
	Acupuncture dy or Subgroup Mean SD To				sure+Mas	sage	:	Std. Mean Difference		Std. N	lean Differenc	е	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% CI		
Smith 2014	-15.4	35.93	10	-16.5	26.07	10	100.0%	0.03 [-0.84, 0.91]			-		
Total (95% CI)			10			10	100.0%	0.03 [-0.84, 0.91]			•		
Heterogeneity: Not applicable Test for overall effect: Z = 0.08 (P = 0.94)								-10	-5 Favours Acupuni	0 ture Favours	5 Acupress+Ma:	10 ssage	

### 7 Figure 1790: Depression

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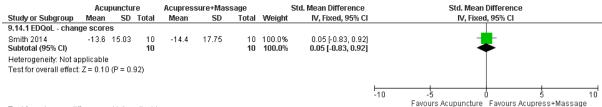


### 9 Figure 1791: Stress

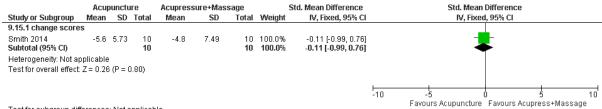


#### 10 Test for subgroup differences: Not applicable

### 11 Figure 1792: Quality of life

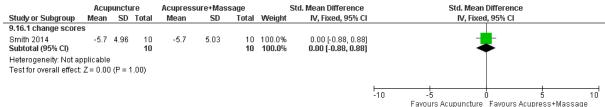


### 1 Figure 1793: EDQoL-psychological



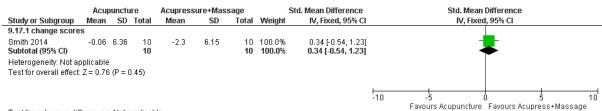
### 2 Test for subgroup differences: Not applicable

### 3 Figure 1794: EDQoL-physical/cognitive



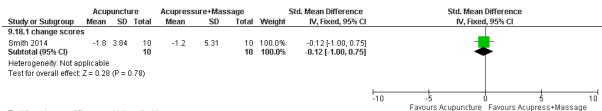
#### Test for subgroup differences: Not applicable

### 5 Figure 1795: EDQoL-financial



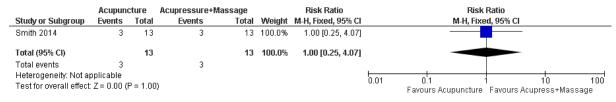
#### 6 Test for subgroup differences: Not applicable

### 7 Figure 1796: EDQoL-work/school



#### 8 Test for subgroup differences: Not applicable

### 9 Figure 1797: Withdrawn due to adverse events



### M.7.91 Resistance training and TAU vs TAU in young people with anorexia nervosa-2 restricting at end of treatment

### 3 Figure 1798: BMI

	Resistance	Resistance Training + TAU Mean SD Total			ΓΑυ		9	Std. Mean Difference		Std.	Mean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
del Valle 2010	18.2	2.2	11	18.3	1.6	11	34.7%	-0.05 [-0.89, 0.79]			-		
del Valle 2014	17.82	2.5	22	18.5	2.1	20	65.3%	-0.29 [-0.90, 0.32]			-		
Total (95% CI)			33			31	100.0%	-0.21 [-0.70, 0.29]			•		
Heterogeneity: Chi² = Test for overall effect:			= 0%						-10	-5 Favours	0 TAU Favo	5 ours RT + TA	10 .U

4

### 5 Figure 1799: General physical functioning

6

	Resistance	Training +	TAU		TAU			Std. Mean Difference		Std. Me	an Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ced, 95%	CI	
del Valle 2010	47.9	9.9	11	39.6	19.9	11	100.0%	0.51 [-0.34, 1.36]					
Total (95% CI)			11			11	100.0%	0.51 [-0.34, 1.36]			•		
Heterogeneity: Not ap Test for overall effect:	•	0.24)							-10	-5 Favours T/	U Favor	5 Irs RT + TAI	10

7

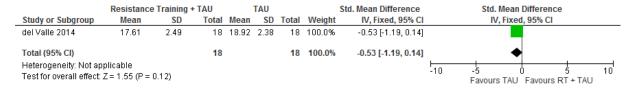
### 8 Figure 1800: General mental functioning

	Resistance	Training +	TAU	1	TAU			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	d, 95% CI		
del Valle 2010	55.4	6.1	11	53.5	8.1	11	100.0%	0.25 [-0.58, 1.09]		-	-		
Total (95% CI)			11			11	100.0%	0.25 [-0.58, 1.09]		. •	•		
Heterogeneity: Not ap Test for overall effect:	•	1.55)							-10	-5 Favours TAU	0 Favours R	5 T + TAU	10

9

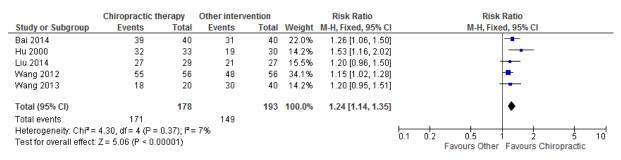
### M.7.100 Resistance training and TAU vs TAU in young people with anorexia nervosa-11 restricting at follow up

### 12 Figure 1801: BMI



# M.7.111 Chiropractic therapy versus any other intervention in children and young 2 people with anorexia nervosa

### 3 Figure 1802: Efficacy (Recovered or significantly improved)



4

9

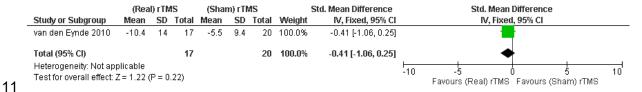
### M.7.125 Physical interventions for bulimia nervosa

## M.7.12.16 Repetitive transcranial magnetic stimulation versus placebo in adults with bulimia 7 nervosa at end of treatment

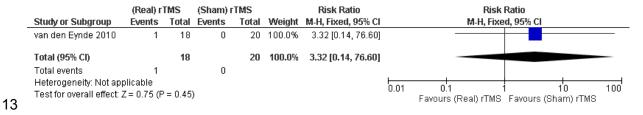
### 8 Figure 1803: Food Craving Questionnaire - raw scores

	(Rea	l) rTN	IS	(Sha	m) rTl	dS.		Std. Mean Difference		Std. Mea	n Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95% Cl		
van den Eynde 2010	37.8	9.4	17	41.9	13.9	20	100.0%	-0.33 [-0.98, 0.32]		-	-		
Total (95% CI)			17			20	100.0%	-0.33 [-0.98, 0.32]			•		
Heterogeneity: Not app Test for overall effect: 2		P = 0	.32)						-10	-5 Favours (Real) rTM	0 S Favours (SI	5 nam) rTMS	10

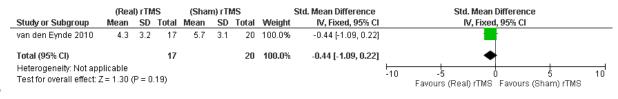
10 Figure 1804: Food Craving Questionnaire - change scores



12 Figure 1805: Withdrawn due to adverse events



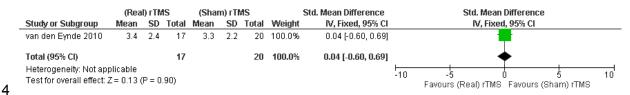
14 Figure 1806: VAS-urge to eat



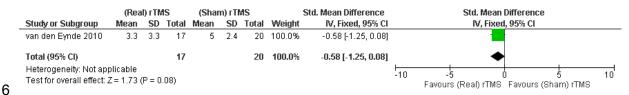
### 1 Figure 1807: VAS-mood

		(Rea	l) rTM	IS	(Shar	n) rTi	VIS		Std. Mean Difference		Std. Mean	Difference		
	Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
	van den Eynde 2010	5.7	1.9	17	5	1.7	20	100.0%	0.38 [-0.27, 1.03]			-		
	Total (95% CI)			17			20	100.0%	0.38 [-0.27, 1.03]			•		
	Heterogeneity: Not app Test for overall effect: 2		P = 0.	25)						-10 -	5 I	0 :	<del> </del> 5	10
2				,						Favour	s (Real) rIMS	Favours (Sha	m) rims	

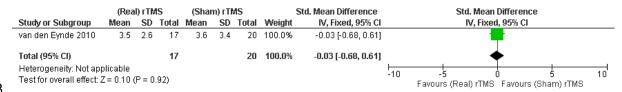
### 3 Figure 1808: VAS-tension



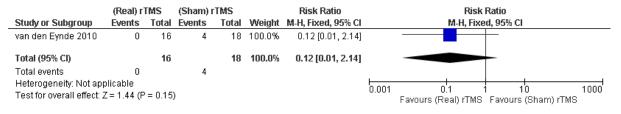
### 5 Figure 1809: VAS-hunger



### 7 Figure 1810: VAS-urge to binge eat



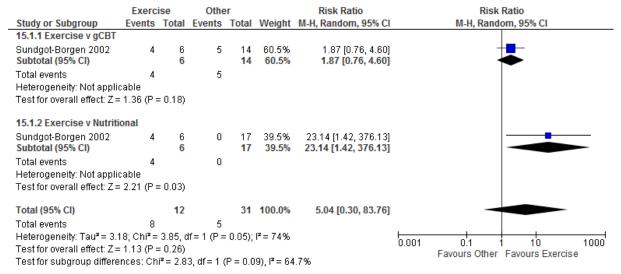
### 9 Figure 1811: Number of people who binged 24 hours after treatment



## M.7.12.21 Aerobic exercise versus any other intervention in adults with bulimia nervosa at follow 2 up

### 3 Figure 1812: Recovery from bulimia

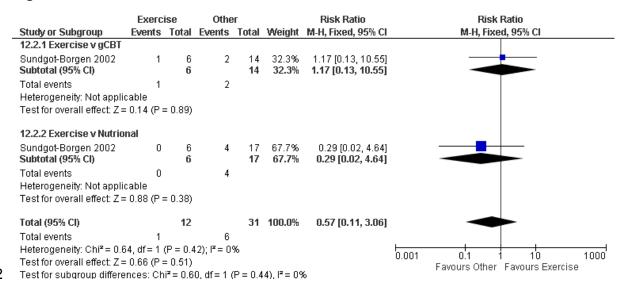
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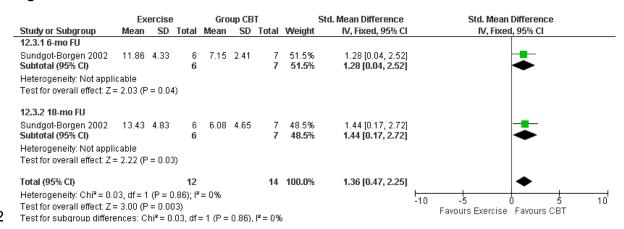
- 6 Heterogeneity detected at i<sup>2</sup>=74%. Sundgot-Borgen 2002 did not provide data on severity of 7 illness nor comorbidities. However the mean age of the participants in the physical exercise
- 8 group was slightly higher than those in the other groups. Heterogeneity might also be
- 9 explained by the differences between group CBT-ED and a nutritional intervention. In the
- 10 absence of a clear explanation a random effects analysis was presented.

### 11 Figure 1813: Satisfied EDNOS criteria



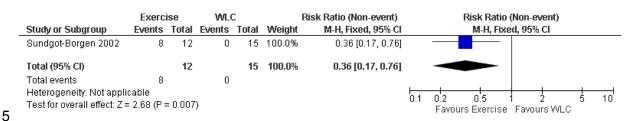
© National Institute for Health and Care Excellence 2016

### 1 Figure 1814: EDI-drive for thinness

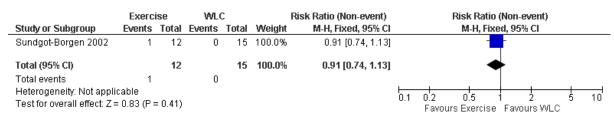


### M.7.12.33 Aerobic exercise versus wait list control in adults with bulimia nervosa at follow up

### 4 Figure 1815: Recovery from bulimia

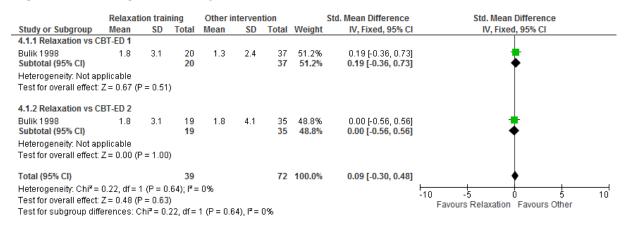


### 6 Figure 1816: Satisfied EDNOS criteria

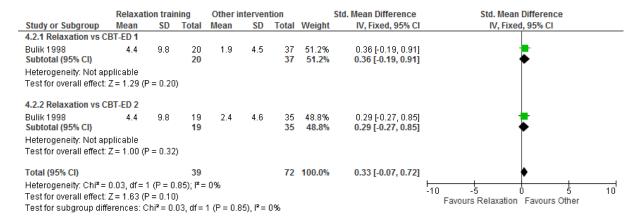


# M.7.12.48 Relaxation training versus any other intervention in adults with bulimia nervosa at end 9 of treatment

### 10 Figure 1817: Binge frequency



### 1 Figure 1818: Vomit frequency



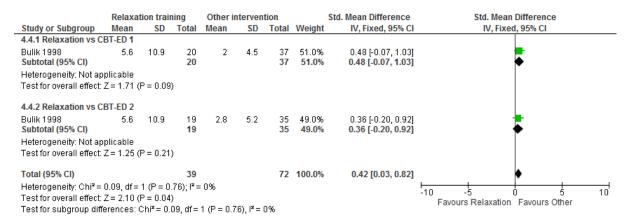
2

### 3 Figure 1819: Laxative use frequency

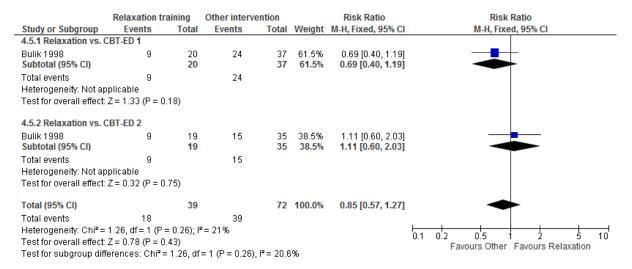
	Relaxati	on trai	ning	Other i	nterven	tion	9	Std. Mean Difference	Std. Me	ean Differen	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fi	xed, 95% CI		
4.3.1 Relaxation vs C	BT-ED 1											
Bulik 1998 Subtotal (95% CI)	1.2	3.7	20 <b>20</b>	0.1	0.5	37 <b>37</b>	50.8% <b>50.8%</b>	0.49 [-0.06, 1.04] <b>0.49 [-0.06, 1.04</b> ]		•		
Heterogeneity: Not ap	plicable											
Test for overall effect:	Z = 1.74 (F	9 = 0.08	)									
4.3.2 Relaxation vs C	BT-ED 2											
Bulik 1998 Subtotal (95% CI)	1.2	3.7	19 <b>19</b>	0.5	2.4	35 <b>35</b>	49.2% <b>49.2%</b>	0.24 [-0.32, 0.80] <b>0.24 [-0.32, 0.80]</b>		<b>‡</b>		
Heterogeneity: Not ap	plicable											
Test for overall effect:	Z = 0.83 (F	9 = 0.41	)									
Total (95% CI)			39			72	100.0%	0.37 [-0.03, 0.76]		•		
Heterogeneity: Chi <sup>2</sup> =	0.40, df = 1	I(P=0)	.53); l²=	: 0%					100	<del>_</del>	<u> </u>	
Test for overall effect: Test for subgroup diff	Z = 1.82 (F	P = 0.07	)		53), I²=	0%			-10 -5 Favours Relaxati	on Favours	5 Other	10

4

### 5 Figure 1820: Purge frequency



### 1 Figure 1821: No binge or purge episodes for 2 weeks



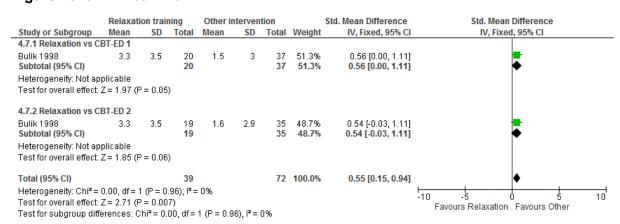
2

### 3 Figure 1822: EDI-drive for thinness

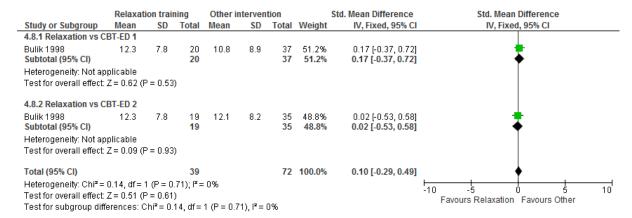
	Relaxat	ion trair	ning	Otheri	nterven	tion		Std. Mean Difference		Std. M	ean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 95%	CI	
4.6.1 Relaxation vs C	BT-ED 1												
Bulik 1998 Subtotal (95% CI)	9.4	6	20 <b>20</b>	9.3	6	37 <b>37</b>	51.4% <b>51.4</b> %	0.02 [-0.53, 0.56] <b>0.02 [-0.53, 0.56]</b>			<b>‡</b>		
Heterogeneity: Not ap	plicable												
Test for overall effect:	Z = 0.06 (F	° = 0.95	)										
4.6.2 Relaxation vs C	BT-ED 2												
Bulik 1998 Subtotal (95% CI)	9.4	6	19 <b>19</b>	8.5	5.2	35 <b>35</b>	48.6% <b>48.6</b> %	0.16 [-0.40, 0.72] <b>0.16 [-0.40, 0.72]</b>			<b>‡</b>		
Heterogeneity: Not ap	plicable												
Test for overall effect:	•	e = 0.57	)										
Total (95% CI)			39			72	100.0%	0.09 [-0.30, 0.48]			•		
Heterogeneity: Chi <sup>2</sup> =	0.13, df = 1	1 (P = 0	.72); l²=	0%					<u> </u>	<del></del>	<del> </del>	<u> </u>	
Test for overall effect:									-10	-5	U :	5	10
Test for subgroup diff				1 (P = 0.1	72), I²=	0%			Favo	urs Relaxat	ion Favo	urs Otner	

4

### 5 Figure 1823: EDI-bulimia



### 1 Figure 1824: EDI-body dissatisfaction



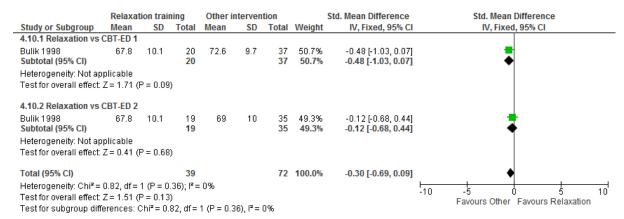
2

### 3 Figure 1825: Depression

	Relaxati	on trai	ning	Other in	nterven	tion	9	Std. Mean Difference	Std. M	lean Differenc	ce
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, I	Fixed, 95% CI	
4.9.1 Relaxation vs C	BT-ED 1										
Bulik 1998 Subtotal (95% CI)	6.7	6	20 <b>20</b>	2.6	3.1	37 <b>37</b>	49.0% <b>49.0</b> %	0.93 [0.36, 1.51] <b>0.93 [0.36, 1.51]</b>		•	
Heterogeneity: Not ap	plicable										
Test for overall effect:	Z = 3.20 (F	= 0.00	1)								
4.9.2 Relaxation vs C	BT-ED 2										
Bulik 1998 Subtotal (95% CI)	6.7	6	19 <b>19</b>	4.9	6	35 <b>35</b>	51.0% <b>51.0%</b>	0.30 [-0.27, 0.86] <b>0.30 [-0.27, 0.86]</b>		<b>‡</b>	
Heterogeneity: Not ap	plicable										
Test for overall effect:	•	= 0.30	)								
Total (95% CI)			39			72	100.0%	0.61 [0.21, 1.01]		<b>*</b>	
Heterogeneity: Chi <sup>2</sup> =	2.44, df = $1$	(P = 0)	.12);	: 59%					10	<del></del>	<u> </u>
Test for overall effect:	Z = 2.98 (F	= 0.00	3)						-10 -5	tion Foucure	5 10
Test for subgroup diff	,			1 (P = 0.1	2), l² =	59.0%			Favours Relaxa	uon ravours	Other

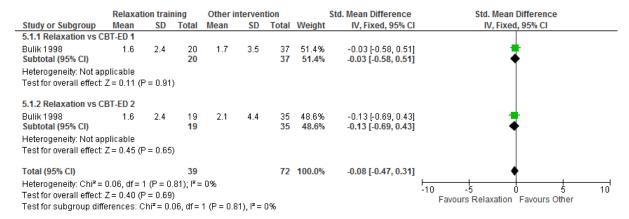
4

### 5 Figure 1826: Global functioning



## M.7.12.51 Relaxation training versus any other intervention in adults with bulimia nervosa at 2 follow up

### 3 Figure 1827: Binge frequency



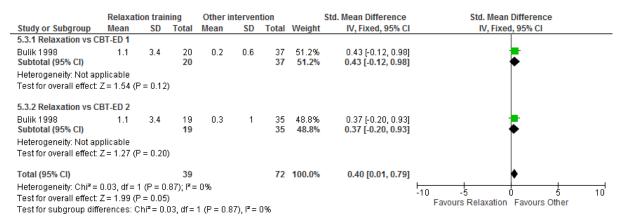
4

### 5 Figure 1828: Vomit frequency

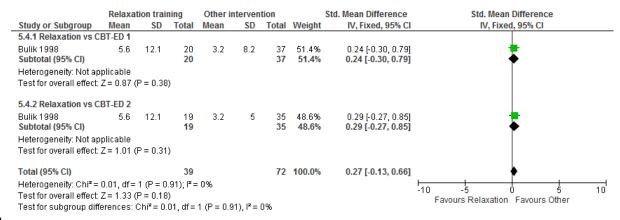
	Relaxa	tion trai	ning	Other i	nterven	tion	!	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
5.2.1 Relaxation vs C	BT-ED 1								
Bulik 1998 Subtotal (95% CI)	4.5	11.7	20 <b>20</b>	3.1	8.2	37 <b>37</b>	51.4% <b>51.4%</b>	0.14 [-0.40, 0.69] <b>0.14 [-0.40, 0.69</b> ]	<b>‡</b>
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z= 0.52 (	P = 0.60	)						
5.2.2 Relaxation vs C	BT-ED 2								
Bulik 1998 Subtotal (95% CI)	4.5	11.7	19 <b>19</b>	3	4.9	35 <b>35</b>	48.6% 48.6%	0.19 [-0.37, 0.75] <b>0.19 [-0.37, 0.75</b> ]	<b>‡</b>
Heterogeneity: Not ap	•								
Test for overall effect:	Z = 0.65 (	P = 0.51	)						
Total (95% CI)			39			72	100.0%	0.16 [-0.23, 0.56]	<b>•</b>
Heterogeneity: Chi <sup>2</sup> =	0.01, df =	1 (P = 0)	.92); l <sup>z</sup> =	: 0%					-10 -5 0 5 10
Test for overall effect:	Z = 0.83 (	P = 0.41	)						Favours Relaxation Favours Other
Test for subaroup diff	ferences:	Chi² = 0.	01. df=	1 (P = 0.9)	32). P=	0%			ravours Relaxation Favours Other

6

### 7 Figure 1829: Laxative use frequency

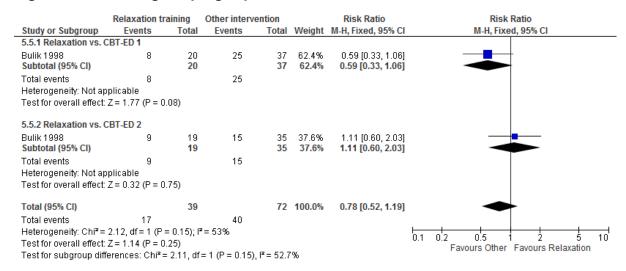


### 1 Figure 1830: Purge frequency



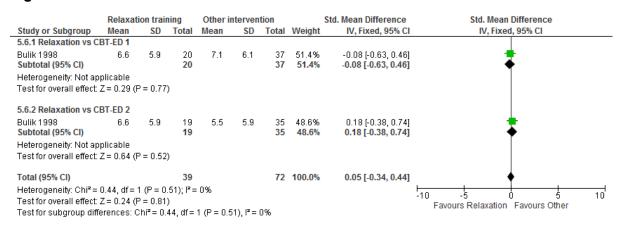
### 2

### 3 Figure 1831: No binge or purge episodes for 2 weeks



### 4

### 5 Figure 1832: EDI-drive for thinness



### 1 Figure 1833: EDI-bulimia

	Relaxati	on train	ing	Other in	iterven	tion		Std. Mean Difference	St	d. Mean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% (	CI	
5.7.1 Relaxation vs Cl	BT-ED 1											
Bulik 1998 Subtotal (95% CI)	3.1	4.9	20 <b>20</b>	2.6	4.6	37 <b>37</b>	51.3% <b>51.3%</b>	0.10 [-0.44, 0.65] <b>0.10 [-0.44, 0.65]</b>		<b>‡</b>		
Heterogeneity: Not ap	plicable											
Test for overall effect:	Z= 0.38 (P	r = 0.71	)									
5.7.2 Relaxation vs Cl	BT-ED 2											
Bulik 1998 Subtotal (95% CI)	3.1	4.9	19 <b>19</b>	3.1	4.9	35 <b>35</b>	48.7% <b>48.7</b> %	0.00 [-0.56, 0.56] <b>0.00 [-0.56, 0.56]</b>		<b>‡</b>		
Heterogeneity: Not ap	plicable											
Test for overall effect:	Z = 0.00 (P	9 = 1.00)	)									
Total (95% CI)			39			72	100.0%	0.05 [-0.34, 0.44]		•		
Heterogeneity: Chi² = Test for overall effect: Test for subgroup diffe	Z = 0.27 (P	0.79	)		'9), l² = l	0%			-10 -5 Favours Re	0 laxation Favou	5 rs Other	10

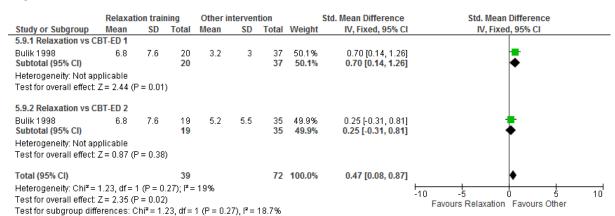
2

### 3 Figure 1834: EDI-body dissatisfaction

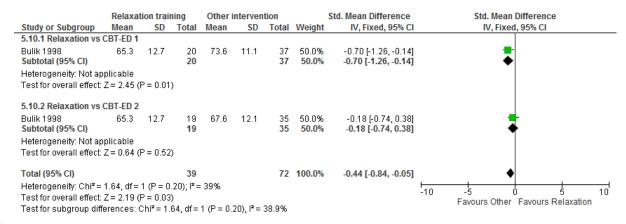
	Relaxati	on trair	ning	Otheri	nterven	tion	9	Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
5.8.1 Relaxation vs Cl	BT-ED 1									_
Bulik 1998	13.3	9.2	20	12.2	8.4	37	51.4%	0.12 [-0.42, 0.67]		
Subtotal (95% CI)			20			37	51.4%	0.12 [-0.42, 0.67]	<b>♦</b>	
Heterogeneity: Not app	plicable									
Test for overall effect:	Z= 0.45 (P	r = 0.65	)							
5.8.2 Relaxation vs Cl	BT-ED 2									
Bulik 1998	13.3	9.2	19	11.3	9.3	35	48.6%	0.21 [-0.35, 0.77]	*	
Subtotal (95% CI)			19			35	48.6%	0.21 [-0.35, 0.77]	<b>*</b>	
Heterogeneity: Not app	plicable									
Test for overall effect: 2	Z= 0.74 (P	r = 0.46	)							
Total (95% CI)			39			72	100.0%	0.17 [-0.22, 0.56]	<b>,</b>	
Heterogeneity: Chi² = I	0.05, df = 1	(P = 0.	.83); l <b>²</b> =	:0%					-10 -5 0 5 10	
Test for overall effect: 2	Z = 0.84 (P	9 = 0.40	)						Favours Relaxation Favours Other	
Test for subgroup diffe	erences: C	$hi^2 = 0.1$	05, df=	1 (P = 0.8)	83), I² = I	0%			1 avours (teravariori Favours Orier	

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### 5 Figure 1835: Depression



### 1 Figure 1836: Global functioning



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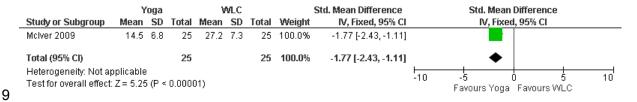
### M.7.134 Physical interventions for binge eating disorder

### M.7.13.15 Yoga versus wait list control in adults with binge eating disorder

### 6 Figure 1837: BMI

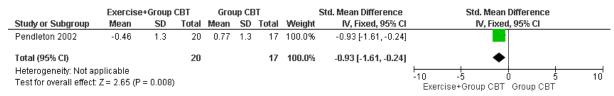
	Y	'oga		V	<b>VLC</b>			Std. Mean Difference		Std. Me:	an Differend	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95% CI		
McIver 2009	34.7	6.4	25	32.7	6.7	25	100.0%	0.30 [-0.26, 0.86]					
Total (95% CI)			25			25	100.0%	0.30 [-0.26, 0.86]			•		
Heterogeneity: Not ap Test for overall effect:			0.29)						-10	-5 Favours You	0 ja Favours	5 WLC	10

### 8 Figure 1838: Binge Eating Scale

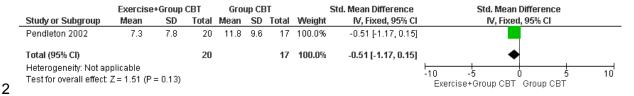


## M.7.13.20 Aerobic exercise and group CBT-ED versus group CBT-ED in adults with binge eating disorder at end of treatment

### 12 Figure 1839: BMI -change scores



### 1 Figure 1840: Depression



## M.7.13.33 Aerobic exercise and group CBT-ED versus group CBT-ED in adults with binge eating 4 disorder at follow up

### 5 Figure 1841: BMI -change scores

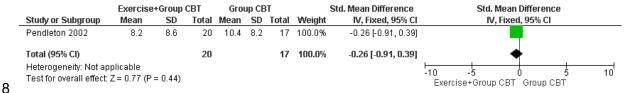
	Exercise	+Group	CBT	Grou	ıp CE	BT.		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Pendleton 2002	-0.75	2.4	20	1.33	2	17	100.0%	-0.91 [-1.60, -0.23]	
Total (95% CI)			20			17	100.0%	-0.91 [-1.60, -0.23]	<b>*</b>
Heterogeneity: Not ap Test for overall effect:		= 0.009)	)						-10 -5 0 5 10 Exercise+Group CBT Group CBT

### 7 Figure 1842: Depression

6

12

18

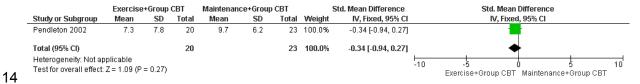


## M.7.13.49 Aerobic exercise and group CBT-ED versus group CBT-ED and maintenance in adults 10 with binge eating disorder at end of treatment

### 11 Figure 1843: BMI -change scores

	Exercise	+Gгоир	CBT	Maintenan	ce+Group	CBT	5	itd. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Pendleton 2002	-0.46	1.3	20	-0.11	1.2	23	100.0%	-0.28 [-0.88, 0.33]	
<b>Total (95% CI)</b> Heterogeneity: Not app Test for overall effect: 2		= 0.37)	20			23	100.0%	-0.28 [-0.88, 0.33]	-10 -5 0 5 10  Exercise+Group CBT Maintenance+Group CBT

### 13 Figure 1844: Depression



## M.7.13.55 Aerobic exercise and group CBT-ED versus group CBT-ED and maintenance in adults with binge eating disorder at follow up

### 17 Figure 1845: BMI –change scores

	Exercise	+Group	CBT	Maintena	nce+Group	CBT		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Pendleton 2002	-0.75	2.4	20	-0.24	3	23	100.0%	-0.18 [-0.78, 0.42]	•
Total (95% CI)			20			23	100.0%	-0.18 [-0.78, 0.42]	,
Heterogeneity: Not ap Test for overall effect: .		= 0.55)							-10 -5 0 5 10  Exercise+Group CBT Maintenance+Group CBT

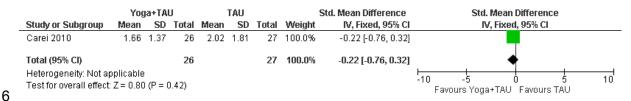
### 1 Figure 1846: Depression

2

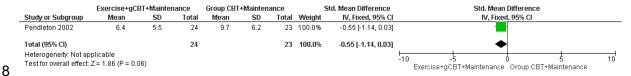
	Exercise	+Gгоир	CBT	Maintenar	nce+Group	CBT	5	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Pendleton 2002	8.2	8.6	20	8	7.7	23	100.0%	0.02 [-0.58, 0.62]	•
Total (95% CI) Heterogeneity: Not ap Test for overall effect: :		= 0.94)	20			23	100.0%	0.02 [-0.58, 0.62]	-10 -5 0 5 10 Exercise+Group CBT Maintenance+Group CBT

## M.7.13.63 Aerobic exercise, group CBT-ED and maintenance versus group CBT-ED and 4 maintenance in adults with binge eating disorder at end of treatment

### 5 Figure 1847: BMI -change scores



### 7 Figure 1848: Depression

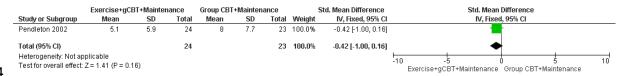


# M.7.13.79 Aerobic exercise, group CBT-ED and maintenance versus group CBT-ED and 10 maintenance in adults with binge eating disorder at follow up

### 11 Figure 1849: BMI -change scores

	Exercise+gCB	T+Mainter	nance	Group CBT	+Mainten	ance	S	td. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Pendleton 2002	-2.26	3.9	24	-0.24	3	23	100.0%	-0.57 [-1.15, 0.02]	•	
Total (95% CI)			24			23	100.0%	-0.57 [-1.15, 0.02]	•	
Heterogeneity: Not ap Test for overall effect:		6)							-10 -5 5 5  Exercise+gCBT+Maintenance Group CBT+Maintenance	10

### 13 Figure 1850: Depression



## M.81 Clinical question: What interventions are effective at

- 2 managing or reducing short and long-term physical
- 3 complications of eating disorders?

### M.8.14 Medication for treating low bone mineral density in people with anorexia

5 nervosa

### M.8.1.16 Dehydroepiandrosterone (DHEA) compared with hormone replacement therapy (HRT)

7 in young people with anorexia nervosa at end of treatment

### 8 Figure 1851: Change in total hip BMD (higher better)

		HEA		I	HRT			Std. Mean Difference		Std. Mean I	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI	
1.4.1 Young People												
Gordon 2002 Subtotal (95% CI)	0.0168	0.01	31 <b>31</b>	0.0179	0.01	30 <b>30</b>	100.0% <b>100.0%</b>	-0.11 [-0.61, 0.39] - <b>0.11 [-0.61, 0.39</b> ]		•		
Heterogeneity: Not ap Test for overall effect		(P = 0.	67)									
									-10	-5 0	1 5	10
										Favours HRT	Favours DHFA	

9 Test for subgroup differences: Not applicable

### 10 Figure 1852: Change in lumbar spine BMD

	D	HEA		-	HRT			Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
1.2.1 Young People											
Gordon 2002 Subtotal (95% CI)	0.0045	0.01	31 <b>31</b>	0.0095	0.01	30 <b>30</b>	100.0% <b>100.0</b> %	-0.49 [-1.00, 0.02] - <b>0.49 [-1.00, 0.02</b> ]		•	
Heterogeneity: Not ap Test for overall effect:	•	(P = 0.	06)						-10	-5 0 5 Favours HRT Favours DHEA	10

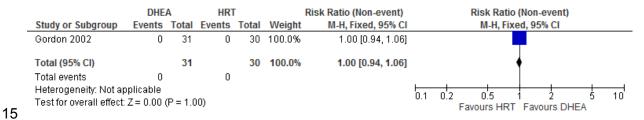
11 Test for subgroup differences: Not applicable

### 12 Figure 1853: Change in weight

	DHEA			1	HRT			Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI	
1.3.1 Young People										_		
Gordon 2002 Subtotal (95% CI)	6.8	8.6	31 <b>31</b>	5.9	4.9	30 <b>30</b>	100.0% <b>100.0%</b>	0.13 [-0.38, 0.63] <b>0.13 [-0.38, 0.63]</b>				
Heterogeneity: Not a Test for overall effect	• •		0.62)									
									-10	-5 (	) 5 Favours DHEA	10

13 Test for subgroup differences: Not applicable

### 14 Figure 1854: Dropout due to side-effects



16 Figure 1855: Regular menstruation

	DHEA HRT					Risk Ratio			Risk	Ratio		
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	d, 95% C	1	
1.7.1 Adolescents												
Gordon 2002 Subtotal (95% CI)	18	31 <b>31</b>	24	30 <b>30</b>	100.0% <b>100.0</b> %	0.73 [0.51, 1.03] <b>0.73 [0.51, 1.03]</b>			-			
Total events Heterogeneity: Not a Test for overall effect		(P = 0.0	24 17)									
	_						0.1	0.2	0.5 Favours HRT	1 2 Favours	5 DHEA	10

1 Test for subgroup differences: Not applicable

## M.8.1.22 Dehydroepiandrosterone (DHEA) and combined oral contraceptive pill (COC)

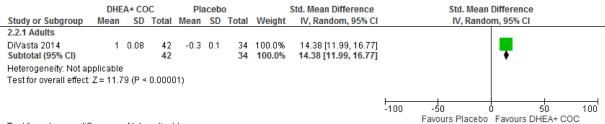
### 3 compared with placebo in adults with anorexia nervosa at end of treatment

### 4 Figure 1856: Change in femoral neck bone strength index

	DHE	A+ CC	C	Pl	acebo	)		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
2.4.1 Adults											
DiVasta 2014 Subtotal (95% CI)	0.4	0.09	42 <b>42</b>	0.5	0.12	33 <b>33</b>	100.0% <b>100.0%</b>	-0.95 [-1.43, -0.47] - <b>0.95 [-1.43, -0.47]</b>		•	
Heterogeneity: Not a Test for overall effect			0.0001)	)							
									-10	-5 0 5 Favours Placebo Favours DHEA+ CO	10

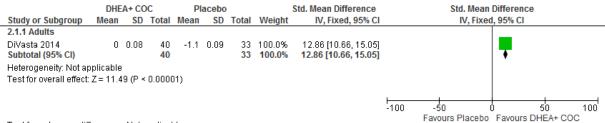
5 Test for subgroup differences: Not applicable

### 6 Figure 1857: Change in femoral neck BMD



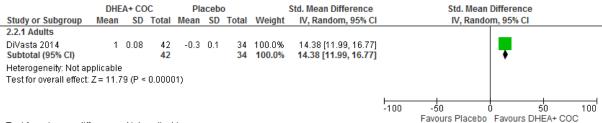
7 Test for subgroup differences: Not applicable

### 8 Figure 1858: Change in femoral shaft BMD



9 Test for subgroup differences: Not applicable

### 10 Figure 1859: Change in femoral shaft bone strength BMD



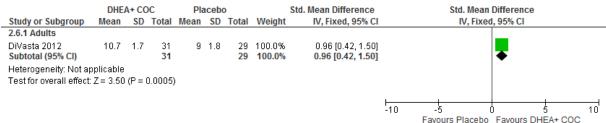
11 Test for subgroup differences: Not applicable

### 12 Figure 1860: Change in weight

	DHE	A+ CC	C	Pla	acebo	)	S	td. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
2.5.1 Adults											
DiVasta 2012 Subtotal (95% CI)	2.3	0.4	31 <b>31</b>	1.9	0.4	29 <b>29</b>	100.0% <b>100.0</b> %	0.99 [0.45, 1.53] <b>0.99 [0.45, 1.53]</b>		•	
Heterogeneity: Not ap Test for overall effect:			0.0003	)							
									-10	-5 0 5	10

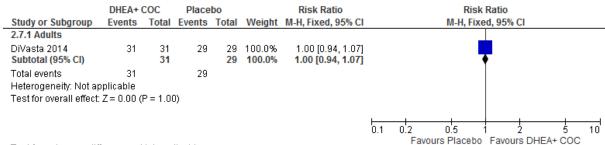
1 Test for subgroup differences: Not applicable

### 2 Figure 1861: Change in BMI



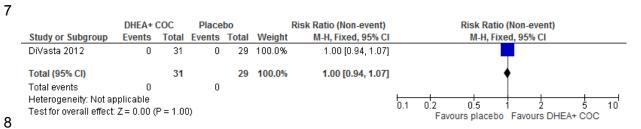
3 Test for subgroup differences: Not applicable

### 4 Figure 1862: Amenorrheic



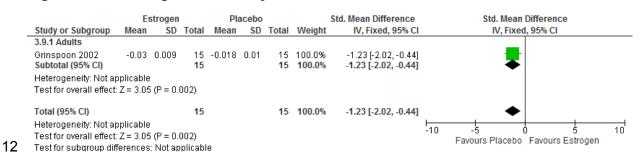
5 Test for subgroup differences: Not applicable

### 6 Figure 1863: Dropout due to side-effects

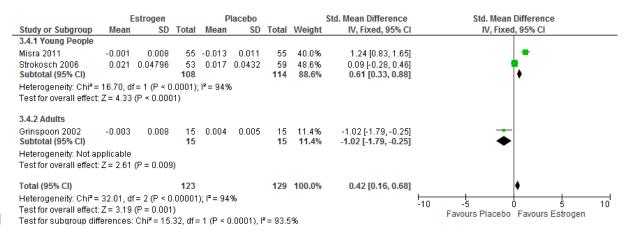


M.8.1.39 Estrogen compared with placebo in young people or adults with anorexia nervosa at 10 end of treatment

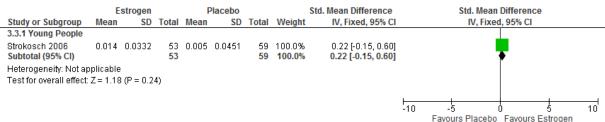
### 11 Figure 1864: Change in total body BMD in adults



13 Figure 1865: Change in total hip BMD in young people and adults



### 2 Figure 1866: Change in femoral neck BMD in young people



3 Test for subgroup differences: Not applicable

5

8

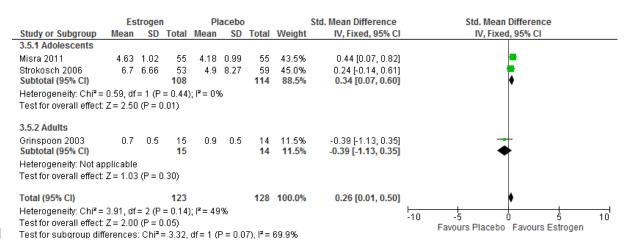
### 4 Figure 1867: Change in lumbar spine BMD in young people

	Estrogen			F	Placebo			Std. Mean Difference		Std. Mea	n Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95%	CI	
Misra 2011	0.003	0.001	55	0	0.001	55	31.5%	2.98 [2.43, 3.53]			-	•	
Strokosch 2006	0.026	0.0458	53	0.019	0.0375	59	68.5%	0.17 [-0.20, 0.54]			•		
Total (95% CI)			108			114	100.0%	1.05 [0.74, 1.36]			•		
Heterogeneity: Chi² = Test for overall effect				01); I²=	99%				-10	-5 Favours Placeb	0 Favou	5 urs Estrog	10 en

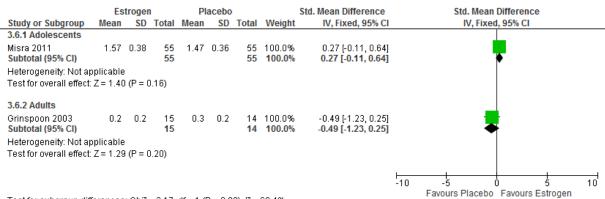
### 6 Figure 1868: Change in lumbar spine BMD in adults



9 Figure 1869: Change in weight in young people and adults

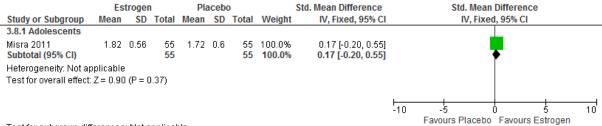


### 2 Figure 1870: Change in BMI in young people and adults



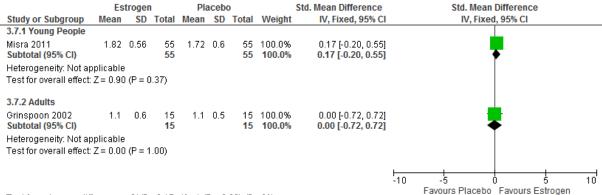
3 Test for subgroup differences: Chi<sup>2</sup> = 3.17, df = 1 (P = 0.08),  $I^2$  = 68.4%

### 4 Figure 1871: Change in fat mass in young people



5 Test for subgroup differences: Not applicable

### 6 Figure 1872: Change in lean mass in young people and adults



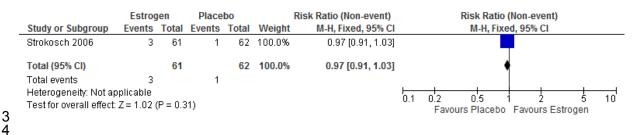
7 Test for subgroup differences:  $Chi^2 = 0.17$ , df = 1 (P = 0.68),  $I^2 = 0\%$ 

### 8 Figure 1873: Regular menstruation in young people

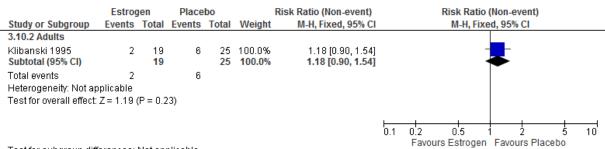
	Estrog	gen	Place	bo		Risk Ratio (Non-event)		Risk Ratio (Non-event)
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 95% CI
3.11.1 Young People								
Misra 2011 Subtotal (95% CI)	0	55 <b>55</b>	5	55 <b>55</b>	100.0% <b>100.0%</b>	1.10 [1.00, 1.20] <b>1.10 [1.00, 1.20]</b>		•
Total events Heterogeneity: Not ap Test for overall effect:		(P = 0.0	5					
							0.1	0.2 0.5 1 2 5 10  Favours Estrogen Favours Placebo

Test for subgroup differences: Not applicable

### 2 Figure 1874: Dropout due to side-effects in young people



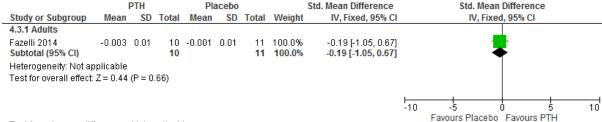
### 5 Figure 1875: Remission in adults



Test for subgroup differences: Not applicable

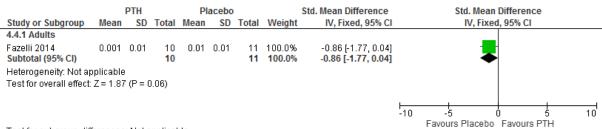
### M.8.1.47 Parathyroid hormone therapy (PTH) compared with placebo in adults with anorexia 8 nervosa at end of treatment

### 9 Figure 1876: Change in total hip BMD



10 Test for subgroup differences: Not applicable

### 11 Figure 1877: Change in femoral neck BMD



12 Test for subgroup differences: Not applicable

#### 13 Figure 1878: Change in anteroposterior spine BMD

		PTH		PI	acebo			Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI	
4.5.1 Adults												
Fazelli 2014	0.05	0.01	10	0.002	0.01	11	100.0%	4.61 [2.84, 6.38]			_	
Subtotal (95% CI)			10			11	100.0%	4.61 [2.84, 6.38]			•	
Heterogeneity: Not ap	pplicable	9										
Test for overall effect	: Z = 5.11	l (P < 0	0.00001	1)								
									-10	<del>-5</del>	1 5	10
										Favours Placebo	Favours PTH	

1 Test for subgroup differences: Not applicable

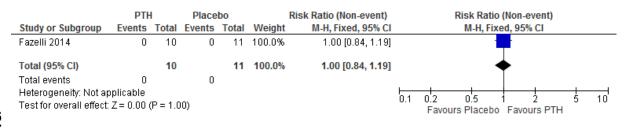
### 2 Figure 1879: Change in weight

	1	PTH			acebo	)		Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	l, 95% CI	
4.1.1 Adults												
Fazelli 2014 Subtotal (95% CI)	-2.4	1.7	10 <b>10</b>	1.8	1.6	11 <b>11</b>	100.0% <b>100.0%</b>	-2.45 [-3.63, -1.26] - <b>2.45</b> [- <b>3.63</b> , - <b>1.26</b> ]		-		
Heterogeneity: Not a Test for overall effect			0.0001	1)								
									-10	-5	,	10
T+6	<b>~</b>			-1-1-						Favours Placebo	Favours PT	Н

3 Test for subgroup differences: Not applicable

4

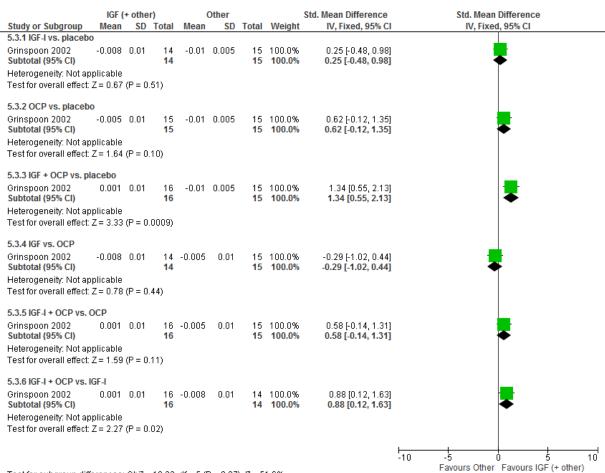
### 5 Figure 1880: Dropout due to side-effects



6 7

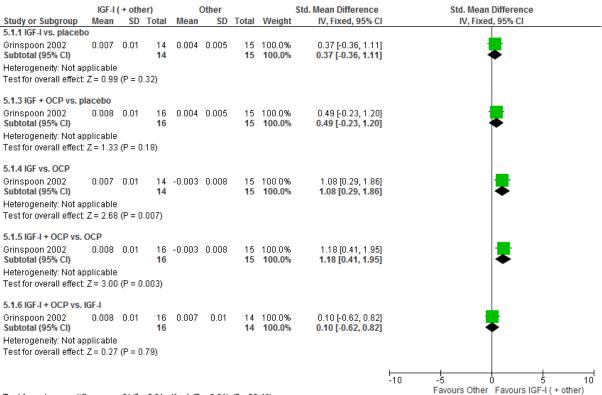
## M.8.1.58 Insulin-like growth factor (IGF-I) compared with another treatment in adults with 9 anorexia nervosa at end of treatment

### 10 Figure 1881: Change in radial BMD



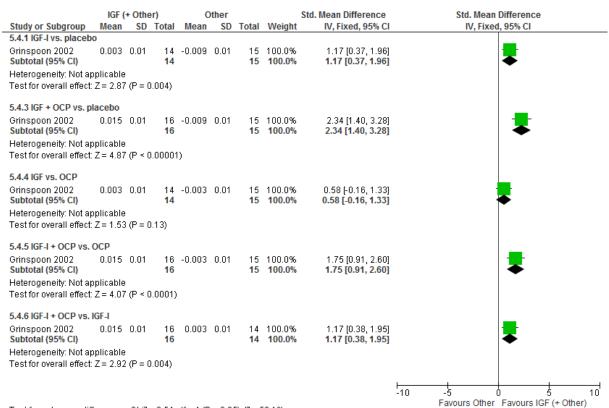
### Test for subgroup differences: $Chi^2 = 10.32$ , df = 5 (P = 0.07), $I^2 = 51.6\%$

### 2 Figure 1882: Change in total hip BMD



3 Test for subgroup differences: Chi<sup>2</sup> = 5.91, df = 4 (P = 0.21), I<sup>2</sup> = 32.4%

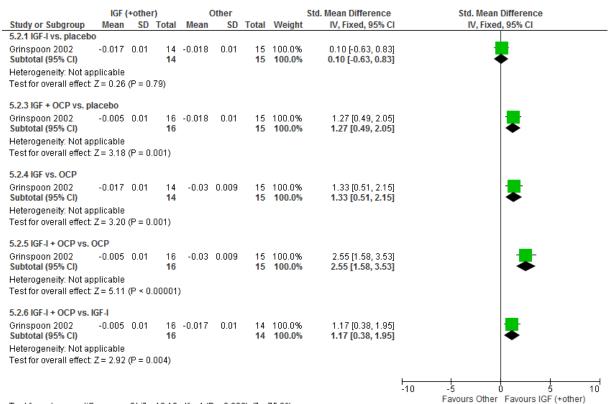
### 4 Figure 1883: Change in anteroposterior spine BMD



### 1 Test for subgroup differences: Chi<sup>2</sup> = 9.54, df = 4 (P = 0.05), I<sup>2</sup> = 58.1%

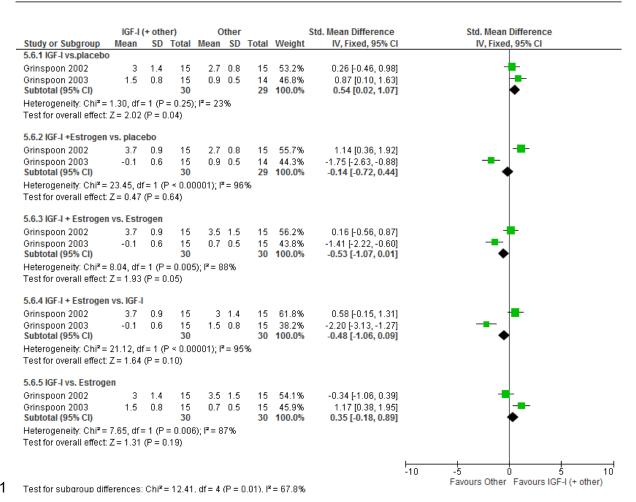
2

### 3 Figure 1884: Change in total body BMD

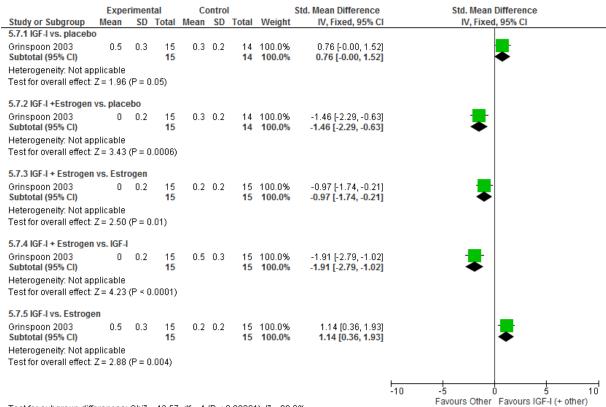


4 Test for subgroup differences:  $Chi^2 = 16.19$ , df = 4 (P = 0.003),  $I^2 = 75.3\%$ 

### 5 Figure 1885: Change in weight



### 2 Figure 1886: Change in BMI



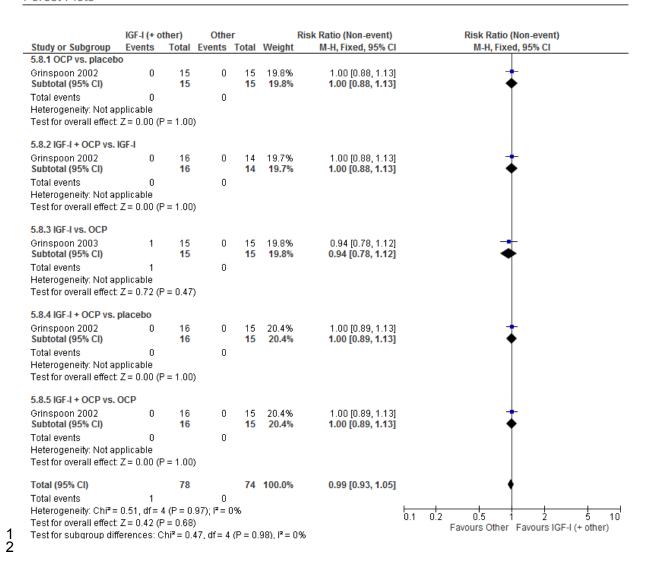
3 Test for subgroup differences:  $Chi^2 = 43.57$ , df = 4 (P < 0.00001),  $I^2 = 90.8\%$ 

### 4 Figure 1887: Change in lean mass

	IGF-I (	+ oth	er)	C	ther		S	td. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
5.5.1 IGF-I vs. placeb	0								<u>_</u>
Frinspoon 2002 Subtotal (95% CI)	2	0.6	14 <b>14</b>	1.1	0.5	15 <b>15</b>	100.0% <b>100.0%</b>	1.59 [0.74, 2.44] <b>1.59 [0.74, 2.44</b> ]	📮
Heterogeneity: Not ap Test for overall effect:		(P = 0	.0003)						
5.5.3 IGF + OCP vs. pl	lacebo								
Grinspoon 2002 Subtotal (95% CI)	2.3	0.5	16 <b>16</b>	1.1	0.5		100.0% <b>100.0%</b>	2.34 [1.40, 3.28] <b>2.34 [1.40, 3.28</b> ]	🚦
Heterogeneity: Not ap Test for overall effect:		(P < 0	.00001	)					
5.5.4 IGF vs. OCP									<u>_</u>
Grinspoon 2002 Subtotal (95% CI)	2	0.6	14 <b>14</b>	1.1	0.6		100.0% <b>100.0%</b>	1.46 [0.63, 2.29] 1.46 [0.63, 2.29]	📮
Heterogeneity: Not ap Test for overall effect:		(P = 0	.0006)						
5.5.5 IGF-I + OCP vs.	OCP								
Frinspoon 2002 Subtotal (95% CI)	2.3	0.5	16 <b>16</b>	1.1	0.6	15 <b>15</b>	100.0% <b>100.0%</b>	2.12 [1.22, 3.03] <b>2.12 [1.22, 3.03</b> ]	
Heterogeneity: Not ap Test for overall effect:		(P < 0	.00001	)					
5.5.6 IGF-I + OCP vs. I	IGF-I								
Grinspoon 2002 Subtotal (95% CI)	2.3	0.5	16 <b>16</b>	2	0.6		100.0% <b>100.0%</b>	0.53 [-0.20, 1.26] <b>0.53 [-0.20, 1.26</b> ]	
Heterogeneity: Not ap Test for overall effect:		(P = 0	.15)					,,	Ť
	•	, -	,						
									-10 -5 0 5

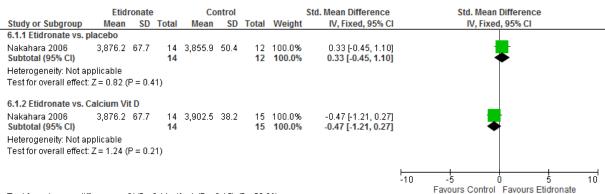
<sup>1</sup> Test for subgroup differences:  $Chi^2 = 11.65$ , df = 4 (P = 0.02),  $I^2 = 65.7\%$ 

## 2 Figure 1888: Dropout due to side-effects



## M.8.1.63 Bisphosphonate compared with another treatment in young people or adults with 4 anorexia nervosa at end of treatment

### 5 Figure 1889: Tibia SOS (speed of sound) in adults



6 Test for subgroup differences:  $Chi^2 = 2.11$ , df = 1 (P = 0.15),  $I^2 = 52.6\%$ 

#### 7 Figure 1890: Change in tibia Z score in adults

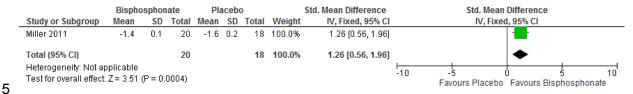
	Etid	ronat	е	C	ontrol			Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
6.2.1 Etidronate vs. pla	acebo										
Nakahara 2006 Subtotal (95% CI)	-0.98	0.48	14 <b>14</b>	-1.28	0.42	12 <b>12</b>	100.0% <b>100.0%</b>	0.64 [-0.15, 1.43] <b>0.64 [-0.15, 1.43</b> ]		-	
Heterogeneity: Not app	licable										
Test for overall effect: Z	Z= 1.58	(P = 0	.11)								
6.2.2 Etidronate vs. Ca	ılcium \	Vit D									
Nakahara 2006 Subtotal (95% CI)	-0.98	0.48	14 <b>14</b>	-0.87	0.4	15 <b>15</b>	100.0% <b>100.0</b> %	-0.24 [-0.97, 0.49] - <b>0.24 [-0.97, 0.49</b> ]		•	
Heterogeneity: Not app	licable										
Test for overall effect: Z	= 0.65	(P = 0)	1.52)								
									-10	-5 0 5	10
Toot for cubarous diffe		. Obiz.	2.57	as _ 1 //	2 – 0.4	4) 12 -	C4 400			Favours Control Favours Etidronate	

Test for subgroup differences:  $Chi^2 = 2.57$ , df = 1 (P = 0.11),  $I^2 = 61.1\%$ 

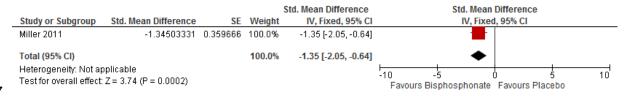
### 2 Figure 1891: Change in total hip BMD in adults



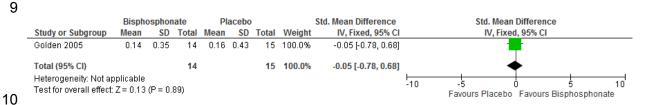
### Figure 1892: Change in anteroposterior lumbar spine Z BMD in adults



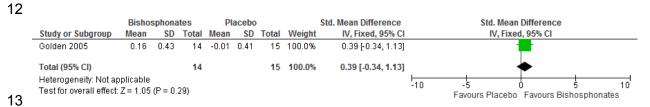
### 6 Figure 1893: Change in lateral spine BMD in adults



### 8 Figure 1894: Change in lumbar spine BMD Z score in young people



#### 11 Figure 1895: Change in femoral neck BMD Z score in young people

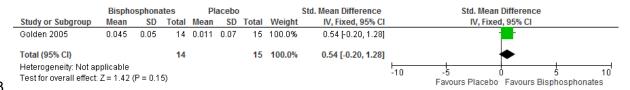


### 14 Figure 1896: Change in trochanter BMD Z score in young people

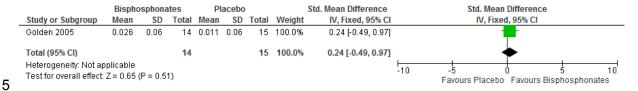
1

	Bisphosphonates			PI	acebo	)		Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI	
Golden 2005	0.16	0.03	14	0.018	0.03	15	100.0%	4.60 [3.13, 6.07]			_	_
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•	(P < 0.0	<b>14</b> 0001)			15	100.0%	4.60 [3.13, 6.07]	<del>-</del> 10	-5 Favours Placebo	0 5 Favours Bisph	10 osphonates

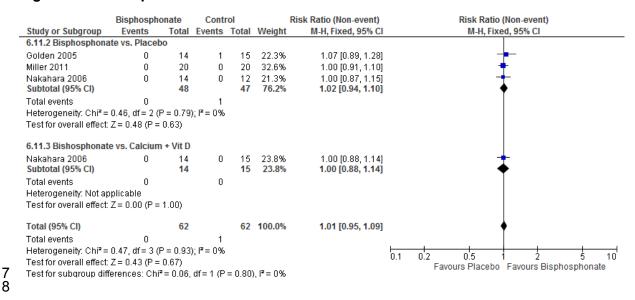
### 2 Figure 1897: Change in wards triangle BMD Z score in young people



### 4 Figure 1898: Change in total hip BMD Z score in young people



### 6 Figure 1899: Dropout due to side-effects



10 Clinical question: Does any intervention for an eating disorder need to be modified in the presence of common long-term health conditions?

### M.8.22 Diabetes and eating disorders

- M.8.2.13 Group psychoeducation compared with treatment as usual (TAU) for young people
  - 14 with type I diabetes and disturbed eating at the end of treatment
  - 15 Figure 1900: Bingeing

Study on Sub	Psycho	educa	tion	1	TAU			Std. Mean Difference	Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	l, 95% CI		
1.1.1 Group Psychoe	ducation-	ED										
Olmsted 2002 Subtotal (95% CI)	1	2.9	50 <b>50</b>	1.4	3.4	35 <b>35</b>	100.0% <b>100.0%</b>	-0.13 [-0.56, 0.31] - <b>0.13 [-0.56, 0.31]</b>				
Heterogeneity: Not ap Test for overall effect:	•	P = 0.5	i6)									
									-10 -5	)	5	10
Test for subgroup diff	ferences: N	Vot app	plicable	)					Favours Psychoeducation	Favours TAU	ı	

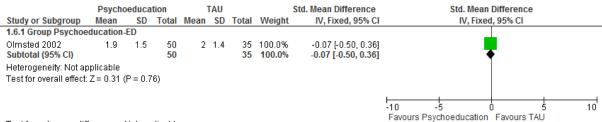
### 0 El 4004 EDE 41

### 2 Figure 1901: EDE-eating concern

	Psycho	TAU				Std. Mean Difference	Std. Mean Difference			nce			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	/, Fixed, 95% C	ed, 95% CI	
1.5.1 Group Psychoe	education-	ED											
Olmsted 2002 Subtotal (95% CI)	0.6	0.8	50 <b>50</b>	0.9	1.1	35 <b>35</b>	100.0% <b>100.0</b> %	-0.32 [-0.75, 0.12] - <b>0.32 [-0.75, 0.12]</b>			•		
Heterogeneity: Not ap Test for overall effect:		P = 0.1	5)										
									-10	-5		5	10
T+6	×								Favours	Psychoedu	cation Favou	rs TAU	

### 3 Test for subgroup differences: Not applicable

### 4 Figure 1902: EDE-shape concern



### 5 Test for subgroup differences: Not applicable

### 6 Figure 1903: EDE-weight concern

	Psychoeducation			1	TAU			Std. Mean Difference		Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	Fixed, 95% (	i i	
1.7.1 Group Psychoe	ducation-	ED											
Olmsted 2002 Subtotal (95% CI)	1.5	1.3	50 <b>50</b>	1.7	1.4	35 <b>35</b>	100.0% <b>100.0%</b>	-0.15 [-0.58, 0.28] - <b>0.15 [-0.58, 0.28]</b>			•		
Heterogeneity: Not ap Test for overall effect:	•	P = 0.5	(0)										
									-10 Eavours	-5 Psychoeduca	0 tion Favou	5 rs TALI	10

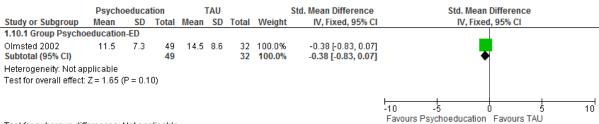
#### 7 Test for subgroup differences: Not applicable

### 8 Figure 1904: EDE-restraint

	Psycho	educa	tion	TAU			Std. Mean Difference			Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 95% CI		
1.3.1 Group Psychoe	ducation-	ED									T		
Olmsted 2002 Subtotal (95% CI)	1	1.2	50 <b>50</b>	1.4	1.2	35 <b>35</b>	100.0% <b>100.0%</b>	-0.33 [-0.77, 0.10] - <b>0.33 [-0.77, 0.10]</b>			•		
Heterogeneity: Not ap Test for overall effect:	•	P = 0.1	4)										
									-10 Eavou	-5 ure Psychoaducation	0 Favours		10

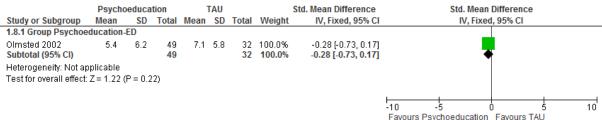
### 9 Test for subgroup differences: Not applicable

### 10 Figure 1905: EDI-body dissatisfaction



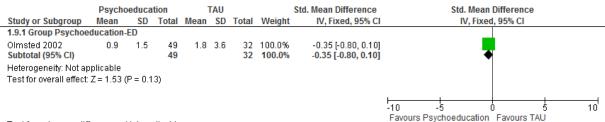
### 11 Test for subgroup differences: Not applicable

### 1 Figure 1906: EDI-drive for thinness



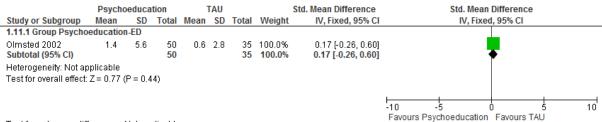
Test for subgroup differences: Not applicable

### 3 Figure 1907: EDI-bulimia



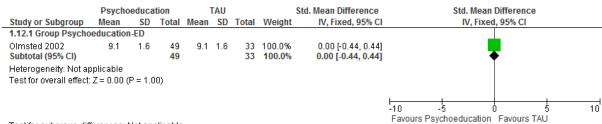
Test for subgroup differences: Not applicable

### 5 Figure 1908: Insulin omission days



Test for subgroup differences: Not applicable

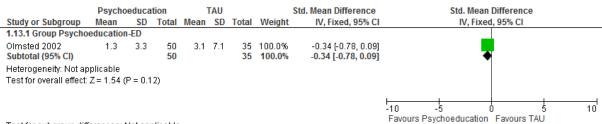
### 7 Figure 1909: HbA1c level (%)



Test for subgroup differences: Not applicable

### M.8.2.29 Group psychoeducation compared with treatment as usual for young people with type 10 I diabetes and disturbed eating at follow-up

### 11 Figure 1910: Bingeing



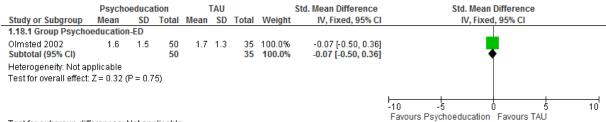
Test for subgroup differences: Not applicable

### 13 Figure 1911: EDE-eating concern

	Psycho	TAU				Std. Mean Difference	Std. Mean Difference						
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
1.17.1 Group Psycho	education	1-ED											
Olmsted 2002 Subtotal (95% CI)	0.5	0.7	50 <b>50</b>	0.7	0.9	35 <b>35</b>	100.0% <b>100.0%</b>	-0.25 [-0.69, 0.18] - <b>0.25 [-0.69, 0.18]</b>		•			
Heterogeneity: Not ap Test for overall effect:	•	P = 0.2	(6)										
									-10 Favou	-5 urs Psychoeducation	Favours TA	5	10

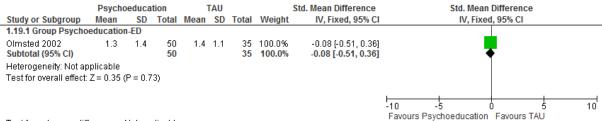
Test for subgroup differences: Not applicable

### 2 Figure 1912: EDE-shape concern



Test for subgroup differences: Not applicable

### 4 Figure 1913: EDE-weight concern



Test for subgroup differences: Not applicable

### 6 Figure 1914: EDE-restraint

	Psycho	educa	ition		TAU Std. Mean Difference				Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
1.15.1 Group Psycho	education	1-ED							<u></u>
Olmsted 2002 Subtotal (95% CI)	1	1.1	50 <b>50</b>	1	1.2	35 <b>35</b>	100.0% <b>100.0%</b>	0.00 [-0.43, 0.43] <b>0.00 [-0.43, 0.43]</b>	•
Heterogeneity: Not ap Test for overall effect:		P = 1.0	00)						
									-10 -5 0 5 10 Favours Psychoeducation Favours TAU

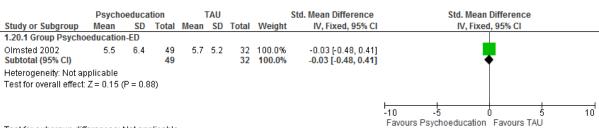
Test for subgroup differences: Not applicable

### 8 Figure 1915: EDI-body dissatisfaction

	Psycho	TAU			Std. Mean Difference			Std. Mean I				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI	
1.22.1 Group Psycho	education	-ED								_		
Olmsted 2002 Subtotal (95% CI)	11.1	8	49 <b>49</b>	12.1	6.8	32 <b>32</b>	100.0% <b>100.0%</b>	-0.13 [-0.58, 0.31] - <b>0.13 [-0.58, 0.31]</b>			•	
Heterogeneity: Not ap Test for overall effect:	•	P = 0.5	i6)									
									-10 Fav	-5 ours Psychoeducation	5 Favours TALL	10

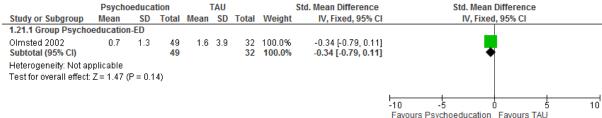
Test for subgroup differences: Not applicable

### 10 Figure 1916: EDI-drive for thinness



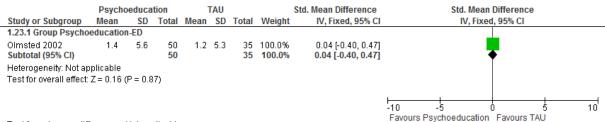
11 Test for subgroup differences: Not applicable

### 1 Figure 1917: EDI-bulimia



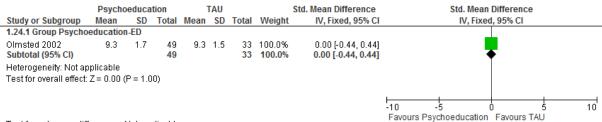
2 Test for subgroup differences: Not applicable

### 3 Figure 1918: Insulin omission days



4 Test for subgroup differences: Not applicable

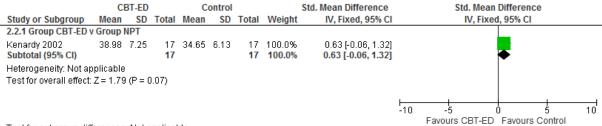
### 5 Figure 1919: HbA1c (%)



6 Test for subgroup differences: Not applicable

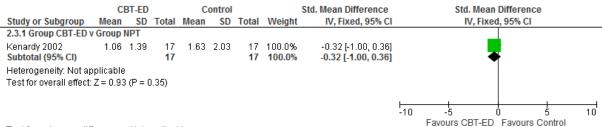
## M.8.2.37 Group CBT-ED compared with another treatment for adults with type II diabetes and 8 disturbed eating at end of treatment

### 9 Figure 1920: BMI



10 Test for subgroup differences: Not applicable

### 11 Figure 1921: Bingeing

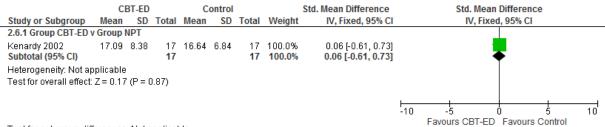


12 Test for subgroup differences: Not applicable

### 13 Figure 1922: Quality of life

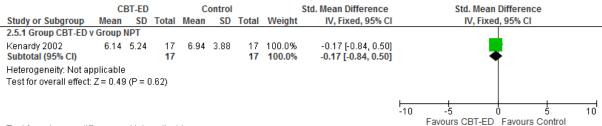
	C	BT-ED		(	Control			Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI	
2.7.1 Group CBT-ED	v Group	NPT										
Kenardy 2002 Subtotal (95% CI)	42 12.8 17 42.02 13.24 17						100.0% <b>100.0%</b>	-0.00 [-0.67, 0.67] - <b>0.00 [-0.67, 0.67]</b>				
Heterogeneity: Not a Test for overall effect			1.00)									
									-10	-5 C	) <u> </u>	10
									. •	Favours Control	Favours CBT-ED	

### 2 Figure 1923: EDI-body dissatisfaction



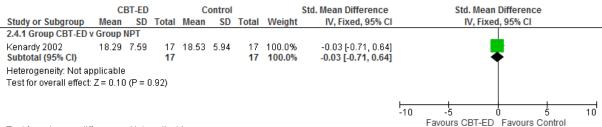
3 Test for subgroup differences: Not applicable

### 4 Figure 1924: EDI-drive for thinness



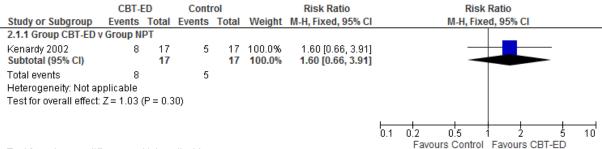
5 Test for subgroup differences: Not applicable

### 6 Figure 1925: EDI-bulimia



7 Test for subgroup differences: Not applicable

### 8 Figure 1926: Remission



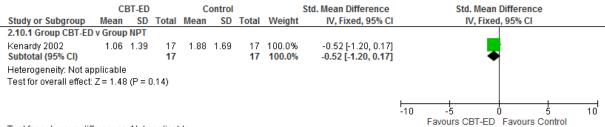
9 Test for subgroup differences: Not applicable

## M.8.2.40 Group CBT-ED compared with another treatment for adults with type II diabetes and disturbed eating at follow-up

### 12 Figure 1927: BMI

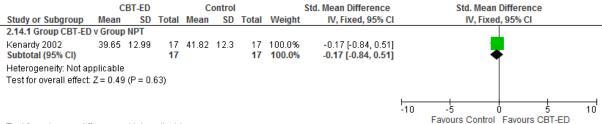
	C	BT-ED		C	ontrol			Std. Mean Difference		Std. Mean E	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	, 95% CI	
2.9.1 Group CBT-ED	v Group	NPT										
Kenardy 2002 Subtotal (95% CI)	38.52	38.52 7.28 17 34.2 17			5.62	17 <b>17</b>	100.0% <b>100.0</b> %	0.64 [-0.06, 1.33] <b>0.64 [-0.06, 1.33]</b>				
Heterogeneity: Not ap	pplicable	!										
Test for overall effect	Z = 1.80	(P = 0	0.07)									
									-10	-5 Ó	5	10
										Favours CBT-ED	Favours Cont	rol

### 2 Figure 1928: Bingeing



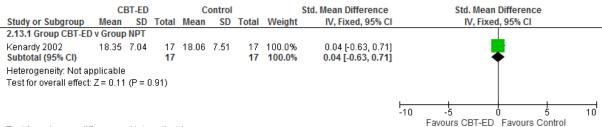
3 Test for subgroup differences: Not applicable

### 4 Figure 1929: Quality of life



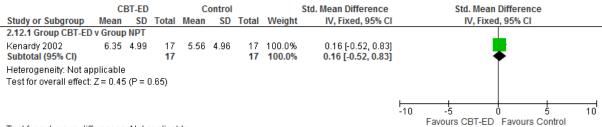
5 Test for subgroup differences: Not applicable

### 6 Figure 1930: EDI-body dissatisfaction



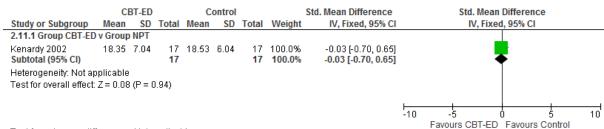
7 Test for subgroup differences: Not applicable

### 8 Figure 1931: EDI-drive for thinness

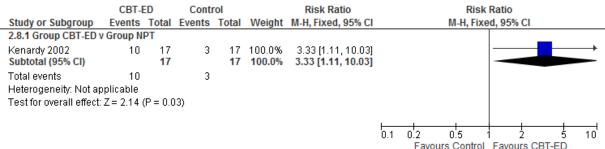


9 Test for subgroup differences: Not applicable

### 10 Figure 1932: EDI-bulimia



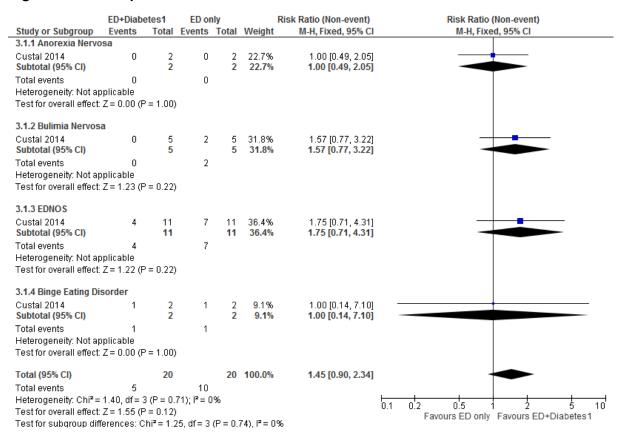
### 2 Figure 1933: Remission



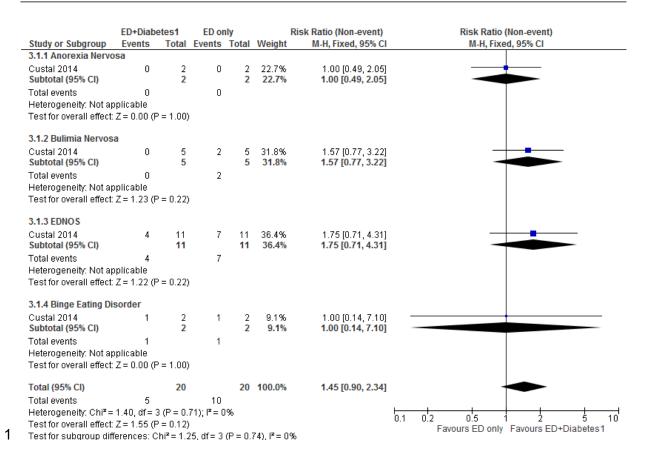
3 Test for subgroup differences: Not applicable

## M.8.2.54 CBT-ED in those with an eating disorder and type I diabetes compared with those an eating disorder alone at end of treatment

### 6 Figure 1934: Dropouts

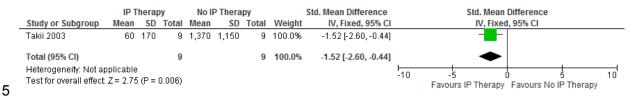


8 Figure 1935: Remission (partial or full)



## M.8.2.62 Integrated inpatient therapy compared with no integrated inpatient therapy in those 3 with bulimia nervosa and type I diabetes at end of treatment

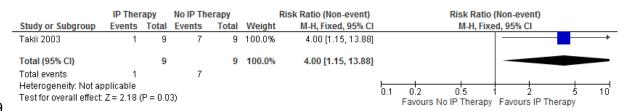
### 4 Figure 1936: Caloric value of bingeing



### 6 Figure 1937: Insulin omission



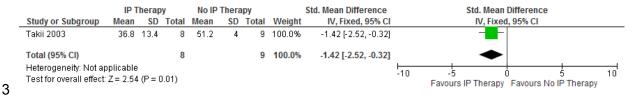
### 8 Figure 1938: Inappropriate compensatory behaviours to prevent weight gain



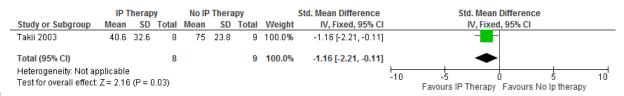
### 10 Figure 1939: General psychopathology

	IP T	herap	у	No IP	Thera	ру		Std. Mean Difference		Std. Mean I	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI	
Takii 2003	44.1	14	8	57.9	5.9	9	100.0%	-1.25 [-2.31, -0.18]		-		
Total (95% CI)			8			9	100.0%	-1.25 [-2.31, -0.18]		•		
Heterogeneity: Not a Test for overall effect									-10	-5 0 Favours IP Therapy	Favours No IP	1 Therapy

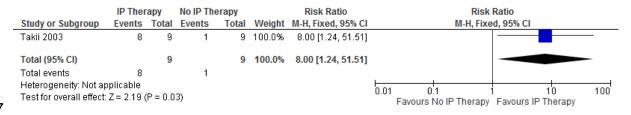
### 2 Figure 1940: Depression



### 4 Figure 1941: EDI-total



### 6 Figure 1942: Remission

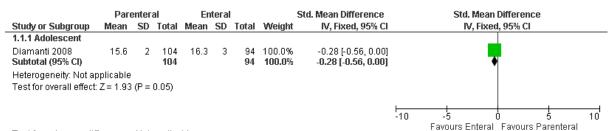


- 8 Clinical question: Does the setting (inpatient, outpatient or other specific setting) and
- 9 different ways of coordinating, transitioning and integrating care for treating eating
- 10 disorders produce benefits/harms in people with eating disorders?

### M.8.31 Low body weight and malnutrition

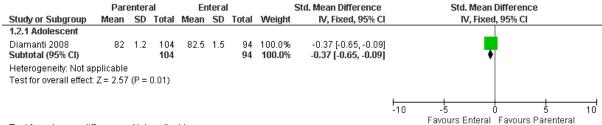
## M.8.3.12 Parenteral and enteral nutrition versus enteral nutrition in young people with anorexia nervosa at end of treatment

### 14 Figure 1943: BMI



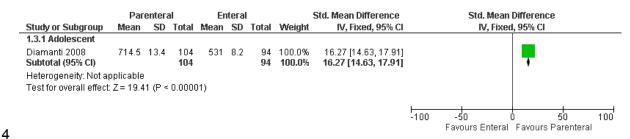
15 Test for subgroup differences: Not applicable

### 1 Figure 1944: Percentage of ideal body weight

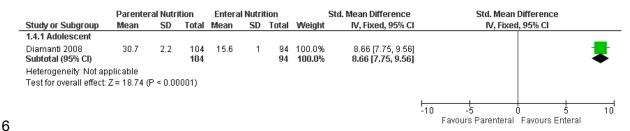


2 Test for subgroup differences: Not applicable

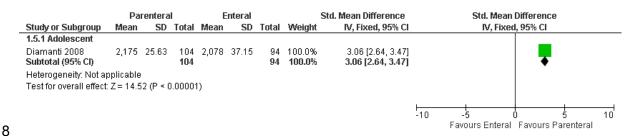
### 3 Figure 1945: Weight gain (g/week)



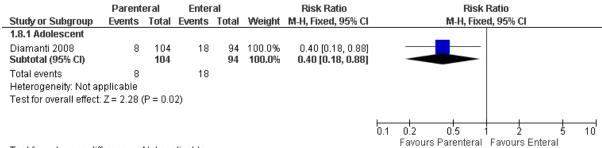
### 5 Figure 1946: Length of treatment (days)



### 7 Figure 1947: Maximum energy intake (kcal/day)

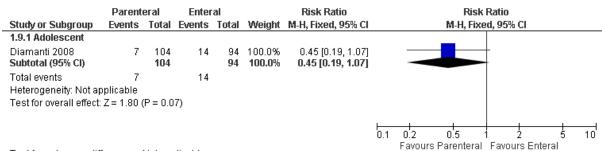


### 9 Figure 1948: Number of people experiencing abdominal pain



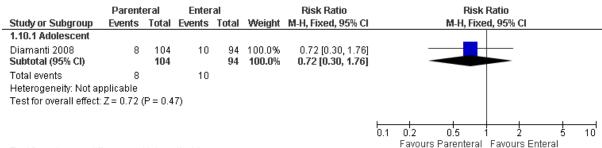
10 Test for subgroup differences: Not applicable

### 1 Figure 1949: Number of people experiencing bloating



2 Test for subgroup differences: Not applicable

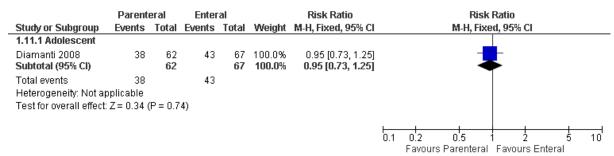
### 3 Figure 1950: Number of people experiencing constipation



4 Test for subgroup differences: Not applicable

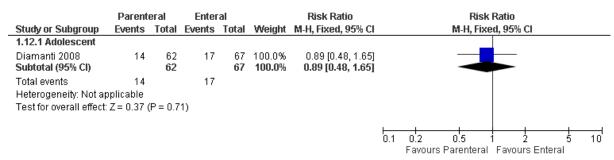
## M.8.3.25 Parenteral and enteral nutrition versus enteral nutrition in young people with anorexia 6 nervosa at follow up

### 7 Figure 1951: Number of people recovered after nutritional rehabilitation

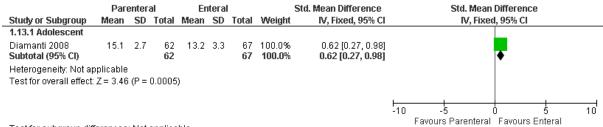


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### 9 Figure 1952: Number of people rehospitalized



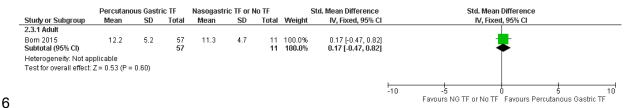
### 1 Figure 1953: Length of second rehospitalization



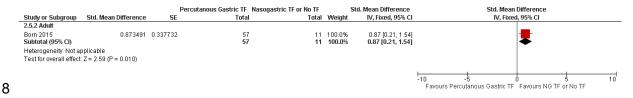
2 Test for subgroup differences: Not applicable

## M.8.3.33 Percutaneous gastric tube feeding and meals versus meals with or without anasogastric tube feeding for underweight adults with anorexia nervosa

### 5 Figure 1954: Weight gain (kg)

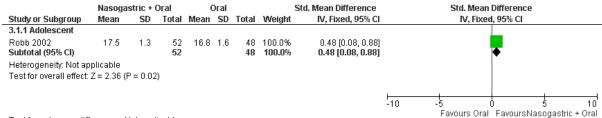


7 Figure 1955: Length of treatment (days)



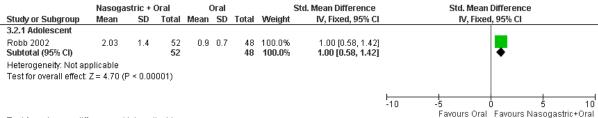
## M.8.3.49 Nasogastric tube and oral refeeding diet versus oral refeeding diet for malnourished young people with anorexia nervosa

### 11 Figure 1956: BMI



12 Test for subgroup differences: Not applicable

### 13 Figure 1957: BMI - change scores



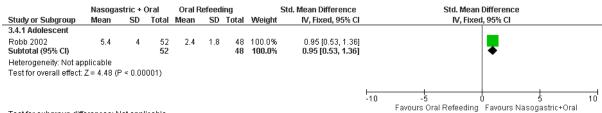
14 Test for subgroup differences: Not applicable

### 1 Figure 1958: Weight (kg)

	Nasoga	Nasogastric + Oral Oral Refeeding Mean SD Total Mean SD Total				Std. Mean Difference		Std. Mean	Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	t, 95% CI	
3.3.1 Adolescent												
Robb 2002 Subtotal (95% CI)	46.5	5.1	52 <b>52</b>	44.8	7.4	48 <b>48</b>	100.0% <b>100.0</b> %	0.27 [-0.13, 0.66] <b>0.27 [-0.13, 0.66</b> ]			•	
Heterogeneity: Not ap Test for overall effect:	•	P = 0.18	3)									
									-10	-5 Favours Oral Refeeding	0 5 Favours Nasogastric+Oral	10

#### 2 Test for subgroup differences: Not applicable

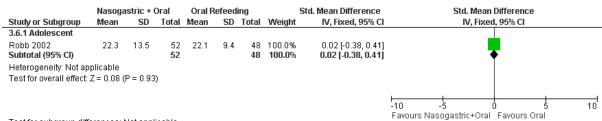
### 3 Figure 1959: Weight gain (kg)



#### Test for subgroup differences: Not applicable

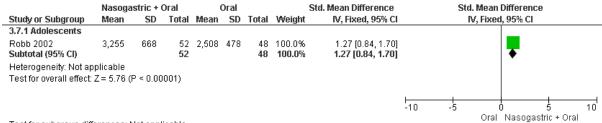
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### 6 Figure 1960: Length of hospitalization (days)



### 7 Test for subgroup differences: Not applicable

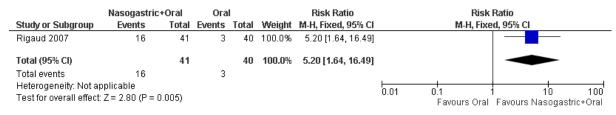
### 8 Figure 1961: Maximum caloric intake (kcal/day)



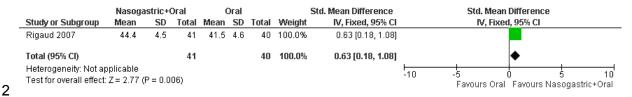
### 9 Test for subgroup differences: Not applicable

## M.8.3.50 Nasogastric and oral refeeding diet versus oral refeeding diet for malnourished adults with anorexia nervosa at end of treatment

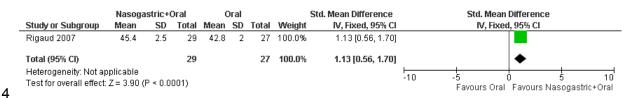
### 12 Figure 1962: Number of people achieving BMI of 18.5 kg/m2 or more



### 1 Figure 1963: Weight (kg)



### 3 Figure 1964: Weight (kg) – anorexia nervosa-restricting subtype



### 5 Figure 1965: Weight (kg) – anorexia nervosa-binge purge subtype

	Nasoga	stric+	Oral	(	Oral			Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	l, 95% CI	
Rigaud 2007	47.5	1.9	12	44.7	2.7	13	100.0%	1.15 [0.29, 2.01]		-	
Total (95% CI)			12			13	100.0%	1.15 [0.29, 2.01]		•	
Total (95% CI) 12 1 Heterogeneity: Not applicable Test for overall effect: Z = 2.63 (P = 0.009)									-10 -5 Favours Oral	) 5 Favours Nasogas	10 stric+Oral

### 7 Figure 1966: Weight gain (g/day)

	Nasogas	stric+(	Oral	(	)ral			Std. Mean Difference	Std. Me:	an Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fix	red, 95% CI	
Rigaud 2007	194	14	41	126	19	40	100.0%	4.04 [3.27, 4.82]		-	
Total (95% CI)			41			40	100.0%	4.04 [3.27, 4.82]		•	
- , ,	erogeneity: Not applicable t for overall effect: Z = 10.25 (P < 0.00001)								-10 -5 Favours Or	0 5 al Favours Naso	10 ogastric+Oral

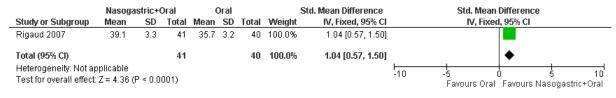
### 9 Figure 1967: Length of relapse-free period

	Nasoga:	stric+(	Oral	(	Oral			Std. Mean Difference		Std. Mean I	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	95% CI		
Rigaud 2007	34.3			26.8	7.5	40	100.0%	0.94 [0.48, 1.41]					
Total (95% CI)			41			40	100.0%	0.94 [0.48, 1.41]			<b>*</b>		
Heterogeneity: Not ap Test for overall effect:									-10	-5 0 Favours Oral	Favours Nas	t 5 sogastri	10 ic+Oral

### 11 Figure 1968: Change in extracellular fluids (kg)

	Nasoga	astric+(	Oral		Oral			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Rigaud 2007	-0.84	0.34	41	1.24	0.47	40	100.0%	-5.03 [-5.94, -4.13]	-	-			
Total (95% CI)			41			40	100.0%	-5.03 [-5.94, -4.13]		<b>&gt;</b>			
Heterogeneity: Not ap Test for overall effect:	•	) (P < 0.	00001)						-10 - Favours Naso	l 5 () ogastric+Oral	D 5 Favours Oral	j	10

### 13 Figure 1969: Creatinine urinary output (mg/day)

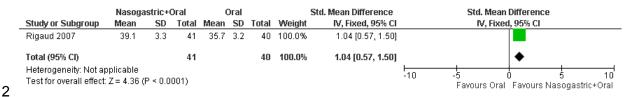


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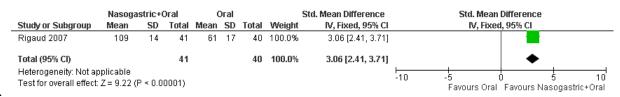
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10

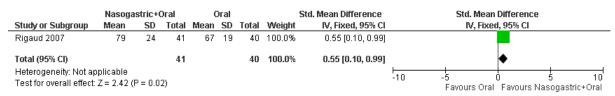
### 1 Figure 1970: Fat free mass (kg)



### 3 Figure 1971: Fat free mass gain (g/day)



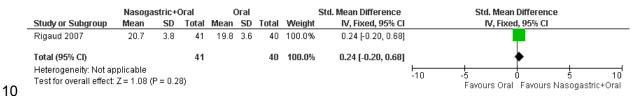
### 5 Figure 1972: Fat mass gain (g/day)



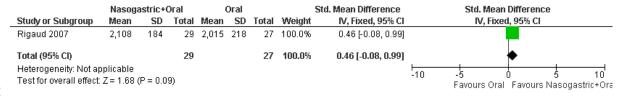
### 7 Figure 1973: Added sugar (g/day)

	Nasoga	stric+(	Oral	(	Oral			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Rigaud 2007	17.9	3.8	41	19.4	2.7	40	100.0%	-0.45 [-0.89, -0.01]	•
Total (95% CI)			41			40	100.0%	-0.45 [-0.89, -0.01]	•
- , ,	Fotal (95% CI)  Heterogeneity: Not applicable Fest for overall effect: Z = 2.00 (P = 0.05)								-10 -5 0 5 10 Favours Oral Favours Nasogastric+Oral

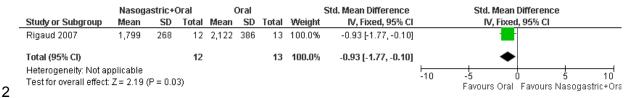
### 9 Figure 1974: Added fat (g/day)



### 11 Figure 1975: Energy intake – anorexia nervosa-restricting subtype



### 1 Figure 1976: Energy intake - anorexia nervosa- binge purge subtype



## M.8.3.63 Nasogastric and oral refeeding diet versus oral refeeding diet for malnourished adults 4 with anorexia nervosa at follow up

### 5 Figure 1977: Weight (kg) – anorexia nervosa-restricting subtype

				Oral			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	i, 95% CI	
Rigaud 2007	43.8	2.6	29	41.5	1.9	27	100.0%	0.99 [0.43, 1.55]				
Total (95% CI)			29			27	100.0%	0.99 [0.43, 1.55]			<b>*</b>	
Heterogeneity: Not applicable Test for overall effect: Z = 3.48 (P = 0.0005)									-10	-5 Favours Oral	0 : Favours Nas	5 10 ogastric+Oral

### 7 Figure 1978: Weight (kg) – anorexia nervosa-binge purge subtype

	Nasoga	stric+(	Oral	(	Dral			Std. Mean Difference	Std. Mea	n Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	ed, 95% CI		
Rigaud 2007	46.2			42.8	2.6	13	100.0%	1.20 [0.33, 2.06]		-		
Total (95% CI)			12			13	100.0%	1.20 [0.33, 2.06]		•		
- , ,	Heterogeneity: Not applicable Test for overall effect: Z = 2.72 (P = 0.007)								-10 -5 Favours Ora	0 I Favours Nas	5 10 sogastric+Ora	o al

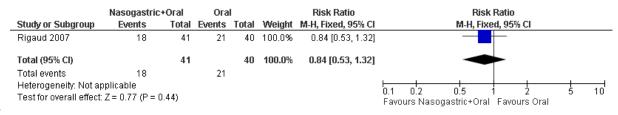
### 9 Figure 1979: Energy intake (kcal/day) - anorexia nervosa-restricting subtype

	Nasoga	stric+(	Oral		Oral			Std. Mean Difference	Std. Mean D	ifference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed,	95% CI	
Rigaud 2007	1,704	185	29	1,703	278	27	100.0%	0.00 [-0.52, 0.53]			
Total (95% CI)			29			27	100.0%	0.00 [-0.52, 0.53]	· •		
Heterogeneity: Not ap Test for overall effect:	•	P = 0.9	9)						-10 -5 0 Favours Oral	5 1 Favours Nasogastric+Ora	O al

### 11 Figure 1980: Energy intake (kcal/day) - anorexia nervosa-binge purge subtype

	Nasoga	stric+(	Oral	(	Oral			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Rigaud 2007	1,819	155	12	1,881	257	13	100.0%	-0.28 [-1.07, 0.51]		-	-		
Total (95% CI)			12			13	100.0%	-0.28 [-1.07, 0.51]		•			
Heterogeneity: Not ap Test for overall effect:		P = 0.4	9)						-10	-5 Favours Oral	<del> </del> 0 Favours Na	5 sogastr	10 ric+Oral

### 13 Figure 1981: Number of people relapsed

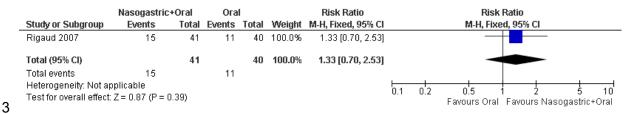


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## 1 Figure 1982: Number of people achieving BMI of 18.5 kg/m2 and adequate energy intake



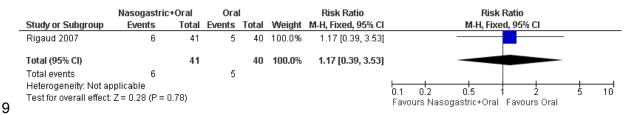
### 4 Figure 1983: EDI-total

	Nasoga	stric+(	Oral	(	Oral			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Rigaud 2007	25.4	16	41	27.8	15	40	100.0%	-0.15 [-0.59, 0.28]	
Total (95% CI)			41			40	100.0%	-0.15 [-0.59, 0.28]	•
Heterogeneity: Not a Test for overall effect	•	P = 0.4	9)						-10 -5 0 5 10 Favours Nasogastric+Oral Favours Oral

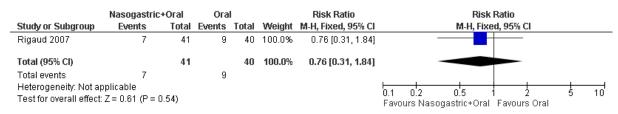
### 6 Figure 1984: Number of people resumed menses

	Nasogastric	+Oral	Ога	I		Risk Ratio			Risk	Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	d, 95% CI	l		
Rigaud 2007	15	15	10	11	100.0%	1.11 [0.88, 1.40]			-	-			
Total (95% CI)		15		11	100.0%	1.11 [0.88, 1.40]			•	•			
Total events	15		10										
Heterogeneity: Not ap Test for overall effect:	•	0.39)					0.1	0.2	0.5 Favours Oral	1 2 Favours	Nasogas	<del>l</del> 5 tric+	10 Oral

### 8 Figure 1985 : Number of people taking antidepressants



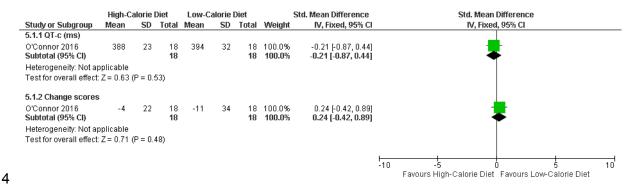
### 10 Figure 1986: Number of people taking antixiolyitcs



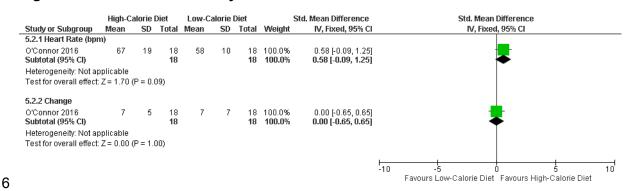
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## M.8.3.71 High-calorie refeeding diet versus low-calorie refeeding diet for malnourished young 2 people with anorexia nervosa

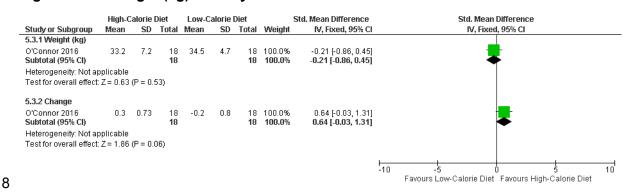
### 3 Figure 1987: QT-corrected interval at 4 days



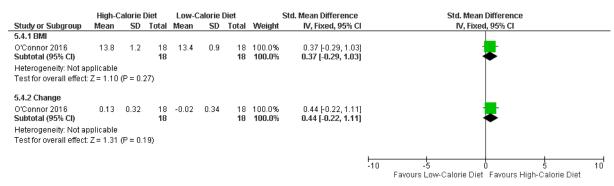
### 5 Figure 1988: Heart rate at 4 days



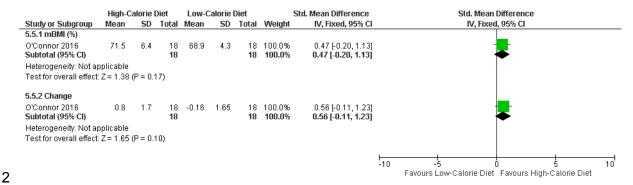
### 7 Figure 1989: Weight (kg) at 4 days



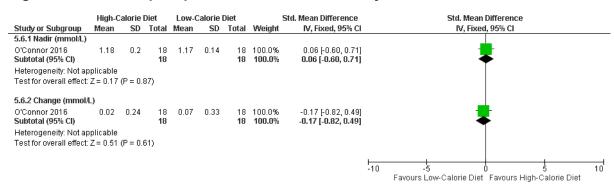
### 9 Figure 1990: BMI at 4 days



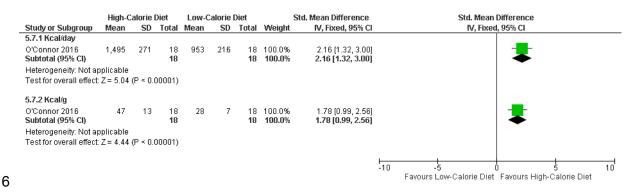
### 1 Figure 1991: mBMI (%) at 4 days



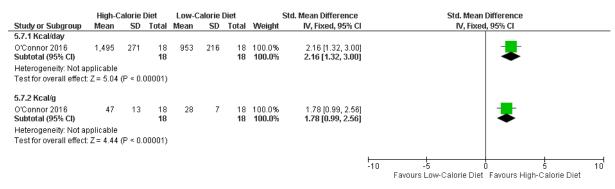
### 3 Figure 1992: Serum phosphate concentration at 4 days



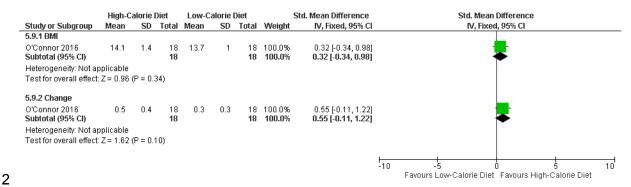
### 5 Figure 1993: Energy Intake at 4 days



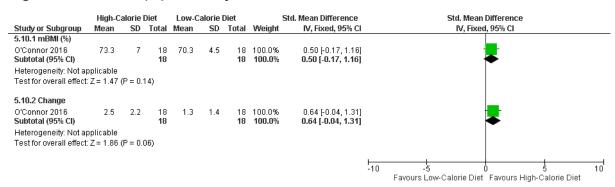
### 7 Figure 1994: Weight (kg) at 10 days



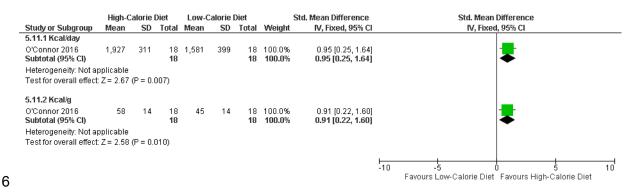
### 1 Figure 1995: BMI at 10 days



### 3 Figure 1996: mBMI (%) at 10 days



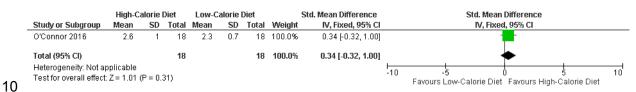
### 5 Figure 1997: Energy intake at 10 days



### 7 Figure 1998: Glucose (mmol/L) at 10 days

	High-C	alorie	Diet	Low-C	alorie	Diet		Std. Mean Difference		Std. I	Mean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% C	1	
O'Connor 2016	4.1	0.5	18	3.9	0.5	18	100.0%	0.39 [-0.27, 1.05]			-		
Total (95% CI)			18			18	100.0%	0.39 [-0.27, 1.05]			•		
Heterogeneity: Not ap Test for overall effect:		(P = 0.1	25)						-10	-5 Favours Low-Calorie	0 Diet Favou	5 rs High-Calorie Die	10 et

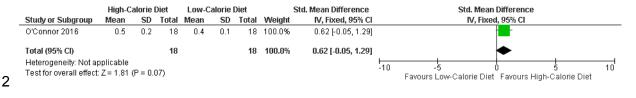
### 9 Figure 1999: Insulin (mmol/L) at 10 days



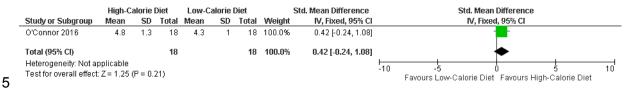
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### 1 Figure 2000: HOMA at 10 days

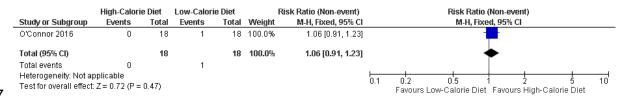
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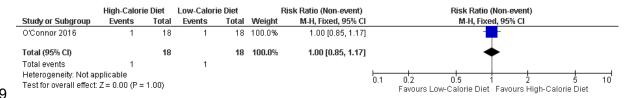
### 4 Figure 2001: White blood cell count (x 109/L)



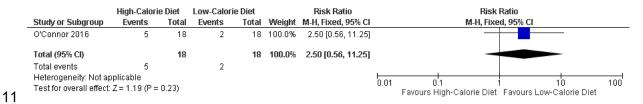
### 6 Figure 2002: Adverse events in first 4 days



### 8 Figure 2003: Oral phosphate supplementation due to low PO



### 10 Figure 2004: Number of people experiencing hypophosphatemia in first 2 days



## M.8.3.82 Normal-sodium nasogastric and oral refeeding diet versus low-sodium diet for adult anorexia nervosa

### 14 Figure 2005: Weight (kg)

	NG + Norma	al Sodium	Diet	NG + Low	Sodium	Diet	5	itd. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Rigaud 2010	44.2	3.1	42	43.6	2.2	176	100.0%	0.25 [-0.09, 0.59]	_
Total (95% CI)			42			176	100.0%	0.25 [-0.09, 0.59]	,
Heterogeneity: Not ap Test for overall effect:	•	0.15)							-10 -5 0 5 10 Favours Low Sodium Favours Normal Sodium

### 1 Figure 2006: BMI

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	NG + Norma	l Sodium	Diet	NG + Lov	v Sodium	Diet	!	Std. Mean Difference	Std. Mean Difference	÷	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI		
Rigaud 2010	16.2	1.6	42	16.4	1.5	176	100.0%	-0.13 [-0.47, 0.21]			
<b>Total (95% CI)</b> Heterogeneity: Not app Test for overall effect: 2		).45)	42			176	100.0%	-0.13 [-0.47, 0.21]	-10 -5 0 Favours Low Sodium Favours	5 Normal Sodium	10

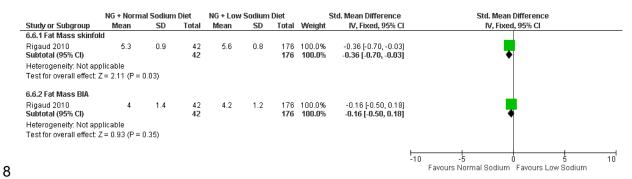
### 3 Figure 2007: Fat Free Mass (kg; skinfold)

	NG + Norma	al Sodium	Diet	NG + Low	Sodium	Diet		Std. Mean Difference	e Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	CI IV, Fixed, 95% CI
Rigaud 2010	38.9	2.5	42	38.1	1.8	176	100.0%	0.41 [0.07, 0.75]	5)
Total (95% CI) Heterogeneity: Not ap	nlicabla		42			176	100.0%	0.41 [0.07, 0.75]	5) •
Test for overall effect:	•	0.02)							-10 -5 0 5 10 Favours Low Sodium Favours Normal Sodium

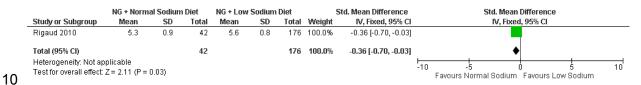
### 5 Figure 2008: Active Fat Free Mass (kg)

	NG + Norma	al Sodium	Diet	NG + Low	Sodium	Diet	9	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI
Rigaud 2010	38.3	5.5	42	39.4	2.7	176	100.0%	-0.32 [-0.66, 0.02]	1
Total (95% CI)			42			176	100.0%	-0.32 [-0.66, 0.02]	•
Heterogeneity: Not ap Test for overall effect:	•	0.06)							-10 -5 0 5 10 Favours Low Sodium Favours Normal Sodium

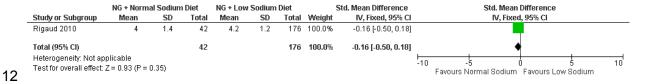
### 7 Figure 2009: Fat Mass (kg; skinfold and BIA)



### 9 Figure 2010: Fat Mass (kg; skinfold)



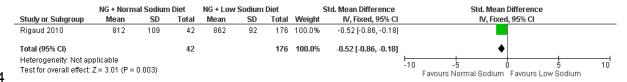
### 11 Figure 2011: Fat Mass (kg; BIA)



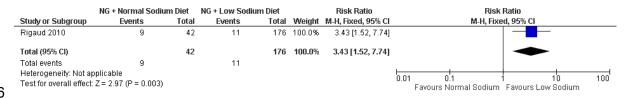
### 1 Figure 2012: Energy Input (kcal/day)

	NG + Norma	al Sodium	Diet	NG + Lov	<b>Sodium</b>	Diet		Std. Mean Difference	Sto	d. Mean Differen	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI		
Rigaud 2010	2,684	186	42	2,647	192	176	100.0%	0.19 [-0.14, 0.53]				
Total (95% CI) Heterogeneity: Not app Test for overall effect: 2		0.26)	42			176	100.0%	0.19 [-0.14, 0.53]	-10 -5 Favours Low (	0 Bodium Favours	5 S Normal Sodiu	10

### 3 Figure 2013: Energy input from tube feeding (kcal/day)



### 5 Figure 2014: Number of people experiencing edema of legs



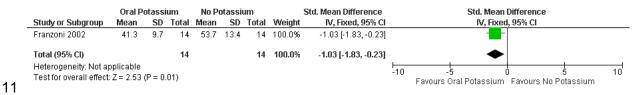
### M.8.3.97 Cardiac dysfunction

2

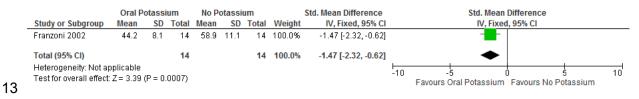
### M.8.48 Oral potassium supplementation versus no supplementation for cardiac

### 9 dysfunction in female adult anorexia nervosa

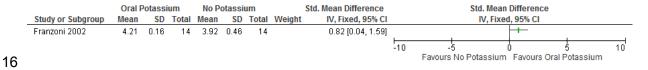
### 10 Figure 2015: QT-c dispersion (ms)



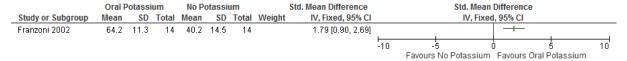
### 12 Figure 2016: QT dispersion (ms)



### 15 Figure 2017: Serum potassium (mmol I-1)



### 1 Figure 2018: Urinary potassium excretion (mmol 24h-1)



2

### M.93 Clinical question: Does any intervention for an eating

- 4 disorder need to be modified in the presence of common
- 5 long-term health conditions?

### M.9.1.16 Group CBT for people with bulimia nervosa with history of substance abuse versus

7 bulimia nervosa without history of substance abuse at follow up

### 8 Figure 2019: Remission (ITT)

	BN + SubAbuse H	istory	BN			Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	<b>Events</b>	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Mitchell 1990	15	22	44	65	100.0%	1.01 [0.72, 1.40]	-
Total (95% CI)		22		65	100.0%	1.01 [0.72, 1.40]	<b>*</b>
Total events	15		44				
Heterogeneity: Not a Test for overall effect							0.1 0.2 0.5 1 2 5 10 Favours BN Favours BN+Sub Abuse

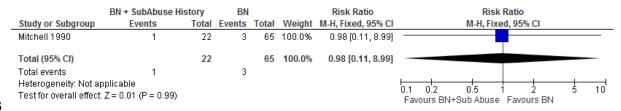
9

### 10 Figure 2020: Treatment failures



11

### 12 Figure 2021: Hospitalised for substance dependency



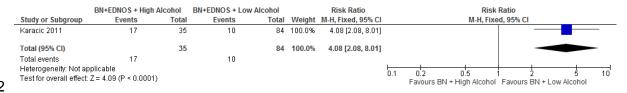
13

## M.9.1.24 CBT-Enhanced for eating disorders for people with eating disorders with high alcohol 15 use versus eating disorders with low alcohol use

### 16 Figure 2022: EDE-global score >1 SD above community norm

	BN+EDNOS + High	Alcohol	BN+EDNOS + Lo	ow Alcohol		Risk Ratio			Risk	Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	ed, 95% CI			
Karacic 2011	13	35	27	84	100.0%	1.16 [0.68, 1.97]							
Total (95% CI)		35		84	100.0%	1.16 [0.68, 1.97]							
Total events	13		27										
Heterogeneity: Not ap Test for overall effect:	•						0.1	0.2 Favours BN	0.5 I + High Alcohol	Favours E	P BN + Low Ald	5 cohol	10

### 1 Figure 2023: Number of people engaging in excessive drinking

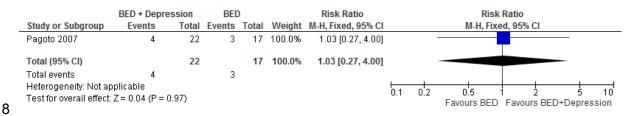


### 3 Figure 2024: EDE-global score at 60 weeks follow up



## M.9.1.35 Diabetes prevention program for people with binge eating disorder with major 6 depressive disorder versus binge eating disorder only

### 7 Figure 2025: Number of people achieving goal of 7% or more weight loss



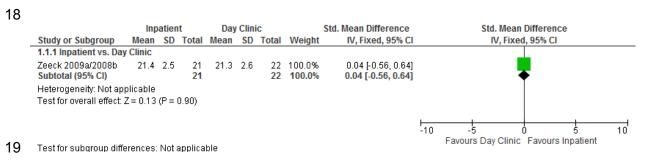
### M.109 Clinical question: Does the setting (inpatient, outpatient or

- 10 other specific setting) and different ways of coordinating,
- 11 transitioning and integrating care for treating eating
- 12 disorders produce benefits/harms in people with eating
- 13 disorders?

### M.10.14 Randomised control trials for coordinating care

## M.10.1.15 Inpatient care compared with another setting for adults with anorexia nervosa at the end of treatment

### 17 Figure 2026: BMI

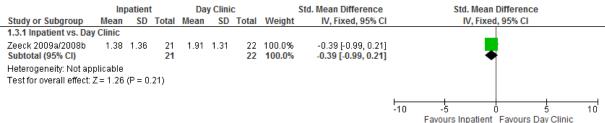


### 20 Figure 2027: Bingeing

	Ing	oatien	t	Da	y Clini	С		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
1.2.1 Inpatient vs. Day	y Clinic								
Zeeck 2009a/2008b Subtotal (95% CI)	1.05	1.02	21 <b>21</b>	1.5	0.96	22 <b>22</b>	100.0% <b>100.0</b> %	-0.45 [-1.05, 0.16] - <b>0.45 [-1.05, 0.16</b> ]	-
Heterogeneity: Not ap Test for overall effect:		(P = 0	.15)						
Total (95% CI)			21			22	100.0%	-0.45 [-1.05, 0.16]	
Heterogeneity: Not ap Test for overall effect: Test for subgroup diff	Z=1.44	,	•	le					-10 -5 0 5 10 Favours Inpatient Favours Day Clinic

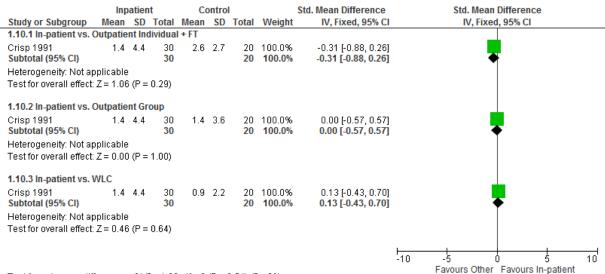
### 2 Figure 2028: Vomiting

1



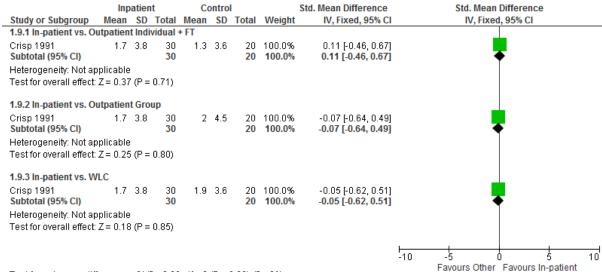
3 Test for subgroup differences: Not applicable

### 4 Figure 2029: Change in Morgan-Russell social economic adjustment



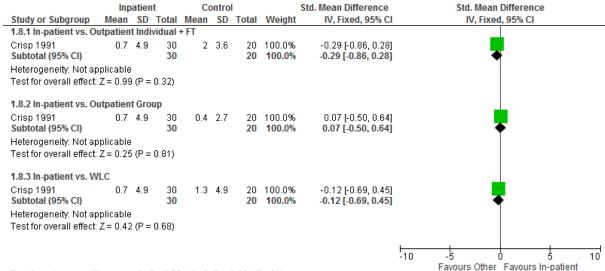
5 Test for subgroup differences: Chi<sup>2</sup> = 1.23, df = 2 (P = 0.54), I<sup>2</sup> = 0%

### 6 Figure 2030: Change in Morgan-Russell sexual adjustment



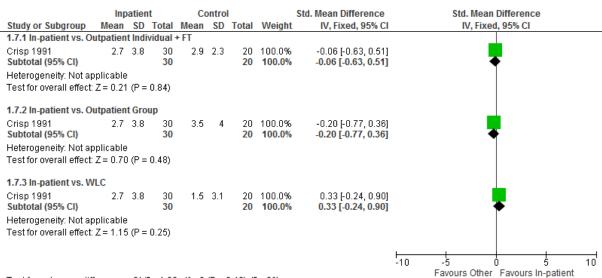
7 Test for subgroup differences: Chi<sup>2</sup> = 0.23, df = 2 (P = 0.89), I<sup>2</sup> = 0%

### 1 Figure 2031: Change in Morgan-Russell mental state



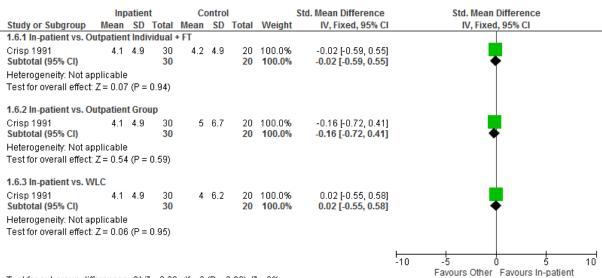
Test for subgroup differences:  $Chi^2 = 0.77$ , df = 2 (P = 0.68),  $I^2 = 0\%$ 

### 3 Figure 2032: Change in Morgan-Russell nutrition score



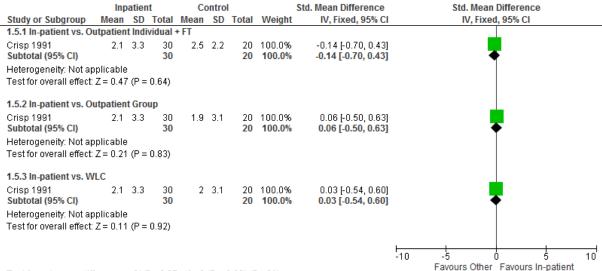
4 Test for subgroup differences: Chi<sup>2</sup> = 1.83, df = 2 (P = 0.40),  $I^2$  = 0%

### 5 Figure 2033: Change in Morgan-Russell menstruation score



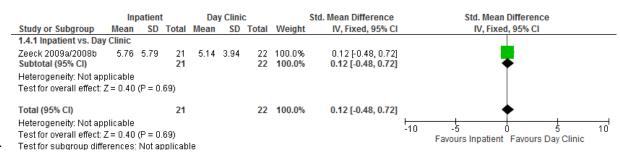
6 Test for subgroup differences:  $Chi^2 = 0.20$ , df = 2 (P = 0.90),  $I^2 = 0\%$ 

### 1 Figure 2034: Change in global Morgan-Russell score

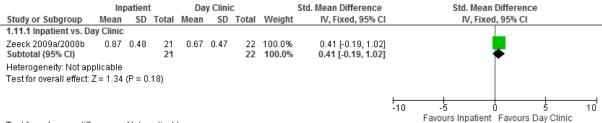


2 Test for subgroup differences:  $Chi^2 = 0.27$ , df = 2 (P = 0.88),  $I^2 = 0\%$ 

### 3 Figure 2035: EDI-bulimia



### 5 Figure 2036: Global severity index



6 Test for subgroup differences: Not applicable

### 7 Figure 2037: Remission

8

	Inpati	ent	Day CI	inic		Risk Ratio			Risk Ra	atio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixed,	95% CI	
1.12.1 Inpatient vs. Da	ay Clinic										
Zeeck 2009a/2008b Subtotal (95% CI)	7	27 <b>27</b>	4	28 <b>28</b>	100.0% <b>100.0</b> %	1.81 [0.60, 5.50] <b>1.81 [0.60, 5.50]</b>					
Total events Heterogeneity: Not app Test for overall effect: 2	•	P = 0.2	4 9)								
							0.1	0.2 Favour	0.5 1	2 5	10

9 Test for subgroup differences: Not applicable

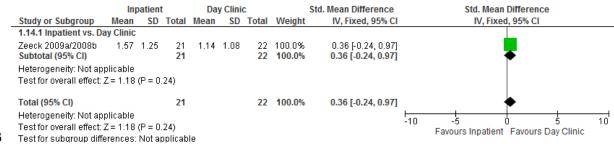
## M.10.1.20 Inpatient care compared with another setting for adults (unless otherwise stated) with anorexia nervosa at follow-up

### 12 Figure 2038: BMI in young people and adults

	Inp	atien	t	C	ontrol		S	td. Mean Difference		Std. Me	an Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fi	xed, 95% CI		
1.13.1 Inpatient vs. Special	ist Outp	atien	t_Adul	ts									
Gowers 2007 Subtotal (95% CI)	18.7	2.8	52 <b>52</b>	18.7	2.1	50 <b>50</b>	100.0% <b>100.0%</b>	0.00 [-0.39, 0.39] <b>0.00 [-0.39, 0.39]</b>			•		
Heterogeneity: Not applicab	le												
Test for overall effect: Z = 0.0	00 (P = 1	.00)											
1.13.2 Inpatient vs. General	l Outpati	ient_	Adults										
Gowers 2007	18.7	2.8	52	19.4	2.7	48	100.0%	-0.25 [-0.65, 0.14]					
Subtotal (95% CI)			52			48	100.0%	-0.25 [-0.65, 0.14]			•		
Heterogeneity: Not applicab	le												
Test for overall effect: $Z = 1.3$	26 (P = 0	0.21)											
1.13.3 Inpatient vs. Day pat	ient_You	ung P	eople										
Herpertz-Dahlmann 2014	16.7	17	75	18.3	19.8	86	100.0%	-0.09 [-0.40, 0.22]					
Subtotal (95% CI)			75			86	100.0%	-0.09 [-0.40, 0.22]			•		
Heterogeneity: Not applicab	le												
Test for overall effect: $Z = 0.9$	54 (P = 0	).59)											
									-10	ļ.	<u> </u>	ļ.	1
									-10	Favours Outpation	U ent Fouguro l	o notiont	1

Test for subgroup differences:  $Chi^2 = 0.83$ , df = 2 (P = 0.66),  $I^2 = 0\%$ 

### 2 Figure 2039: Bingeing



### 4 Figure 2040: Regular menstruation

Risk Ratio Day patient Events Total Events Total Weight M-H, Fixed, 95% CI M-H, Fixed, 95% CI Study or Subgroup Herpertz-Dahlmann 2014 12 75 16 81 100.0% 0.81 [0.41, 1.60] Total (95% CI) 81 100.0% 0.81 [0.41, 1.60] Total events 12 16 Heterogeneity: Not applicable 0.5 Test for overall effect: Z = 0.61 (P = 0.54) Favours Day patient Favours Inpatient

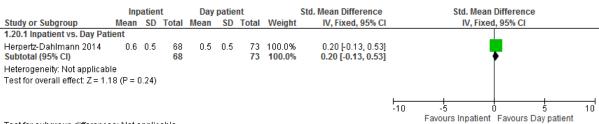
### 7 Figure 2041: Vomiting

5

	Inpatient Day Clinic						Std. Mean Difference		Std. Mean Difference			
Study or Subgroup	Mean SI	) Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI			
1.15.1 Inpatient vs. Da	y Clinic									_		
Zeeck 2009a/2008b Subtotal (95% CI)	1.19 1.2	21 <b>21</b>	1.55	1.06	23 <b>23</b>	100.0% <b>100.0</b> %	-0.31 [-0.91, 0.28] -0.31 [-0.91, 0.28]		•			
Heterogeneity: Not app Test for overall effect: 2		0.30)										
								-10	-5 0 5 10 Favours Inpatient Favours Day Clinic			

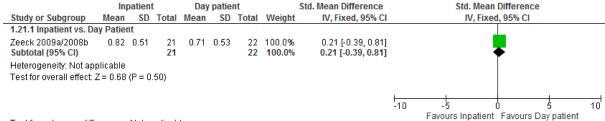
8 Test for subgroup differences: Not applicable

### 9 Figure 2042: Global severity index in young people



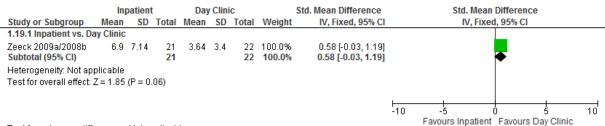
10 Test for subgroup differences: Not applicable

### 1 Figure 2043: Global severity index in adults



2 Test for subgroup differences: Not applicable

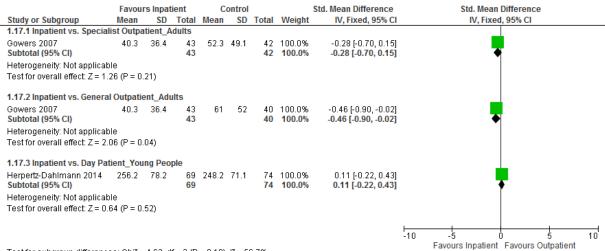
### 3 Figure 2044: EDI-bulimia



4 Test for subgroup differences: Not applicable

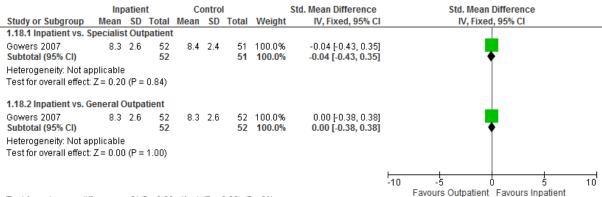
### 5 Figure 2045: EDI-total in young people and adults

6



7 Test for subgroup differences:  $Chi^2 = 4.62$ , df = 2 (P = 0.10),  $I^2 = 56.7\%$ 

### 8 Figure 2046: Morgan-Russell total outcome

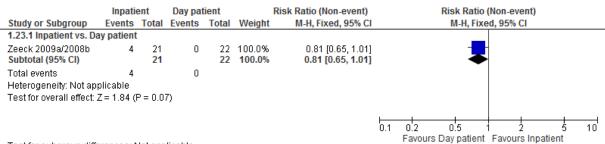


9 Test for subgroup differences: Chi² = 0.02, df = 1 (P = 0.89), I² = 0%

### 10 Figure 2047: Readmission for young people

	Inpati	ent	Day pat	tient		Risk Ratio		Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 95% CI
1.22.1 Inpatient vs. Day pat	tient							_
Herpertz-Dahlmann 2014 Subtotal (95% CI)	19	75 <b>75</b>	13	86 <b>86</b>	100.0% <b>100.0%</b>	1.68 [0.89, 3.16] <b>1.68 [0.89, 3.16]</b>		
Total events Heterogeneity: Not applicab Test for overall effect: Z = 1.		11)	13					
							0.1	0.2 0.5 1 2 5 10

### 2 Figure 2048: Readmission for adults



3 Test for subgroup differences: Not applicable

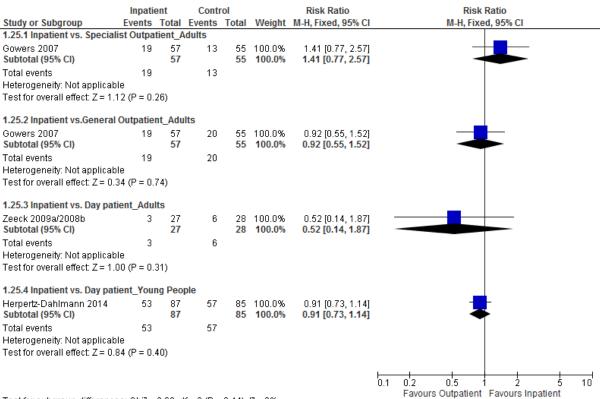
### 4 Figure 2049: Serious adverse events

	Inpatie	ent	Day pa	tient		Risk Ratio		Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 95% CI
Herpertz-Dahlmann 2014	8	75	7	86	100.0%	1.31 [0.50, 3.44]		
Total (95% CI)		75		86	100.0%	1.31 [0.50, 3.44]		
Total events	8		7					
Heterogeneity: Not applicab Test for overall effect: Z = 0.9		58)					0.1	0.2 0.5 1 2 5 10 Favours Inpatient Favours Day patient

### 6 Figure 2050: Remission in young people and adults

7

5



8 Test for subgroup differences:  $Chi^2 = 2.68$ , df = 3 (P = 0.44),  $I^2 = 0\%$ 

## M.10.1.31 Outpatient group therapy compared with inpatient care for young people with anorexia 2 nervosa the end of treatment

### 3 Figure 2051: Remission



# M.10.1.45 Inpatient medical stabilisation (InP MS) (short stay) compared with inpatient weight 6 restoration (InP WR) (longer stay) for young people with anorexia nervosa the follow-7 up

### 8 Figure 2052: Change in EDE-global score

	MS (I	nP Sho	ort)	WR (I	nP Lo	ng)		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	CI IV, Fixed, 95% CI	
Madden 2014	-1.53	1.48	36	-1.35	1.58	33	100.0%	-0.12 [-0.59, 0.36]	6]	
Total (95% CI)			36			33	100.0%	-0.12 [-0.59, 0.36]	5]	
Heterogeneity: Not ap Test for overall effect:			.63)						-10 -5 0 5 Favours MS (InP Short) Favours WR (InP Long)	10

### 10 Figure 2053: Hospital readmission

	MS (I	nP Sh	ort)	WR (I	InP Lo	ng)		Std. Mean Difference		Std. Mea	n Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 95% CI	
Madden 2014	-1.53	1.48	36	-1.35	1.58	33	100.0%	-0.12 [-0.59, 0.36]				
Total (95% CI)			36			33	100.0%	-0.12 [-0.59, 0.36]			•	
Heterogeneity: Not ap Test for overall effect:			.63)						-10	-5 Favours MS (InP Short	0 5	5 10 P Long)

### 11 12 Figure 2054: Remission

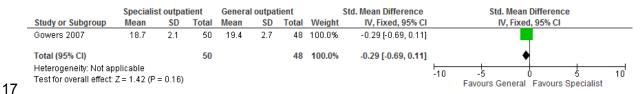
9

13

	MS (InP S	Short)	WR (InP	Long)		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Madden 2014	12	41	13	41	100.0%	0.92 [0.48, 1.78]	
Total (95% CI)		41		41	100.0%	0.92 [0.48, 1.78]	
Total events	12		13				
Heterogeneity: Not ap Test for overall effect:		P = 0.81)					0.1 0.2 0.5 1 2 5 10 Favours WR (InP Long) Favours MS (InP Short)

## M.10.1.54 Specialist outpatient (CBT-ED) compared with general outpatient for adults with anorexia nervosa at follow-up

### 16 Figure 2055: BMI



### 18 Figure 2056: EDI-total

	Speciali	ist outpa	tient	Genera	l outpat	ient		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Gowers 2007	52.3	49.1	42	61	52	40	100.0%	-0.17 [-0.60, 0.26]	•
Total (95% CI)			42			40	100.0%	-0.17 [-0.60, 0.26]	<b>+</b>
Heterogeneity: Not ap Test for overall effect:	•	P = 0.44)							-10 -5 0 5 10 Favours Specialist Favours General

## 1 2 Figure 2057: Morgan-Russell: Total outcome

	Specialis	Specialist outpatient			ıl outpat	tient		Std. Mean Difference		Std. M	ean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 95%	CI	
Gowers 2007	8.4	2.4	51	8.3	2.6	52	100.0%	0.04 [-0.35, 0.43]					
Total (95% CI)			51			52	100.0%	0.04 [-0.35, 0.43]			•		
Heterogeneity: Not ap Test for overall effect:	•	= 0.84)							-10	-5 Favours Gen	o eral Favo	5 urs Specialis	10 t

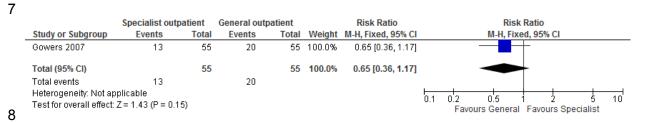
### 4 Figure 2058: Subsequent readmission

	Specialist outp	atient	General out	patient		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Gowers 2007	17	55	15	55	100.0%	1.13 [0.63, 2.03]	<del>-</del>
Total (95% CI)		55		55	100.0%	1.13 [0.63, 2.03]	-
Total events	17		15				
Heterogeneity: Not ap Test for overall effect		8)					0.1 0.2 0.5 1 2 5 10 Favours Specialist Favours General

### 6 Figure 2059: Remission

3

5



### M.10.1.69 Inpatient group compared with outpatient for adults with bulimia nervosa at follow-up

### 10 Figure 2060: Bingeing

	Inp	atier	nt	Out	patie	nt		Std. Mean Difference		Std. I	Aean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% (		
Jagger 1996	3.8	7.2	32	4.2	5.7	39	100.0%	-0.06 [-0.53, 0.41]			-		
Total (95% CI)			32			39	100.0%	-0.06 [-0.53, 0.41]			<b>+</b>		
Heterogeneity: Not ap Test for overall effect	•		0.80)						-10	-5 Favours Inpa	0 atient Favou	5 Irs Outpatie	10 nt

### 12 Figure 2061: Purging

	Inpatient Study or Subgroup Mean SD To			Out	patie	nt		Std. Mean Difference		Std. N	lean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% (		
Jagger 1996	3.5	7.3	32	4.2	5.8	39	100.0%	-0.11 [-0.57, 0.36]					
Total (95% CI)			32			39	100.0%	-0.11 [-0.57, 0.36]			•		
Heterogeneity: Not ap Test for overall effect:	•		0.66)						-10	-5 Favours Inpa	0 tient Favou	5 Irs Outpatie	10 ent

### 14 Figure 2062: Depression

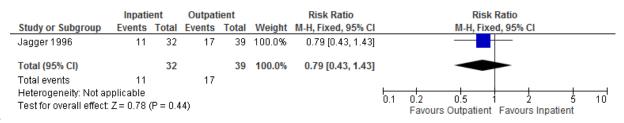
	Inpatient Subgroup Mean SD Tot			Out	oatie	nt		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Jagger 1996	10	8.7	32	8.9	7	39	100.0%	0.14 [-0.33, 0.61]	•
Total (95% CI) Heterogeneity: Not ap Test for overall effect:			<b>32</b> 0.56)			39	100.0%	0.14 [-0.33, 0.61] -10	-5 0 5 10 Favours Inpatient Favours Outpatient

13

### 1 Figure 2063: Bulimic severity score



### 3 Figure 2064: Remission



## M.10.1.75 Specialist outpatient compared with group outpatient for adults with bulimia nervosa 6 at end of treatment

### 7 Figure 2065: Bingeing

	Speciali	st outpa	tient	GP O	utpati	ent		Std. Mean Difference		Std. Mean D	ifference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	95% CI		
Durand 2003	14.9	18.9	34	15	17.4	34	100.0%	-0.01 [-0.48, 0.47]			-		
Total (95% CI)			34			34	100.0%	-0.01 [-0.48, 0.47]		•	•		
Heterogeneity: Not ap Test for overall effect:		o = 0.98)							-10 -5 Favours Special	0 list outpatient	Favours GP Out	; patient	10

### 9 Figure 2066: Vomiting

8

10

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	Specialist outpatient			GP Ou	tpati	ent		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	d, 95% CI		
Durand 2003	20.5	23.9	20	20.3	27	28	100.0%	0.01 [-0.57, 0.58]			-		
Total (95% CI)			20			28	100.0%	0.01 [-0.57, 0.58]			•		
Heterogeneity: Not ap Test for overall effect:		o = 0.98)							-10 - Favours Spe	l 5 cialist outpatient	0 Favours GP	5 Outpatient	10

### 11 Figure 2067: Depression

	Speciali	ist outpa	tient	GP O	ıtpati	ent		Std. Mean Difference	Std. Mear	n Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	ed, 95% CI	
Durand 2003	15.5	10.8	34	16.2	9.9	34	100.0%	-0.07 [-0.54, 0.41]		-	
Total (95% CI)			34			34	100.0%	-0.07 [-0.54, 0.41]		<b>+</b>	
Heterogeneity: Not ap Test for overall effect:		P = 0.78)							-10 -5 Favours Specialist outpatien	0 5 It Favours GP Outpatient	10

### 13 Figure 2068: EDE-eating concern

	Specialist outpatient			GP Ou	ıtpati	ent		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Durand 2003	1.9	1.2	34	1.8	1.3	34	100.0%	0.08 [-0.40, 0.55]					
Total (95% CI)			34			34	100.0%	0.08 [-0.40, 0.55]			<b>•</b>		
Heterogeneity: Not ap Test for overall effect: .		= 0.74)							-10 - Favours Spe	l 5 cialist outpatient	0 Favours GP	5 Outpatient	10

### 15 Figure 2069: EDE-shape concern

	Specialis	t outpat	tient	GP O	utpatie	ent		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	i, 95% CI		
Durand 2003	3	1.3	34	2.9	1.3	34	100.0%	0.08 [-0.40, 0.55]					
Total (95% CI)			34			34	100.0%	0.08 [-0.40, 0.55]			•		
Heterogeneity: Not app Test for overall effect: 2		= 0.75)							-10 - Favours Spe	5 cialist outpatient	Favours GP O	5 utpatient	10

### 1 Figure 2070: EDE-weight concern

	Specialist outpatier							Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI	
Durand 2003	2.9	1.3	34	2.5	1.5	34	100.0%	0.28 [-0.20, 0.76]			
Total (95% CI)			34			34	100.0%	0.28 [-0.20, 0.76]		<b>•</b>	
Heterogeneity: Not ap Test for overall effect:		= 0.25)							-10 -5 Favours Specialist outpatient	0 5 Favours GP Out	10 patient

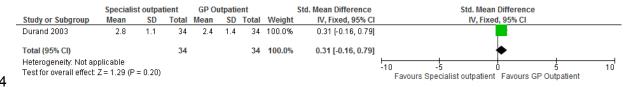
### 3 Figure 2071: EDE-restraint

2

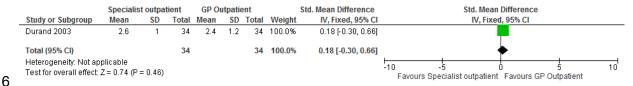
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### 5 Figure 2072: EDE-total



### 7 Figure 2073: Bulimic investigatory test

	Speciali	st outpa	tient	GP Ou	tpatie	ent		Std. Mean Difference	Std. Mean I	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI	
Durand 2003	20.5	23.9	20	20.3	27	28	100.0%	0.01 [-0.57, 0.58]		ŀ	
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		o = 0.98)	20			28	100.0%	0.01 [-0.57, 0.58]	-10 -5 O	5 Favours GP Outpatier	10

### 9 Figure 2074: Work leisure life questionnaire

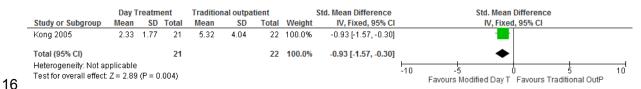
	Specialis	t outpa	tient	GP O	ıtpati	ent		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Durand 2003	2.2	0.6	34	2.2	0.4	34	100.0%	0.00 [-0.48, 0.48]	•	
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•	= 1.00)	34			34	100.0%	0.00 [-0.48, 0.48]	-10 -5 5 5 Favours Specialist outpatient Favours GP Outpati	10 ent

## M.10.1.81 Modified day treatment compared with traditional outpatient for adults with any eating disorder at end of treatment

### 13 Figure 2075: BMI

	Day Treatment Traditional o					tient		Std. Mean Difference			Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixe	d, 95% CI		
Kong 2005	22.43	4.13	21	20.83	2.62	22	100.0%	0.46 [-0.15, 1.06]						
Total (95% CI)			21			22	100.0%	0.46 [-0.15, 1.06]				•		
Heterogeneity: Not ap Test for overall effect:			.14)						-10	Favours 1	 5     raditional Out	0 Favours Mo	5 dified Da	10 ay T

### 15 Figure 2076: Bingeing



### 17 Figure 2077: Purging

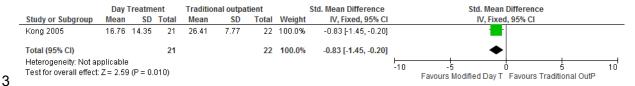
	Day Treatment Mean SD Total			Tradition	nal outpat	tient	9	Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
Kong 2005	0.62	1.28	21	4.32	4	22	100.0%	-1.21 [-1.87, -0.56]		-	
Total (95% CI)			21			22	100.0%	-1.21 [-1.87, -0.56]		•	
Heterogeneity: Not ap Test for overall effect:			.0003)						-10	-5 0 5 Favours Modified Day T Favours Traditional Ou	10 itP

### 2 Figure 2078: Depression

1

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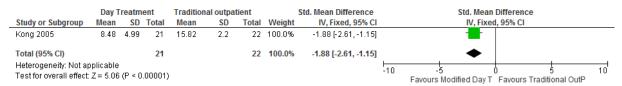
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### 4 Figure 2079: EDI-body dissatisfaction

	Day T	reatm	ent	Tradition	nal outpa	tient	!	Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
Kong 2005	12.38	7.9	21	20.5	5.13	22	100.0%	-1.20 [-1.86, -0.55]		-	
Total (95% CI)			21			22	100.0%	-1.20 [-1.86, -0.55]		•	
Heterogeneity: Not ap Test for overall effect:			.0003)						-10	-5 0 5 Favours Modified Day T Favours Traditional Out	10

### 6 Figure 2080: EDI-drive for thinness



### 8 Figure 2081: EDI-bulimia

	Day T	reatm	ent	Traditio	nal outpa	tient		Std. Mean Difference			Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixe	d, 95% CI		
Kong 2005	5.24	4.73	21	11.94	3.91	22	100.0%	-1.52 [-2.21, -0.83]						
Total (95% CI)			21			22	100.0%	-1.52 [-2.21, -0.83]						
Heterogeneity: Not a Test for overall effect			.0001)						-100	-5 Favours	0 Modified Day T	0 Favours Trad	50 itional OutP	100

### 10 Figure 2082: EDI-total



### M.10.22 Observational studies for coordinating care

## M.10.2.13 Inpatient care compared day patient for adults with anorexia nervosa at end of treatment

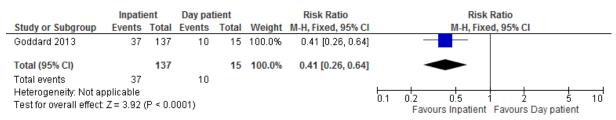
### 15 Figure 2083: BMI

	Inj	oatien	t	Day	patie	nt		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Birchall 2002	17.6	1.95	12	18.7	2.25	15	32.6%	-0.50 [-1.28, 0.27]	
Goddard 2013	17.3	2.1	137	18.5	2.2	15	67.4%	-0.57 [-1.10, -0.03]	<del>-</del>
Total (95% CI)			149			30	100.0%	-0.55 [-0.99, -0.10]	<b>◆</b>
Heterogeneity: Chi² = Test for overall effect		,		); I² = 09	6				-10 -5 0 5 10 Favours Day patient Favours Inpatient

### 1 Figure 2084: Bingeing



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### 4 Figure 2085: Quality of life

	Inj	patien	t	Day	patie	nt		Std. Mean Difference		Std. Mea	n Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95% CI		
Goddard 2013	64.8	31.7	137	67.5	33	15	100.0%	-0.08 [-0.62, 0.45]					
Total (95% CI)			137			15	100.0%	-0.08 [-0.62, 0.45]			<b>*</b>		
Heterogeneity: Not ap Test for overall effect			0.76)						-10	-5 Favours Day Patier	0 It Favours In	5 patient	10

### 6 Figure 2086: Vomiting



### 8 Figure 2087: Laxative use



### 10 Figure 2088: Excessive exercise

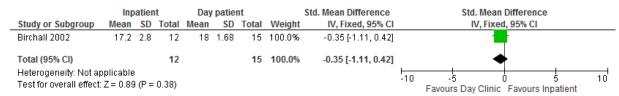
	Inpatie		Day pat			Risk Ratio				Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	ed, 95% C	1	
Goddard 2013	41	137	7	15	100.0%	0.64 [0.35, 1.17]		_		_		
Total (95% CI)		137		15	100.0%	0.64 [0.35, 1.17]		-	<b>~</b>	-		
Total events	41		7									
Heterogeneity: Not ap Test for overall effect:		(P = 0.1	5)				0.1		0.5	1 2	5 Day patier	10

### 12 Figure 2089: EDE-total

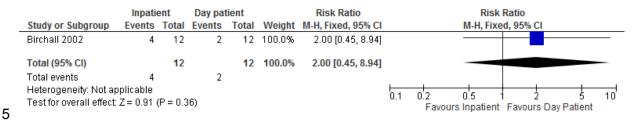
	Inpati	ent	Day pat	tient		Risk Ratio			Risk	Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	ed, 95% C			
Goddard 2013	41	137	7	15	100.0%	0.64 [0.35, 1.17]							
Total (95% CI)		137		15	100.0%	0.64 [0.35, 1.17]				-			
Total events	41		7										
Heterogeneity: Not ap Test for overall effect		(P = 0.1	5)				0.1	0.2 Fav	0.5 ours Inpatient	Favours	s Day patie	i ent	10

### M.10.2.21 Inpatient care compared with day patient for adults with anorexia nervosa at follow-up

### 2 Figure 2090: BMI



### Figure 2091: Readmission



### M.10.2.36 Inpatient care compared outpatient for adults with anorexia nervosa at follow-up

### 7 Figure 2092: BMI

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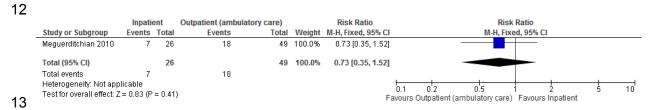
10

	In	patient		Outpatient	(ambulator)	care)		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Meguerditchian 2010	18.4	2.975	46	19.2	7.25	97	100.0%	-0.13 [-0.48, 0.22]					
Total (95% CI)			46			97	100.0%	-0.13 [-0.48, 0.22]		•	•		
Heterogeneity: Not app Test for overall effect: Z		P = 0.47	7)					F	-10 - avours Outpatient (	5 (ambulatory care)	) Favours Inpatien	t	10

### 9 Figure 2093: Readmission

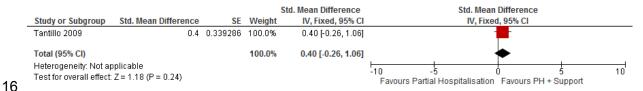
	Inpatie	ent	Outpatient (ambulato	ry care)		Risk Ratio			Risk	Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	d, 95% CI			
Meguerditchian 2010	19	46	15	97	100.0%	2.67 [1.50, 4.77]				_			
Total (95% CI)		46		97	100.0%	2.67 [1.50, 4.77]							
Total events	19		15										
Heterogeneity: Not app	licable						0.1	0.2	0.5		, ,	<u> </u>	10
Test for overall effect: Z	:= 3.33 (P	= 0.00	09)				0.1	J. Z	Favours Inpatient	Favours 0	utpatient (am	bulat	

### 11 Figure 2094: Remission

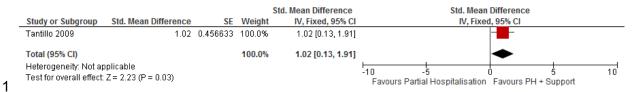


### M.10.2.44 Inpatient care compared outpatient for adults with anorexia nervosa at follow-up

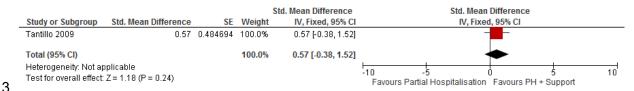
### 15 Figure 2095: Difference in body mass index



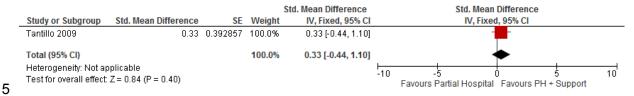
### 17 Figure 2096: Difference in weight gain



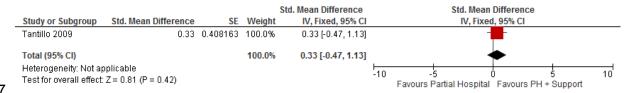
### 2 Figure 2097: Difference in purging



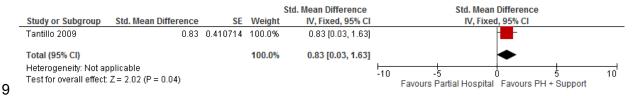
### 4 Figure 2098: Difference in EDE-eating concern



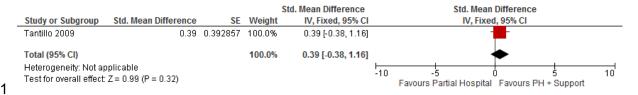
### 6 Figure 2099: Difference in EDE-shape concern



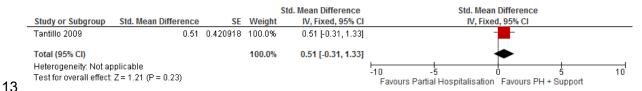
### 8 Figure 2100: Difference in EDE-weight concern



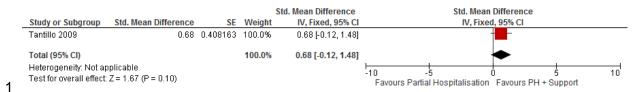
### 10 Figure 2101: Difference in EDE-restraint



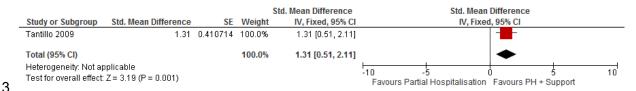
### 12 Figure 2102: Difference in EDI-body dissatisfaction



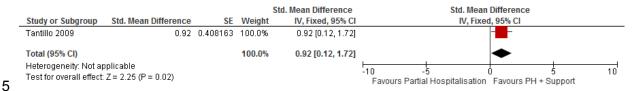
### 14 Figure 2103: Difference in EDI-drive for thinness



### 2 Figure 2104: Difference in EDI-bulimia



### 4 Figure 2105: Difference in EDI-total



## M.10.2.56 Family therapy (FT) compared with inpatient care for adults with anorexia nervosa at 7 end of treatment

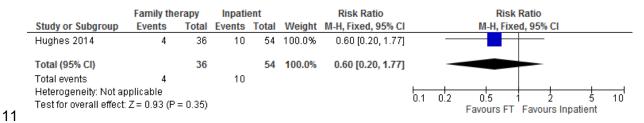
### 8 Figure 2106: Readmission

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	Family the	гару	Inpati	ent		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Hughes 2014	16	52	65	119	100.0%	0.56 [0.36, 0.87]	-
Total (95% CI)		52		119	100.0%	0.56 [0.36, 0.87]	•
Total events	16		65				
Heterogeneity: Not ap	plicable						01 02 05 1 2 5 10
Test for overall effect:	Z= 2.56 (P	= 0.01)					Favours FT Favours Inpatient

### 10 Figure 2107: Readmission >3 times



## M.10.2.62 Day patient compared with inpatient care for adults with bulimia nervosa at end of treatment

### 14 Figure 2108: Depression

	Day	patie	nt	Inp	atier	nt		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Zeeck 2004	1.4	1.1	17	1.7	1.1	17	100.0%	-0.27 [-0.94, 0.41]	•
Total (95% CI)			17			17	100.0%	-0.27 [-0.94, 0.41]	. •
Heterogeneity: Not ap Test for overall effect:			0.44)						-10 -5 0 5 10 Favours Day patient Favours Inpatient

### 16 Figure 2109: EDI-body dissatisfaction

	Day	patie	nt	Inp	atien	ıt		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Zeeck 2004	19.9	8.3	18	17.1	8.6	15	100.0%	0.32 [-0.37, 1.01]	•
Total (95% CI)			18			15	100.0%	0.32 [-0.37, 1.01]	<b>*</b>
Heterogeneity: Not ap Test for overall effect			0.36)						-10 -5 0 5 10 Favours Day patient Favours Inpatient

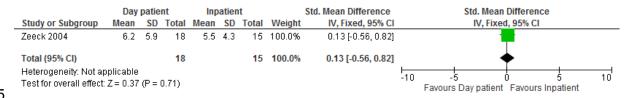
#### 2 Figure 2110: EDI-drive for thinness

	Day	patie	nt	Inp	atier	nt		Std. Mean Difference		Std. Mean Di	fference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 9	95% CI		
Zeeck 2004	9.7	5.6	18	10.9	5.1	18	100.0%	-0.22 [-0.87, 0.44]		-			
Total (95% CI)			18			18	100.0%	-0.22 [-0.87, 0.44]		. •			
Heterogeneity: Not ap Test for overall effect:			0.51)						-10	-5 0 Favours Day patient F	avours Inpa	itient	10

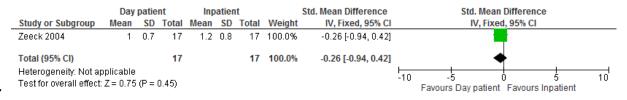
#### 4 Figure 2111: EDI-bulimia

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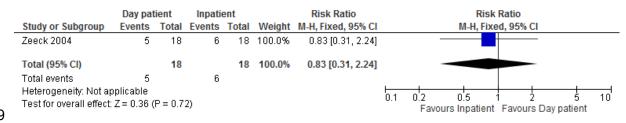
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#### 6 Figure 2112: Symptom checklist

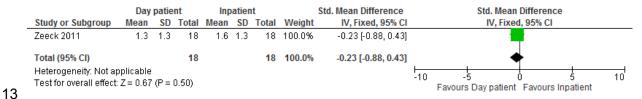


#### 8 Figure 2113: Remission



### M.10.2.70 Day patient compared with inpatient care for adults with bulimia nervosa at end of treatment

#### 12 Figure 2114: Bingeing

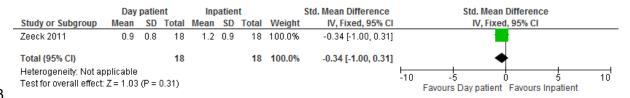


#### 14 Figure 2115: Vomiting

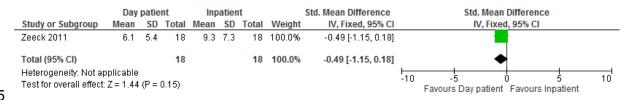
	Day	patie	nt	Inp	atier	ıt		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Zeeck 2011	1.6	1.4	18	1.3	1.4	18	100.0%	0.21 [-0.45, 0.86]	•
Total (95% CI)			18			18	100.0%	0.21 [-0.45, 0.86]	<b>,</b> •
Heterogeneity: Not ap Test for overall effect:			0.53)						-10 -5 0 5 10 Favours Day patient Favours Inpatient

#### 2 Figure 2116: Depression

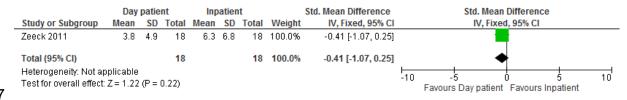
1



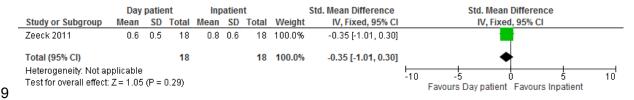
#### 4 Figure 2117: EDI-drive for thinness



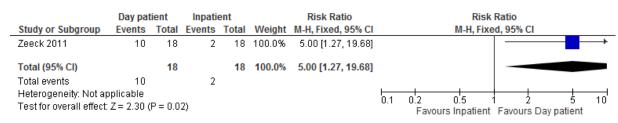
#### 6 Figure 2118: EDI-bulimia



#### 8 Figure 2119: Global severity index SCL-90R

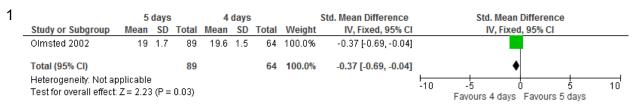


#### 10 Figure 2120: Remission



### M.10.2.82 Five-day compared with 4-day inpatient care for adults with anorexia nervosa or bulimia nervosa at end of treatment

#### 14 Figure 2121: BMI

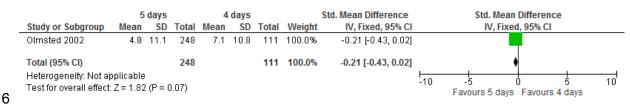


2

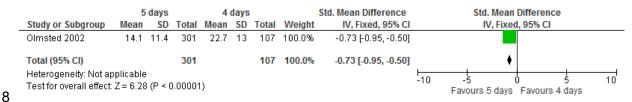
#### 3 Figure 2122: Bingeing



#### 5 Figure 2123: Vomiting



7 Figure 2124: Depression



9 Figure 2125: EDI-body dissatisfaction

	5	days		4	days			Std. Mean Difference		Std. Mear	Difference	е	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Olmsted 2002	15.6	8.9	350	20.3	7.2	111	100.0%	-0.55 [-0.77, -0.33]			4		
Total (95% CI)			350			111	100.0%	-0.55 [-0.77, -0.33]		•			
Heterogeneity: Not ap Test for overall effect:			0.0000	01)					-10	-5 Favours 5 days	0 Favours	5 4 days	10

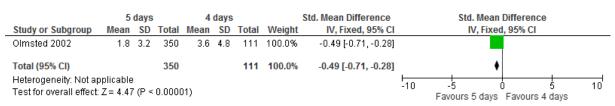
10

#### 11 Figure 2126: EDI-drive for thinness

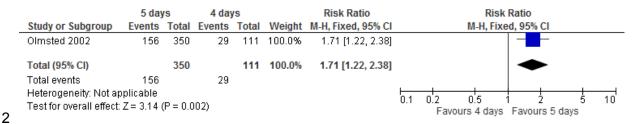
	5	days		4	days			Std. Mean Difference		Std. Mean	Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	1, 95%	i CI	
Olmsted 2002	8.6	6.2	350	12.5	5.9	111	100.0%	-0.64 [-0.85, -0.42]					
Total (95% CI)			350			111	100.0%	-0.64 [-0.85, -0.42]		•			
Heterogeneity: Not ap Test for overall effect:			0.0000	01)					-10	-5 Favours 5 days	0 Favo	5 ours 4 days	10

12

#### 13 Figure 2127: EDI-bulimia



#### 1 Figure 2128: Remission



### M.10.2.93 Individual CHAMS compared with outpatient CAMHS for adults with any eating 4 disorder at follow-up

#### 5 Figure 2129: BMI

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	Inp	atier	ıt	Out	patie	nt		Std. Mean Difference			Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed	I, 95% CI		
Arcelus 2007	18.3	4.2	33	19	4.1	24	100.0%	-0.17 [-0.69, 0.36]						
Total (95% CI)			33			24	100.0%	-0.17 [-0.69, 0.36]			•		1	
Heterogeneity: Not ap Test for overall effect:	•		0.54)						-10	Favours	Outpatient	Favours In	5 patient	10

#### 7 Figure 2130: EDI-body dissatisfaction

	Inp	atien	ıt	Out	patie	nt		Std. Mean Difference		S	td. Mean (	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed	, 95% CI		
Arcelus 2007	18.2	9	33	18.6	7.3	24	100.0%	-0.05 [-0.57, 0.48]						
Total (95% CI)			33			24	100.0%	-0.05 [-0.57, 0.48]			•	•		
Heterogeneity: Not ap Test for overall effect:			0.86)						-10	-5 Favours	0 Inpatient	Favours Ou	5 tpatient	10

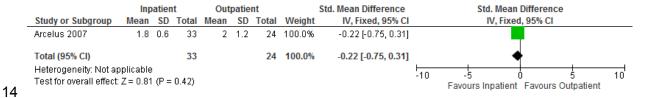
#### 9 Figure 2131: EDI-drive for thinness

	Inp	atien	ıt	Out	patie	nt		Std. Mean Difference		Std. Mear	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Arcelus 2007	13.5	6	33	14.6	5.5	24	100.0%	-0.19 [-0.71, 0.34]					
Total (95% CI)			33			24	100.0%	-0.19 [-0.71, 0.34]			•		
Heterogeneity: Not ap Test for overall effect:			0.49)						-10	-5 Favours Inpatient	0 Favours O	5 utpatient	10

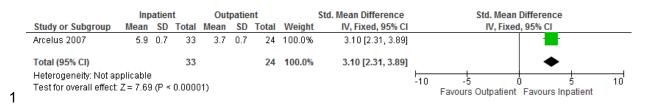
#### 11 Figure 2132: EDI-bulimia

	Inp	atien	ıt	Out	patie	nt		Std. Mean Difference		Std.	Mean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95% (	CI	
Arcelus 2007	9.2	8.4	33	6.2	6	24	100.0%	0.40 [-0.14, 0.93]					
Total (95% CI)			33			24	100.0%	0.40 [-0.14, 0.93]			•		
Heterogeneity: Not ap Test for overall effect:	•		0.14)						-10	-5 Favours Inp	0 atient Favou	5 Irs Outpatio	10 ent

#### 13 Figure 2133: Global severity checklist



#### 15 Figure 2134: Self-esteem



### M.10.2.102 Guided self-help (GSH) compared with day patient for adults with bulimia nervosa or 3 EDNOS at end of treatment

#### 4 Figure 2135: Bingeing

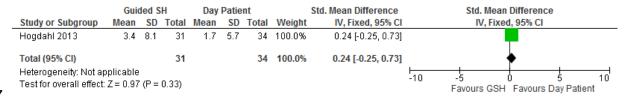
	Guid	ded S	Н	Day	Patie	nt		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
Hogdahl 2013	2.5	1.5	32	2.3	1.2	34	100.0%	0.15 [-0.34, 0.63]					
Total (95% CI)			32			34	100.0%	0.15 [-0.34, 0.63]		•	<b>&gt;</b>		
Heterogeneity: Not ap Test for overall effect:			0.55)						-10	-5 C Favours GSH	Favours Da	1 5 ay Patie	10 ent

#### 6 Figure 2136: Exercise

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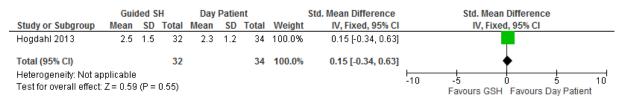
11



#### 8 Figure 2137: Vomiting

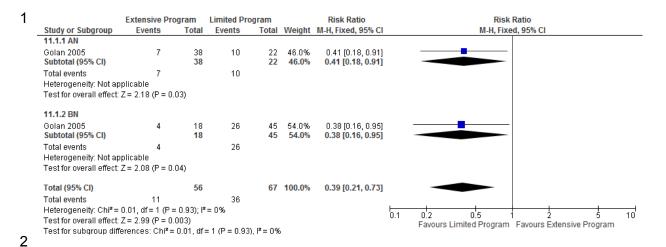
	Guid	ded S	Н	Day	Patie	nt		Std. Mean Difference		Std. Mea	an Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95%	6 CI	
Hogdahl 2013	3.4	8.1	31	1.7	5.7	34	100.0%	0.24 [-0.25, 0.73]					
Total (95% CI)			31			34	100.0%	0.24 [-0.25, 0.73]			•		
Heterogeneity: Not ap Test for overall effect:			0.33)						-10	-5 Favours GS	0 H Favo	5 ours Day Pa	10 tient

#### 10 Figure 2138: EDE-total



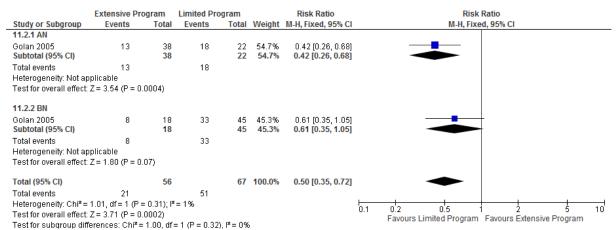
### M.10.2.112 Extensive programme compared with a limited programme for adults with anorexia nervosa or bulimia nervosa at end of treatment and follow-up

#### 14 Figure 2139: Remission



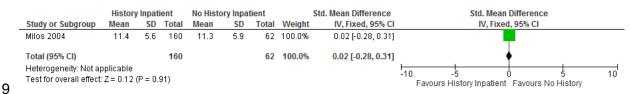
#### 3 Figure 2140: Remission follow-up

4



### M.10.2.126 History of inpatient care compared no history for adults with any eating disorder at 7 end of treatment

#### 8 Figure 2141: EDI-body dissatisfaction



#### 10 Figure 2142: EDI-drive for thinness

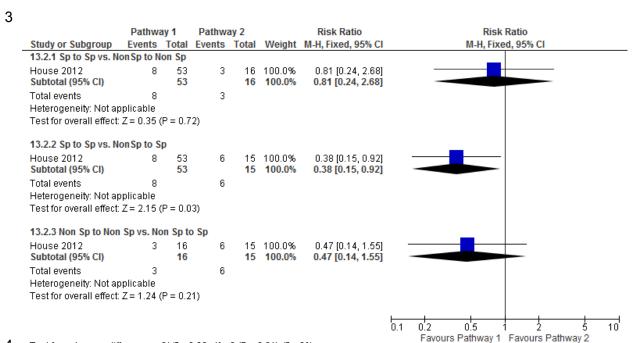
	History	Inpat	ient	No Histo	ry Inpat	tient		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	i, 95% CI		
Milos 2004	8	5.6	160	7.6	6	62	100.0%	0.07 [-0.22, 0.36]					
Total (95% CI)			160			62	100.0%	0.07 [-0.22, 0.36]			þ		
Heterogeneity: Not ap Test for overall effect:		P = 0.	64)						-10 - Favours H	·5 listory Inpatient	Favours No I	5 History	10

#### 12 Figure 2143: EDI-bulimia

	History	Inpat	ient	No Histo	ory Inpa	tient		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Milos 2004	13.1	8.2	160	14.6	8.2	62	100.0%	-0.18 [-0.48, 0.11]	•
Total (95% CI) Heterogeneity: Not ap			160			62	100.0%	-0.18 [-0.48, 0.11]	-10 -5 0 5 10
Test for overall effect:	Z = 1.22 (	(P = 0.	22)						Favours History Inpatient Favours No History

#### M.10.2.131 Specialist (Sp) compared with non-specialist (Non-Sp) assessment and treatment

#### 2 Figure 2144: Admitted to inpatient treatment



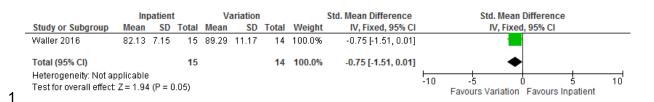
4 Test for subgroup differences: Chi<sup>2</sup> = 0.99, df = 2 (P = 0.61),  $I^2$  = 0%

#### 5 Figure 2145: Continuity of care

6 Pathway 1 Pathway 2 Risk Ratio Risk Ratio Events Total Events Total Weight M-H, Fixed, 95% CI M-H. Fixed, 95% CI Study or Subgroup 13.5.1 Sp to Sp vs. NonSp to Sp House 2012 44 12 16 100.0% 1.11 [0.81, 1.51] Subtotal (95% CI) 53 16 100.0% 1.11 [0.81, 1.51] Total events 12 44 Heterogeneity: Not applicable Test for overall effect: Z = 0.65 (P = 0.52) 13.5.2 Sp to Sp vs. NonSp to NonSp House 2012 15 100.0% 2.08 [1.10, 3.90] Subtotal (95% CI) 53 100.0% 2.08 [1.10, 3.90] 15 6 Total events 44 Heterogeneity: Not applicable Test for overall effect: Z = 2.27 (P = 0.02) 13.5.3 Non Sp to Sp vs. Non Sp to Sp 1.88 [0.95, 3.71] House 2012 15 100.0% 16 12 6 1.88 [0.95, 3.71] Subtotal (95% CI) 15 100.0% 16 Total events Heterogeneity: Not applicable Test for overall effect: Z = 1.81 (P = 0.07) 0.2 0.5 10 Favours Pathway 2 Favours Pathway 1 Test for subgroup differences: Chi<sup>2</sup> = 4.25, df = 2 (P = 0.12), I<sup>2</sup> = 52.9%

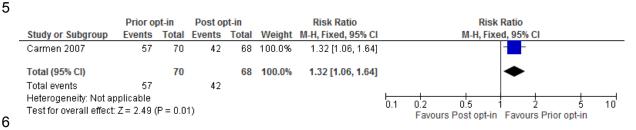
M.10.2.148 Inpatient compared with a variation in outpatient (day, hospital, outpatient) in adults 9 with anorexia nervosa at the end of treatment

#### 10 Figure 2146: Percentage of average body weight

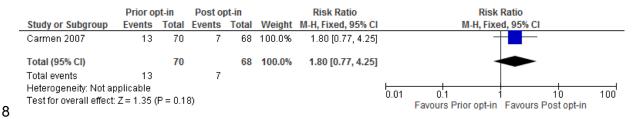


### M.10.2.152 Prior to opt-in compared with opt-in for adults with any eating disorder at the end of treatment

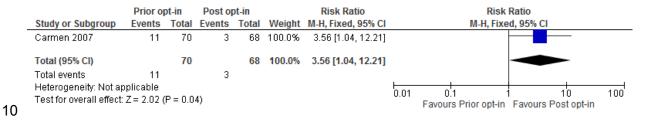
#### 4 Figure 2147: Percentage attended first appointment



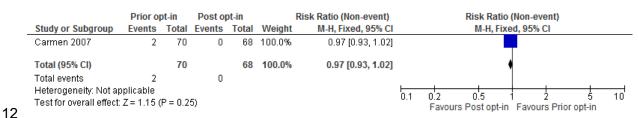
#### 7 Figure 2148: Overall attrition rate



#### 9 Figure 2149: Did not attend first appointment



#### 11 Figure 2150: Cancellations



### M.10.2.163 Meal supervision compared with no supervision (not) for adults with any eating disorder at the end of treatment

#### 15 Figure 2151: Length of hospital stay

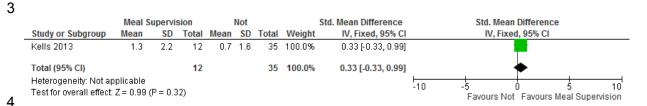
	Meal S	Meal Supervision Not						Std. Mean Difference	Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	I, 95% CI		
Kells 2013	8.4	7.5	13	5.9	3.5	38	100.0%	0.51 [-0.13, 1.15]				
Total (95% CI)			13			38	100.0%	0.51 [-0.13, 1.15]		•		
Heterogeneity: Not ap Test for overall effect		(P = 0.1	2)						-10 -5 ( Favours Meal Supervision	Favours Not	į	10

#### 2 Figure 2152: Weight gain

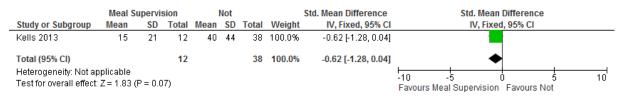
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#### 5 Figure 2153: Bradycardia

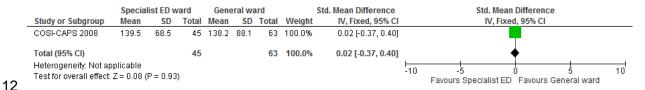


### M.10.2.177 Eating disorder specialist inpatient care compared with general inpatient care for 8 adults with anorexia nervosa at the end of treatment

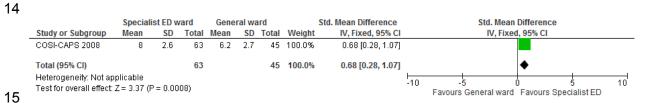
#### 9 Figure 2154: BMI

	Speciali	ist ED w	/ard	Gene	ral wa	ard		Std. Mean Difference			Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixe	d, 95% CI		
COSI-CAPS 2008	19.6	1.8	63	16.9	2.4	45	100.0%	1.29 [0.87, 1.72]						
Total (95% CI)			63			45	100.0%	1.29 [0.87, 1.72]				•		
Heterogeneity: Not ap Test for overall effect:		o.00	001)						-10	Favours	5 General ward	0 Favours Spe	5 cialist ED	10

#### 11 Figure 2155: Length of hospital stay



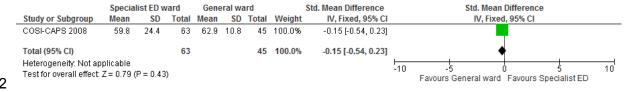
#### 13 Figure 2156: Morgan-Russell assessment



#### 16 Figure 2157: General health

	Specialist ED war				ral wa	ırd	!	Std. Mean Difference			Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixe	d, 95% CI		
COSI-CAPS 2008	10	5	63	8.9	6.7	45	100.0%	0.19 [-0.19, 0.57]						
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•	·= N 33	63			45	100.0%	0.19 [-0.19, 0.57]	-10		<del> </del> 5	•	<del> </del>	10
TOOLIOT CYCIAII CIICCL	2 - 0.01 (1	- 5.55	,							Favours	Specialist ED	Favours Gene	ral ward	

#### 1 Figure 2158: Children's global assessment



# M.113 Clinical question: Do different ways of coordinating care 4 produce benefits/harms for people with eating disorders?

#### M.11.15 Anorexia nervosa

### M.11.1.16 Family-based treatment and intensive parental coaching versus family-based 7 treatment only in young people with anorexia nervosa

### 8 Figure 2159: Recovery (Number of people achieving 95% or more expected body weight)

	FBT->IF	C+	FBT->I	PC-		Risk Ratio			Risk	Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	ed, 95% C	1		
Lock & Le Grange 2015	7	12	12	23	100.0%	1.12 [0.60, 2.07]							
Total (95% CI)		12		23	100.0%	1.12 [0.60, 2.07]			-	<u> </u>			
Total events	7		12										
Heterogeneity: Not applic Test for overall effect: Z=		0.72)					0.1	0.2 Favour	0.5 's FBT->IPC-	1 2 Favours	! 5 FBT->IPC	-	10

#### 11 Figure 2160: BMI

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	FBT->IPC+								C-	9	Std. Mean Difference		Std. Mea	n Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 959	% CI				
Lock & Le Grange 2015	19.3	0.9	12	18.9	1.6	23	100.0%	0.28 [-0.42, 0.98]								
Total (95% CI)			12			23	100.0%	0.28 [-0.42, 0.98]			<b>*</b>					
Heterogeneity: Not applic: Test for overall effect: Z=		0.44	<b>l</b> )						-10	-5 Favours FBT->IPC	0 - Fav	5 rours FBT->IPC+	10			

#### 14 Figure 2161: Percentage of expected body weight

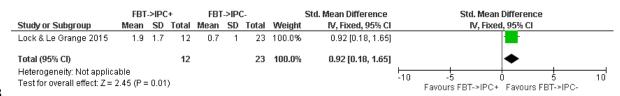
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	FBT->IPC+		FBT->IPC+ FBT->IPC-				Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI
Lock & Le Grange 2015	96.7	6.5	12	95.1	7.6	23	100.0%	0.22 [-0.48, 0.92]	1 🟴
Total (95% CI) Heterogeneity: Not applica Test for overall effect: Z = 0		0.55	<b>12</b>			23	100.0%	0.22 [-0.48, 0.92]	-10 -5 0 5 10 Favours FBT->IPC- Favours FBT->IPC+

#### 17 Figure 2162: EDE-global



#### 1 Figure 2163: Depression

2

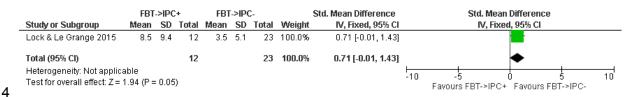
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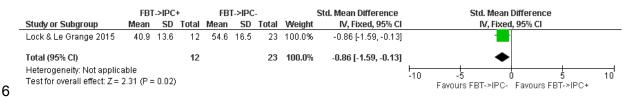
12

	FBT	->IPC	+	FB1	r->IPC	-		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Lock & Le Grange 2015	15.2	14.2	12	7.9	10.9	23	100.0%	0.59 [-0.12, 1.30]	nj <del></del> -
Total (95% CI)			12			23	100.0%	0.59 [-0.12, 1.30]	•
Heterogeneity: Not applica Test for overall effect: Z = 1		0.11)							-10 -5 0 5 10 Favours FBT->IPC+ Favours FBT->IPC-

#### 3 Figure 2164: Yale-Brown-Cornell Eating Disorder Scale



#### 5 Figure 2165: Service user experience



#### 7 Figure 2166: Number of family-based treatment sessions attended

	FBT	->IPC	+	FBT	->IP(	C-		Std. Mean Difference	Std. Mean Diffe	erence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95	% CI	
Lock & Le Grange 2015	16.3	2.1	12	12.6	4.6	23	100.0%	0.92 [0.18, 1.65]		·	
Total (95% CI)			12			23	100.0%	0.92 [0.18, 1.65]	•	•	
Heterogeneity: Not applicates Test for overall effect: Z =		: 0.01	)						10 -5 0 Favours FBT->IPC- Far	— † 5 vours FBT->IPC	10

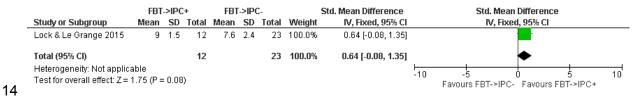
#### 9 Figure 2167: Treatment Suitability and Patient Expectancy-child suitability

	FBT	->IPC	+	FBT	->IP(	<u>-</u>		Std. Mean Difference		Std. Mear	n Difference	9	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Lock & Le Grange 2015	4.2	2.9	12	5.5	3.5	23	100.0%	-0.38 [-1.09, 0.32]		-	-		
Total (95% CI)			12			23	100.0%	-0.38 [-1.09, 0.32]		•			
Heterogeneity: Not applica Test for overall effect: Z =		0.29	))						-10	-5 Favours FBT->IPC	0 Favours F	5 FBT->IPC+	10

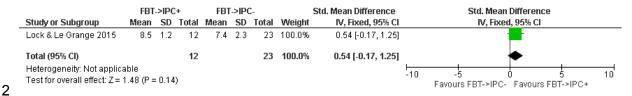
#### 11 Figure 2168: Treatment Suitability and Patient Expectancy-child expectancy

	FBT	->IPC	+	FBT	->IP(	C-		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI
Lock & Le Grange 2015	4.7	2.9	12	6.1	3.1	23	100.0%	-0.45 [-1.16, 0.26]	sj <del>-                                   </del>
Total (95% CI)			12			23	100.0%	-0.45 [-1.16, 0.26]	•
Heterogeneity: Not applica Test for overall effect: Z = 1		0.21	)						-10 -5 0 5 10 Favours FBT->IPC+ Favours FBT->IPC+

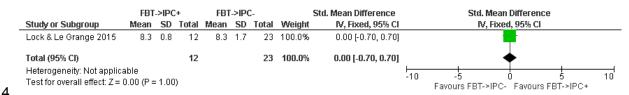
#### 13 Figure 2169: Treatment Suitability and Patient Expectancy-mother suitability



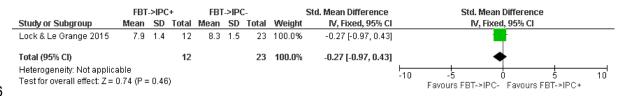
#### 1 Figure 2170: Treatment Suitability and Patient Expectancy-mother expectancy



#### 3 Figure 2171: Treatment Suitability and Patient Expectancy-father suitability

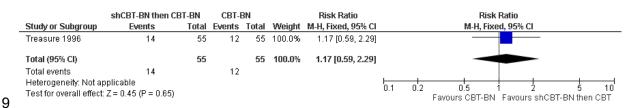


#### 5 Figure 2172: Treatment Suitability and Patient Expectancy-father expectancy

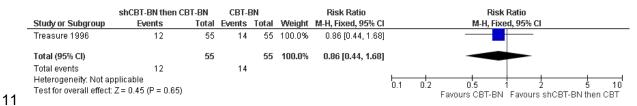


#### M.11.27 Bulimia nervosa

#### M.11.2.18 Self-help manual then CBT-ED versus CBT-ED in adults with bulimia nervosa



#### 10 Figure 2173: Remission at follow up (ITT)

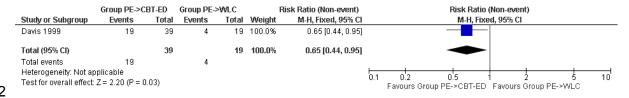


### M.11.2.22 Group psychoeducation then CBT-ED versus group psychoeducation in adults with bulimia nervosa

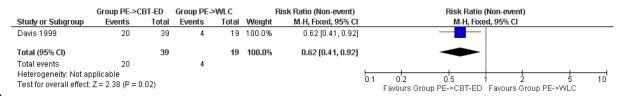
#### 14 Figure 2174: Remission (ITT)

	Group PE->C	BT-ED	Group PE-	>WLC	1	Risk Ratio (Non-event)	Risk Ratio (Non-event)
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Davis 1999	16	39	3	19	100.0%	0.70 [0.51, 0.97]	-
Total (95% CI)		39		19	100.0%	0.70 [0.51, 0.97]	•
Total events	16		3				
Heterogeneity: Not ap Test for overall effect:		.03)					0.1 0.2 0.5 1 2 5 10 Favours Group PE->CBT-ED Favours Group PE->WLC

#### 1 Figure 2175: Remission from bingeing (ITT)



#### 3 Figure 2176: Remission from purging (ITT)



#### 5 Figure 2177: Binge frequency

	Group P	E->CBT	-ED	Group	PE->V	VLC .		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Davis 1999	3.9	7.4	37	8.4	9.5	19	100.0%	-0.54 [-1.11, 0.02]	•
Total (95% CI)			37			19	100.0%	-0.54 [-1.11, 0.02]	<b>→</b>
Heterogeneity: Not ap Test for overall effect:		P = 0.06	)						-10 -5 0 5 10 Favours Group PE->CBT-ED Favours Group PE->WLC

#### 7 Figure 2178: Purge frequency

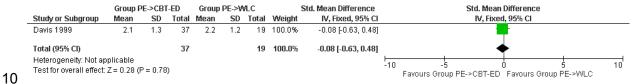
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12

	Group PE	->CBT	-ED	Group	PE->V	VLC .		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Davis 1999	4.8	9	37	12.3	13.2	19	100.0%	-0.70 [-1.27, -0.13]	•
<b>Total (95% CI)</b> Heterogeneity: Not app Test for overall effect: 2		= 0.02	<b>37</b>			19	100.0%	-0.70 [-1.27, -0.13]	-10 -5 0 5 10 Favours Group PE->CBT-ED Favours Group PE->WLC

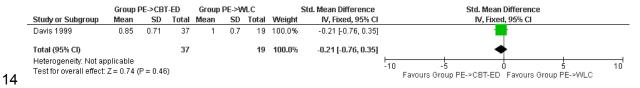
#### 9 Figure 2179: EDE-global



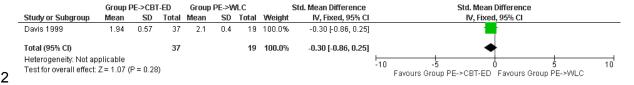
#### 11 Figure 2180: Depression

	Gгоир	PE->CB	Γ-ED	Group	PE->V	<b>VLC</b>		Std. Mean Difference	Std. Mear	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI		
Davis 1999	11.18	11.31	37	12.9	7.2	19	100.0%	-0.17 [-0.72, 0.39]	-			
Total (95% CI)			37			19	100.0%	-0.17 [-0.72, 0.39]	•	<b>•</b>		
Heterogeneity: Not ap Test for overall effect:		(P = 0.55	5)						-10 -5 Favours Group PE->CBT-ED	0 Favours Group	5 ) PE->WLC	10

#### 13 Figure 2181: General psychopathology

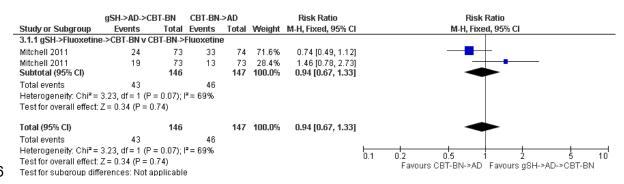


#### 1 Figure 2182: General functioning

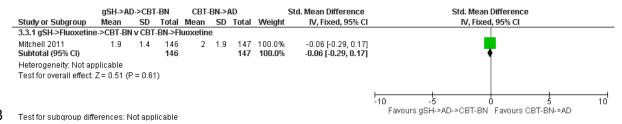


### M.11.2.33 Guided self-help then antidepressant then CBT-ED versus CBT-ED then antidepressant in adults with bulimia nervosa

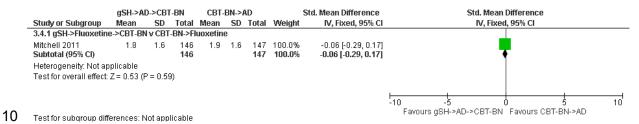
#### 5 Figure 2183: Remission (ITT)



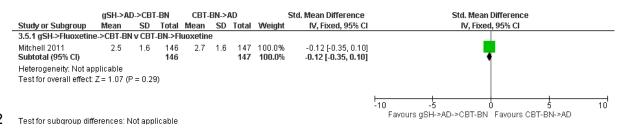
#### 7 Figure 2184: EDE-global



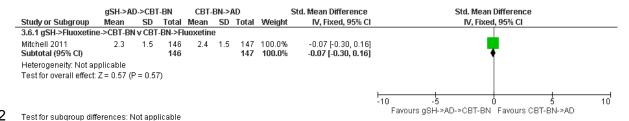
#### 9 Figure 2185: EDE-dietary restraint



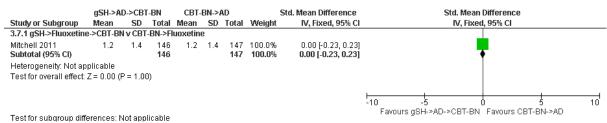
#### 11 Figure 2186: EDE-shape concern



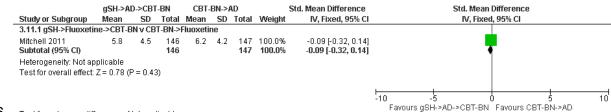
#### 1 Figure 2187: EDE-weight concern



#### 3 Figure 2188: EDE-eating concern

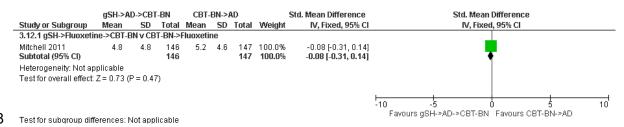


#### 5 Figure 2189: Yale-Brown-Cornell Eating Disorder Scale-preoccupation

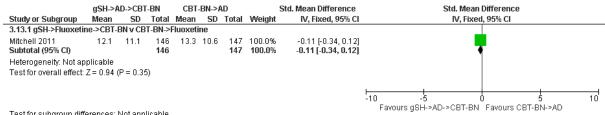


#### Test for subgroup differences: Not applicable

#### 7 Figure 2190: Yale-Brown-Cornell Eating Disorder Scale-ritual

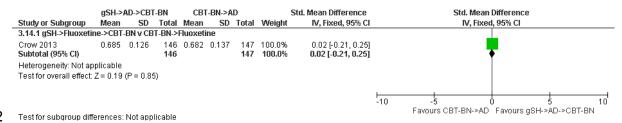


#### 9 Figure 2191: Depression



10 Test for subgroup differences; Not applicable

#### 1 Figure 2192: Quality of Well Being Scale



### M.123 Clinical question: What factors/indicators should be

- 4 considered when assessing whether a person with an
- 5 eating disorder should be admitted for compulsory
- 6 treatment (including any form of restrictive interventions
- 7 usually implemented in refeeding)?

#### M.12.1.18 Compulsory treatment versus voluntary treatment in young people with any eating

9 disorder at discharge from hospital

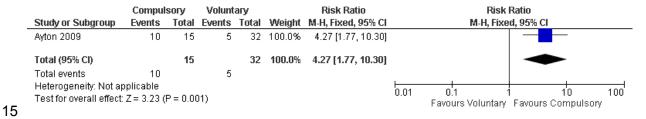
#### 10 Figure 2193: BMI at discharge

	Com	pulso	гу	Vol	untar	у		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Ayton 2009	19.6	1.5	15	18.5	1.6	32	100.0%	0.69 [0.06, 1.32]	•
Total (95% CI)			15			32	100.0%	0.69 [0.06, 1.32]	<b>*</b>
Heterogeneity: Not ap Test for overall effect:	•		0.03)					<del>-</del> 10	-5 0 5 10 Favours Voluntary Favours Compulsory

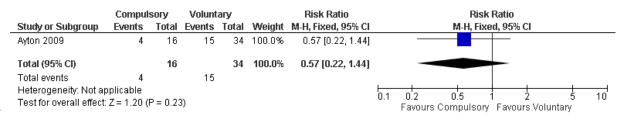
#### 12 Figure 2194: Morgan-Russell Outcome-average (change scores)

Compulsory				Vol	untai	у	!	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Ayton 2009	5.3	3.1	15	4	2	32	100.0%	0.53 [-0.09, 1.16]	<u> </u>
Total (95% CI)			15			32	100.0%	0.53 [-0.09, 1.16]	•
Heterogeneity: Not a Test for overall effect			0.09)					<u>⊢</u> -11	0 -5 0 5 10 Favours Voluntary Favours Compulsory

#### 14 Figure 2195: Regular menstruation

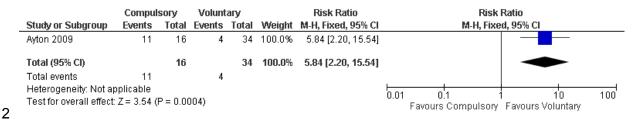


#### 16 Figure 2196: Disengaged from family therapy

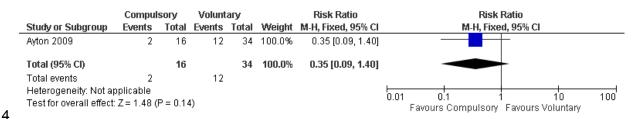


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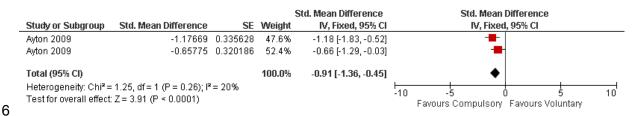
#### 1 Figure 2197: Required nasogastric feeding



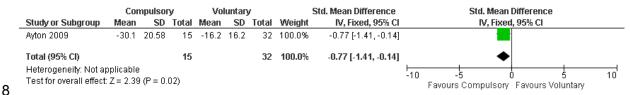
#### 3 Figure 2198: Prematurely discharged



#### 5 Figure 2199: General functioning (change scores)

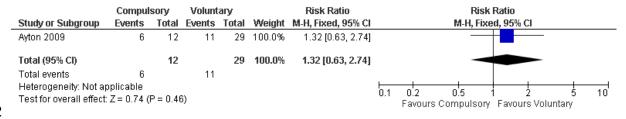


#### 7 Figure 2200: Depression (change scores)

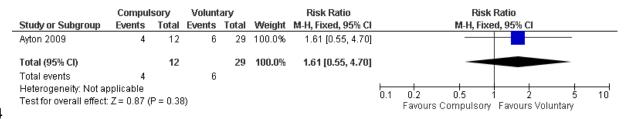


### M.12.1.29 Compulsory treatment versus voluntary treatment in young people with any eating 10 disorder at follow up

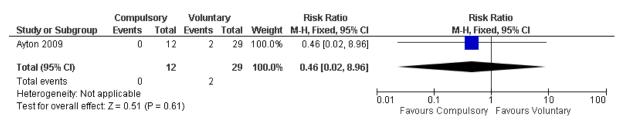
#### 11 Figure 2201: >90% weight for height ratio 12-mo after discharge - young people



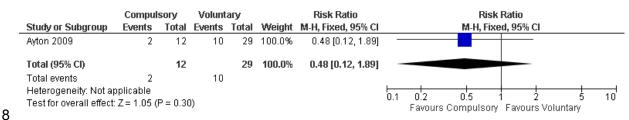
# Figure 2202: Intermediate outcome (Clinically underweight and either receiving ongoing OP treatment or prematurely disengaged with services) 12-mo after discharge



#### 5 Figure 2203: Patient deaths 12-mo after discharge



#### 7 Figure 2204: Readmitted to hospital 12-mo after discharge



## M.12.1.39 Compulsory treatment versus voluntary treatment in adults with any eating disorder at discharge from hospital

#### 11 Figure 2205: BMI

12

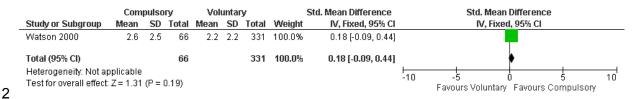
6

	Compulsory				untar	у		Std. Mean Difference		Std. Mean Difference					
Study or Subgroup	Mean SD Total Mean SD Total				Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI							
Watson 2000	20.5	3.8	66	20.7	3.6	331	100.0%	-0.05 [-0.32, 0.21]							
Total (95% CI)			66			331	100.0%	-0.05 [-0.32, 0.21]			•				
Heterogeneity: Not ap Test for overall effect:	•		0.68)						-10	-5 Favours Volunta	0 ry Favo	5 ours Com	pulsor	10 y	

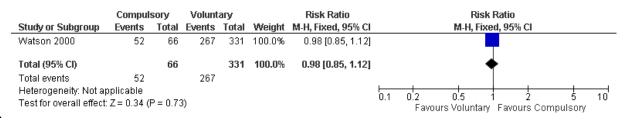
#### 14 Figure 2206: Weight gain (lbs)

	Con	pulso	ry	Vo	luntary	/		Std. Mean Difference		Std. M	lean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% C	i .	
Watson 2000	18.8	15.9	66	13.9	14.5	331	100.0%	0.33 [0.07, 0.60]					
Total (95% CI)			66			331	100.0%	0.33 [0.07, 0.60]			<b>*</b>		
Heterogeneity: Not ap Test for overall effect:			0.01)						-10	-5 Favours Volui	0 ntary Favou	5 rs Compuls	10 ory

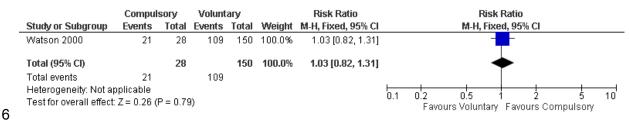
#### 1 Figure 2207: Rate of weight gain (lbs/week)



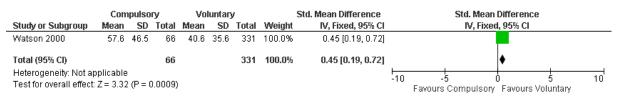
#### 3 Figure 2208: Number of people achieving >85% average body weight or BMI>18 kg/m<sup>2</sup>



#### 5 Figure 2209: Number of people achieving >85% average body weight

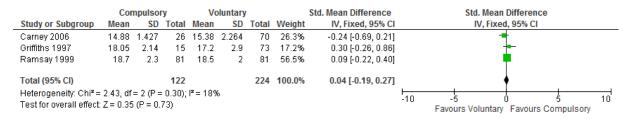


#### 7 Figure 2210: Length of hospital stay (days)

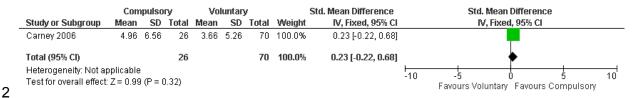


## M.12.1.49 Compulsory treatment versus voluntary treatment in adults with anorexia nervosa at 10 discharge

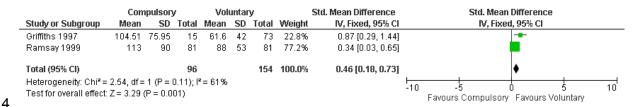
#### 11 Figure 2211: BMI



#### 1 Figure 2212: Weight gain



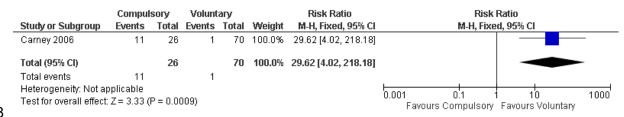
#### 3 Figure 2213: Length of hospital stay (days)



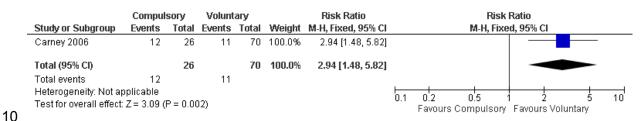
#### 5 Figure 2214: Number of people experiencing refeeding syndrome

	Compul	sогу	Volunt	агу		Risk Ratio			Risk	Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	d, 95% C	:1		
Carney 2006	10	26	12	70	100.0%	2.24 [1.10, 4.56]							
Total (95% CI)		26		70	100.0%	2.24 [1.10, 4.56]							
Total events	10		12										
Heterogeneity: Not a Test for overall effect		P = 0.00	3)				0.1	0.2 Favours	0.5 Compulsory	1 2 Favours	l I 2 5 s Voluntary	i	10

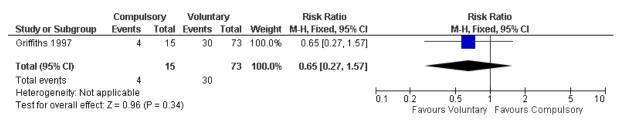
#### 7 Figure 2215: Number of people on locked ward



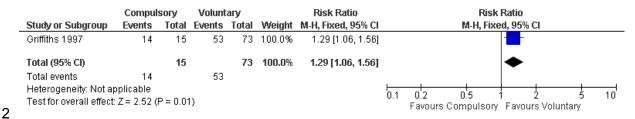
#### 9 Figure 2216: Number of people requiring tube feeding



#### 11 Figure 2217: Number of people achieving target weight

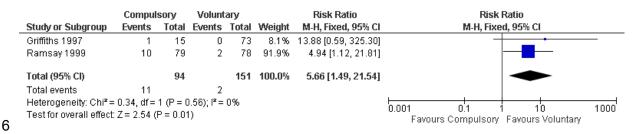


#### 1 Figure 2218: Number of people requiring >1 specialist medical consultation



### M.12.1.53 Compulsory treatment versus voluntary treatment in adults with anorexia nervosa at follow up

#### 5 Figure 2219: Patient deaths



#### 7 Figure 2220: Patient deaths at 20 years follow up

