National Institute for Health and Care Excellence

Version 2.0

Eating disorders: recognition and treatment

Appendix M - Forest Plots

NICE Guideline

Methods, evidence and recommendations

May 2017

Final

Developed by the National Guideline Alliance, hosted by the Royal College of Obstetricians and Gynaecologists

Eating disorders: recognition and treatment

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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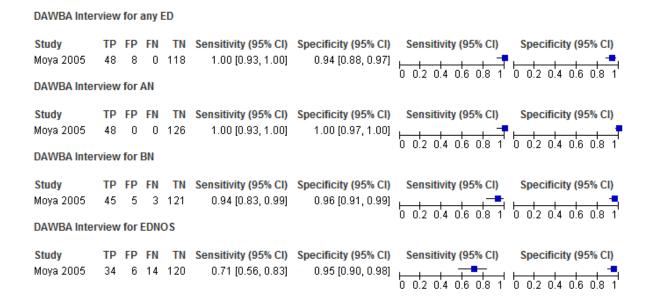
1 Appendices

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?

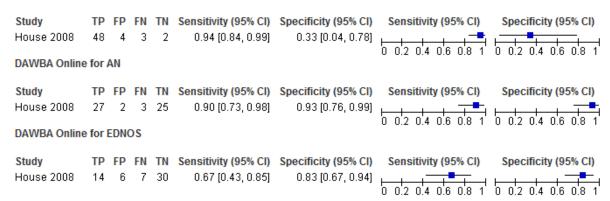
M.1.16 DAWBA

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

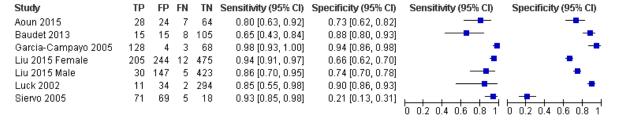
DAWBA Online for any ED



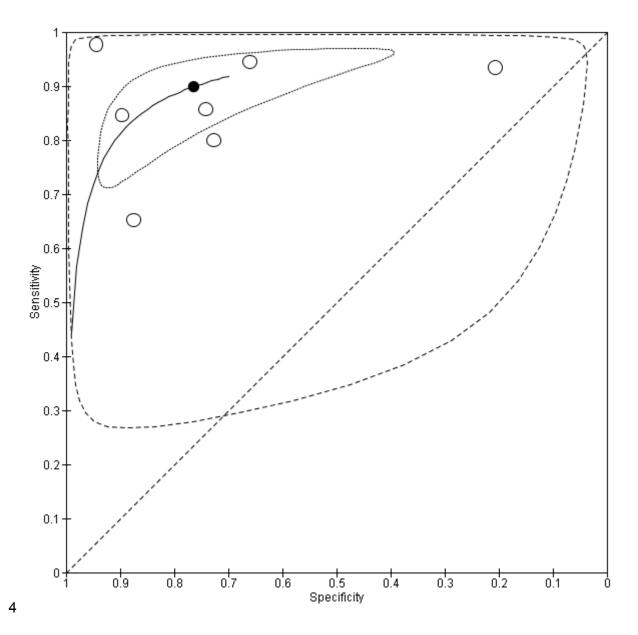
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M.1.25 SCOFF

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



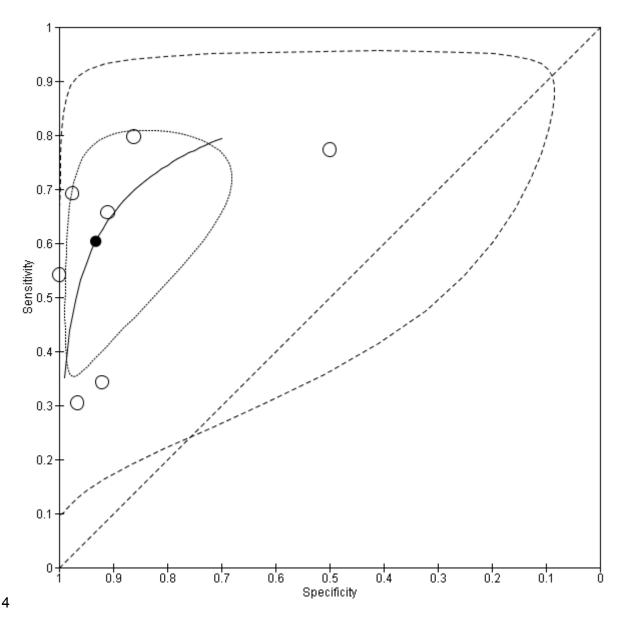
1 Figure 4: Summary Receiving Operating Characteristic curve for SCOFF for case 2 identification of any eating disorder at threshold of 2 or more – cohort and 3 cross-sectional studies



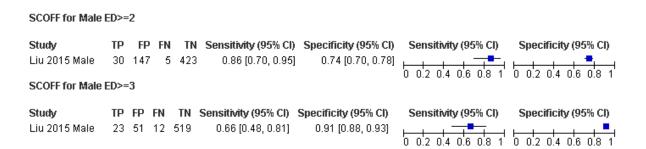
5 Figure 5: Forest plots of sensitivity and specificity for SCOFF for case identification of any eating disorder at threshold of 3 or more – cohort and cross sectional studies

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]		-
							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

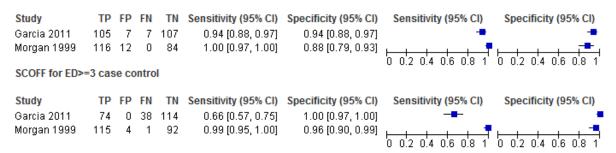


5 Figure 7: Forest plots of sensitivity and specificity for SCOFF at threshold of ≥2 and ≥3 for case identification of any eating disorder in adult males – cohort and cross sectional studies



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

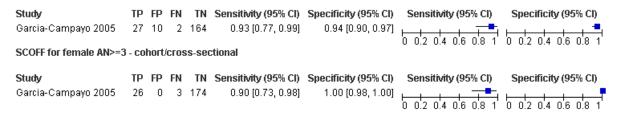


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5 Figure 9: Forest plots of sensitivity and specificity for SCOFF at threshold of ≥2 and ≥3
6 for case identification of anorexia nervosa in adult females – cohort and
7 cross-sectional studies

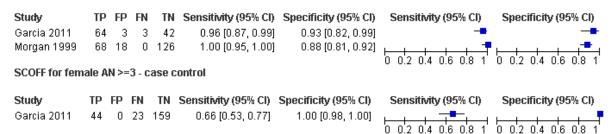
SCOFF for female AN>=2 - cohort/cross-sectional



8

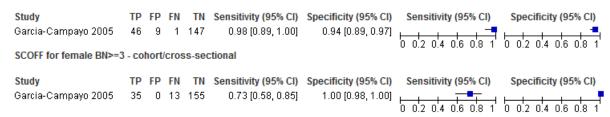
9 Figure 10: Forest plots of sensitivity and specificity for SCOFF at threshold of ≥2 and 10 ≥3 for case identification of anorexia nervosa in adult females case control studies

SCOFF for female AN>=2 - case control



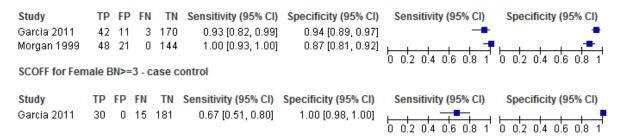
1 Figure 11: Forest plots of sensitivity and specificity for SCOFF at threshold of ≥2 and ≥3 for case identification of bulimia nervosa in adult females – cohort and cross-sectional studies

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



12

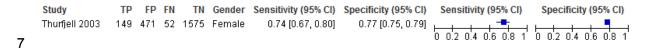
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M.21 Clinical question: What is the validity and reliability of the

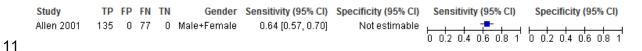
- 2 instruments, tools and methods used to assess and
- **3 monitor eating disorders?**

M.2.14 Any eating disorder

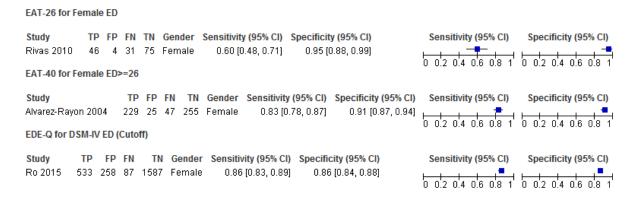
5 Figure 14: Forest plots of sensitivity and specificity of tools for assessment of any eating disorder in children and young people – case control studies



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

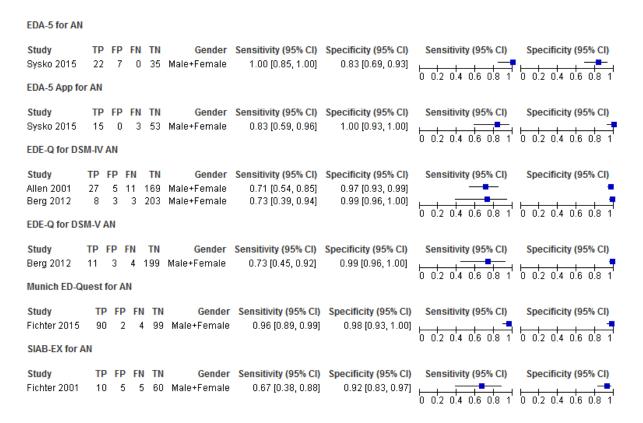


12 Figure 16: Forest plots of sensitivity and specificity of tools for assessment of any eating disorder in children, young people and adults – case control studies

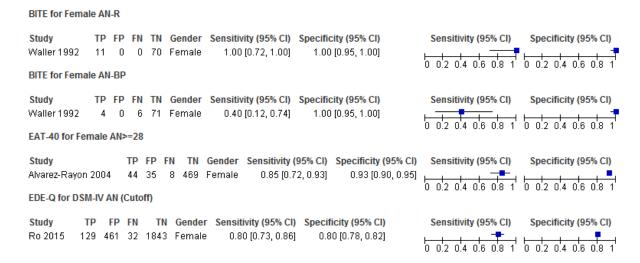


M.2.21 Anorexia nervosa

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

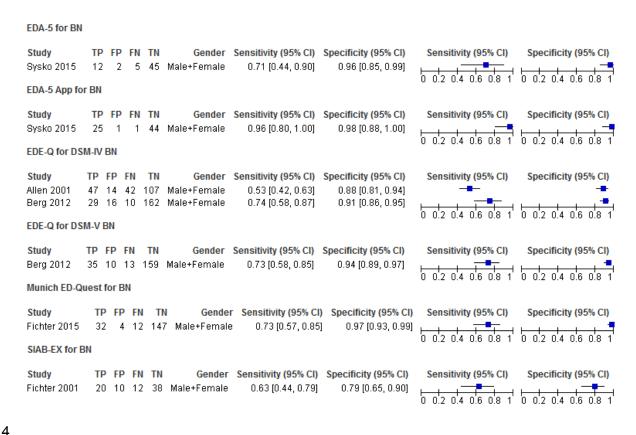
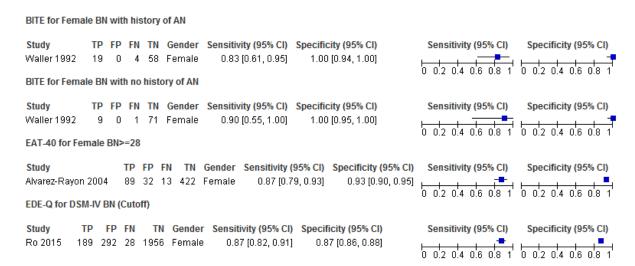
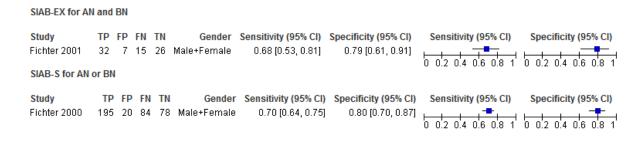


Figure 20: Forest plots of sensitivity and specificity of tools for assessment of bulimia nervosa in adults – case control studies

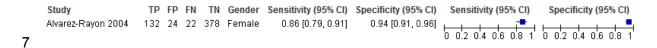


M.2.41 Anorexia nervosa and bulimia nervosa

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

4

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

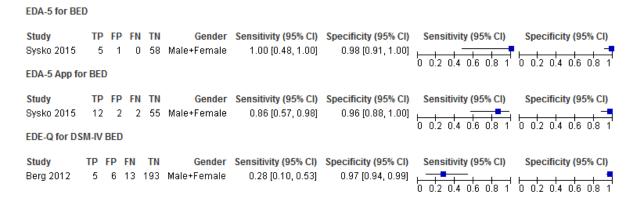
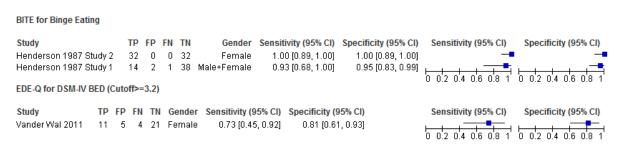


Figure 24: Forest plots of sensitivity and specificity of tools for assessment of binge eating disorder in adults – case control studies



M.2.61 EDNOS

4

7

2 Figure 25: Forest plots of sensitivity and specificity of tools for assessment of EDNOS 3 in adults – cohort and cross-sectional studies

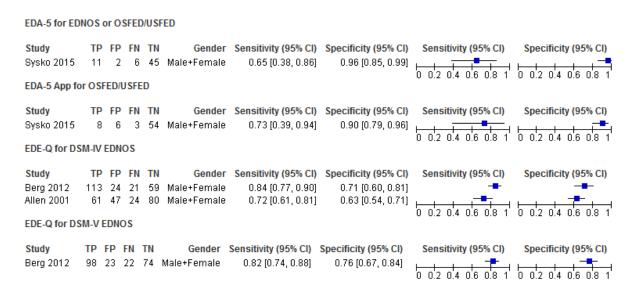
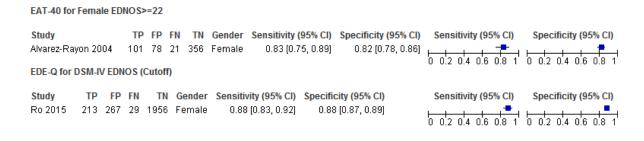


Figure 26: Forest plots of sensitivity and specificity of tools for assessment of EDNOS in adults – case control studies



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

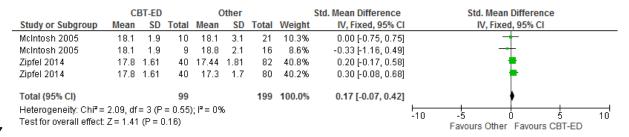
10 pharmacological intervention produce benefits/harms in

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

	CE	3T-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	2.8	1.7	9	1.8	1.6	16	46.5%	0.59 [-0.24, 1.43]		-	
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 I²=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

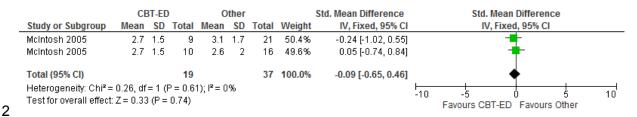
	CE	BT-ED)	0	ther			Std. Mean Difference		Std. Mea	n Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95%	6 CI	
McIntosh 2005	1.7	1.7	9	2.5	1.2	21	49.6%	-0.57 [-1.37, 0.22]		4			
McIntosh 2005	1.7	1.7	10	1.8	1.6	16	50.4%	-0.06 [-0.85, 0.73]		-	+		
Total (95% CI)			19			37	100.0%	-0.31 [-0.87, 0.25]			•		
Heterogeneity: Chi ^z = Test for overall effect:		,		7); I² = 0	1%				-10	-5 Favours CBT-EI	0 Favo	5 ours Other	10

14 Figure 30: EDE-weight concern

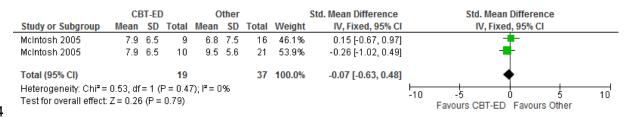
	CE	BT-ED)	0	ther			Std. Mean Difference		Std. Mean D)ifference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed,	95% CI		
McIntosh 2005	2.4	1.5	10	1.8	1.5	16	49.3%	0.39 [-0.41, 1.19]		-	F		
McIntosh 2005	2.4	1.5	9	1.8	1.5	21	50.7%	0.39 [-0.40, 1.18]		†	H		
Total (95% CI)			19			37	100.0%	0.39 [-0.17, 0.95]		•	>		
Heterogeneity: Chi²=	0.00, df	= 1 (P = 1.0	$0); I^2 = 0$	%				-10	<u> </u>			40
Test for overall effect:	Z=1.36	(P =	0.17)						-10	Favours CBT-ED	Favours Oth	ner	10

13

1 Figure 31: EDE-shape concern



3 Figure 32: EDI-drive for thinness



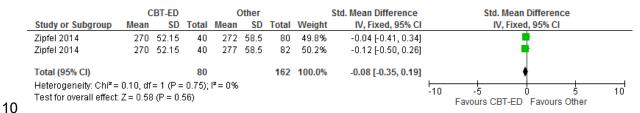
5 Figure 33: EDI-body dissatisfaction

	CE	BT-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	
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

	CE	BT-ED)	0	ther			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%	6 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	1%				-10	-5 Favours CBT-EI	0 Favo	5 ours Other	10

9 Figure 35: EDI-total



11 Figure 36: Depression

	CE	BT-ED)	O	ther			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 CO	
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: Chi ² = Test for overall effect		,		8); I² = 0	1%				-10	-5 (Favours CBT-ED) Favou	5 5	10

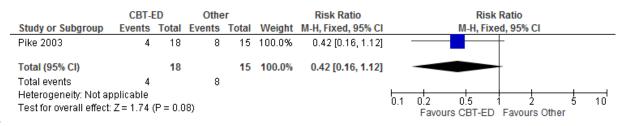
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1 Figure 37: General psychopathology

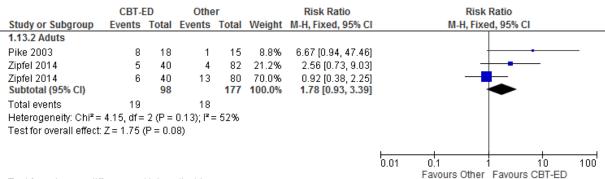
	CBT-E	D (hyb	rid)	(Other			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Zipfel 2014	0.77	0.36	40	0.86	0.45	80	49.9%	-0.21 [-0.59, 0.17]	=	
Zipfel 2014	0.77	0.36	40	0.89	0.45	82	50.1%	-0.28 [-0.66, 0.10]	•	
Total (95% CI)			80			162	100.0%	-0.25 [-0.52, 0.02]	•	
Heterogeneity: Chi ² = 0.07, df = 1 (P = 0.80); I ² = 0% Test for overall effect: $Z = 1.80$ (P = 0.07)									-10 -5 0 5 1 Favours CBT-ED (hybrid) Favours Other	ō

3 Figure 38: Relapse

2



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.

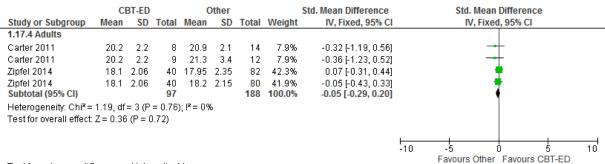
19 Figure 40: Remission (random effects)

	CBT-I	ED	Othe	r		Risk Ratio		Risk Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI		M-H, Random, 95% CI	
1.13.2 Aduts									
Pike 2003	8	18	1	15	20.6%	6.67 [0.94, 47.46]		-	_
Zipfel 2014	5	40	4	82	34.4%	2.56 [0.73, 9.03]		+	
Zipfel 2014 Subtotal (95% CI)	6	40 98	13	80 177	45.0% 100.0%	0.92 [0.38, 2.25] 1.97 [0.67, 5.80]			
Total events	19		18						
Heterogeneity: Tau ²	= 0.47; Ch	$i^2 = 4.1$	5, df = 2 (P = 0.1	3); $I^2 = 52$!%			
Test for overall effect	t: Z = 1.23	(P = 0.2)	22)						
							0.01	0.1 1 10	100
								Favours Other Favours CBT-ED	

¹ Test for subgroup differences: Not applicable

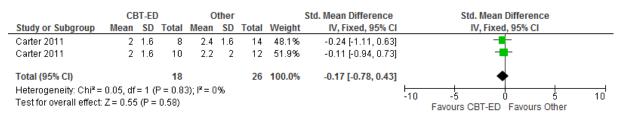
M.3.1.22 CBT-ED versus any other intervention in adults with anorexia nervosa at follow-up

3 Figure 41: Body mass index

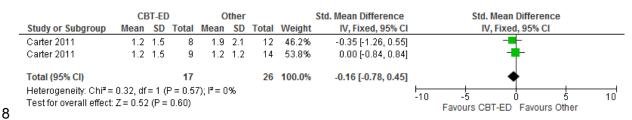


4 Test for subgroup differences: Not applicable

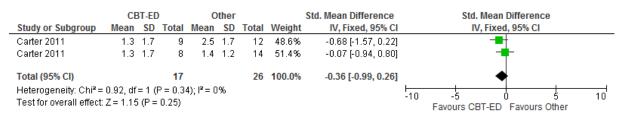
5 Figure 42: EDE-shape concern



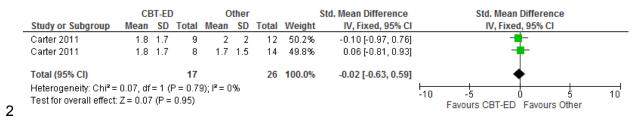
7 Figure 43: EDE-eating concern



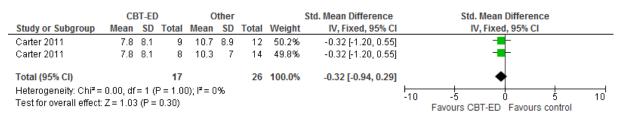
9 Figure 44: EDE-restraint



1 Figure 45: EDE-weight concern



3 Figure 46: EDI-body dissatisfaction



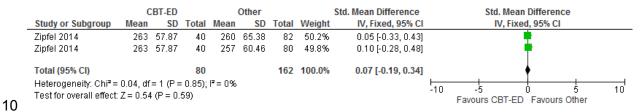
5 Figure 47: EDI-drive for thinness

	CE	BT-ED)	0	ther			Std. Mean Difference		Std. Mean Difference	
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 = 1.17, df = 1 (P = 0.28); l² = 15% Fest for overall effect: Z = 0.79 (P = 0.43)								-10	-5 0 5 Favours CBT-ED Favours contr	10

7 Figure 48: EDI-bulimia

	CE	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	, 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 20						100.0%	0.43 [-0.19, 1.06]			•		
Heterogeneity: Chi ² = 0.01, df = 1 (P = 0.93); I ² = 0% Test for overall effect: Z = 1.37 (P = 0.17)									-10	-5 Favours CB	0 T-ED Favoi	5 urs control	10

9 Figure 49: EDI-total



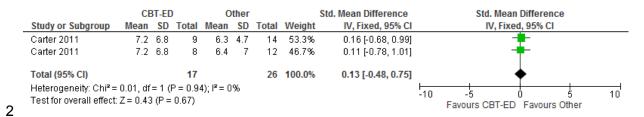
11 Figure 50: General psychopathology

	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]	†
Total (95% CI)			80			162	100.0%	0.03 [-0.24, 0.30]	•
Heterogeneity: Chi² = Test for overall effect:	•	•		I ² = 0%					-10 -5 0 5 10 Favours CBT-ED (hybrid) Favours Other

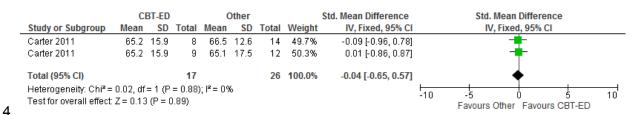
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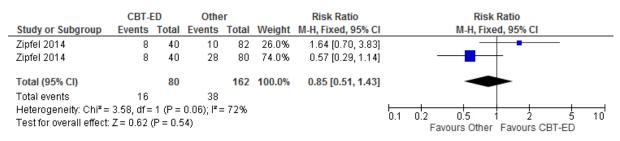
1 Figure 51: Depression



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

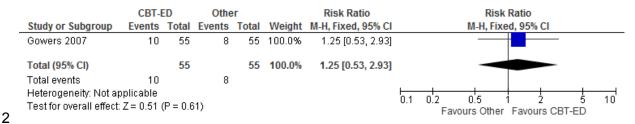
	CBT-ED Other D Mean SD Total Mean SD 1						!	Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV,	Random, 95	% CI	
Gowers 2007	18.7	2.1	50	19.4	2.7	48	100.0%	-0.29 [-0.69, 0.11]					
Total (95% CI)			50			48	100.0%	-0.29 [-0.69, 0.11]			•		
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

	CBT-ED Other Mean SD Total Mean SD Total							Std. Mean Difference		Std. Mea	ın Diff	erence		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95	5% 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 ap Test for overall effect:	•		0.45)						-10	-5 Favours CBT-E	0 D Fa	5 vours Oth	ier	10

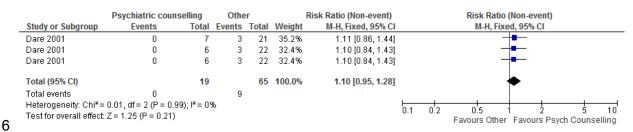
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1 Figure 56: Remission

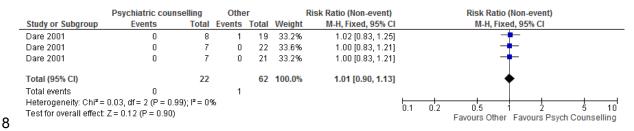


M.3.1.43 Psychiatric counselling versus any other intervention in adults with anorexia nervosa 4 at the end of treatment

5 Figure 57: Remission

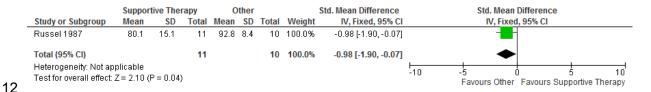


7 Figure 58: All-cause mortality

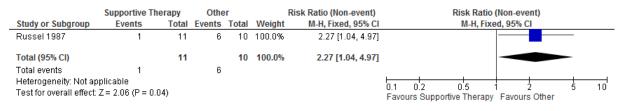


M.3.1.59 Supportive therapy versus any other intervention in young people with anorexia 10 nervosa at the end of treatment

11 Figure 59: Weight

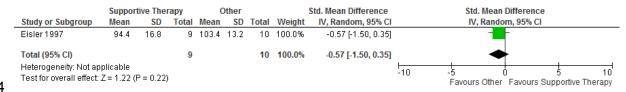


13 Figure 60: Remission



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

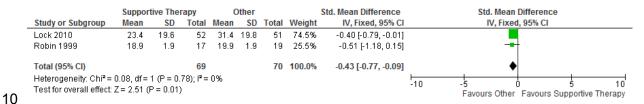


5 Figure 62: Remission

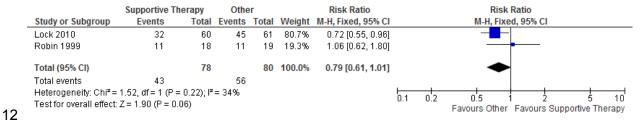


M.3.1.77 Adolescent-focused therapy versus any other intervention in young people with 8 anorexia nervosa at the end of treatment

9 Figure 63: Body weight

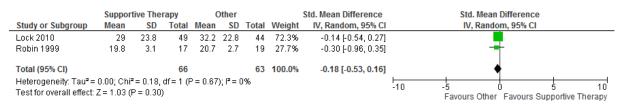


11 Figure 64: Remission

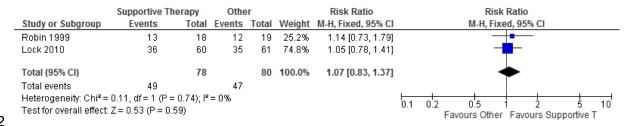


M.3.1.83 Adolescent-focused therapy versus any other intervention in young people with anorexia nervosa at follow-up

15 Figure 65: Body weight



1 Figure 66: Remission



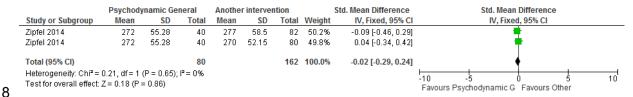
M.3.1.93 Psychodynamic general versus any other intervention in adults with anorexia nervosa 4 at the end of treatment

5 Figure 67: Body mass index

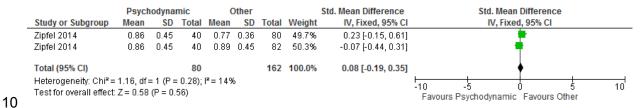
	Psychodyn	namic Ge	neral	Anothe	r intervei	ntion		Std. Mean Difference		Std. Me	an Differ	ence		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	xed, 95%	CI		
Zipfel 2014	17.3	1.7	40	17.75	1.61	80	49.6%	-0.27 [-0.65, 0.11]			-			
Zipfel 2014	17.3	1.7	40	17.44	1.81	82	50.4%	-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 Otl	0 ner Favo	5 urs Psycl	nodyna	10 amic

7 Figure 68: EDI-total

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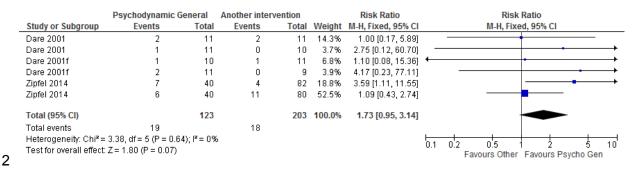
9 Figure 69: General psychopathology



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]			+		
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	f urs Psycho (10 Gen

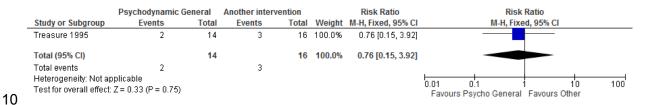
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7 Figure 73: General psychopathology

	Psychodynamic Other Mean SD Total Mean SD To							Std. Mean Difference		Std. Mea	n Diffe	erence		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	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 Ger	0 1 Fav	5 ours Oth	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]	+	
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 Di	fference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 9	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 F	5 avours 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

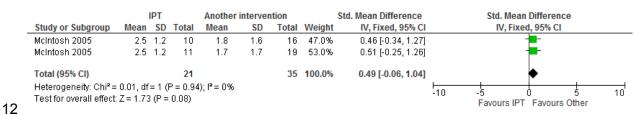
7 Figure 78: Body mass index

		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]			•		
Heterogeneity: Tau² = Test for overall effect				= 1 (P = 0).63); l² =	0%			-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]			•		
Heterogeneity: Chi² = Test for overall effect:		,			•				-10	-5 Favoui	0 rs IPT Favo	5 urs Other	10

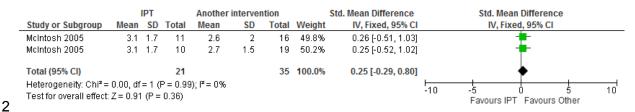
11 Figure 80: EDE-eating concern



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		IV	, 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: Chi² = Test for overall effect		,		3); I² = 0%					-10	-5 Favoui	0 's IPT Favo	5 urs Other	10

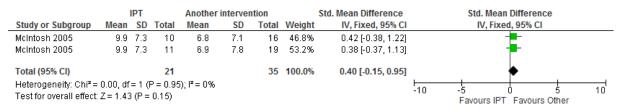
1 Figure 82: EDE-shape concern



3 Figure 83: General function



5 Figure 84: Depression



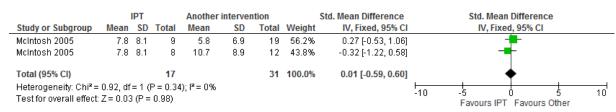
7 Figure 85: EDI-drive for thinness

		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		I\	, 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]			•		
Heterogeneity: Chi² = Test for overall effect:		,		6); I² = 0%					-10	-5 Favou	0 rs IPT Favo	5 ours Other	10

9 Figure 86: 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		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:	•	,		'); I² = 0%					-10	-5 Favou	0 's IPT Favoi	5 urs Other	10

11 Figure 87: EDI-body dissatisfaction

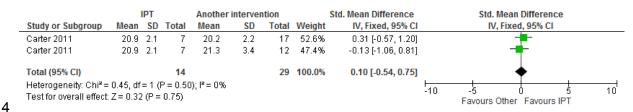


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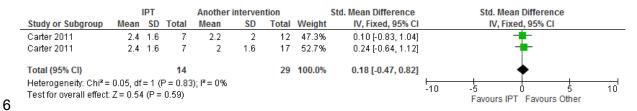
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M.3.1.121 Interpersonal therapy versus any other intervention in adults with anorexia nervosa at 2 follow-up

3 Figure 88: Body mass index



5 Figure 89: EDE-shape concern



7 Figure 90: EDE-eating concern

		IPT		Another	interve	ntion	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	
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 Favou	0 rs IPT Favo	5 urs Other	10

9 Figure 91: EDE-restraint

		IPT		Another	interver	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	
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]			•		
Heterogeneity: Chi² = Test for overall effect		,		i); I²= 20%	,				-10	-5 Favou	0 rs IPT Favo	5 ours Other	10

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	1.5	7	2	2	12	47.1%	-0.16 [-1.09, 0.78]			-		
Total (95% CI)			14			29	100.0%	-0.10 [-0.74, 0.54]			•		
Heterogeneity: Chi² = Test for overall effect:		,		3); I² = 0%					-10	-5 Favou	0 rs IPT Favo	5 urs Other	10

13 Figure 93: EDI-drive for thinness

		IPT		Another	interve	ntion	S	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	3.3	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]					
Total (95% CI)			14			29	100.0%	-0.54 [-1.19, 0.11]			•		
Heterogeneity: Chi ² =		,)); I²= 0%					-10	- 1	- -	 5	10
Test for overall effect	Z = 1.61	(P=	0.11)							Favour	s IPT Favo	urs Other	

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1 Figure 94: EDI-bulimia

		IPT		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		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:		,		?); I² = 0%					-10	-5 Favou	0 rs IPT Favo	5 urs Other	10

3 Figure 95: EDI-body dissatisfaction



5 Figure 96: Depression

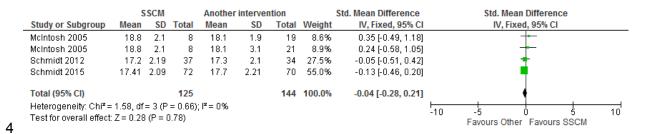


7 Figure 97: General function

		IPT		Anothe	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	
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 Favours	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

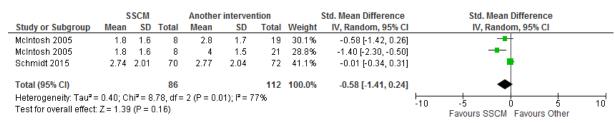


5 Figure 99: EDE-restraint

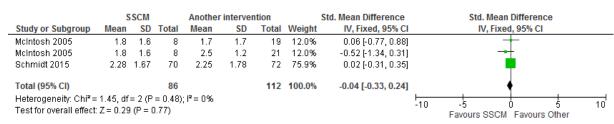
	5	SCM		Another	interve	ntion		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
McIntosh 2005	1.8	1.6	8	2.8	1.7	19	11.9%	-0.58 [-1.42, 0.26]			
McIntosh 2005	1.8	1.6	8	4	1.5	21	10.4%	-1.40 [-2.30, -0.50]			
Schmidt 2015	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]		•	
Heterogeneity: Chi² = Test for overall effect				; I² = 77%					-10	-5 0 5 Favours SSCM Favours 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)



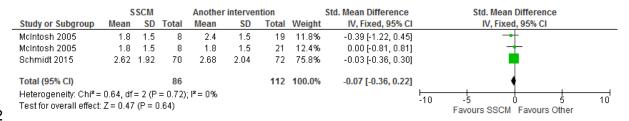
19 Figure 101: EDE-eating concern



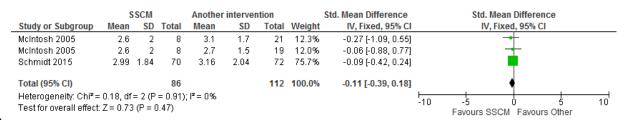
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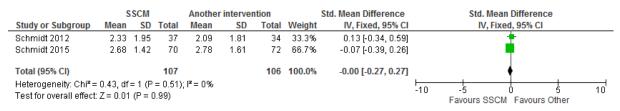
1 Figure 102: EDE-weight concern



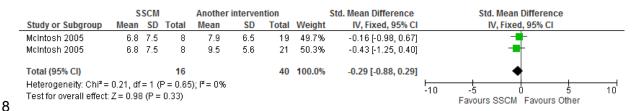
3 Figure 103: EDE-shape concern



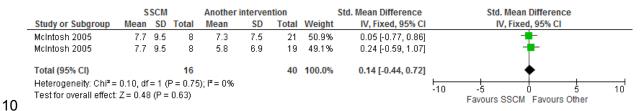
5 Figure 104: EDE-global



7 Figure 105: EDI-drive for thinness



9 Figure 106: EDI-body dissatisfaction



11 Figure 107: EDI-bulimia

	S	SCM		Another 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			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 S	0 SCM Favou	5 urs Other	10	

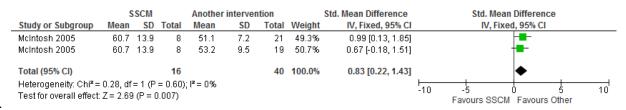
1 Figure 108: Depression

SSCM				Another	interve	ntion		Std. Mean Difference		Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	CI		
McIntosh 2005	6.8	7.1	8	6.9	7.8	19	8.8%	-0.01 [-0.84, 0.81]			+		
McIntosh 2005	6.8	7.1	8	9.9	7.3	21	8.8%	-0.42 [-1.24, 0.41]		-	+		
Schmidt 2012	8.16	6.57	37	8	5.89	34	27.6%	0.03 [-0.44, 0.49]			+		
Schmidt 2015	22.15	16.98	70	24.8	2.11	72	54.9%	-0.22 [-0.55, 0.11]			•		
Total (95% CI)			123			146	100.0%	-0.15 [-0.40, 0.09]			•		
Heterogeneity: Chi² = Test for overall effect		,		l² = 0%					-10	-5 Favours SSC	0 M Favo	5 urs Other	10

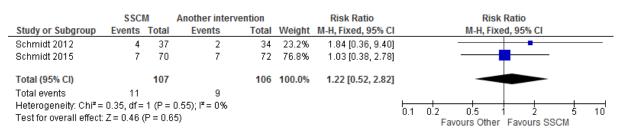
3 Figure 109: General function

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5 Figure 110: Remission

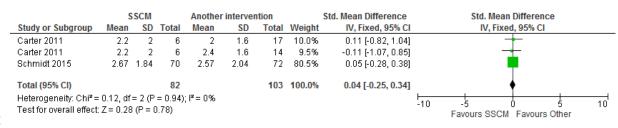


M.3.1.148 SSCM versus any other intervention in adults with anorexia nervosa at follow-up

9 Figure 111: Body mass index

	5	SSCM		Another intervention			Std. Mean Difference			Std. Mean Difference				
Study or Subgroup	Mean St		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 ² =	= 0.00; C	hi² = 2	.13, df=	4 (P = 0.1	71);	1%			10	<u> </u>	10			
Test for overall effect	Z = 0.73	3 (P = 0	0.47)						-10	Favours Other Favours SSC				

11 Figure 112: EDE-shape concerns



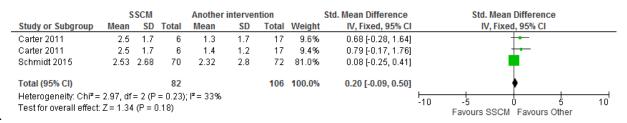
1 Figure 113: EDE-eating concern

SSCM				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, F			
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]			+		
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 SS	0 CM Favo	5 urs Other	10

3 Figure 114: EDE-restraint

2

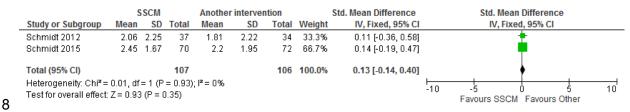
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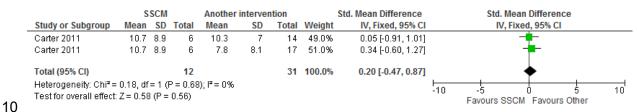
5 Figure 115: EDE-weight concern

		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.			
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]			•		
Heterogeneity: Chi² = Test for overall effect	•			; l² = 0%					-10	-5 Favours S	0 SCM Favou	5 urs Other	10

7 Figure 116: EDE-global



9 Figure 117: EDI-body dissatisfaction



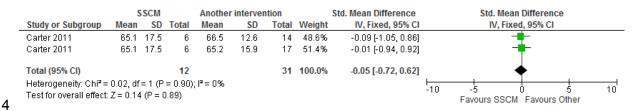
11 Figure 118: EDI-drive for thinness

	S	SCM		Another 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	
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: Chi² = Test for overall effect		,		0); I² = 6%					-10	-5 Favours S	0 SCM Favor	5 urs Other	10

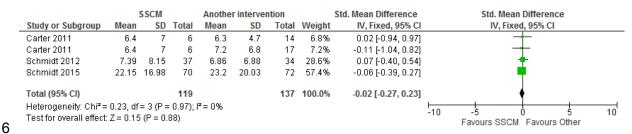
1 Figure 119: EDI-bulimia



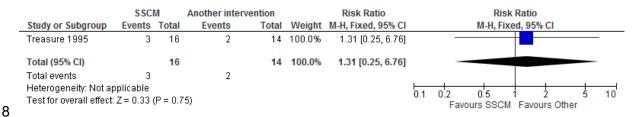
3 Figure 120: General function



5 Figure 121: Depression



7 Figure 122: Bulimia

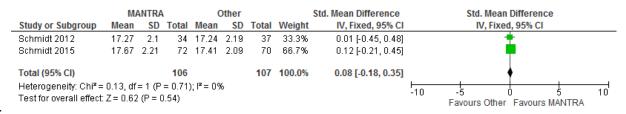


9 Figure 123: Remission

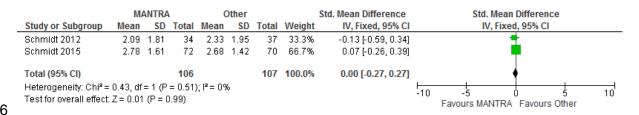


M.3.1.151 MANTRA versus any other intervention in adults with anorexia nervosa at the end of treatment

3 Figure 124: Body mass index



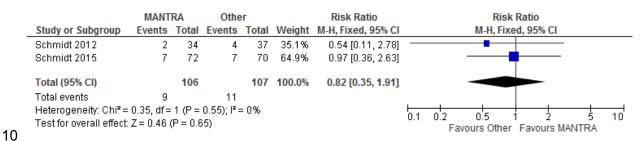
5 Figure 125: EDE-global



7 Figure 126: Depression

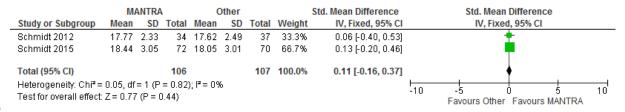
	MA	ANTRA			Other			Std. Mean Difference		Std. Me	an Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	xed, 95%	CI	
Schmidt 2012	8	5.89	34	8.16	6.57	37	33.3%	-0.03 [-0.49, 0.44]			+		
Schmidt 2015	24.8	17.9	72	24.92	15.48	70	66.7%	-0.01 [-0.34, 0.32]			-		
Total (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 ours Other	10

9 Figure 127: Remission

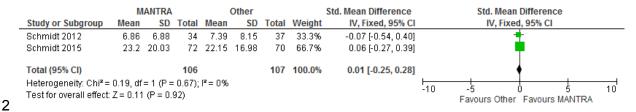


M.3.1.161 MANTRA versus any other intervention in adults with anorexia nervosa at follow-up

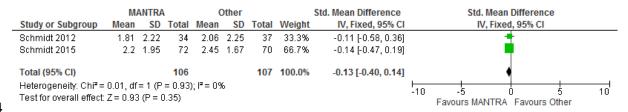
12 Figure 128: Body mass index



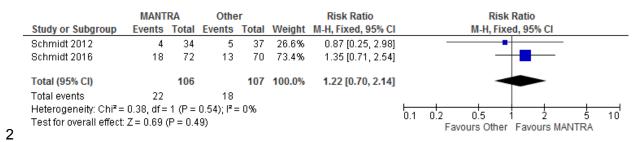
1 Figure 129: Depression



3 Figure 130: EDE-global

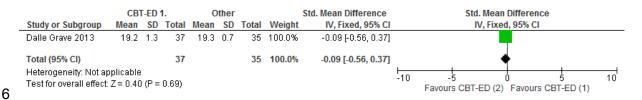


1 Figure 131: Remission



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



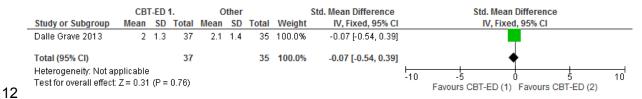
7 Figure 133: EDE-restraint

	CB	Γ-ED '	1.	0	ther			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		
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	-5 Favours CBT-ED (1)	0 5 Favours CBT	5 10 -ED (2)	

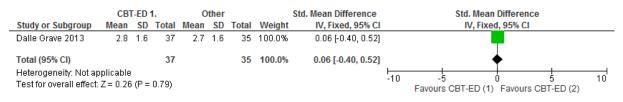
9 Figure 134: EDE-eating concern

	CBT	Γ-ED '	1.	O	ther			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	
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]		1	†		1
Heterogeneity: Not ap Test for overall effect:			0.69)						-10	-5 Favours CBT-E	Ö D (1) Favoi	5 urs CBT-ED	10

11 Figure 135: EDE-weight concern

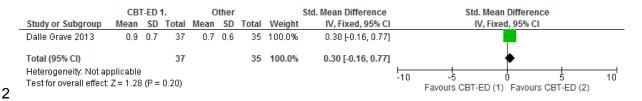


13 Figure 136: EDE-shape concern



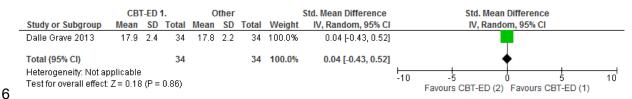
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1 Figure 137: General psychiatric feature



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



7 Figure 139: General psychiatric features

	CB1	-ED '	1.	CB	T-ED	2		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	
Dalle Grave 2013	0.9	0.7	34	0.8	0.7	34	100.0%	0.14 [-0.33, 0.62]				
Total (95% CI) Heterogeneity: Not ap Test for overall effect: :			34 0.56)			34	100.0%	0.14 [-0.33, 0.62]	-10	-5 Favours CBT-ED (1)	0 5	10

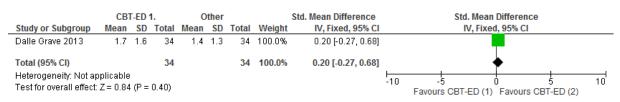
9 Figure 140: EDE-restraint

	CB.	T-ED '	1.	0	ther			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
Dalle Grave 2013	1.4	1.8	34	1.5	1.5	34	100.0%	-0.06 [-0.54, 0.42]	2]
Total (95% CI)			34			34	100.0%	-0.06 [-0.54, 0.42]	2]
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

	CB	Γ-ED '	1.	0	ther			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		
Dalle Grave 2013	1.4	1.3	34	1.4	1.3	34	100.0%	0.00 [-0.48, 0.48]					
Total (95% CI)			34			34	100.0%	0.00 [-0.48, 0.48]			•		
Heterogeneity: Not ap Test for overall effect:	•		1.00)						-10	-5 Favours CBT-ED (1)	0 Favours C	5 BT-ED (2)	10

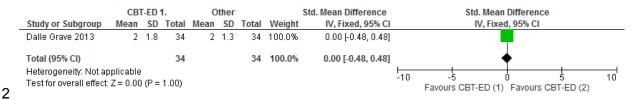
13 Figure 142: EDE-weight concern



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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

	(CBT		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	
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 C	0 other Favor	5 urs CBT	10

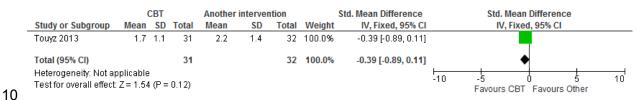
7 Figure 145: Depression

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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 Favour	0 S CBT Favo	5 urs Other	10

9 Figure 146: EDE-global



11 Figure 147: 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	8.0	31	1.4	0.6	32	100.0%	-0.28 [-0.78, 0.22]					
Total (95% CI)			31			32	100.0%	-0.28 [-0.78, 0.22]			•		
Heterogeneity: Not a Test for overall effect			0.27)						-10	-5 Favours	0 Other Favo	5 urs CBT	10

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

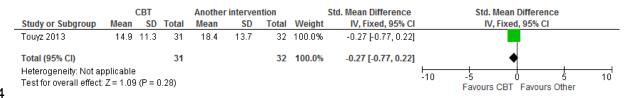
	S	SCM		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Touyz 2013	16.8	2	32	16.8	1.5	31	100.0%	0.00 [-0.49, 0.49]					
Total (95% CI)			32			31	100.0%	0.00 [-0.49, 0.49]			•		
Heterogeneity: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

1 Figure 149: Quality of life

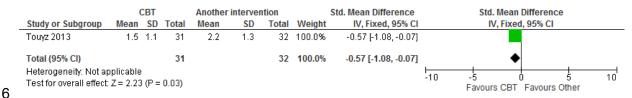
		CBT		Anothe	r interve	ntion		Std. Mean Difference		Std. I	Aean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Touyz 2013	1.2	0.7	31	1.3	0.7	32	100.0%	-0.14 [-0.64, 0.35]					
Total (95% CI)			31			32	100.0%	-0.14 [-0.64, 0.35]			•		
Heterogeneity: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

3 Figure 150: Depression

2



5 Figure 151: EDE-global

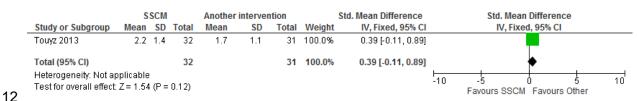


M.3.1.217 SSCM versus any other intervention in adults with severe anorexia nervosa at the end 8 of treatment

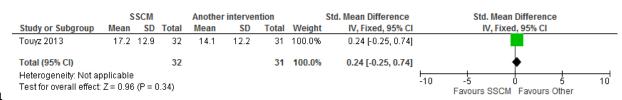
9 Figure 152: Body mass index

	S	SCM		Another	interver	ntion	9	Std. Mean Difference		Std. M	ean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 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 SS	0 CM Favo	5 ours Other	10

11 Figure 153: EDE-global



13 Figure 154: Depression



1 Figure 155: Quality of life

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	SSCM			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		
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 Favor	5 urs SSC	CM	10

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

5 Figure 156: Body mass index

	SSCM			Anothe	r interver	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	
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									-10	-5 Favours (0 Other Favo		10

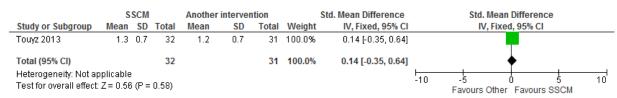
7 Figure 157: EDE-global

	S	SCM		Another	interver	ntion		Std. Mean Difference		Std. M	ean Diffe	rence	
Study or Subgroup				Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 959	% 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:	pplicable								-10	-5 Favours SS	0 CM Fav	5 ours Other	10

9 Figure 158: Depression



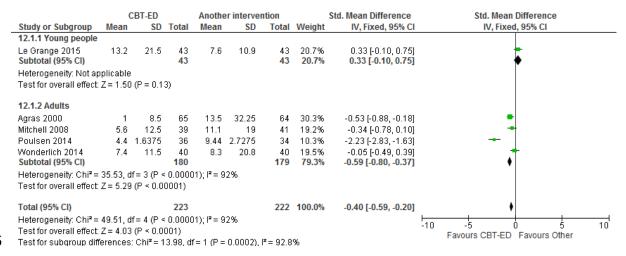
11 Figure 159: Quality of life



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

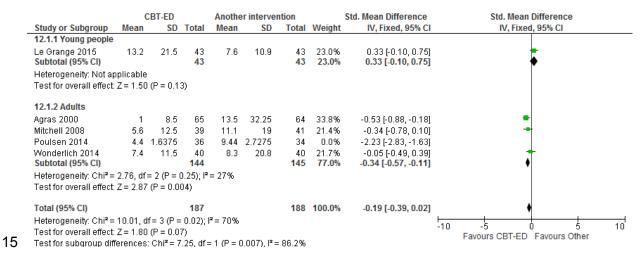
4 Figure 160: Purges in young people and adults



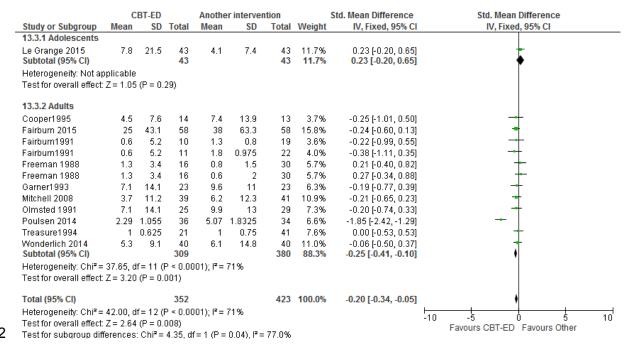
6 Heterogeneity was detected in adults at I²=92%. One paper by Poulsen 2014 carried a high 7 risk of bias given that the duration of the two treatments arms, CBT-ED and psychodynamic 8 therapy, were considerably different. CBT-ED was for 5 months while psychodynamic 9 therapy continued for 19 months 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

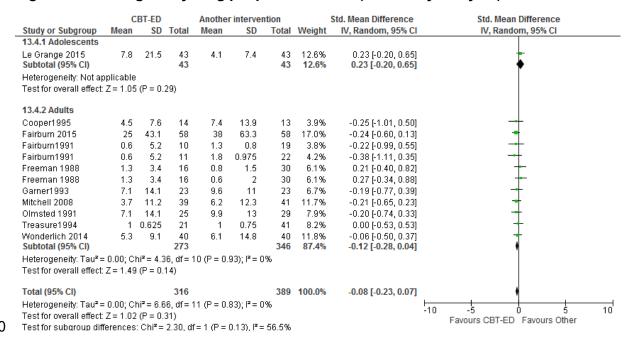


1 Figure 162: Binges in young people and adults



3 Heterogeneity was detected in adults at I²=71%. One paper by Poulsen 2014 carried a high 4 risk of bias given that the duration of the two treatments arms, CBT-ED and psychodynamic 5 therapy, were considerably different. CBT-ED was for 5 months while psychodynamic 6 therapy continued for 19 months thus making it difficult to compare end of treatment effects 7 and to account for inevitable improvements in people with an eating disorder that happen 8 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

	CBT-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	
Cooper1995	4.5	7.9	14	7.6	13.2	13	6.1%	-0.28 [-1.04, 0.48]		-+	
Fairburn 2015	22	37.9	58	31	51.7	58	26.4%	-0.20 [-0.56, 0.17]		-	
Fairburn1991	1.5	0.65	21	0.9	0.725	19	8.3%	0.86 [0.21, 1.51]			
Fairburn1991	1.5	0.65	21	5.5	3.325	22	7.2%	-1.62 [-2.32, -0.92]			
Freeman 1988	1	2.5	16	0.3	0.8	30	9.3%	0.43 [-0.18, 1.04]		 -	
Freeman 1988	1	2.5	16	0.6	0.9	30	9.5%	0.24 [-0.37, 0.85]		+	
Garner1993	7.5	1.5	25	16.7	18.5	25	10.8%	-0.69 [-1.26, -0.12]			
Olmsted 1991	7.5	13.5	25	19.3	34.1	29	12.0%	-0.44 [-0.98, 0.11]		 	
Treasure1994	0	0.625	21	1	0.75	41	10.3%	-1.39 [-1.97, -0.81]			
Total (95% CI)			217			267	100.0%	-0.32 [-0.51, -0.13]		•	
Heterogeneity: Chi ² =	50.03, d	lf=8 (P	< 0.000	001); l ² = 3	84%				10	<u>_</u>	4.0
Test for overall effect									-10	-5 0 5 Favours CBT-ED Favours Other	10

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

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

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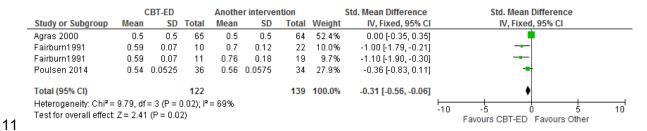
2

	CBT-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	
Cooper1995	4.5	7.9	14	7.6	13.2	13	10.1%	-0.28 [-1.04, 0.48]		-	
Fairburn 2015	22	37.9	58	31	51.7	58	12.5%	-0.20 [-0.56, 0.17]		+	
Fairburn1991	1.5	0.65	21	0.9	0.725	19	10.8%	0.86 [0.21, 1.51]		-	
Fairburn1991	1.5	0.65	21	5.5	3.325	22	10.5%	-1.62 [-2.32, -0.92]			
Freeman 1988	1	2.5	16	0.3	0.8	30	11.0%	0.43 [-0.18, 1.04]		 -	
Freeman 1988	1	2.5	16	0.6	0.9	30	11.1%	0.24 [-0.37, 0.85]		+	
Garner1993	7.5	1.5	25	16.7	18.5	25	11.3%	-0.69 [-1.26, -0.12]			
Olmsted 1991	7.5	13.5	25	19.3	34.1	29	11.5%	-0.44 [-0.98, 0.11]		 	
Treasure1994	0	0.625	21	1	0.75	41	11.2%	-1.39 [-1.97, -0.81]		-	
Total (95% CI)			217			267	100.0%	-0.34 [-0.82, 0.14]		•	
Heterogeneity: Tau ² =	= 0.45; Cl	hi² = 50	.03, df=	8 (P < 0.	00001); I	² = 84%			10		4.0
Test for overall effect:	st for overall effect: Z = 1.39 (P = 0.17)								-10	-5 U 5 Favours CBT-ED Favours Other	10

8 Figure 166: Laxative use

CBT-ED Another intervention Std. Mean Difference Std. Mean Difference SD Total Total Weight IV, Fixed, 95% CI Study or Subgroup Mean Mean IV, Fixed, 95% CI 58 Fairburn 2015 26 44.8 13 21.7 58 58.2% 0.37 [-0.00, 0.73] -0.22 [-0.83, 0.39] 16 Freeman 1988 1.3 4.4 4.3 16.4 30 21.2% Freeman 1988 13 44 16 0.01 0.01 30 20.7% 0.49 [-0.12, 1.11] Total (95% CI) 118 100.0% 0.27 [-0.01, 0.55] 90 Heterogeneity: $Chi^2 = 3.24$, df = 2 (P = 0.20); $I^2 = 38\%$ -10 10 -5 Test for overall effect: Z = 1.89 (P = 0.06) Favours CBT-ED Favours Other

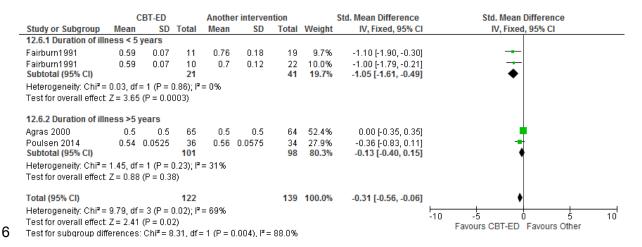
10 Figure 167: Symptom check-list (SCL-90-R)



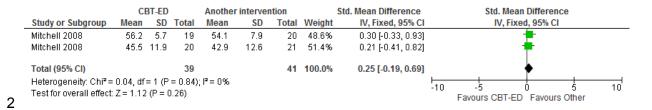
Heterogeneity was detected at I²=69%. Removing Poulsen the study that carried a risk of bias because of different durations of treatment did not reduce the heterogeneity. However, an exploration of the other variables showed that duration of illness may explain the heterogeneity. A shorter duration of illness (<5 years) showed a better response to CBT-ED

- 1 treatment compared with those who had endured a longer duration of illness (>5 years).
- 2 Severity of illness was not different based on the number of binges per month was not
- 3 different and the populations included all had comorbidities of varying degrees.

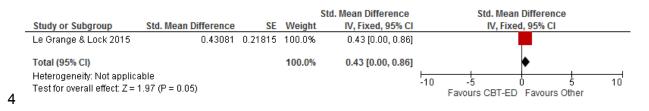
4 Figure 168: Symptom check-list (SCL-90-R) with sub-group analysis for duration of illness



1 Figure 169: Quality of life

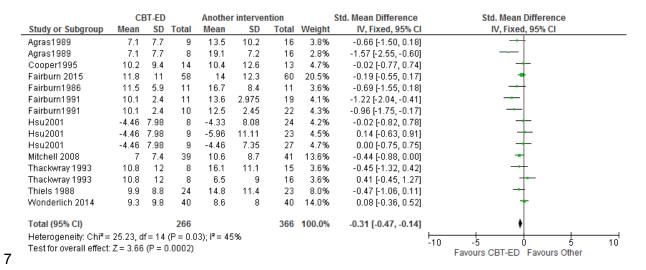


3 Figure 170: Depression in young people

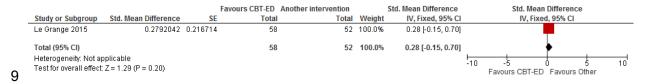


6 Figure 171: Depression in adults

5



8 Figure 172: EDE-total in young people



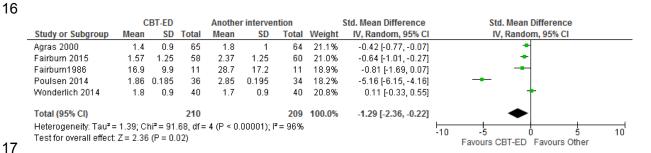
10 Figure 173: EDE-total in adults

1

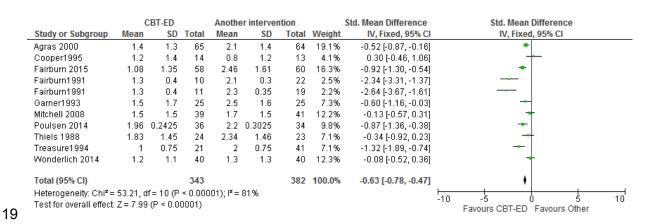
	CBT-ED			Anothe	r interve	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Agras 2000	1.4	0.9	65	1.8	1	64	35.7%	-0.42 [-0.77, -0.07]	=
Fairburn 2015	1.57	1.25	58	2.37	1.25	60	31.7%	-0.64 [-1.01, -0.27]	-
Fairburn1986	16.9	9.9	11	28.7	17.2	11	5.7%	-0.81 [-1.69, 0.07]	
Poulsen 2014	1.86	0.185	36	2.85	0.195	34	4.4%	-5.16 [-6.15, -4.16]	
Wonderlich 2014	1.8	0.9	40	1.7	0.9	40	22.6%	0.11 [-0.33, 0.55]	<u>†</u>
Total (95% CI)			210			209	100.0%	-0.60 [-0.81, -0.39]	•
Heterogeneity: Chi ² =					-10 -5 0 5 10				
restroi overali ellect	est for overall effect: Z = 5.62 (P < 0.00001)								Favours CBT-ED Favours Other

2 Heterogeneity was detected in adults at I²=96%. Removing Poulsen the study that carried a 3 risk of bias because of different durations of treatment significantly reduced the heterogeneity 4 to 60% but not to acceptable levels. All of the studies included a population with mental 5 health comorbidities, such as depression and anxiety, so this could not explain any 6 variability. Duration of illness could not explain the variability, because of the studies that 7 reported this, it was not significantly different. Severity of illness was difficult to guage. One 8 study, Fairburn 1986 reported the participants had a high EAT score and could be 9 considered having a severe illness but a sensitivity analysis showed it did not explain the 10 heterogeneity. Another study by Fairburn 2015 appeared to include people with a lower 11 severity of illness given the baseline number of binges was a median of 14 per month, whilst 12 the other studies had a mean of 20-25 or a median of 25 binges per month. However, this 13 did not explain the heterogeneity. In the absence of a good explanation of heterogeneity 14 random effects are presented.

15 Figure 174: EDE-total in adults with random effects



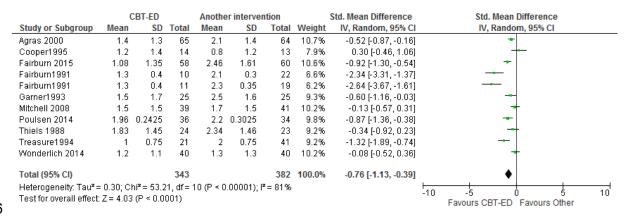
18 Figure 175: EDE-dietary restraint



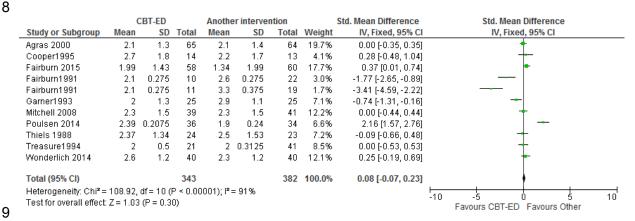
Heterogeneity was detected in adults at I²=81%. Removing Poulsen 2014, which carried a risk of bias because of different durations of treatment had no effect on heterogeneity. All of the studies included a population with mental health comorbidities, such as depression and anxiety, so this could not 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 176: EDE-dietary restraint with random effects

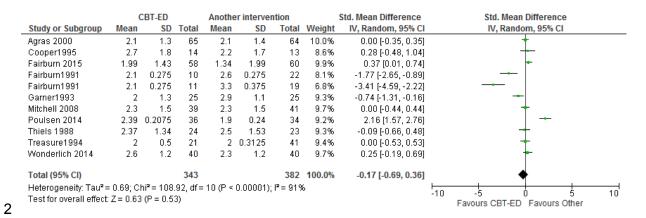


7 Figure 177: EDE-shape concern

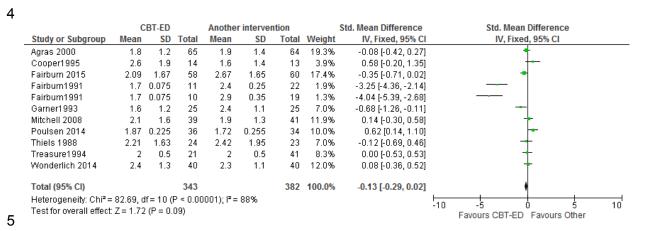


Heterogeneity was detected in adults at I²=91%. Removing Poulsen the study that carried a risk of bias because of different durations of treatment had no effect on heterogeneity. All of the studies included a population with mental health comorbidities, such as depression and anxiety, so this could not 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 binges of less than 18 per month were separated from those with more than 18 per month, heterogeneity was still detected in one of the subgroups. In the absence of a good explanation of heterogeneity random effects are presented.

1 Figure 178: EDE-shape concern with random effects

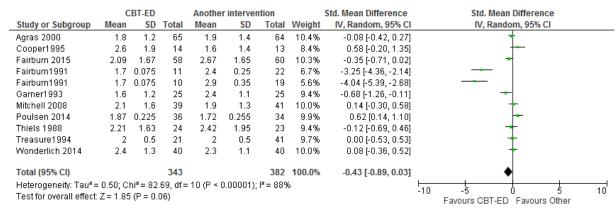


3 Figure 179: EDE-weight concern



6 Heterogeneity was detected in adults at I²=88%. Removing Poulsen the study that carried a 7 risk of bias because of different durations of treatment had no effect on heterogeneity. All of 8 the studies included a population with mental health comorbidities, such as depression and 9 anxiety, so this could not explain any variability. Duration of illness could not explain the 10 variability: only one study by Fairburn 1991 appeared to have a population that had been ill 11 for less than 5 years and a sub-group analysis showed heterogeneity was not reduced. Nor 12 did severity of illness appear to explain the heterogeneity. When studies with a number of 13 binges of less than 18 per month were separated from those with more than 18 per month, 14 heterogeneity was still detected in one of the subgroups. In the absence of a good 15 explanation of heterogeneity random effects are presented.

16 Figure 180: EDE-weight concern with random effects



1 Figure 181: EDE-eating concern

	(CBT-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	
Agras 2000	0.7	0.8	65	1.1	1.1	64	27.0%	-0.41 [-0.76, -0.07]		-	
Fairburn 2015	1.12	1.21	58	1.83	1.4	60	24.4%	-0.54 [-0.91, -0.17]		-	
Mitchell 2008	0.7	1	39	0.8	1	41	17.1%	-0.10 [-0.54, 0.34]		+	
Poulsen 2014	1.24	0.1925	36	1.13	0.215	34	14.4%	0.53 [0.06, 1.01]		 -	
Wonderlich 2014	1	0.7	40	0.9	0.7	40	17.1%	0.14 [-0.30, 0.58]		†	
Total (95% CI)			238			239	100.0%	-0.16 [-0.34, 0.02]		•	
Heterogeneity: Chi²=				; I² = 75%	•				-10	-5 0 5	10
Test for overall effect:	Z = 1.71	(P = 0.0)	9)							Favours CBT-ED Favours Other	

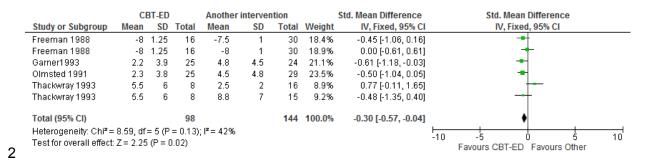
3 Heterogeneity was detected in adults at I²=75%. Removing Poulsen the study that carried a
4 risk of bias because of different durations of treatment had no effect on heterogeneity. All of
5 the studies included a population with mental health comorbidities, such as depression and
6 anxiety, so this could not explain any variability. Duration of illness could not explain the
7 variability since they all had the illness for more than 5 years (except it was unclear in
8 Wonderlich 2014). Nor did severity of illness appear to explain the heterogeneity. When
9 studies with a number of binges of less than 18 per month were separated from those with
10 more than 18 per month, heterogeneity was still detected in one of the subgroups. In the
11 absence of a good explanation of heterogeneity random effects are presented.

13 Figure 182: EDE-eating concern with random effects

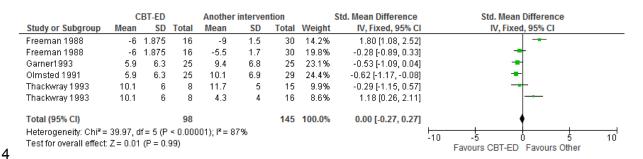
	(CBT-ED		Anothe	r intervei	ntion		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI	
Agras 2000	0.7	0.8	65	1.1	1.1	64	21.6%	-0.41 [-0.76, -0.07]		*	
Fairburn 2015	1.12	1.21	58	1.83	1.4	60	21.1%	-0.54 [-0.91, -0.17]		-	
Mitchell 2008	0.7	1	39	0.8	1	41	19.4%	-0.10 [-0.54, 0.34]		+	
Poulsen 2014	1.24	1.24 0.1925 36			0.215	34	18.5%	0.53 [0.06, 1.01]		-	
Wonderlich 2014	1	0.7	40	0.9	0.7	40	19.4%	0.14 [-0.30, 0.58]		<u>†</u>	
Total (95% CI)			238			239	-0.10 [-0.46, 0.27]		•		
Heterogeneity: Tau ² = Test for overall effect:			•	-10	-5 0 5 Favours CBT-ED Favours Other	10					

12

1 Figure 183: EDI-bulimia

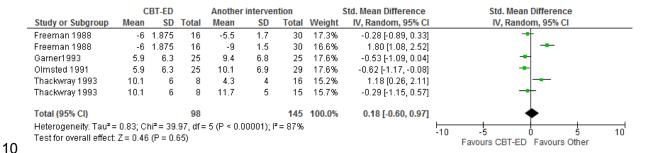


3 Figure 184: EDI-drive for thinness



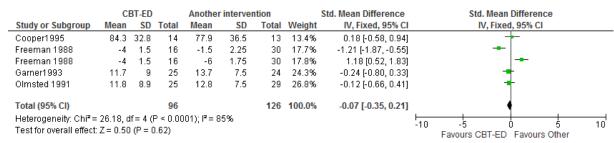
5 Heterogeneity was detected at $I^2 = 87\%$. All the studies appeared to have a similar duration 6 of illness and severity of illness based on the number of binges per month, in addition to 7 having comorbidities. Thus, no variable appeared to explain the heterogeneity and random 8 effects were presented.

9 Figure 185: EDI-drive for thinness with random effects



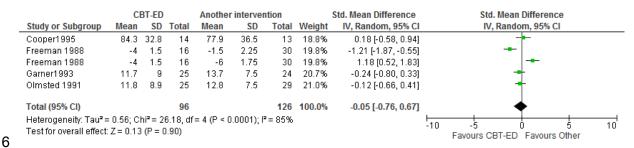
12 Figure 186: EDI-body dissatisfaction

13

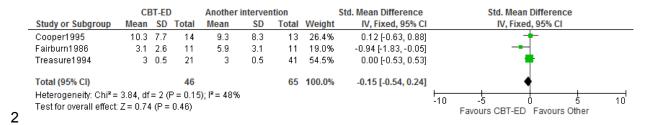


- 1 Heterogeneity was detected at $I^2 = 85\%$. All the studies appeared to have a similar duration
- 2 of illness and severity of illness based on the number of binges per month, in addition to
- 3 having comorbidities. Thus, no variable appeared to explain the heterogeneity and random
- 4 effects were prestented.

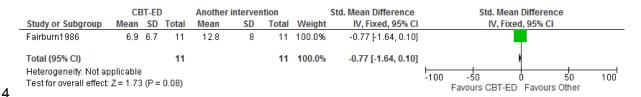
5 Figure 187: EDI-body dissatisfaction with random effects



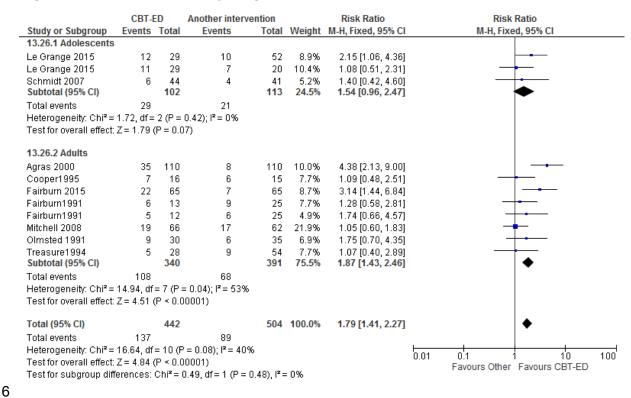
1 Figure 188: Global clinical score



3 Figure 189: General psychopathology



5 Figure 190: Remission for young people and adults with bulimia nervosa



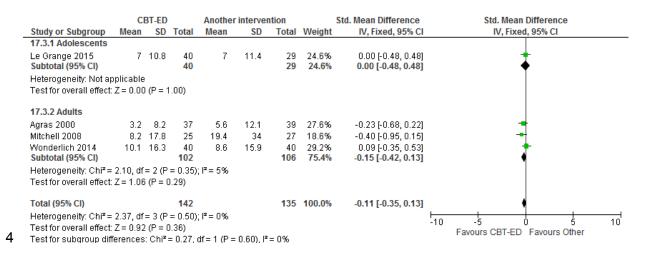
8 Figure 191: Bulimic inventory test edinburgh

7

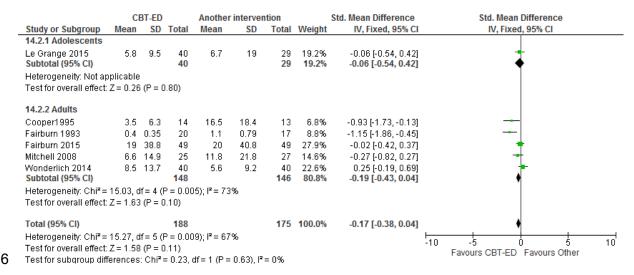
	С	BT-ED		Anothe	r interve	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	Mean SD Total 17 13.1 24			SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Thiels 1988	17	13.1	24	27	12.3	23	100.0%	-0.77 [-1.37, -0.18]	
Total (95% CI)			24			23	100.0%	-0.77 [-1.37, -0.18]	· ◆
Heterogeneity: Not ap Test for overall effect:			0.01)						-10 -5 0 5 10 Favours CBT-ED Favours Other

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

3 Figure 192: Purges for young people and adults



5 Figure 193: Binges for young people and adults



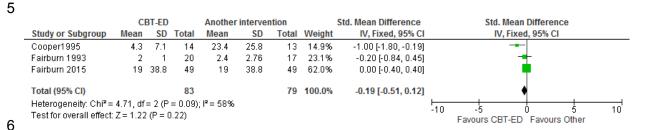
- 7 Heterogeneity was detected in adults at I²=67%. No studies clearly showed a risk of bias,
- 8 duration of illness was not reported in all studies and severity of illness based on number of
- 9 binges per month was difficult to separate when one study reported median versus mean
- 10 and the remainder 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 194: Binges with random effects

	CBT-ED Mean SD Total			Another	interver	ition		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
14.2.1 Adolescents									
Le Grange 2015 Subtotal (95% CI)	5.8	9.5	40 40	6.7	19	29 29	18.3% 18.3%	-0.06 [-0.54, 0.42] - 0.06 [-0.54, 0.42]	†
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 0.26	(P = 0)	0.80)						
14.2.2 Adults									
Cooper1995	3.5	6.3	14	16.5	18.4	13	12.0%	-0.93 [-1.73, -0.13]	 -
Fairburn 1993	0.4	3.5 6.3 14 0.4 0.35 20		1.1	0.79	17	13.7%	-1.15 [-1.86, -0.45]	
Fairburn 2015	19	38.8	49	20	40.8	49	20.1%	-0.02 [-0.42, 0.37]	+
Mitchell 2008	6.6	14.9	25	11.8	21.8	27	16.8%	-0.27 [-0.82, 0.27]	
Wonderlich 2014 Subtotal (95% CI)	8.5	13.7	40 148	5.6	9.2	40 146	19.1% 81.7%	0.25 [-0.19, 0.69] - 0.35 [-0.83, 0.12]	•
Heterogeneity: Tau ² =	0.21; CI	ni² = 1:	5.03, df	= 4 (P = 0)	i.005); i² :	= 73%			
Test for overall effect:	Z = 1.46	(P = 0)	0.14)						
Total (95% CI)			188			175	100.0%	-0.28 [-0.66, 0.10]	•
Heterogeneity: Tau ² =	0.15; CI	ni² = 1:	5.27, df	= 5 (P = 0	i.009); l² :	= 67%			-10 -5 0 5 10
Test for overall effect:	Z = 1.47	(P = 0)	0.14)						Favours CBT-ED Favours Other
Test for subgroup diff	erences	: Chi²:	= 0.71, 0	df = 1 (P =	0.40), 12	= 0%			1 avouis Objects 1 avouis Otilei

4 Figure 195: Vomiting

2

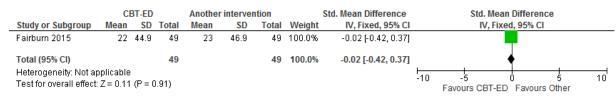


7 Heterogeneity was detected in adults at I²=58%. Cooper was a significant outlier that when it 8 was removed from the analysis heterogeneity was reduced to 0% but there was no real 9 justification for removing or separating this study based on risk of bias or a difference in 10 comorbidities, duration or severity of illness. In the absence of an explanation, random 11 effects were presented

12 Figure 196: Vomiting with random effects for adults

	CBT-ED Mean SD Total				interve			Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI	
Cooper1995	4.3	7.1	14	23.4	25.8	13	24.8%	-1.00 [-1.80, -0.19]		-	
Fairburn 1993	2	2 1 20 2. 19 38.8 49 19			2.76	17	31.2%	-0.20 [-0.84, 0.45]		-+	
Fairburn 2015	19						44.0%	0.00 [-0.40, 0.40]		†	
Total (95% CI)			83			79	100.0%	-0.31 [-0.84, 0.22]		•	
Heterogeneity: Tau ² :				2 (P = 0.1	09); I z = 6	18%			-10	-5 1 5	10
Test for overall effect	Z = 1.14	P = 0	0.26)						-10	Favours CBT-ED Favours Other	

14 Figure 197: Laxative use



1 Figure 198: Symptom check-list (SCL-90-R)

	CBT-ED			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	
Agras 2000	0.5	0.6	65	0.5	0.6	64	77.8%	0.00 [-0.35, 0.35]					
Fairburn 1993	0.46	0.125	20	0.45	0.12	17	22.2%	0.08 [-0.57, 0.73]			+		
Total (95% CI)			85			81	100.0%	0.02 [-0.29, 0.32]			+		
Heterogeneity: Chi² = Test for overall effect				l² = 0%					-10	-5 Favours CB	0 T-ED Favor	5 urs Other	10

3 Figure 199: Quality of life

2

4

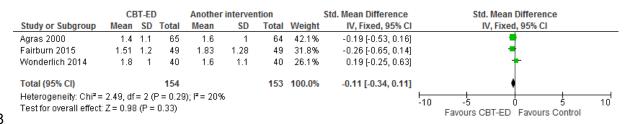
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	CI	BT-ED		Anothe	r interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Mitchell 2008	43.5	14.4	14	42.7	12.8	12	50.0%	0.06 [-0.71, 0.83]			-		
Mitchell 2008	53.6	9.3	13	55.4	5.3	13	50.0%	-0.23 [-1.00, 0.54]			-		
Total (95% CI)			27			25	100.0%	-0.09 [-0.63, 0.46]			•		
Heterogeneity: Chi²=				I² = 0%					-10	-5			10
Test for overall effect	Z = 0.31	(P = 0	0.76)							Favours	Other Favo	urs CBT-E	

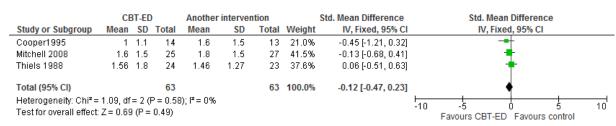
5 Figure 200: Depression

	C	BT-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
Cooper1995	8	9.4	14	13	10.8	13	6.6%	-0.48 [-1.25, 0.29]		
Fairburn 1993	8.3	2.975	20	7.7	2.4	17	9.2%	0.22 [-0.43, 0.86]		+
Fairburn 2015	12.4	12.1	49	12.6	10.8	49	24.7%	-0.02 [-0.41, 0.38]		+
Fairburn1986	9.2	7.2	11	17.6	7	11	4.6%	-1.14 [-2.05, -0.22]		
Mitchell 2008	9.1	9.3	25	8.7	7.9	27	13.1%	0.05 [-0.50, 0.59]		+
Thackwray 1993	7.2	7	8	9.6	8	16	5.3%	-0.30 [-1.15, 0.55]		-
Thackwray 1993	7.2	7	8	19.3	12	15	4.5%	-1.10 [-2.03, -0.17]		
Thiels 1988	11.4	10.5	24	10.2	9.9	23	11.8%	0.12 [-0.46, 0.69]		+
Wonderlich 2014	8.9	9.3	40	10.4	11.5	40	20.1%	-0.14 [-0.58, 0.30]		*
Total (95% CI)			199			211	100.0%	-0.14 [-0.34, 0.05]		•
Heterogeneity: Chi ² =	: 12.33, d	lf = 8 (P	= 0.14)	; I² = 35%					<u> </u>	
Test for overall effect		,							-10	-5 0 5 10 Favours CBT-ED Favours Other

7 Figure 201: EDE-total



9 Figure 202: EDE-dietary restraint



1 Figure 203: EDE-shape concern

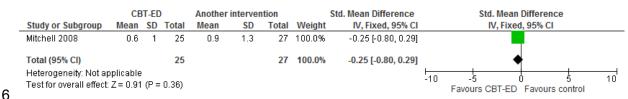
	C	BT-ED		Another	interver	ntion		Std. Mean Difference		Std. Mear	n Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	ed, 95%	CI	
Cooper1995	2.6	1.4	14	3.1	1.4	13	21.4%	-0.35 [-1.11, 0.42]		-	-		
Mitchell 2008	1.8	1.2	25	2.1	1.6	27	41.6%	-0.21 [-0.75, 0.34]		-	•		
Thiels 1988	2.32	1.68	24	1.68	1.43	23	37.0%	0.40 [-0.18, 0.98]			-		
Total (95% CI)			63			63	100.0%	-0.01 [-0.36, 0.34]			•		
Heterogeneity: Chi² :	= 3.21, df	= 2 (P	= 0.20)	; I²= 38%					-10	-5	╁─		10
Test for overall effect	Z = 0.08	(P=(0.95)						.0	Favours CBT-ED	Favoi	ırs Other	10

3 Figure 204: EDE-weight concern

2



5 Figure 205: EDE-eating concern



7 Figure 206: Global clinical score

	CE	3T-EC)	Anothe	r interve	ntion		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	
Fairburn1986	2.5	1.8	11	4.9	3.6	11	100.0%	-0.81 [-1.69, 0.07]		-			
Total (95% CI)			11			11	100.0%	-0.81 [-1.69, 0.07]		•	•		
Heterogeneity: Not ap Test for overall effect			0.07)						-10	-5 Favours CBT-E	0 Fav	5 ours Other	10

9 Figure 207: General psychopathology



11 Figure 208: Bulimic inventory test edinburgh

	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
Thiels 1988	15.4	14.2	24	18.2	12.5	23	100.0%	-0.21 [-0.78, 0.37]	
Total (95% CI) Heterogeneity: Not a Test for overall effect			24 0.48)			23	100.0%	-0.21 [-0.78, 0.37]	-10 -5 0 5 10 Favours CBT-ED Favours Other

1 Figure 209: EDI-bulimia



3

5

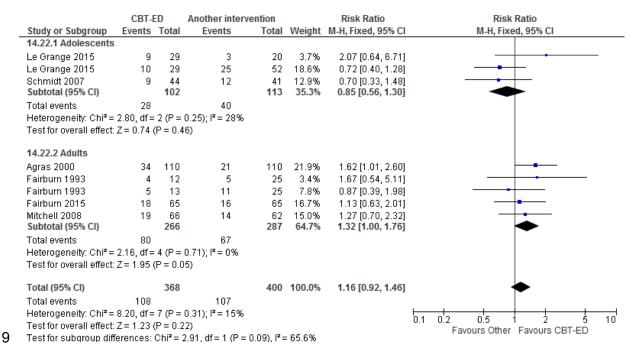
4 Figure 210: EDI-drive for thinness

	CE	BT-EC)	Another	interver	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	
Thackwray 1993	8.3	7	8	10.9	6	15	50.2%	-0.39 [-1.26, 0.47]			-		
Thackwray 1993	8.3	7	8	4.9	4	16	49.8%	0.64 [-0.23, 1.51]			-		
Total (95% CI)			16			31	100.0%	0.12 [-0.50, 0.73]			•		
Heterogeneity: Chi² = Test for overall effect				D); I² = 63%	•				-10	-5 Favours CBT-E	0 ED Favor	5 urs Control	10

6 Figure 211: EDI-body dissatisfaction



8 Figure 212: Remission in young people and adults



10

11

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 213: EDE-total



5 Figure 214: EDE-restraint

6

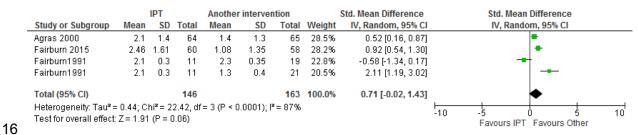
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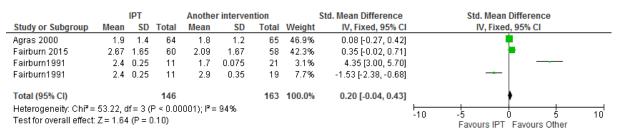
		IPT		Another	interve	ntion		Std. Mean Difference		Std. N	lean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% (CI	
Agras 2000	2.1	1.4	64	1.4	1.3	65	45.2%	0.52 [0.16, 0.87]			-		
Fairburn 2015	2.46	1.61	60	1.08	1.35	58	38.5%	0.92 [0.54, 1.30]			-		
Fairburn1991	2.1	0.3	11	2.3	0.35	19	9.7%	-0.58 [-1.34, 0.17]					
Fairburn1991	2.1	0.3	11	1.3	0.4	21	6.7%	2.11 [1.19, 3.02]				-	
Total (95% CI)			146			163	100.0%	0.67 [0.44, 0.91]			•		
Heterogeneity: Chi² = Test for overall effect					17%				-10	-5 Favours	0 IPT Favou	5 rs Other	10

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 215: EDE-restraint with random effects



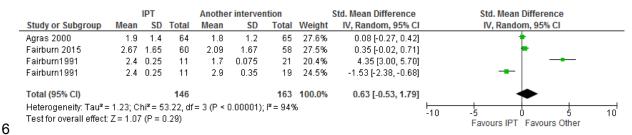
18 Figure 216: EDE-weight concern



20 Heterogeneity was detected at I²=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 217: EDE-weight concern with random effects



8 Figure 218: EDE-shape concern

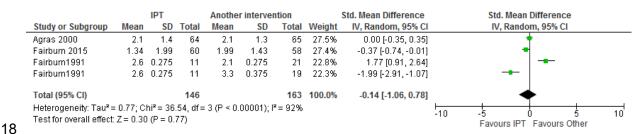
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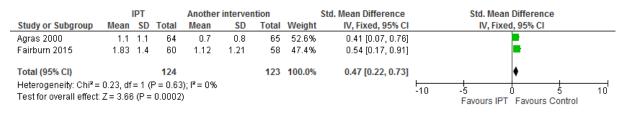
		IPT		Anothe	r interve	ntion		Std. Mean Difference		Std. M	ean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 95%	CI	
Agras 2000	2.1	1.4	64	2.1	1.3	65	45.5%	0.00 [-0.35, 0.35]			•		
Fairburn 2015	1.34	1.99	60	1.99	1.43	58	40.9%	-0.37 [-0.74, -0.01]			=		
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.

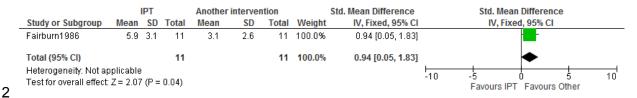
17 Figure 219: EDE-shape concern with random effects



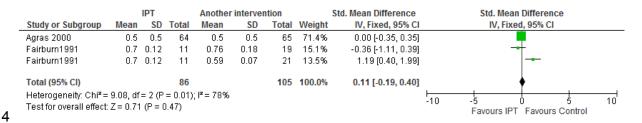
20 Figure 220: EDE-eating concern



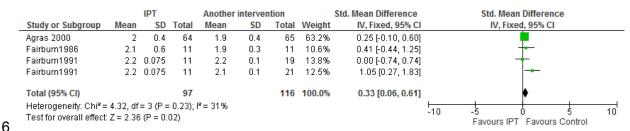
1 Figure 221: General clinical score



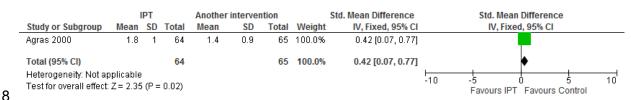
3 Figure 222: Symptom check-list



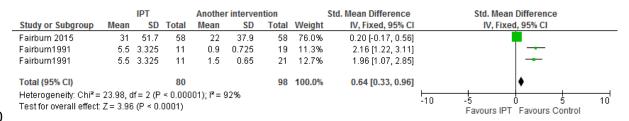
5 Figure 223: Social adjustment score



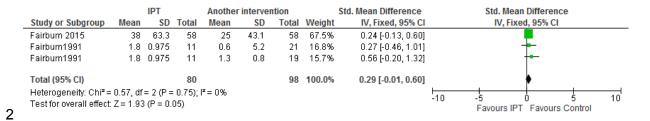
7 Figure 224: Purges



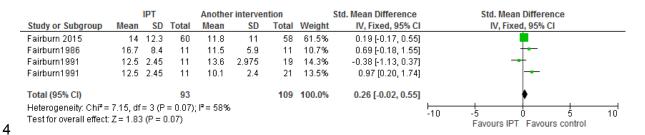
9 Figure 225: Vomiting



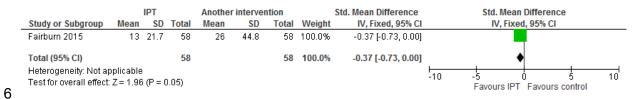
1 Figure 226: Binges



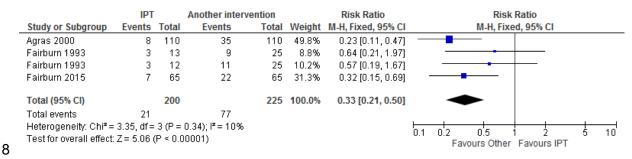
3 Figure 227: Depression



5 Figure 228: Laxative use

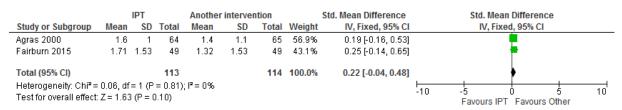


7 Figure 229: Remission



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

11 Figure 230: EDE-total

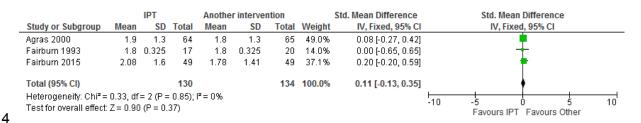


1 Figure 231: EDE-restraint

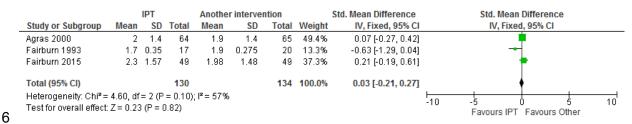
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		IPT		Anothe	r interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Agras 2000	1.8	1.4	64	1.4	1.5	65	49.3%	0.27 [-0.07, 0.62]			•		
Fairburn 1993	1.7	0.425	17	1.3	0.625	20	13.2%	0.72 [0.05, 1.39]			 		
Fairburn 2015	1.71	1.53	49	1.32	1.53	49	37.5%	0.25 [-0.14, 0.65]			<u>†</u>		
Total (95% CI)			130			134	100.0%	0.33 [0.08, 0.57]			*		
Heterogeneity: Chi ^z = Test for overall effect				l² = 0%					-10	-5 Favou	0 rs IPT Favo	5 urs Other	10

3 Figure 232: EDE-weight concern



5 Figure 233: EDE-shape concern



7 Figure 234: EDE-eating concern

		IPT		Anothe	r intervei	ntion		Std. Mean Difference		Std. Mean Di	fference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 9	5% 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: Chi ^z = Test for overall effect		,	,	; I² = 0%					-10	-5 0 Favours IPT F	5 avours Other	10

9 Figure 235: General clinical score

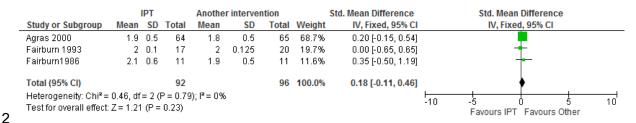
		IPT		Another	interver	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Fairburn1986	4.9	3.6	11	2.5	1.8	11	100.0%	0.81 [-0.07, 1.69]					
Total (95% CI)			11			11	100.0%	0.81 [-0.07, 1.69]			•		
Heterogeneity: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

11 Figure 236: Symptom check-list

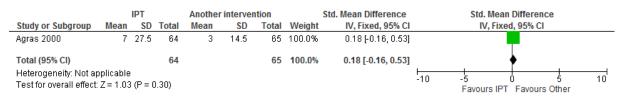
		IPT		Anothe	r interve	ntion		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95%	CI	
Agras 2000	0.5	0.6	64	0.5	0.6	65	77.8%	0.00 [-0.35, 0.35]					
Fairburn 1993	0.45	0.12	17	0.46	0.125	20	22.2%	-0.08 [-0.73, 0.57]			+		
Total (95% CI)			81			85	100.0%	-0.02 [-0.32, 0.29]			•		
Heterogeneity: Chi² =		,	,	; I² = 0%					-10	- 5	 	5	10
Test for overall effect:	Z = 0.11	(P = 0	J.91)							Favou	rs IPT Favo	urs Other	

10

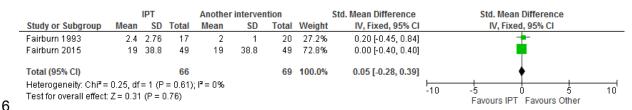
1 Figure 237: Social adjustment score



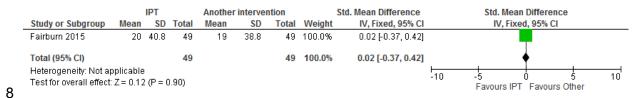
3 Figure 238: Purges



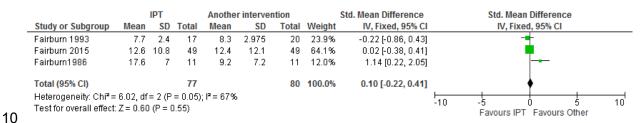
5 Figure 239: Vomiting



7 Figure 240: Binges

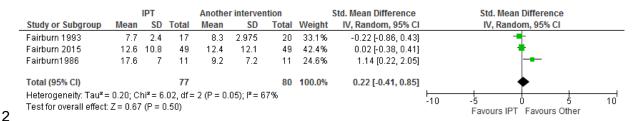


9 Figure 241: Depression



Heterogeneity was detected at I²=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 242: Depression random effects



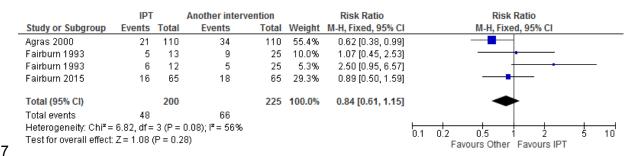
4 Figure 243: Laxative use

3

5

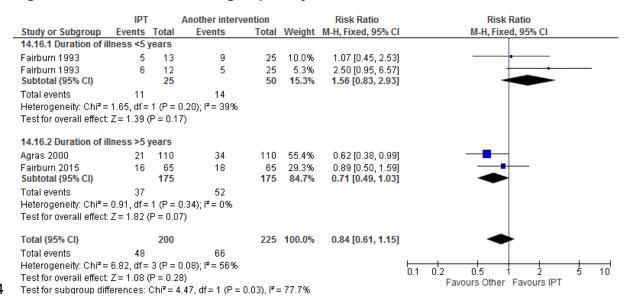
		IPT		Anothe	r interve	ntion		Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95	% CI		
Fairburn 2015	23	46.9	49	22	44.9	49	100.0%	0.02 [-0.37, 0.42]						
Total (95% CI)			49			49	100.0%	0.02 [-0.37, 0.42]			•			
Heterogeneity: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

6 Figure 244: Remission



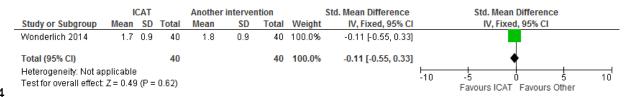
8 Heterogeneity was detected at I²=67%. No study showed a particularly high risk of bias. All 9 studies included people with comorbidities and severity of illness was difficult to separate out 10 because of different units of measure. Separating the data based on duration of illness may 11 explain the heterogeneity. Suggesting those who have a shorter duration of illness may be 12 more responsive to interpersonal therapy.

13 Figure 245: Remission – subgroup analysis based on duration of illness

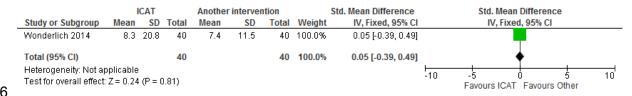


M.3.2.51 Integrative cognitive-affective therapy (ICAT) versus any other intervention in adults 2 with bulimia nervosa at the end of treatment

3 Figure 246: EDE-total



5 Figure 247: Purges



7 Figure 248: Binges

		ICAT		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, 9	5% CI	
Wonderlich 2014	6.1	14.8	40	5.3	9.1	40	100.0%	0.06 [-0.37, 0.50]					
Total (95% CI)	اطممناهم		40			40	100.0%	0.06 [-0.37, 0.50]			•		
Heterogeneity: Not ap Test for overall effect).77)						-10	-5 Favours	ό ICAT Fa	5 avours Other	10

9 Figure 249: Depression

8

10

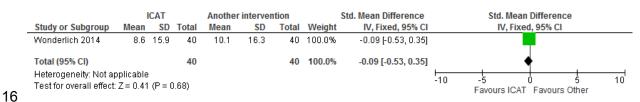
	I	CAT		Another	r interve	ntion		Std. Mean Difference	Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI		
Wonderlich 2014	8.6	8	40	9.3	9.8	40	100.0%	-0.08 [-0.52, 0.36]						
Total (95% CI)			40			40	100.0%	-0.08 [-0.52, 0.36]			•			
Heterogeneity: Not ap Test for overall effect:			: 0.73)						-10	-5 Favours	0 ICAT Favo	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

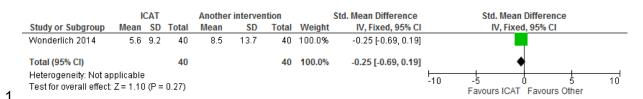
13 Figure 250: EDE-total



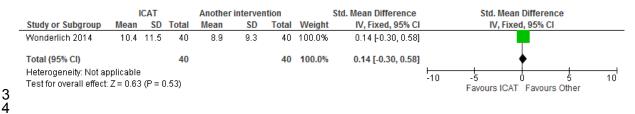
15 Figure 251: Purges



17 Figure 252: Binges

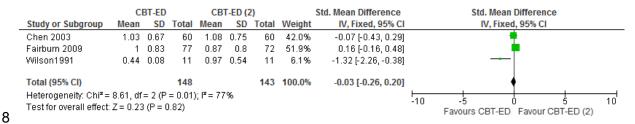


2 Figure 253: Depression

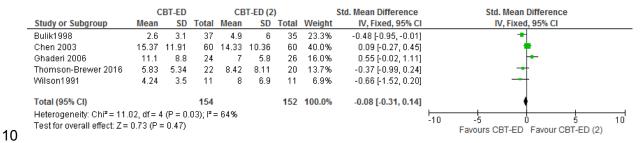


M.3.2.75 CBT-ED versus another CBT-ED (2) intervention in adults with bulimia nervosa at the 6 end of treatment

7 Figure 254: Symptom check-list

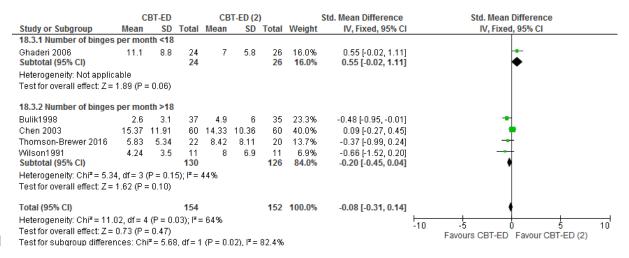


9 Figure 255: Depression



- 11 Heterogeneity was detected at I²=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 256: Depression subgroup analysis based on severity of illness



2 Figure 257: Social adjustment score

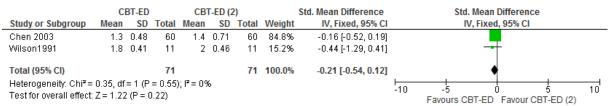
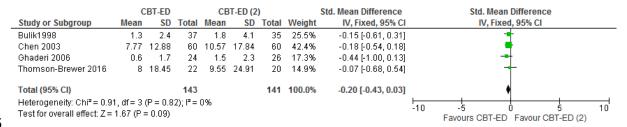
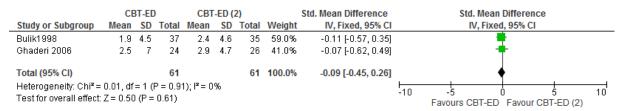


Figure 258: Bingeing



6 Figure 259: Vomiting



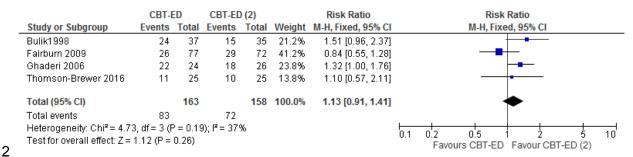
8 Figure 260: Laxative use

	CE	3T-ED)	CBT	-ED (2)		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		
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

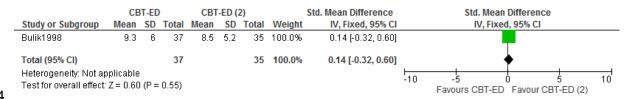
10 Figure 261: Purging



1 Figure 262: Remission



3 Figure 263: EDI-drive for thinness



5 Figure 264: EDI-bulimia

	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	1.5	3	37	1.6	2.9	35	59.0%	-0.03 [-0.50, 0.43]		•	
Ghaderi 2006	1.2	1.6	24	1.2	1.8	26	41.0%	0.00 [-0.55, 0.55]		+	
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 5 Favours CBT-ED Favour CBT-ED (2)	10	

7 Figure 265: EDI-body dissatisfaction

	CE	BT-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, Fixed, 95% CI
Bulik1998	10.8	8.9	37	12.1	8.2	35	59.2%	-0.15 [-0.61, 0.31]	•
Ghaderi 2006	13.3	7.6	24	11.2	8.4	26	40.8%	0.26 [-0.30, 0.81]	*
Total (95% CI)			61			61	100.0%	0.02 [-0.34, 0.37]	•
Heterogeneity: Chi² = Test for overall effect:		,		7); I² = 1		-10 -5 0 5 10 Favours CBT-ED Favour CBT-ED (2)			

9 Figure 266: EDI-total

	C	BT-ED		CB	Γ-ED (2	2)		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		
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 267: EDE-total

	CBT-ED			CB	Γ-ED (2	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
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 Test for overall effect: Z =				= 0%					-10	-5 0 5 10 Favours CBT-ED Favours CBT-ED (2)

10

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1 Figure 268: Global function

2

4

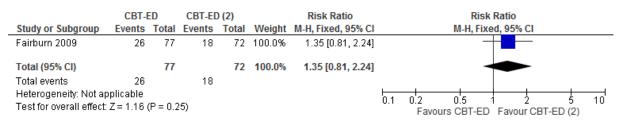
8

	CE	CBT-ED Mean SD Total		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, 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 app Test for overall effect: 2	0.13)						-10 -5 0 5 10 Favours CBT-ED (2) Favour CBT-ED		

3 Figure 269: General psychiatric features

	CBT-ED			CBT	-ED (2)		Std. Mean Difference		Std. N	lean Differe	nce	
Study or Subgroup	Mean SD Tot			Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% (CI .	
Fairburn 2009	urn 2009 1 0.83				0.8	72	100.0%	0.16 [-0.16, 0.48]					
Total (95% CI)			77			72	100.0%	0.16 [-0.16, 0.48]			•		
Heterogeneity: Not applicable Test for overall effect: Z = 0.97 (P = 0.33)									-10	-5 Favours CB1	0 -ED Favou	r CBT-ED (2	10

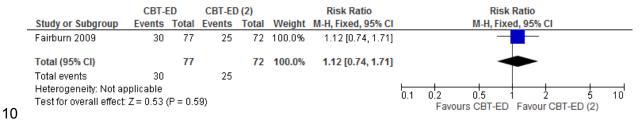
5 Figure 270: Bulimic episodes



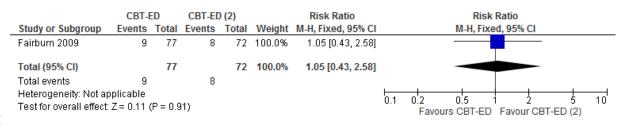
7 Figure 271: Vomiting episodes

Study or Subgroup	CBT-E		CBT-ED	(2) Total	Weight	Risk Ratio M-H, Fixed, 95% CI			Risk Ratio Fixed, 95% Cl		
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 Test for overall effect:	•	P=07	?(I))				0.1	0.2 0.5	1 2	5	10
restroi overan enect.	2-0.55	, - 0.7	0)					Favours CBT	-ED Favour Cl	BT-ED (2)	

9 Figure 272: Purging

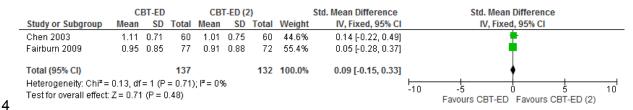


11 Figure 273: Laxative misuse



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

3 Figure 274: Symptom check-list



5 Figure 275: Depression

6

8

	C	CBT-ED			T-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	3.2	3	37	5.2	5.5	35	25.4%	-0.45 [-0.92, 0.02]	-
Chen 2003	16.7 12.74 60			13.37	10.68	60	43.1%	0.28 [-0.08, 0.64]	
Ghaderi 2006	7.5				9.7	26	18.0%	-0.21 [-0.76, 0.35]	
Thomson-Brewer 2016	8.44 11.85 21			6.15	5.79	17	13.5%	0.23 [-0.41, 0.87]	+
Total (95% CI)	142					138	100.0%	0.00 [-0.23, 0.24]	•
Heterogeneity: Chi² = 6.93, df = 3 (P = 0.07); l² = 57%									-10 -5 0 5 10
Test for overall effect: Z = 0.01 (P = 0.99)									Favours CBT-ED Favours CBT-ED (2)

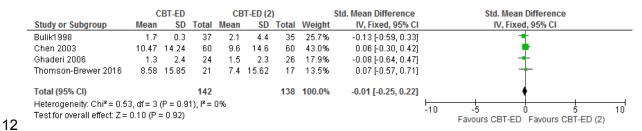
7 Figure 276: Social adjustment score

	C	CBT-ED Mean SD Total		CB	Γ-ED (2	2)		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		
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]		+	F		
Total (95% CI)	otal (95% CI) 84							0.44 [0.14, 0.75]		•	•		
Heterogeneity: Chi² = Test for overall effect:); I ^z = 09	6				-10	-5 0 Favours CBT-ED	Favours CB	† 5 T-ED (2)	10

9 Figure 277: Bingeing (dichotomous outcome)



11 Figure 278: Bingeing



13 Figure 279: Vomiting (dichotomous outcome)

	CBT-ED CBT-ED (2)					Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	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	29		23				
- , ,	Heterogeneity: Not applicable						0.1 0.2 0.5 1 2 5 10
Test for overall effect: Z = 0.73 (P = 0.47)							Favours CBT-ED Favours CBT-ED (2)

2 Figure 280: Vomiting

1

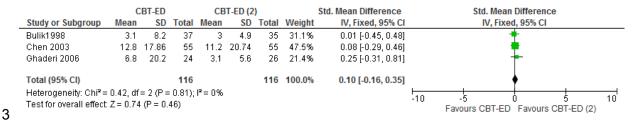
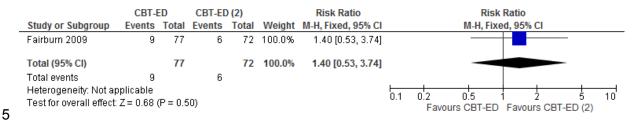


Figure 281: Laxative use



6 Figure 282: Purging (dichotomous outcome)

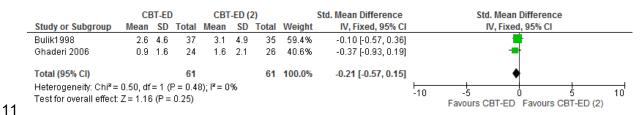


8 Figure 283: Purging

	CBT-ED			CB	T-ED (2)		Std. Mean Difference		Std. Me	an Differe	nce		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	xed, 95% C	1		
Bulik1998				3.2	5	35	65.9%	0.00 [-0.46, 0.46]						
Thomson-Brewer 2016	mson-Brewer 2016 14.5 31.7			7.8	16.54	17	34.1%	0.25 [-0.39, 0.89]			+			
Total (95% CI)			58			52	100.0%	0.09 [-0.29, 0.46]			•			
Heterogeneity: Chi ² = 0.39, df = 1 (P = 0.53); I ² = 0% Test for overall effect: Z = 0.45 (P = 0.65)									-10	-5 Favours CBT-	0 ED Favour	5 rs CBT-	ED (2)	10

10 Figure 284: EDI-bulimia

9



12 Figure 285: EDI-body dissatisfaction

	CE	CBT-ED Mean SD Total			-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]	+
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]	•
Heterogeneity: Chi² = Test for overall effect:		•		8); I² = 0	%			-1I	0 -5 0 5 10 Favours CBT-ED Favours CBT-ED (2)

2 Figure 286: EDI-drive for thinness

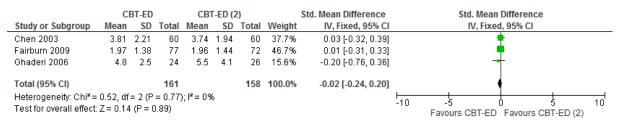
	CE	CBT-ED		CBT	-ED (2	2)		Std. Mean Difference		Std. Mea	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Bulik1998	7.1	6.1	37	5.5	5.9	35	100.0%	0.26 [-0.20, 0.73]					
Total (95% CI)			37			35	100.0%	0.26 [-0.20, 0.73]			•		
Heterogeneity: Not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

4 Figure 287: EDI-total

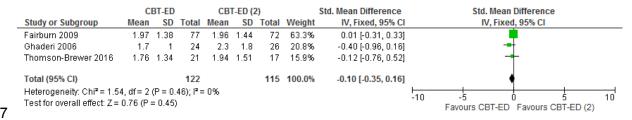
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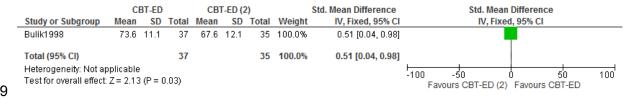
5



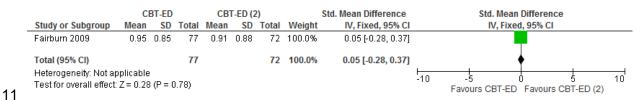
6 Figure 288: EDE-total



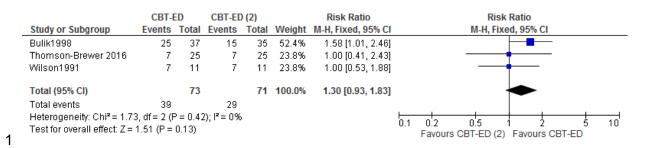
8 Figure 289: Global function



10 Figure 290: General psychiatric features



12 Figure 291: Remission



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

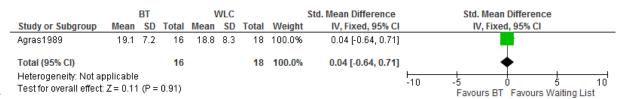
4 Figure 292: Bingeing

		BT Mean SD Total I		Wai	ting li	st		Std. Mean Difference		Std. Mean	Differenc	e	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 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 applicable Test for overall effect: Z = 3.57 (P = 0.0004)									-10	-5 (Favours BT) Favours	5 Waitin	10 g List

6 Figure 293: Depression

5

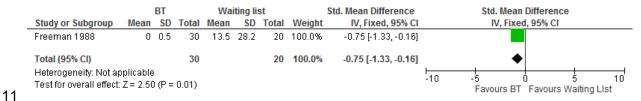
9



8 Figure 294: Vomiting

		BT Maan CD Total		Wai	ting li	st		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	
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:	applicable ct: Z = 2.53 (P = 0.01)								-10	-5 Favou	0 Irs BT Favoi	5 urs Waitin	10 ng Llst

10 Figure 295: Laxative use



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

14 Figure 296: Bingeing

		BT		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	
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 2 15			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)	otal (95% CI) 64						100.0%	-0.10 [-0.41, 0.21]			•		
Heterogeneity: Chi²=	= 4 (P	= 0.61)	; I² = 0%					-10	-5	 	 	10	
Test for overall effect: $Z = 0.65$ (P = 0.52)									-10	•	s BT Favou	ırs Other	10

2 Figure 297: Depression

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		BT		Another	interver	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	
Agras1989	19.1	7.2	8	7.1	7.7	17	11.0%	1.54 [0.58, 2.50]			-		
Agras1989	19.1	7.2	8	13.5	10.2	16	13.5%	0.58 [-0.29, 1.45]			+-		
Cooper1995	10.4	12.6	13	10.2	9.4	14	17.8%	0.02 [-0.74, 0.77]			+		
Fairburn1991	13.6 2.975 1 13.6 2.975			10.1	2.4	21	14.7%	1.32 [0.48, 2.15]					
Fairburn1991	13.6 2.975			12.5	2.45	22	16.6%	0.41 [-0.37, 1.19]			+-		
Thackwray 1993	8 6.5 9			16.1	11.1	15	12.5%	-0.89 [-1.79, 0.02]					
Thackwray 1993				10.8	12	16	13.9%	-0.37 [-1.23, 0.48]			+		
Total (95% CI)			64			121	100.0%	0.35 [0.03, 0.67]			•		
Heterogeneity: Chi²=		,); I² = 739	6				-10	-5	- 	<u> </u>	10
Test for overall effect	Z = 2.16	6 (P = 0.	03)							Favour	s BT Favor	urs Other	

4 Heterogeneity was detected at I²=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

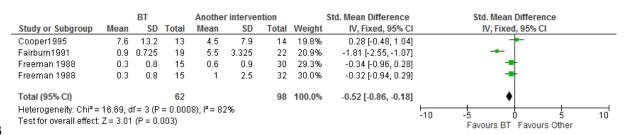
7 Figure 298: Depression with random effects

		BT		Anothe	r intervei	ntion		Std. Mean Difference		Std. Mear	Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Rand	om, 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]			+-		
Cooper1995	10.4	12.6	13	10.2	9.4	14	15.2%	0.02 [-0.74, 0.77]		-	+		
Fairburn1991				12.5	2.45	22	14.9%	0.41 [-0.37, 1.19]			┿		
Fairburn1991	1991 13.6 2.975 10			10.1	2.4	21	14.5%	1.32 [0.48, 2.15]					
Thackwray 1993	ay 1993 6.5 9 8				12	16	14.2%	-0.37 [-1.23, 0.48]		_	+		
Thackwray 1993	6.5	9	8	16.1	11.1	15	13.8%	-0.89 [-1.79, 0.02]		-	1		
Total (95% CI)			64			121	100.0%	0.36 [-0.25, 0.98]			•		
Heterogeneity: Tau² =	0.50; C	hi² = 22	.02, df=	6 (P = 0.	001); l²=	73%			-10	- 	 	- Į	10
Test for overall effect:	Z = 1.17	? (P = 0.	24)						-10	Favours BT	Favou	rs Other	10

10 Figure 299: Laxative use



12 Figure 300: Vomiting



- 1 Heterogeneity was detected at I²=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 301: 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	19 plicable Z = 4.80 (P < 0.00001) ess >5 years or >18 binges 7.6 13.2 13 4 0.3 0.8 15 0.3 0.8 15 0.3 0.8 15		inges/mo								
Fairburn1991 Subtotal (95% CI)	0.9	0.725		5.5	3.325	22 22	20.9% 20.9%	-1.81 [-2.55, -1.07] - 1.81 [-2.55, -1.07]		•	
Heterogeneity: Not ap	plicable										
Test for overall effect:	Z = 4.80	(P < 0.	00001)								
21.5.2 Duration of illn	ess >5	ears 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]		- - -	
Freeman 1988	0.3	0.8	15	1	2.5	32	30.0%	-0.32 [-0.94, 0.29]		-= +	
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 ² =	1.86, df	= 2 (P =	0.39);	l² = 0%							
Test for overall effect:	Z = 0.92	(P = 0.	36)								
Total (95% CI)			62			98	100.0%	-0.52 [-0.86, -0.18]		•	
Heterogeneity: Chi ² =	16.69, d	f=3 (P	= 0.000	$(8); I^2 = 82$	2%				10		10
Test for overall effect:	Z = 3.01	(P = 0.	003)						-10	-5 0 5 Favours BT Favours Otl	5 10
Test for subgroup diff	erences	: Chi²=	14.83.	df = 1 (P =	: 0.0001)	$I^2 = 93$	3%			Tavouis DT Favouis Ou	ici

10 Figure 302: 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]		•
Heterogeneity: Chi ² =	: 2.95, df	= 1 (P	= 0.09)	; I ^z = 66%					-10	-5 0 5 1
Test for overall effect	Z = 3.03	B (P = 0	0.002)						-10	-5 U 5 1

11

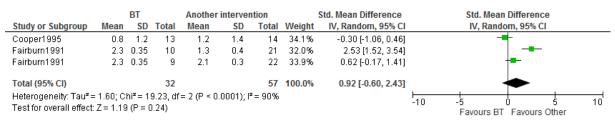
12 Figure 303: EDE-restraint

		BT		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, 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]			•		
Heterogeneity: Chi²:	= 19.23, 0	if= 2 (P < 0.00	001); I² = 9	0%				-10		_	 	10
Test for overall effec	t: Z = 2.79) (P = 0	0.005)						-10	Favours	BT Favo	urs Other	10

13

- 14 Heterogeneity was detected at I²=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 304: EDE-restraint with random effects



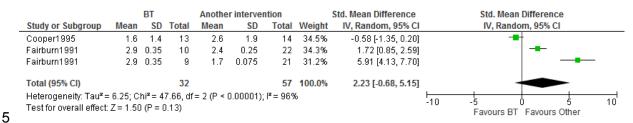
18

19 Figure 305: EDE-weight concern



Heterogeneity was detected at I²=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 306: EDE-weight concern with random effects



7 Figure 307: EDE-shape concern

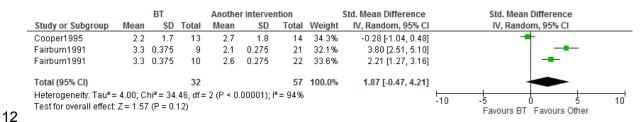
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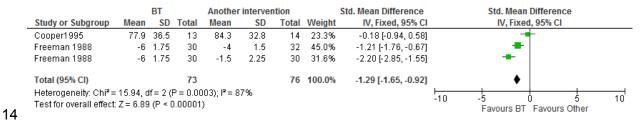
		BT		Anothe	r interve	ntion		Std. Mean Difference		Std. M	ean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	Fixed, 95%	CI	
Cooper1995	2.2	1.7	13	2.7	1.8	14	50.3%	-0.28 [-1.04, 0.48]			-		
Fairburn1991	3.3 0.375 10 2.6					22	32.4%	2.21 [1.27, 3.16]			-	-	
Fairburn1991	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]			•		
Heterogeneity: Chi² = Test for overall effect		,			94%				-10	-5 Favours	0 BT Favo	5 urs Other	10

9 Heterogeneity was detected at I²=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 308: EDE-shape concern with random effects



13 Figure 309: EDI-body dissatisfaction



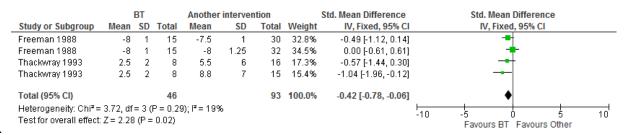
15 Heterogeneity was detected at I²=87%. This could not be explained by a risk of bias, duration of illness, comorbidities or severity of illness. For this reason random effects were presented.

17 Figure 310: EDI-body dissatisfaction with random effects0

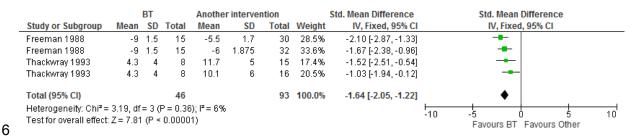
		BT		Another	r interve	ntion		Std. Mean Difference		Std. Mea	n Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Rand	om, 95	% CI	
Cooper1995	77.9	36.5	13	84.3	32.8	14	31.9%	-0.18 [-0.94, 0.58]		-	-		
Freeman 1988	-6	1.75	30	-4	1.5	32	34.7%	-1.21 [-1.76, -0.67]		-			
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				= 2 (P = 0).0003); I	²= 87%			-10	-5 Favours B	0 Favo	5 urs Other	10

3 Figure 311: EDI-bulimia

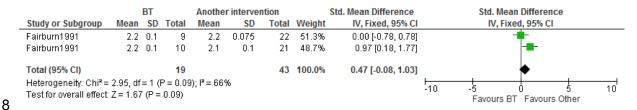
1 2



5 Figure 312: EDI-drive for thinness

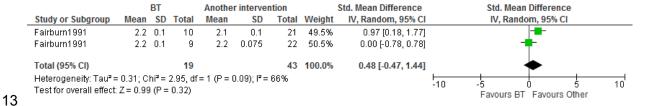


7 Figure 313: Social adjustment score



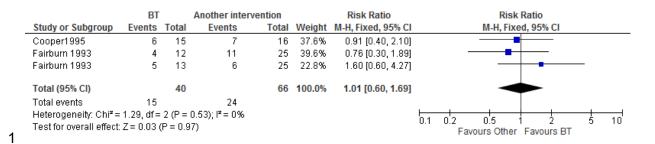
9 Heterogeneity was detected at I²=66%. This could not be explored given that the data is 10 from the study same study but it was a 3-armed trial and the data was entered in separately. 11 For this reason the data was presented as random effects

12 Figure 314: Social adjustment score random effects



15 Figure 315: Remission

14



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

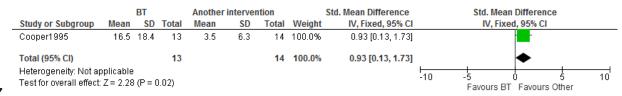
4 Figure 316: Vomiting

		BT		Another	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	
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 a Test for overall effect			0.02)						-10	-5 Favou	0 rs BT Favou	5 Irs Other	10

6 Figure 317: Bingeing

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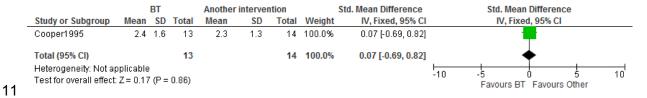
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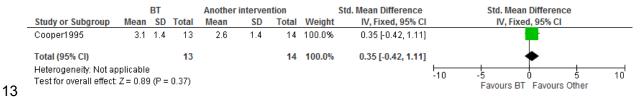
8 Figure 318: EDE-restraint

		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	
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]			•		
	<mark>/5% CI)</mark> geneity: Not applicable overall effect: Z = 1.14 (P = 0.								-10	-5 Favou	0 rs BT Favo	5 ours Other	10

10 Figure 319: EDE-weight concern



12 Figure 320: EDE-shape concern



14 Figure 321: EDI-bulimia

		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		I\	, Fixed, 95%	CI	
Thackwray 1993	3.3	3	8	2.9	4	16	52.8%	0.10 [-0.75, 0.95]			-		
Thackwray 1993	3.3	3	8	7.8	6	15	47.2%	-0.83 [-1.73, 0.06]			-		
Total (95% CI)			16			31	100.0%	-0.34 [-0.96, 0.28]			•		
Heterogeneity: Chi² = Test for overall effect				4); I² = 55%	•				-10	-5 Favou	0 Irs BT Favo	5 urs Other	10

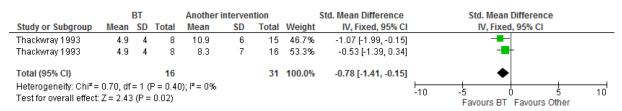
2 Figure 322: EDI-body dissatisfaction

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		BT		Anothe	r interve	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	
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	-								-10	-5 Favour	0 s BT Favou	5 urs Other	10

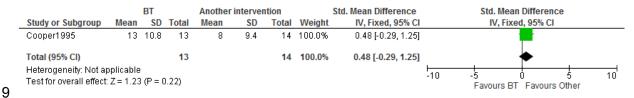
4 Figure 323: EDI-drive for thinness



6 Figure 324: Remission

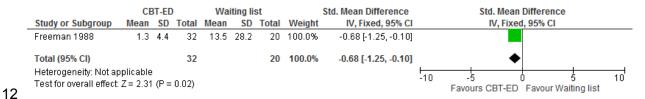


8 Figure 325: Depression



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

11 Figure 326: Laxative use



13 Figure 327: Purging

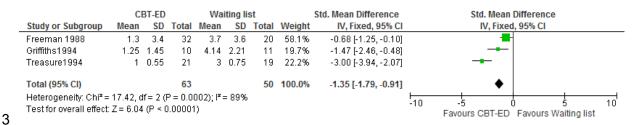
	CI	BT-ED		Wa	iting li	st		Std. Mean Difference		Std. Mear	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Griffiths1994	0.95	1.23	10	4.95	2.38	11	100.0%	-2.00 [-3.08, -0.91]		-			
Total (95% CI)			10			11	100.0%	-2.00 [-3.08, -0.91]		•			
Heterogeneity: Not ap Test for overall effect			0.0003)						-10	-5 Favours CBT-ED	↓ 0 Favour Wai	ting list	10

2 Figure 328: Bingeing

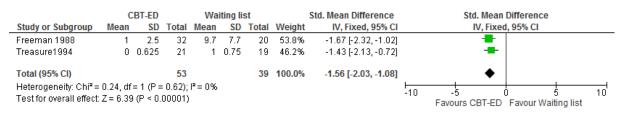
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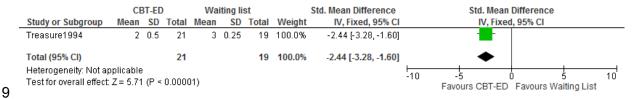
4 Figure 329: Vomiting



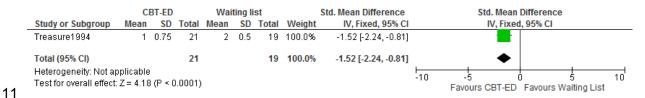
6 Figure 330: EDE-shape concern

	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, Fixe	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 331: EDE-weight concern



10 Figure 332: EDE-restraint



12 Figure 333: 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 334: EDI-body dissatisfaction

	C	BT-ED		Wai	iting li	st		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	
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-	0 -ED Favor	5 ur Waiting list	10

3 Figure 335: 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 336: EDI-bulimia**

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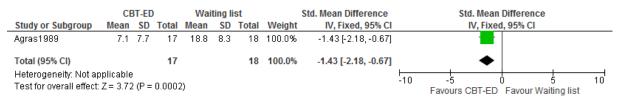
12

	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	d, 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]		•		ı	
Heterogeneity: Not ap Test for overall effect:			0.0001)						-10	-5 Favours CBT-ED	0 5 Favour Wait	i ing list	10

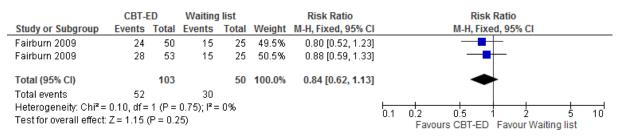
6 7 Figure 337: Symptom checklist

	C	BT-ED		Wai	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	
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]		•		
- /	Total (95% CI) 103 Heterogeneity: Chi² = 0.27, df = 1 (P = 0.60); l² = 0% Test for overall effect: Z = 4.01 (P < 0.0001)								-10	-5 Favours CBT-ED) 5 Favour Waiting	10 list

9 Figure 338: Depression



11 Figure 339: Vomiting

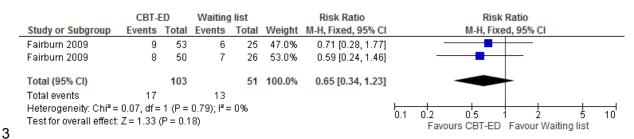


13 Figure 340: Purging

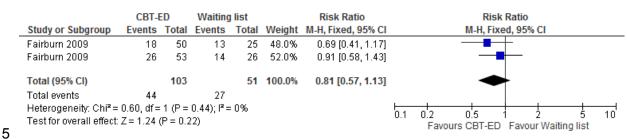
	CBT-E	D	Waiting	list		Risk Ratio		Risk F	Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed	1, 95% CI	
Fairburn 2009	30	53	17	26	51.7%	0.87 [0.60, 1.25]			_	
Fairburn 2009	25	50	16	25	48.3%	0.78 [0.52, 1.17]		-	_	
Total (95% CI)		103		51	100.0%	0.82 [0.63, 1.08]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

2 Figure 341: Laxative use

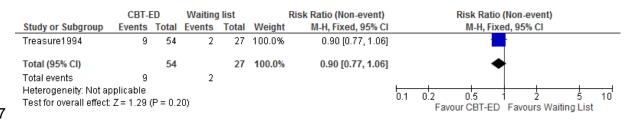
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4 Figure 342: Bulimic episodes



6 Figure 343: Remission



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

10 Figure 344: Bingeing

	H	ybrid		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	
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 lybrid Favo	5 urs Other	10

12 Figure 345: 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 ^z = Test for overall effect	•			; I² = 0%					-10	-5 0 Favours Hybrid Favo	5 ours Other	10

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1 Figure 346: Symptom checklist

	H	ybrid		Another	interver	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	6 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]			•		
Heterogeneity: Not ap Test for overall effect:			1.00)						-10	-5 Favours Hyb	0 rid Fav	5 ours Other	10

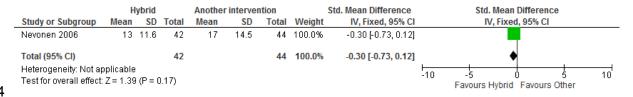
3 Figure 347: Depression

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

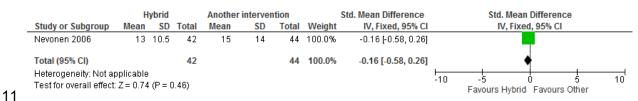
6 Figure 348: Bingeing

	Н	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	1.3	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 ybrid Favo	5 urs Other	10

8 Figure 349: Symptom checklist

	H	ybrid		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 350: Depression



12 Figure 351: EDI-symptoms

	Н	lybrid		Another	r interve	ntion		Std. Mean Difference		Std. Mea	ın Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95%	6 CI	
Nevonen 2006	22	18.9	21	26	20.3	22	49.9%	-0.20 [-0.80, 0.40]			-		
Nevonen 2006	38	27.1	21	43	36.4	22	50.1%	-0.15 [-0.75, 0.45]			•		
Total (95% CI)			42			44	100.0%	-0.18 [-0.60, 0.25]			•		
Heterogeneity: Chi² = Test for overall effect			; I² = 0%					-10	-5 Favours Hybri	0 d Favo	5 ours Other	10	

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

16 Figure 352: Bingeing

	Psychod	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
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]	•
Heterogeneity: Chi ^z = Test for overall effect:				14%					-10 -5 0 5 10 Favours Psychodynamic G Favours Other

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

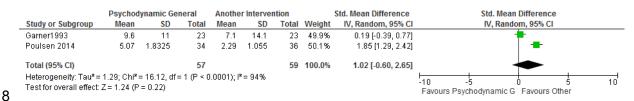
6 results are presented as random effects.

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7 Figure 353: Bingeing with random effects



10 Figure 354: Vomiting/purging



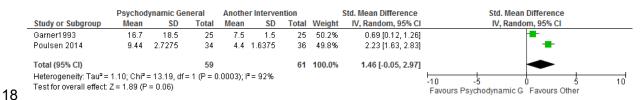
Heterogeneity was detected at I^2 =92%. This may be explained by the high risk of bias in the study by Poulsen 2014 where the duration of treatment were remarkably different.

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

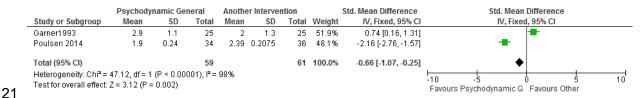
15 weeks. Since removing this study in a sensitivity analysis only leaves us with 1 study, the

16 results are presented as random effects.

17 Figure 355: Vomiting/purging with random effects



20 Figure 356: EDE-shape concern



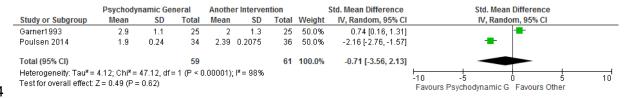
22 Heterogeneity was detected at I²=98%. This may be explained by the high risk of bias in the

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 357: EDE-shape concern with random effects



5 Figure 358: EDE-weight concern

	Psychody	,			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]	•
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 359: EDE-weight concern with random effects

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	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, 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]	
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]	*
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 360: EDE-restraint

	Psychod	ynamic 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]	•
Heterogeneity: Chi ² = Test for overall effect:			l² = 0%						-10 -5 0 5 10 Favours Psychodynamic G Favours Other

16 Figure 361: EDI-body dissatisfaction

	Psychodyn	amic Ge	neral	Another	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		
Garner1993	13.7	7.5	24	11.7	9	25	100.0%	0.24 [-0.33, 0.80]					
Total (95% CI)			24			25	100.0%	0.24 [-0.33, 0.80]		. •	•		
Heterogeneity: Not ap Test for overall effect:		0.41)							-10 - Favours Psyc	5 chodynamic G	Favours Othe	5 Pr	10

18 Figure 362: 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 363: EDI-bulimia

	Psychodyr	namic Ge	neral	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	
Garner1993	4.8	4.5	24	2.2	3.9	25	100.0%	0.61 [0.03, 1.18]					
Total (95% CI)			24			25	100.0%	0.61 [0.03, 1.18]			•		
Heterogeneity: Not ap Test for overall effect:		0.04)							-10 Favours Psy	-5 /chodynai	0 mic G Favou	5 rs Other	10

1 2 Figure 364: General psychopathology

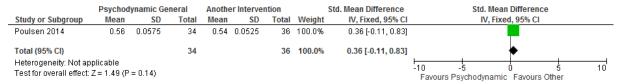
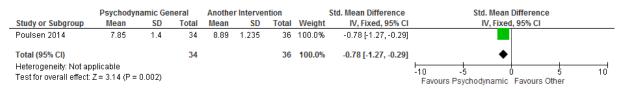


Figure 365: Depression

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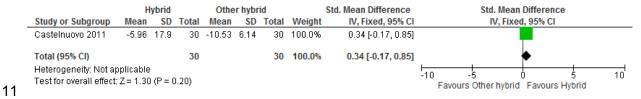
M.3.36 Binge eating disorder individual therapy

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

8 Figure 366: Global clinical score

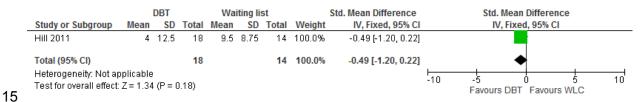
	I	Hybrid Mean SD Total			er hybri	d		Std. Mean Difference		Std. Mean	Differen	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% C	I	
Castelnuovo 2011	-27.2	10.91	30	-14.47	12.07	30	100.0%	-1.09 [-1.64, -0.55]					
Total (95% CI)			30			30	100.0%	-1.09 [-1.64,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

10 Figure 367: Percentage weight loss



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

14 Figure 368: Bingeing



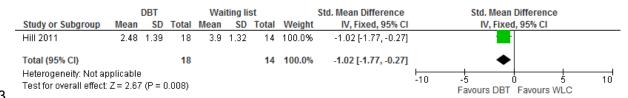
16 Figure 369: Vomiting

		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

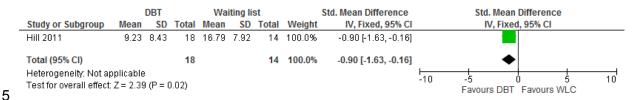
2 Figure 370: EDE-global

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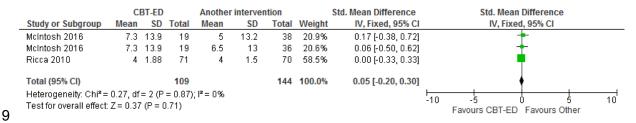


4 Figure 371: Depression

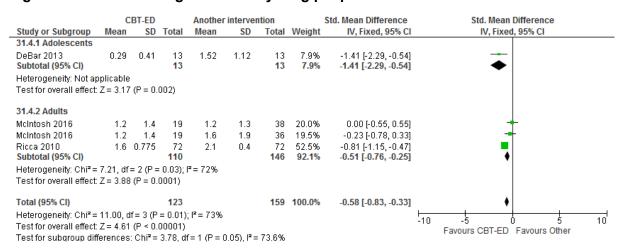


M.3.3.36 CBT-ED versus another intervention in adults (unless otherwise stated) with binge 7 eating disorder at end of treatment

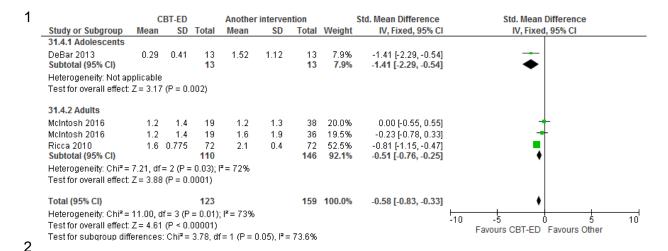
8 Figure 372: Bingeing



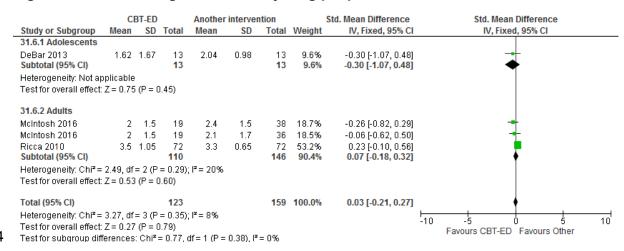
10 Figure 373: EDE-eating concern in young people and adults



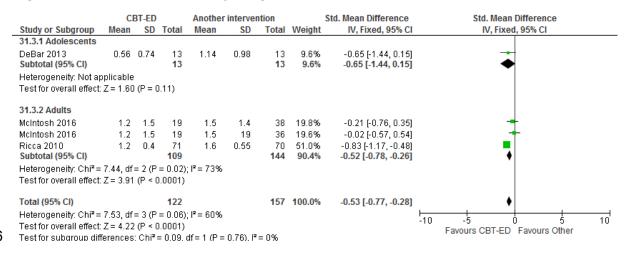
12 Figure 374: EDE-shape concern in young people and adults



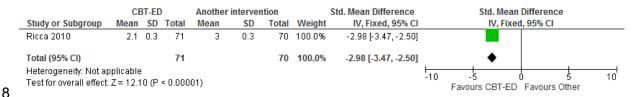
3 Figure 375: EDE-weight concern in young people and adults



5 Figure 376: EDE-restraint in young people and adults



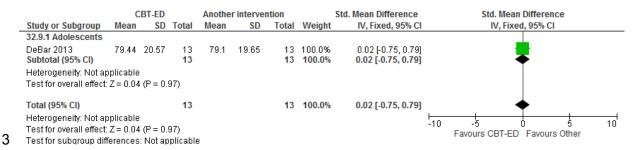
7 Figure 377: EDE-global



9 Figure 378: Social adjustment

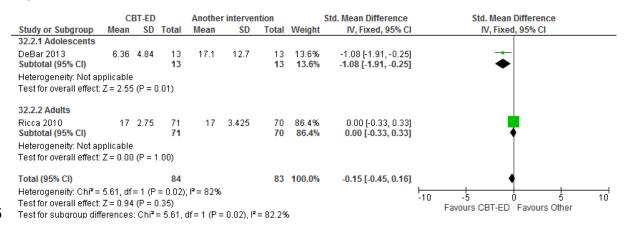
	С	BT-ED		Anothe	r interve	ntion		Std. Mean Difference		Std. Mea	ın Diffe	erence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 959	% CI	
DeBar 2013	0.74	0.36	13	0.97	0.49	13	100.0%	-0.52 [-1.30, 0.27]					
Total (95% CI)			13			13	100.0%	-0.52 [-1.30, 0.27]		•	•		
Heterogeneity: Not a Test for overall effect			0.20)						-10	-5 Favours CBT-E	0 D Fav	5 ours Other	10

2 Figure 379: Body mass index in young people

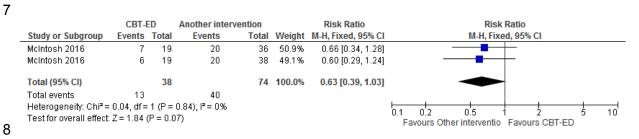


4 Figure 380: Depression

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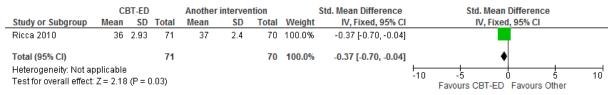


6 Figure 381: Remission



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

11 Figure 382: Body mass index



13 Figure 383: Bingeing

	CI	BT-ED		Another	r interve	ntion	!	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	
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 =	= 0.77, df	= 2 (P	= 0.68)	; I² = 0%					-10	-5	+	 	10
Test for overall effect	Z = 0.79	(P = 0	0.43)						-10	Favours CBT-ED) Favo	ours Other	10

2 Figure 384: EDE-eating concern

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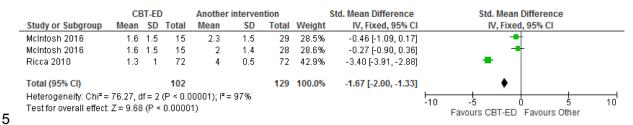
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	C	BT-ED		Another	interver	ntion		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
McIntosh 2016	0.7	1.1	15	0.8	0.9	29	25.3%	-0.10 [-0.72, 0.52]		-+-	
McIntosh 2016	0.7	1.1	15	0.6	0.9	28	25.0%	0.10 [-0.53, 0.73]		+	
Ricca 2010	0.8	0.75	72	2.4	0.45	72	49.8%	-2.57 [-3.02, -2.13]		•	
Total (95% CI)			102			129	100.0%	-1.28 [-1.59, -0.97]		♦	
Heterogeneity: Chi² = Test for overall effect:					97%				-10	-5 0 5 Favours CBT-ED Favours Other	10

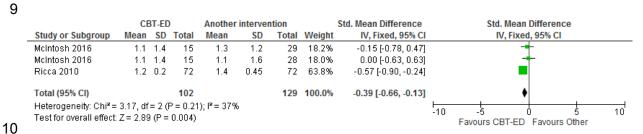
4 Figure 385: EDE-shape concern



6 Figure 386: EDE-weight concern

	CE	3T-ED)	Another	interve	ntion		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
McIntosh 2016	1.7	1.6	15	2.1	1.3	29	28.3%	-0.28 [-0.91, 0.35]	i] -
McIntosh 2016	1.7	1.6	15	1.8	1.3	28	28.2%	-0.07 [-0.70, 0.56]	i] +
Ricca 2010	1	0.8	72	3.2	0.5	72	43.6%	-3.28 [-3.78, -2.78]	nj -
Total (95% CI)			102			129	100.0%	-1.53 [-1.86, -1.20]	ı •
Heterogeneity: Chi² = Test for overall effect			,		98%				-10 -5 0 5 10 Favours CBT-ED Favours Other

8 Figure 387: EDE-restraint



11 Figure 388: EDE-global

	CE	3T-EC)	Anothe	r interve	ntion	9	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	
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			< 0.000	01)					-10	-5 Favours CBT-ED	0 Favo	5 ours Other	10

13 Figure 389: Depression

	0	BT-ED		Anothe	r interve	ntion		Std. Mean Difference		Std. Mea	n Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95%	CI	
Ricca 2010	17	0.825	71	17	3.75	70	100.0%	0.00 [-0.33, 0.33]					
Total (95% CI)			71			70	100.0%	0.00 [-0.33, 0.33]			•		
Heterogeneity: Not ap Test for overall effect:			00)						-10	-5 Favours CBT-E	0 D Favo	5 urs Other	10

2 Figure 390: 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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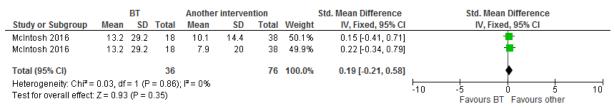
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6 Figure 391: Bingeing

		BT		Another	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	
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: Chi ^z = Test for overall effect:	•	,		7); I² = 0%					-10	-5 Favou	0 rs BT Favoi	5 urs other	10

8 Figure 392: Purging



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10 Figure 393: EDE-eating 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	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= Test for overall effect		,		3); I² = 0%					-10	-5 Favou	0 rs BT Favo	5 urs other	10

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12 Figure 394: EDE-shape concern

		ВТ		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	
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: Chi ² :	= 0.36, df	=1(P = 0.56	$(5); I^2 = 0\%$					10		
Test for overall effec	t: Z = 0.31	(P=	0.75)						-10	-5 U 5 Favours BT Favours other	10

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14 Figure 395: EDE-weight concern

		ВТ		Another	interver	ntion		Std. Mean Difference		Std. Mean	Difference	e	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
McIntosh 2016	2.1	1.7	18	2	1.5	38	50.1%	0.06 [-0.50, 0.62]		4	-		
McIntosh 2016	2.1	1.7	18	2.4	1.5	38	49.9%	-0.19 [-0.75, 0.37]		•	-		
Total (95% CI)			36			76	100.0%	-0.06 [-0.46, 0.33]		•			
Heterogeneity: Chi² = Test for overall effect		,		3); I² = 0%					-10	-5 Favours BT	Favours	5 other	10

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1 Figure 396: EDE-restraint

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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	1.5	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=	0.00, df	= 1 (P = 0.95	5); I² = 0%					-10			<u> </u>	10
Test for overall effect	Z = 0.07	(P=	0.95)						-10	Favou	rs BT Favo	urs other	10

3 Figure 397: EDI-body dissatisfaction

		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	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: Chi ² = Test for overall effect	•	•		3); I² = 0%					-10	-5 Favou	0 Irs BT Favo	5 urs other	10

5 Figure 398: EDI-drive for thinness



7 Figure 399: EDI-bulimia

		ВТ		Another i	nterve	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 400: Symptom checklist

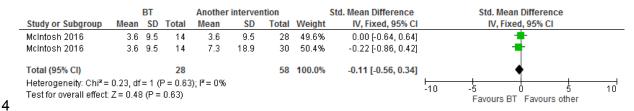
		ВТ		Another	interver	ntion		Std. Mean Difference		Std. I	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
McIntosh 2016	0.7	0.7	18	0.6	0.6	38	50.0%	0.16 [-0.41, 0.72]					
McIntosh 2016	0.7	0.7	18	0.6	0.6	38	50.0%	0.16 [-0.41, 0.72]			+		
Total (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 401: Remission

	ВТ		Another interve			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%				01 02	05 1 2	+	10
Test for overall effect:	Z = 1.94	(P = 0.0)	15)				0.1 0.2	Favours BT Favours other	9	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 402: Bingeing



5 Figure 403: Purging

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		BT		Anothe	r interve	ntion	9	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	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 Favou	0 's BT Favou	5 Irs other	10

7 Figure 404: 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 = 0.68	3 (P =	0.50)							Favou	ırs BT Favo	urs other	

9 Figure 405: 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		- -	- Į	10
Test for overall effect	: Z= 0.15	5 (P =	0.88)						-10	Favou	ırs BT Favo	urs other	10

11 Figure 406: EDE-weight 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	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: Chi ²	2 = 0.40, df	= 1 (P = 0.53	3); I² = 0%					-10			<u> </u>	10
Test for overall effe	ct: Z = 0.35	5 (P =	0.73)						-10	Favou	ırs BT Favo	urs other	10

13 Figure 407: 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	
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: Chi²= Test for overall effect		,		5); I² = 0%					-10	-5 Favou	0 rs BT Favoi	5 urs other	10

15 Figure 408: EDI-body dissatisfaction

		ВТ		Another	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	
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: Chi² = Test for overall effect		,		3); I² = 0%					-10	-5 Favou	0 rs BT Favou	5 urs other	10

1 2 Figure 409: 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

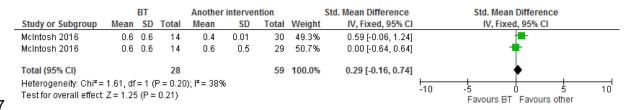
4 Figure 410: EDI-bulimia

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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 411: Symptom checklist



8 Figure 412: 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 413: Body mass index



14 Figure 414: Bingeing

		IPT		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	
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 Favour	0 s IPT Favoi	5 urs Other	10

1 2 Figure 415: 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 416: Body mass index

		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	
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 417: Bingeing

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	Expe	rimen	tal	Co	ontro	I		Std. Mean Difference		Std. N	lean Differ	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 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%	ó				-10	-5 Favours	0 IPT Favo	5 ours 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 418: 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]		+	
McIntosh 2016	0.6	0.6	19	0.6	0.6	38	50.5%	0.00 [-0.55, 0.55]		*	
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 419: 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

15 16 Figure 420: Bingeing

	C	:BT-G		Another	interver	ntion		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	
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=	0.02, df	= 1 (P	= 0.90)	; I² = 0%					-10	-5	+	 	10
Test for overall effect	Z = 0.70	(P = 0	0.48)						-10	Favours CBT-0	Favo	urs Other	10

2 Figure 421: 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		I\	, 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]			•		
- '	(95% CI) 38 7 rogeneity: Chi ² = 0.33, df = 1 (P = 0.57); $P = 0$ % for overall effect: $Z = 0.57$ (P = 0.57)								-10	-5 Favours C	0 BT-G Favo	5 urs Other	10

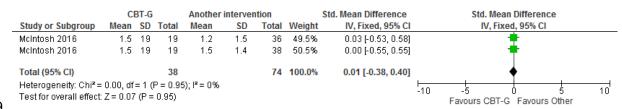
4 Figure 422: EDE-shape concern

	С	BT-G		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	2.8	1.5	19	2.5	1.8	36	49.6%	0.17 [-0.38, 0.73]	+
McIntosh 2016	2.8	1.5	19	2.4	1.7	38	50.4%	0.24 [-0.31, 0.79]	<u></u>
Total (95% CI)			38			74	100.0%	0.21 [-0.18, 0.60]	•
Heterogeneity: Chi² = Test for overall effect	•	,		'); I² = 0%					-10 -5 0 5 10 Favours CBT-G Favours Other

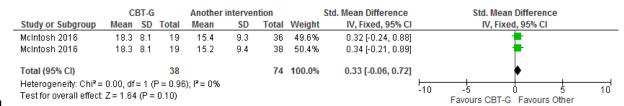
6 Figure 423: EDE-weight concern

	С	BT-G		Another	interver	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	
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 = Test for overall effect:		,		1); I² = 0%					-10	-5 Favours CE	0 BT-G Favor	5 urs Other	10

8 Figure 424: EDE-restraint



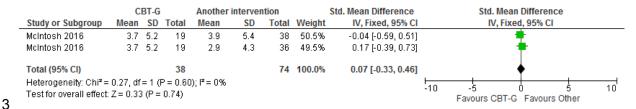
10 Figure 425: EDI-body dissatisfaction



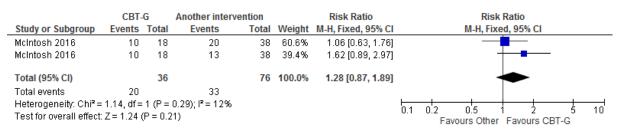
12 Figure 426: EDI-drive for thinness

	C	BT-G	i	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	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:				6); I² = 0%					-10	-5 Favours Cl	0 BT-G Favou	5 urs Other	10

1 2 Figure 427: EDI-bulimia



4 Figure 428: Remission



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

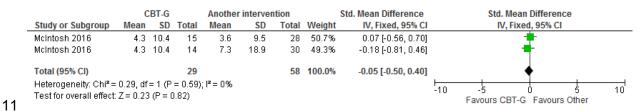
8 Figure 429: Purging

5

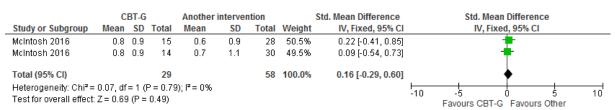
9

	(:BT-G		Another	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	
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]			•		
- /	tal (95% CI) 29 sterogeneity: Chi ² = 0.15, df = 1 (P = 0.70); I ² = 0% st for overall effect: Z = 1.01 (P = 0.31)								-10	-5 Favours Cl	0 BT-G Favor	5 urs Other	10

10 Figure 430: Bulimic episodes



12 Figure 431: EDE-eating concern



14 Figure 432: EDE-shape concern

	С	BT-G		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	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]			•		
- ,	29 58 == 0.30, df = 1 (P = 0.58); l ² = 0% ect. Z = 1.46 (P = 0.14)								-10	-5 Favours Cl	0 BT-G Favou	5 urs Other	10

1 2 Figure 433: 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, F	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 434: EDE-restraint

3

	С	BT-G		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]			•		
	95% CI) 29 56 ogeneity: Chi²= 0.00, df = 1 (P = 0.97); i²= 0% or overall effect: Z = 0.61 (P = 0.54)								-10	-5 Favours C	0 BT-G Favor	5 urs Other	10

6 Figure 435: 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 436: EDI-drive for thinness

	С	BT-G		Another	interver	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 Irs Other	10

9 10 **Figure 437: EDI-bulimia**

	С	BT-G		Another	interver	ntion		Std. Mean Difference		Std. M	ean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	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: Chi² = Test for overall effect:				3); I² = 0%					-10	-5 Favours CB	0 T-G Favou	5 Irs Other	10

11 12 Figure 438: Symptom checklist

	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	0.6	0.5	15	0.4	0	30		Not estimable			\perp		
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 ap Test for overall effect			1.00)						-10	-5 Favours Cl	0 BT-G Favor	5 urs Other	10

13 14 Figure 439: 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 440: EDE-restraint

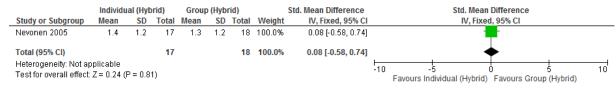
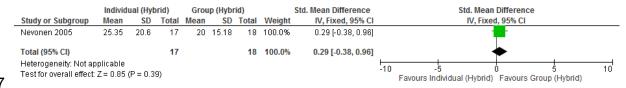


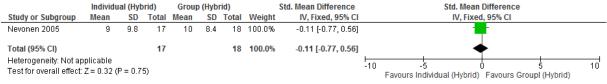
Figure 441: EDI-total



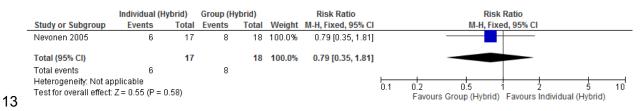
8 Figure 442: General psychopathology

	Individ	ual (Hyl	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]		*	
Heterogeneity: Not a Test for overall effe			1)						-10	-5 5 5 Favours Individual (Hybrid) Favours Group (Hybrid)	10

10 Figure 443: Depression

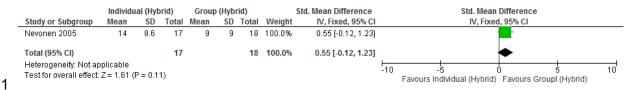


12 Figure 444: Remission



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

15 Figure 445: Depression



2 Figure 446: General psychopathology

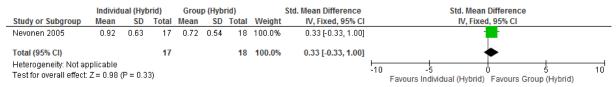
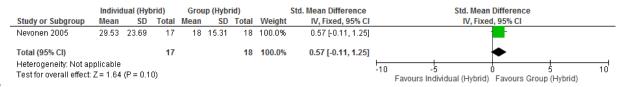
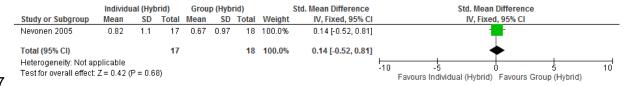


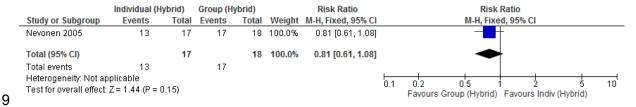
Figure 447: EDI-total



6 Figure 448: EDE-restraint



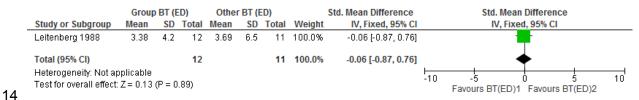
8 Figure 449: Remission



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 450: Vomiting



15 Figure 451: Depression

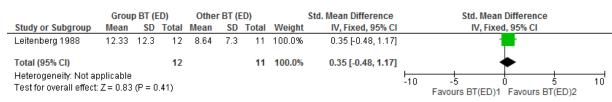
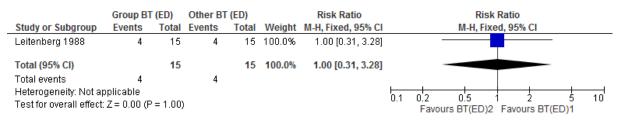


Figure 452: Remission



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

7 Figure 453: Vomiting

34

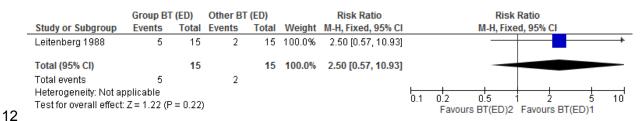
8

	Group	BT (E	D)	Othe	r BT (E	D)		Std. Mean Difference		Std. Mean	Difference	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 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	0 Favours	5 BT(ED)2	10

9 Figure 454: Depression

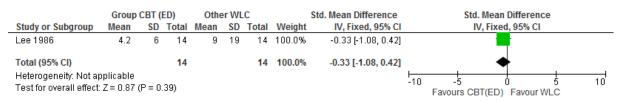
	Group	BT (E	D)	Othe	r BT (E	ED)		Std. Mean Difference		Std. M	ean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	Fixed, 95%	CI	
Leitenberg 1988	11.6	6.5	12	8.18	7.6	11	100.0%	0.47 [-0.36, 1.30]			-		
Total (95% CI)			12			11	100.0%	0.47 [-0.36, 1.30]			•		
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 455: Remission



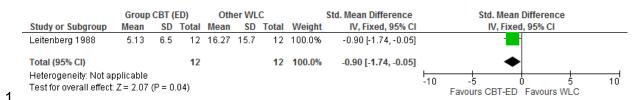
M.3.5.33 Group CBT-ED compared with wait list controls (WLC) in adults with bulimia nervosa at end of treatment

15 Figure 456: Purging

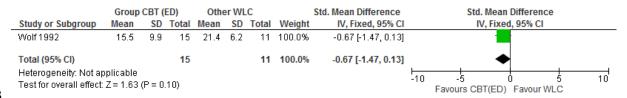


17 Figure 457: Vomiting

16



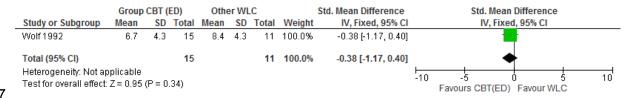
2 Figure 458: EDI-body dissatisfaction



4 Figure 459: EDI-drive for thinness

	Group	CBT (ED)	Othe	er WL	_C		Std. Mean Difference		Std. Mear	n Diffe	erence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 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 Fav	our WLC	10

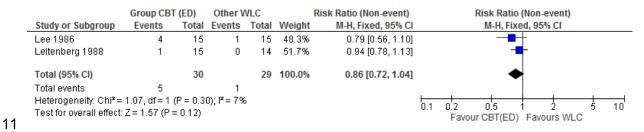
Figure 460: EDI-bulimia



8 Figure 461: Depression

	Group	CBT (ED)	Othe	er WL	.C		Std. Mean Difference		Std. Mea	ın Di	fference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 9	95% CI		
Leitenberg 1988	8.67	7.2	12	24.6	9.6	12	100.0%	-1.81 [-2.79, -0.84]		-	-			
Total (95% CI)			12			12	100.0%	-1.81 [-2.79, -0.84]		•				
Heterogeneity: Not ap Test for overall effect:	•	(P = 0	.0003)						-10	-5 Favours CBT-E	D F	5 avours WL	C	10

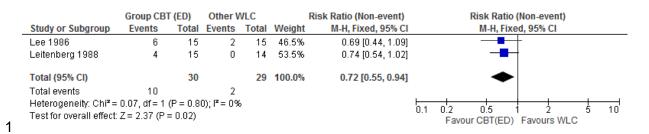
9 10 **Figure 462: Remission**



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

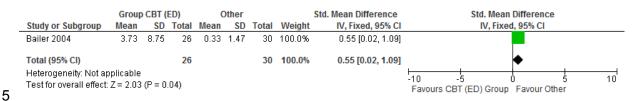
15 Figure 463: Remission

14

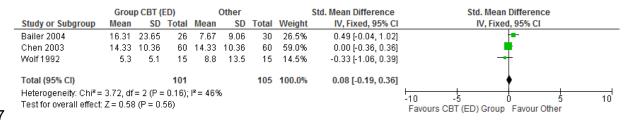


M.3.5.52 Group CBT-ED compared with another intervention in adults with bulimia nervosa at 3 the end of treatment

4 Figure 464: Laxative use



6 Figure 465: Bingeing

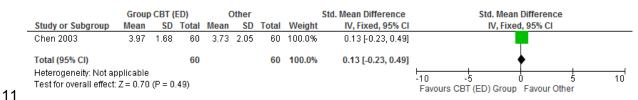


8 Figure 466: Vomiting

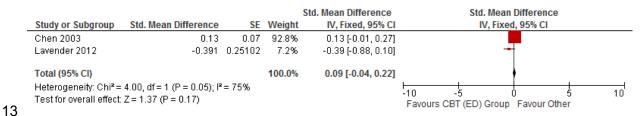
	Grou	p CBT (ED)	(Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Bailer 2004	15.5	23.99	26	6	7.07	30	63.2%	0.55 [0.01, 1.08]	-
Leitenberg 1988	5.13	6.5	6	3.38	4.2	12	18.6%	0.33 [-0.66, 1.32]	
Leitenberg 1988	5.13	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]	•
Heterogeneity: Chi ^z = Test for overall effect:		,		I ² = 0%					-10 -5 0 5 10 Favours CBT (ED) Group Favour Other

10 Figure 467: EDE-total

9



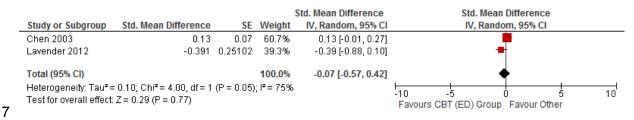
12 Figure 468: EDI-total



14 Heterogeneity was detected at I²=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 469: EDI-total with random effects



9 Figure 470: EDI-body dissatisfaction

8

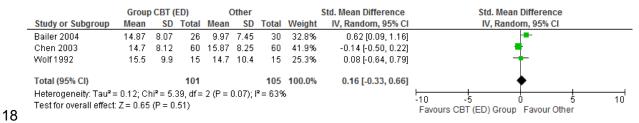
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19

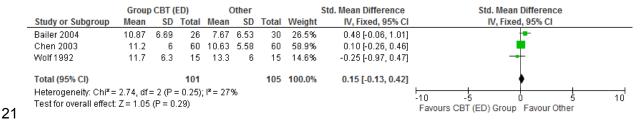
	Group	CBT (ED)	(Other			Std. Mean Difference		Std.	Mean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95% C	1	
Bailer 2004	14.87	8.07	26	9.97	7.45	30	26.1%	0.62 [0.09, 1.16]			-		
Chen 2003	14.7	8.12	60	15.87	8.25	60	59.1%	-0.14 [-0.50, 0.22]			•		
Wolf 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=				; I² = 63°	%				-10	-5	 	 	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 471: EDI-body dissatisfaction with random effects



20 Figure 472: EDI-drive for thinness

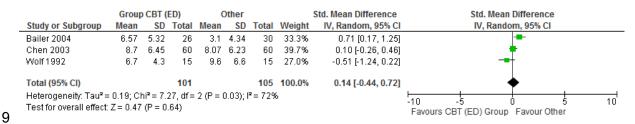


22 Figure 473: EDI-bulimia

	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				; I*= 72°	%				-10 -5 0 5 10 Favours CBT (ED) Group Favour Other

2 Heterogeneity was detected at I²=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.

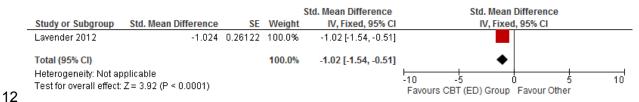
8 Figure 474: EDI-bulimia with random effects



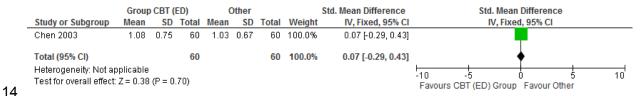
11 Figure 475: Clinical impairment

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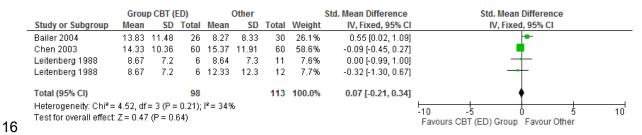
10



13 Figure 476: Symptom checklist



15 Figure 477: Depression



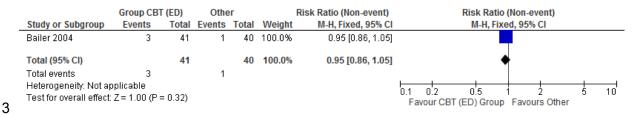
17 Figure 478: Anxiety

	Group	CBT (ED)	(Other			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	
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 -5 0 Favours CBT (ED) Group Fav	5 our Other	10

2 Figure 479: Remission

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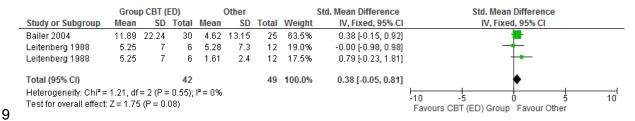


M.3.5.64 Group CBT-ED compared with another intervention in adults with bulimia nervosa at 5 follow-up

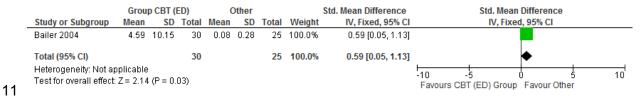
6 Figure 480: Bingeing

	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	13.11	21.76	30	7.54	13.15	25	26.5%	0.30 [-0.23, 0.83]	-
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]	•
Heterogeneity: Chi² = Test for overall effect				I² = 0%					-10 -5 0 5 10 Favours CBT (ED) Group Favour Other

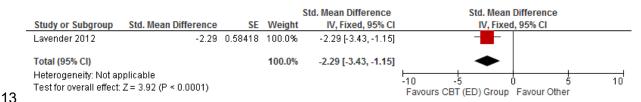
8 Figure 481: Vomiting



10 Figure 482: Laxative use



12 Figure 483: Clinical impairment



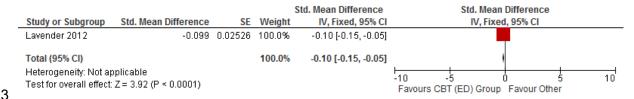
14 Figure 484: EDE-total

	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 485: EDI-total

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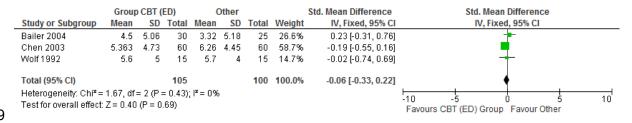
4 Figure 486: EDI-body dissatisfaction

	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

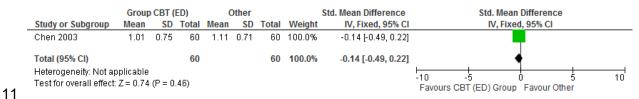
6 Figure 487: EDI-drive for thinness

	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 488: EDI-bulimia



10 Figure 489: Symptom checklist



12 Figure 490: 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, Fixed, 95% CI
Chen 2003	42.43	11.37	30	48.6	10.67	30	49.3%	-0.55 [-1.07, -0.04]	-
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				I² = 0%					-10 -5 0 5 10 Favours CBT (ED) Group Favour Other

2 Figure 491: Depression

1

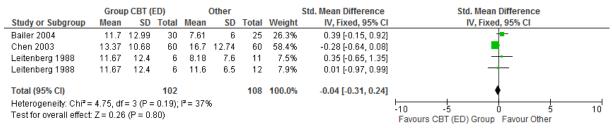
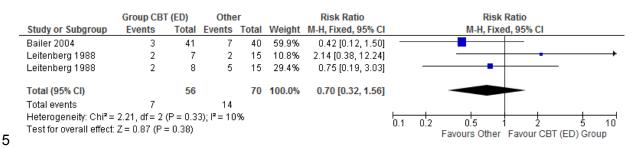


Figure 492: Remission



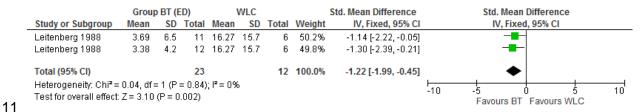
M.3.5.76 Group behavioural therapy compared with wait list control (WLC) in adults with 7 bulimia nervosa at end of treatment

8 Figure 493: Bingeing

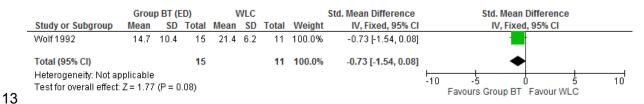
	Grou	p BT (E	D)	V	NLC			Std. Mean Difference		Std. Mea	n Dif	fference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 9	5% CI		
Wolf 1992	8.8	13.5	15	7.1	4.6	11	100.0%	0.15 [-0.63, 0.93]			-			
Total (95% CI)			15			11	100.0%	0.15 [-0.63, 0.93]			*			
Heterogeneity: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

10 Figure 494: Vomiting

9



12 Figure 495: EDI-body dissatisfaction

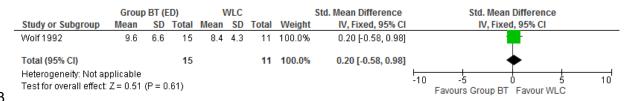


14 Figure 496: EDI-drive for thinness

	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 a Test for overall effect		(P = 0	.34)						-10 -5 0 5 10 Favours Group BT Favour WLC

2 Figure 497: EDI-bulimia

1



4 Figure 498: Depression

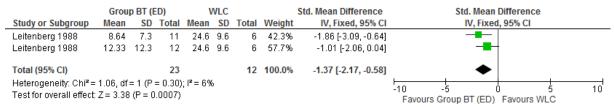
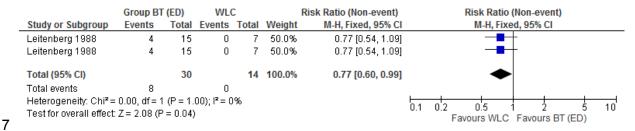
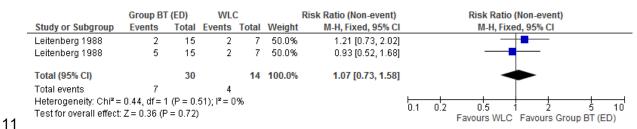


Figure 499: Remission



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

10 Figure 500: Remission



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

14 Figure 501: 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]	-
Total (95% CI)			15			15	100.0%	0.33 [-0.39, 1.06]	*
Heterogeneity: Not a Test for overall effect			1.36)						-10 -5 0 5 10 Favours Group BT (ED) Favours Other Group

1 Figure 502: Vomiting

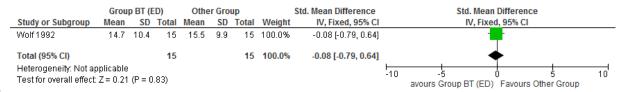
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	Group	BT (E	D)	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	CI IV, Fixed, 95% CI
Leitenberg 1988	3.38	4.2	12	5.13	6.5	6	49.8%	-0.33 [-1.32, 0.66]	i] —
Leitenberg 1988	3.69	6.5	12	5.13	6.5	6	50.2%	-0.21 [-1.19, 0.77]	'] -
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 10 Favours Group BT (ED) Favours Other Group

3 Figure 503: EDI-body dissatisfaction



5 Figure 504: 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	I IV, Fixed, 95% CI
Wolf 1992	13.3	6	15	11.7	6.3	15	100.0%	0.25 [-0.47, 0.97]	1 🚘
Total (95% CI)			15			15	100.0%	0.25 [-0.47, 0.97]	ı, + , ,
Heterogeneity: Not ap Test for overall effect:		(P = 0	1.49)						-10 -5 0 5 10 Favours Group BT (ED) Favours Other Group

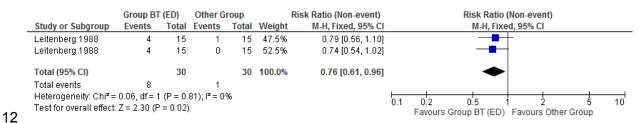
7 Figure 505: EDI-bulimia

	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]	-
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 506: Depression

	Grou	p BT (E	ED)	Othe	r Gro	up		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	
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 B	0 (ED) Favou	5 Irs Other Gro	10 up

11 Figure 507: Remission



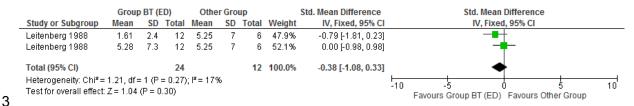
M.3.5.103 Group behavioural therapy compared with any other intervention in adults with bulimia nervosa at follow-up

15 Figure 508: Bingeing

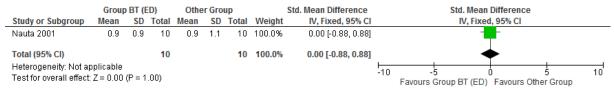
	Group	BT (E	D)	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Nauta 2001	1.4	3.8	10	0.8	2.8	18	46.1%	0.18 [-0.59, 0.96]	
Wolf 1992	5.3	6.2	15	6.3	5.4	15	53.9%	-0.17 [-0.88, 0.55]	+
Total (95% CI)			25			33	100.0%	-0.01 [-0.53, 0.52]	+
Heterogeneity: Chi² = Test for overall effect		,		; I² = 0%					-10 -5 0 5 10 Favours Group BT (ED) Favours Other Group

2 Figure 509: Vomiting

1



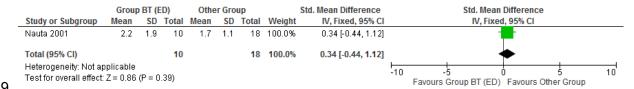
4 Figure 510: EDE-eating concern



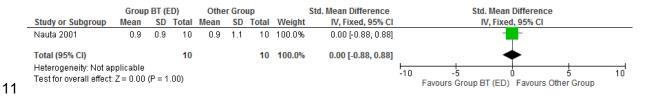
6 Figure 511: EDE-shape concern

	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
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]	*
Heterogeneity: Not ap Test for overall effect:		(P = 1	.00)					H -	-10 -5 0 5 10 Favours Group BT (ED) Favours Other Group

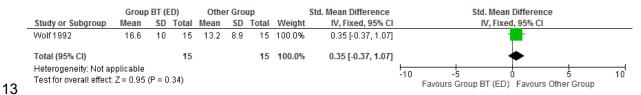
8 Figure 512: EDE-weight concern



10 Figure 513: EDE-restraint



12 Figure 514: EDI-body dissatisfaction

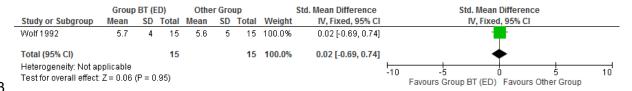


14 Figure 515: EDI-drive for thinness

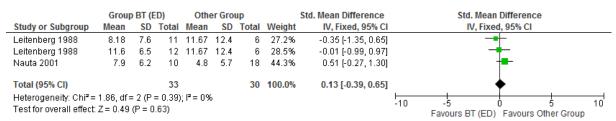
	Group	BT (E	ED)	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Wolf 1992	13.3	6.5	15	11.7	6.6	15	100.0%	0.24 [-0.48, 0.96]	—
Total (95% CI)			15			15	100.0%	0.24 [-0.48, 0.96]	•
Heterogeneity: Not a Test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

2 Figure 516: EDI-bulimia

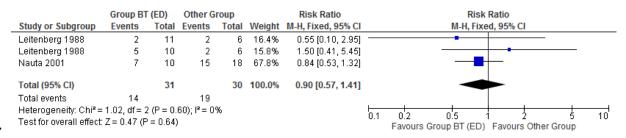
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4 Figure 517: Depression



5 6 **Figure 518: Remission**



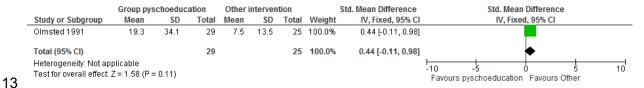
M.3.5.118 Group psychoeducation compared with any other intervention in adults with bulimia 9 nervosa at end of treatment

10 Figure 519: 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 520: Vomiting

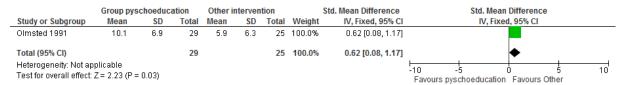
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14 Figure 521: EDI-body dissatisfaction

	Group pys	choeduc	ation	Otheri	nterven	tion		Std. Mean Difference		Std	. Mean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		ľ	/, Fixed, 959	6 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 p	-5 yschoedu	0 Ication Fav	5 ours Other	10

1 2 Figure 522: EDI-drive for thinness

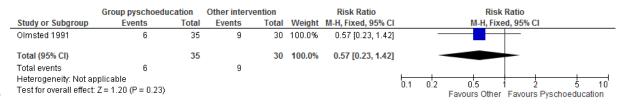


4 Figure 523: EDI-bulimia

	Group pys	choeduc	ation	Otheri	interven	tion		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	
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 pv	-5 (Favoui	5 rs Other	10

6 Figure 524: 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 525: Bingeing

	CBT (var	ied inten	sity)	CBT	Cont	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]	-■
Mitchell 1993	2.1	4.4	33	3.31	3.7	12	34.2%	-0.28 [-0.94, 0.38]	
Total (95% CI)			109			34	100.0%	-0.37 [-0.76, 0.02]	♦
Heterogeneity: Chi²=	0.10, df = 2	(P = 0.9)	5); I² = 0°	%					-10 -5 0 5 10
Test for overall effect:	Z=1.86 (P	= 0.06)							Favours varied intensity Favours CBT control

12 Figure 526: Vomiting

	CBT (var	ied inten	sity)	СВТ	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	2.13	4.33	33	4.22	4.66	12	33.9%	-0.46 [-1.13, 0.20]	
Mitchell 1993	2.44	8.35	35	4.22	4.66	11	32.8%	-0.23 [-0.91, 0.45]	-
Mitchell 1993	1.91	4.38	41	4.22	4.66	11	33.4%	-0.51 [-1.19, 0.16]	
Total (95% CI)			109			34	100.0%	-0.40 [-0.79, -0.01]	•
Heterogeneity: Chi ^z = Test for overall effect:		•	2); I² = 0°	%					-10 -5 0 5 10 Favours varied intensity Favours CBT control

14 Figure 527: 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]	- -
Mitchell 1993	0.113	0.384	33	0.489	2.12	11	31.8%	-0.34 [-1.03, 0.35]	
Mitchell 1993	2.44	8.35	35	0.489	2.12	12	34.7%	0.26 [-0.40, 0.92]	*
Total (95% CI)			109			34	100.0%	0.10 [-0.29, 0.49]	•
Heterogeneity: Chi ² = Test for overall effect:);	4%					-10 -5 0 5 10 Favours varied intensity Favours CBT control

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EDI-body dissatisfaction 1 Figure 528:

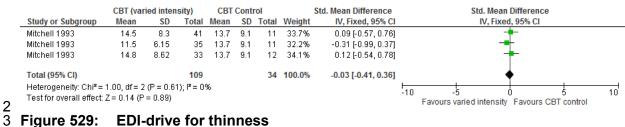
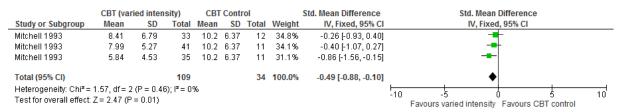


Figure 529: **EDI-drive for thinness**



5 Figure 530: **EDI-bulimia**

4

	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]	◆
Heterogeneity: Chi ^z = Test for overall effect:				%					-10 -5 0 5 10 Favours varied intensity Favours CBT control

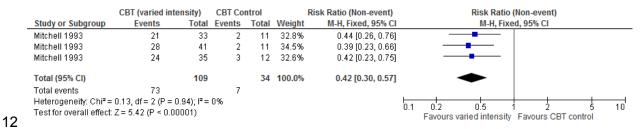
Figure 531: Anxiety

	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]	+
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]	•
Heterogeneity: Chi²=	0.32, df = 2	(P = 0.85)	5); $I^2 = 0$	%					-10 -5 0 5 10
Test for overall effect:	Z= 0.57 (P	= 0.57)							Favours varied intensity Favours CBT control

Figure 532: **Depression**

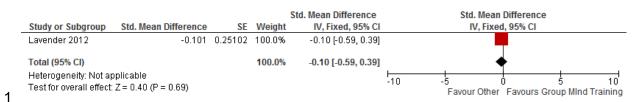
	CBT (var	ied inten	sity)	CBT	Contr	ol		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Mitchell 1993	5.69	5.93	33	4.63	5.64	11	31.8%	0.18 [-0.51, 0.86]	-
Mitchell 1993	5.28	5.98	35	4.63	5.64	12	34.6%	0.11 [-0.55, 0.76]	+
Mitchell 1993	4.7	5.84	41	4.63	5.64	11	33.6%	0.01 [-0.65, 0.68]	+
Total (95% CI)			109			34	100.0%	0.10 [-0.29, 0.48]	•
Heterogeneity: Chi² = 0.12, df = 2 (P = 0.94); I² = 0%									-10 -5 0 5 10
Test for overall effect:	Z = 0.50 (P	= 0.62)			-10 -5 0 5 10 Favours varied intensity Favours CRT control				

11 **Figure 533**: Remission

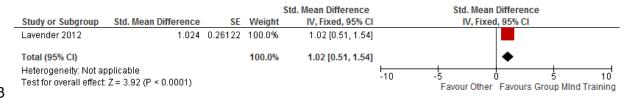


M.3.5.133 Group emotional and mind training compared with any other treatment in adults with 14 bulimia nervosa at end of treatment

15 Figure 534: EDE-total

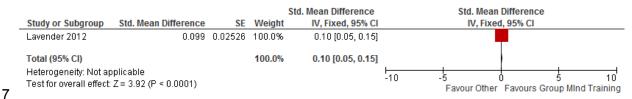


2 Figure 535: Clinical impairment

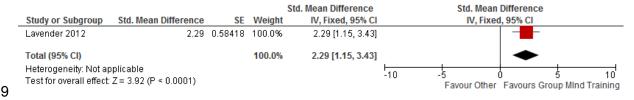


M.3.5.144 Group emotional and mind training compared with any other treatment in adults with 5 bulimia nervosa at follow-up

6 Figure 536: EDE-total

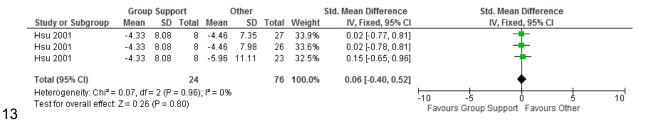


8 Figure 537: Clinical impairment



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

12 Figure 538: 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 539: Bingeing

	Mino	fulne	SS	Other	interven	tion		Std. Mean Difference		Std. Mean	Difference	9	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	1, 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]		•			
Heterogeneity: Not ap Test for overall effect			0.74)						-10 Favours	-5 Mindfulness	0 Favours	5 Other	10

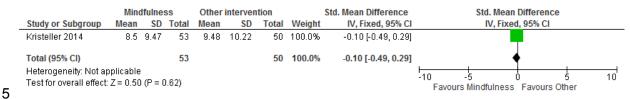
2 Figure 540: BMI

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	Mino	dfulne	SS	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	l, 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:).73)						-10 -	5 Mindfulness) Favours Ot	t 5 her	10

4 Figure 541: Depression

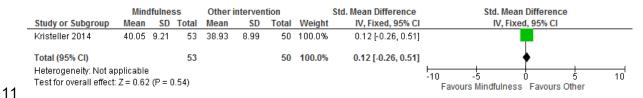


M.3.6.26 Group mindfulness compared with any other treatment in adults with binge eating 7 disorder at follow-up

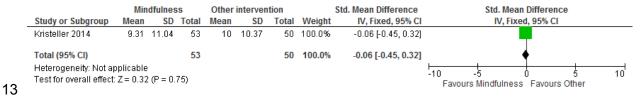
8 Figure 542: Bingeing

	Mino	dfulne	SS	Other	interven	ition		Std. Mean Difference		Std.	Mean Di	fference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed,	95% 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:).19)						-10 Favo	-5 urs Mindfu	0 Iness F	avours Of	† 5 ther	10

10 Figure 543: BMI



12 Figure 544: Depression



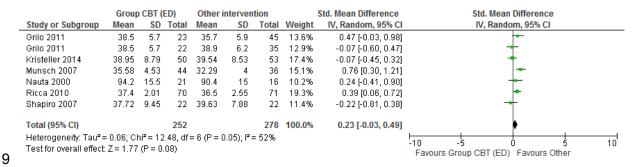
M.3.6.34 Group CBT-ED compared with any other treatment in adults with binge eating disorder at end of treatment

16 Figure 545: 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]	 -
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]	
Nauta 2000	94.2	15.5	21	90.4	15	16	7.1%	0.24 [-0.41, 0.90]	 -
Ricca 2010	37.4	2.01	70	36.5	2.55	71	27.2%	0.39 [0.06, 0.72]	-
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: Chi²=	12.48, d	f= 6 (F	= 0.05);	%				-10 -5 0 5 10
Test for overall effect:	Z= 2.81	(P = 0	.005)						Favours Group CBT (ED) Favours Other

Heterogeneity was detected at I² =52% There were no obvious risks of bias to account for.
 Insufficient detail was provided across studies to explore comorbidities and stage of illness.
 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 546: Weight with random effects



11 Figure 547: Bingeing

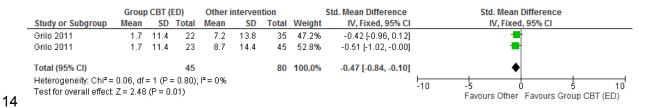
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	Group	CBT (ED)	Other i	nterven	tion	9	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Agras 1994	1.2	1.3	36	1.5	0.2	36	9.1%	-0.32 [-0.78, 0.15]	
Grilo 2011	2.2	3.8	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]	-+
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]	
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]	
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]	+-
Total (95% CI)			384			411	100.0%	-0.13 [-0.27, 0.01]	•
Heterogeneity: Chi ² =	7.00, df	= 9 (P :	= 0.64);	l² = 0%					
Test for overall effect:	Z = 1.80	(P = 0	.07)						-10 -5 0 5 10 Favours Group CBT (ED) Favours Other

13 Figure 548: Weight loss



15 Figure 549: Anxiety

	Grou	p CBT (I	ED)	Other	interven	tion		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	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 Favours Group CBT (ED)	Favours Othe	5 10 er

2 Figure 550: EDE-eating concern

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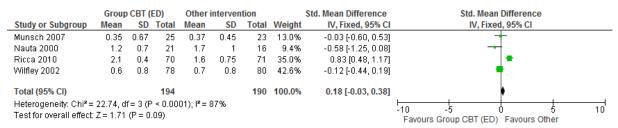


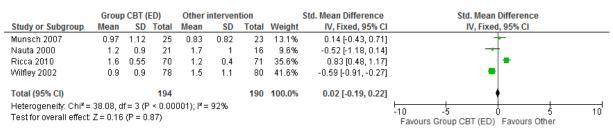
Figure 551: EDE-shape concern

	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]	
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

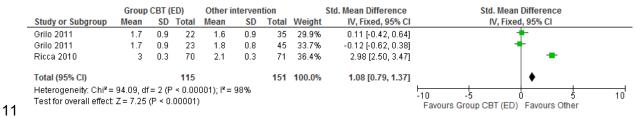
6 Figure 552: EDE-weight concern

	Group	Group CBT (ED) Other interventi				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]	 -			
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]	-			
Wilfley 2002	2	1.2	78	2.1	1.2	80	41.8%	-0.08 [-0.39, 0.23]	†			
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 553: EDE-restraint



10 Figure 554: EDE-total



12 Figure 555: Global symptom checklist

	Group	CBT (ED)	Other i	nterven	tion	9	Std. Mean Difference	Std. M	ean Differer	ice	
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 556: Depression

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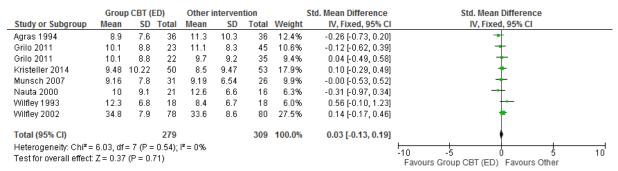
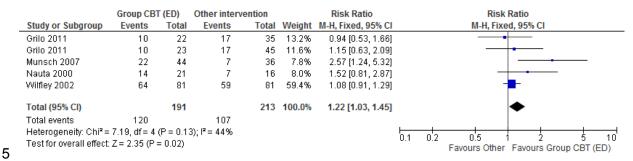


Figure 557: Remission



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

8 Figure 558: Weight

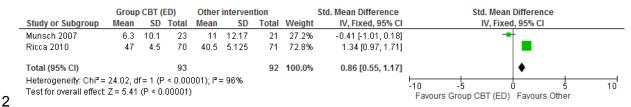
	Grou	p CBT (ED)	Other i	interven	ition		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	38.3	6	23	36.6	6.5	45	12.1%	0.27 [-0.24, 0.77]	-
Grilo 2011	38.3	6	22	38.7	5.6	35	10.8%	-0.07 [-0.60, 0.46]	+
Kristeller 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]	-
Shapiro 2007	37.03	10.49	13	38.63	9	15	5.6%	-0.16 [-0.90, 0.58]	-
Total (95% CI)			243			271	100.0%	0.09 [-0.08, 0.27]	•
Heterogeneity: Chi²=	5.37, df	= 6 (P =	0.50);	$l^2 = 0\%$					-10 -5 0 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 559: Bingeing

	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
Grilo 2011	2.4	8.1	23	4.6	6	45	9.5%	-0.32 [-0.83, 0.18]	-+
Grilo 2011	2.4	8.1	22	4	8.4	35	8.5%	-0.19 [-0.72, 0.34]	
Kristeller 2014	5.46	7.67	50	3.78	5.15	53	16.1%	0.26 [-0.13, 0.64]	 -
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]	
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]	
Wilfley 2002	1.7	4.3	67	1.2	2.6	71	21.7%	0.14 [-0.19, 0.48]	<u>†</u>
Total (95% CI)			310			341	100.0%	-0.03 [-0.19, 0.12]	
Heterogeneity: Chi²=	7.83, df	= 7 (P :	= 0.35);	I ² = 11%					10 5 10
Test for overall effect:	Z = 0.42	(P = 0	.67)						Favours Group CBT (ED) Favours Other

9

1 Figure 560: Anxiety



3 Figure 561: EDE-eating concern

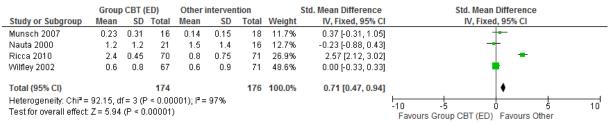


Figure 562: EDE-shape concern

	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]	 -			
Nauta 2000	2.9	1.7	21	3.3	1.7	16	13.6%	-0.23 [-0.88, 0.42]				
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:		,				-10 -5 0 5 10 Favours Group CBT (ED) Favours Other						

7 Figure 563: EDE-weight concern

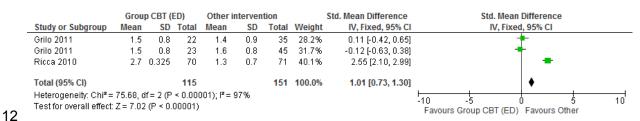
	Group	CBT (ED)	Otheri	interver	ition		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Munsch 2007	1.75	1.33	16	1.37	1.01	18	12.0%	0.32 [-0.36, 1.00]	
Nauta 2000	2.3	1.5	21	3.1	1.5	16	12.6%	-0.52 [-1.18, 0.14]	
Ricca 2010	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 564: EDE-restraint

8

	Group	CBT (ED)	Otheri	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			
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]				
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:					-10 -5 0 5 10 Favours Group CBT (ED) Favours Other							

10 11 Figure 565: EDE-total



13 Figure 566: Global symptom checklist

	Group CBT (ED) O				nterven	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 567: Depression

	Grou	p CBT (ED)	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
Grilo 2011	9.1	7.9	22	9.7	9.3	35	9.4%	-0.07 [-0.60, 0.47]	+
Grilo 2011	9.1	7.9	23	9.6	7.7	45	10.6%	-0.06 [-0.57, 0.44]	+
Kristeller 2014	10	10.37	50	9.31	11.04	53	17.9%	0.06 [-0.32, 0.45]	+
Munsch 2007	8.23	11.31	22	7.76	6.48	21	7.5%	0.05 [-0.55, 0.65]	+
Nauta 2000	10.9	11	21	9	5.4	16	6.3%	0.21 [-0.45, 0.86]	 -
Ricca 2010	17	3.75	70	17	2.45	71	24.5%	0.00 [-0.33, 0.33]	<u></u>
Wilfley 2002	33.1	8.2	67	32.2	10.3	71	23.9%	0.10 [-0.24, 0.43]	<u>†</u>
Total (95% CI)			275			312	100.0%	0.04 [-0.13, 0.20]	
Heterogeneity: Chi²=	0.75, df	= 6 (P =	0.99);	$l^2 = 0\%$					-10 -5 0 5 10
Test for overall effect:	Z = 0.45	6 (P = 0.	65)						-10 -5 0 5 10 Favours Group CBT (ED) Favours Other

3 4 Figure 568: Remission

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	Group CB1	(ED)	Other interve	ention		Risk Ratio	Risk Ratio						
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fix	ced, 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]							
Wilfley 2002	48	81	50	81	66.2%	0.96 [0.75, 1.23]			\dashv	-			
Total (95% CI)		146		133	100.0%	1.14 [0.93, 1.40]				•			
Total events	91		73										
Heterogeneity: Chi²=	5.40, df = 2	(P = 0.0)	7); I² = 63%				0.1	n 2	0.5	+	 		10
Test for overall effect:	Z=1.25 (P=	= 0.21)					0.1	0.2	Favours Othe	r Favour	s Group	CBT (I	

6 Heterogeneity was detected at I²=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 569: Remission with random effects

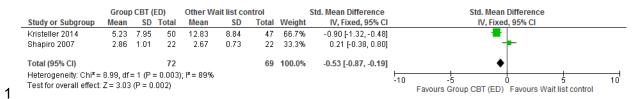
	Group CBT	(ED)	Other interve	ention		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	I M-H, Random, 95% CI
Munsch 2007	25	44	16	36	31.5%	1.28 [0.82, 2.00]	 •
Nauta 2000	18	21	7	16	24.5%	1.96 [1.09, 3.51]	
Wilfley 2002	48	81	50	81	44.0%	0.96 [0.75, 1.23]	ı
Total (95% CI)		146		133	100.0%	1.25 [0.85, 1.85]	•
Total events	91		73				
Heterogeneity: Tau ² =	0.07; Chi ² =	5.40, dt	f = 2 (P = 0.07)	$ I^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 an end of treatment

14 Figure 570: Weight or BMI

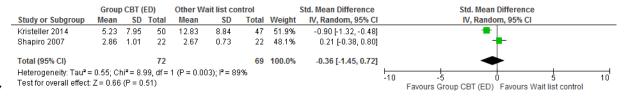
	Group	CBT (ED)	Other W	ait list co	ntrol		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Kristeller 2014	38.95	8.79	50	38.07	6.29	47	53.8%	0.11 [-0.28, 0.51]	*
Shapiro 2007	37.72	9.45	22	34.7	6.61	22	24.0%	0.36 [-0.23, 0.96]	 -
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]	,
Heterogeneity: Chi² = Test for overall effect				I ² = 0%	10 -5 0 5 10 Favours Group CBT (ED) Favours Wait list control				

15 16 Figure 571: Bingeing

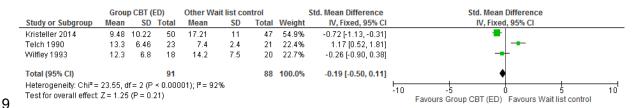


- 2 Heterogeneity was detected at I²=89%. Insufficient detail was provided in one or the other 3 study to be explore any of the subgroups including stage of illness or comorbidities. Both
- 4 studies had a similar average number of binges per month <18. In the absence of an
- 5 explanation random effects are presented

6 Figure 572: Bingeing with random effects



8 Figure 573: Depression



Heterogeneity was detected at I²=92% Insufficient detail was provided in one or the other
 study to be explore the role of comorbidities. All three studies had a similar duration of illness
 >20 years and < 18 days of bingeing per month. In the absence of an explanation random
 effects are presented

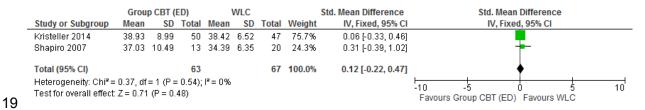
14 Figure 574: Depression with random effects

	Group	b CRT (I	ED)	Other Wa	ait list con	itrol		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]	
Wilfley 1993	12.3	6.8	18	14.2	7.5	20	32.6%	-0.26 [-0.90, 0.38]	-
Total (95% CI)			91			88	100.0%	0.04 [-1.06, 1.15]	*
Heterogeneity: Tau ² =	0.87; CI	hi² = 23	.55, df=	2 (P < 0.0	0001); I 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 disorder at follow-up

18 Figure 575: BMI

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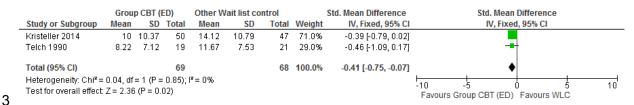
20 Figure 576: Bingeing

	Group	CBT (ED)	Other W	ait list co	ntrol		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	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= 0%					-10 -5 0 5 10 Favours CBT (ED) Favours WLC			

2 Figure 577: Depression

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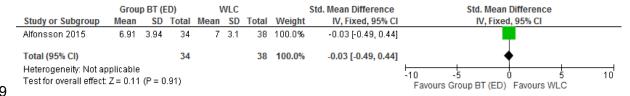


M.3.6.74 Group BT-ED compared with wait list controls in adults with binge eating disorder at 5 end of treatment

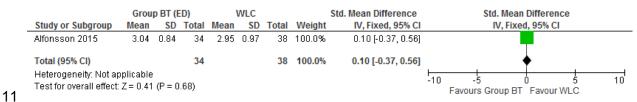
6 Figure 578: Bingeing

	Grou	p BT (E	D)	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
Alfonsson 2015	7.35	7.03	34	9.29	9.06	38	100.0%	-0.24 [-0.70, 0.23]	•
Total (95% CI) Heterogeneity: Not ap Test for overall effect:			34 .32)			38	100.0%	-0.24 [-0.70, 0.23]	-10 -5 0 5 10 Favours Group BT Favour WLC

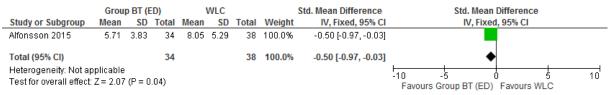
8 Figure 579: Anxiety



10 Figure 580: EDE-total



12 Figure 581: Depression

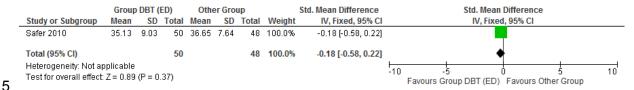


14 Figure 582: Remission

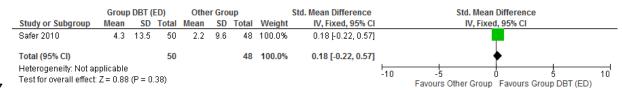


M.3.6.82 Group dialectical behaviour therapy (ED) compared with another group intervention in adults with binge eating disorder at end of treatment

4 Figure 583: BMI



6 Figure 584: Weight loss



8 Figure 585: EDE-eating concern

	Group	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]	•		
Heterogeneity: Not ap Test for overall effect:			.008)						-10 -5 (ED)) 5 Favours Other Group	10

10 Figure 586: EDE-shape concern

	Group	Group DBT (ED)			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	
Safer 2010	2.62	1.15	50	3.03	1.35	48	100.0%	-0.32 [-0.72, 0.07]	•	
Total (95% CI)			50			48	100.0%	-0.32 [-0.72, 0.07]	•	
Heterogeneity: Not ap Test for overall effect:			.11)						-10 -5 0 5 Favours Group DBT (ED) Favours Other Group	10

12 Figure 587: EDE-weight concern

	Group	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 588: EDE-restraint

	Group DBT (ED) Other Group				пр		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	1.29	1.04	50	1.91	1.23	48	100.0%	-0.54 [-0.94, -0.14]			
Total (95% CI)			50			48	100.0%	-0.54 [-0.94, -0.14]	•		
Heterogeneity: Not ap Test for overall effect:			.009)						-10 -5 0 5 10 Favours Group DBT (ED) Favours Other Group	I	

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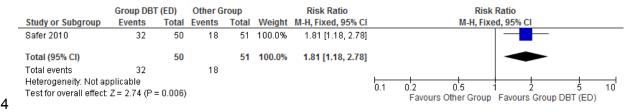
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1 Figure 589: Depression

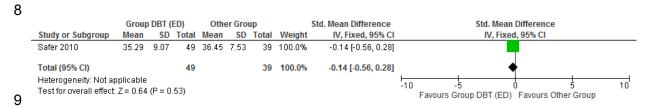
	Group	Group DBT (ED)		Other Group				Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% (CI	
Safer 2010	9.1	9.21	50	10.84	6.86	48	100.0%	-0.21 [-0.61, 0.19]					
Total (95% CI)			50			48	100.0%	-0.21 [-0.61, 0.19]			•		
Heterogeneity: Not ap Test for overall effect:			.30)						-10 Favours	-5 Group DBT	(ED) Favou	5 Irs Other	10

Figure 590: 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 591: BMI

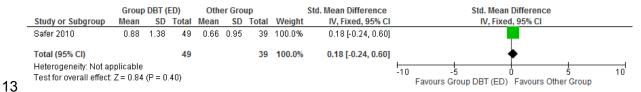


10 Figure 592: Weight loss

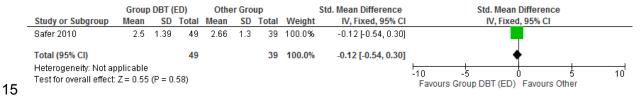
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	Group DBT (ED)			Othe	er Gro	up		Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	1, 95% CI	
Safer 2010	3.7	30.2	49	2.4	15.3	39	100.0%	0.05 [-0.37, 0.47]				
Total (95% CI)			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 593: EDE-eating concern



14 Figure 594: EDE-shape concern



16 Figure 595: EDE-weight concern

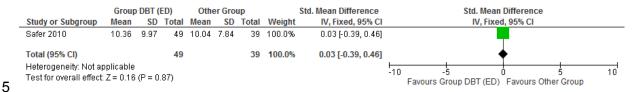
	Group DBT (ED)			Othe	er Gro	up		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI				
Safer 2010	2.27	1.24	49	2.78	1.31	39	100.0%	-0.40 [-0.82, 0.03]					
Total (95% CI)			49			39	100.0%	-0.40 [-0.82, 0.03]	•				
Heterogeneity: Not ap Test for overall effect:			.07)						-10 -5 0 5 10 Favours Group DBT (ED) Favours Other Group				

2 Figure 596: EDE-restraint

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4 Figure 597: Depression



6 Figure 598: 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 599: Bingeing

	CBT(bod	CBT(body exposure)							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 ap Test for overall effect:		= 0.51)	12			12	100.0%	-0.27 [-1.07, 0.53]	-10 -5 0 5 Favours CBT body exposure Favours CBT (cognitive)	10				

12 Figure 600: BMI

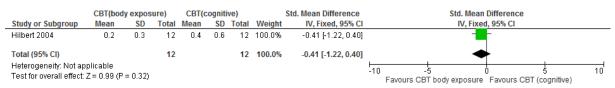
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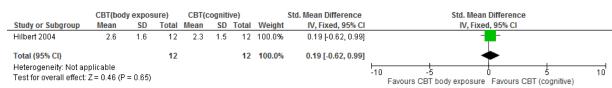
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	CBT(bod	CBT(body exposure)			cogniti	ve)		Std. Mean Difference	Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI	
Hilbert 2004	33.1	10.4	12	37.2	10.3	12	100.0%	-0.38 [-1.19, 0.43]	-	-	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

14 Figure 601: EDE-eating concern



16 Figure 602: EDE-shape concern



2 Figure 603: EDE-weight concern



4 Figure 604: EDE-restraint

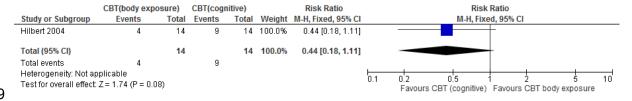
	CBT(body exposure)			, , , ,				Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI		
Hilbert 2004	0.9	1.2	12	0.9	1.2	12	100.0%	0.00 [-0.80, 0.80]	-	-		
Total (95% CI)			12			12	100.0%	0.00 [-0.80, 0.80]	•	•		
Heterogeneity: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

6 Figure 605: Depression

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Figure 606: Remission

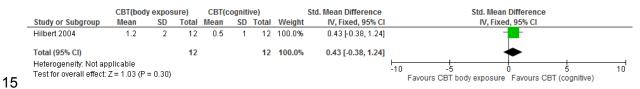


M.3.70 Group CBT (body exposure) compared with another CBT (cognitive) in adults with binge eating disorder at follow-up

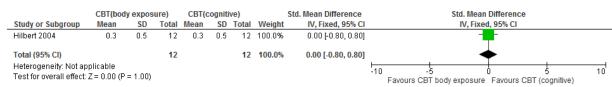
12 Figure 607: BMI

	CBT(bod	CBT(body exposure)			, , , ,			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]	-			
Total (95% CI)			12			12	100.0%	-0.25 [-1.05, 0.56]	, → , , , ,			
Heterogeneity: Not ap Test for overall effect:		= 0.55)							-10 -5 0 5 10 Favours CBT body exposure Favours CBT (cognitive)			

13 14 Figure 608: Bingeing



16 Figure 609: EDE-eating concern



2 Figure 610: EDE-shape concern

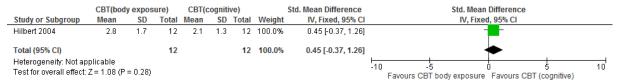


Figure 611: EDE-weight concern

	CBT(body exposure)			, , , ,				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	
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

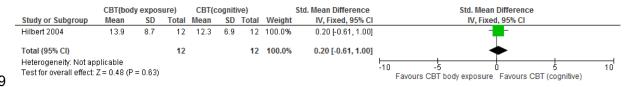
6 Figure 612: EDE-restraint

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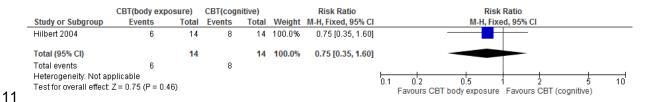
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	CBT(bod	CBT(body exposure)			ogniti	ve)		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI				
Hilbert 2004	1	1.2	12	1.1	1.3	12	100.0%	-0.08 [-0.88, 0.72]	+				
Total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

8 Figure 613: Depression

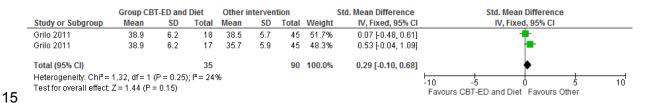


10 Figure 614: Remission



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 615: BMI



16 Figure 616: Bingeing

	Group CB	T-ED and	Diet	Otheri	nterven	tion		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 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]			•		
Heterogeneity: Chi ^z = Test for overall effect:); I² = 0%)					-10 Favours	-5 CBT-ED an	0 d Diet Favou	5 urs Other	10

2 Figure 617: EDE-global clinical score

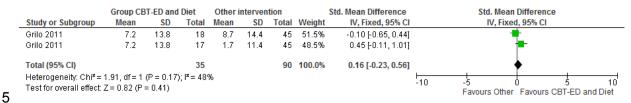
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	Group CB	T-ED and	Diet	Otheri	interven	tion		Std. Mean Difference	Std. Mean			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI		
Grilo 2011	1.6	0.8	17	1.8	0.8	45	48.8%	-0.25 [-0.81, 0.31]	-	+		
Grilo 2011	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: Chi² = Test for overall effect:		•); I² = 0%)					-10 -5 Favours CBT-ED and Diet	0 Favours Oth	t 5 er	10

4 Figure 618: Weight loss (pounds)



6 Figure 619: Depression

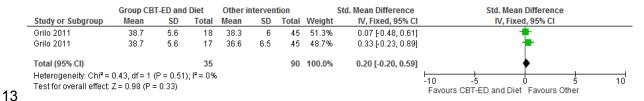
	Group CB				nterven	tion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	9.7	9.2	18	10.1	8.8	45	51.1%	-0.04 [-0.59, 0.50]	+
Grilo 2011	9.7	9.2	17	11.1	8.3	45	48.9%	-0.16 [-0.72, 0.40]	†
Total (95% CI)			35			90	100.0%	-0.10 [-0.49, 0.29]	+
Heterogeneity: Chi² = Test for overall effect:); I² = 0%)					-10 -5 0 5 10 Favours CBT-ED and Diet Favours Other

8 Figure 620: 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 621: BMI



14 Figure 622: Bingeing

	Group CB	T-ED and	Diet	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	
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 Favours	-5 CBT-ED an	0 d Diet Favou	5 rs Other	10

2 Figure 623: Weight loss (pounds)

	Group CE	T-ED and	Diet	Other	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	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]			•		
Heterogeneity: Chi² = Test for overall effect:		•); I² = 0%)					-10	-5 Favours	0 Other Favou	f Irs CBT-ED	10 and Diet

4 Figure 624: EDE-total

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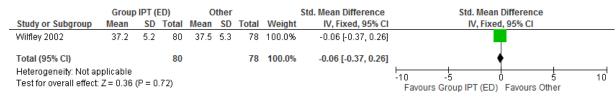
	Group CB	T-ED and	Diet	Other i	interven	tion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	1.6	0.8	17	1.8	0.8	45	48.8%	-0.25 [-0.81, 0.31]	-
Grilo 2011	1.6	0.8	18	1.7	0.9	45	51.2%	-0.11 [-0.66, 0.43]	†
Total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

6 Figure 625: Depression

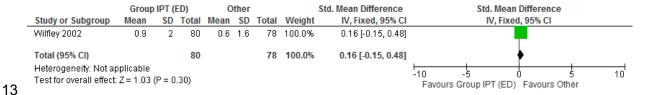
	Group CB1	Γ-ED and	Diet	Other	interven	tion		Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
Grilo 2011	9.7	9.3	18	9.1	7.9	45	51.0%	0.07 [-0.48, 0.62]		-	-		
Grilo 2011	9.7	9.3	17	9.6	7.7	45	49.0%	0.01 [-0.55, 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 CB	+ -5 (T-ED and Diet) Favours C	5)ther	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 626: BMI



12 Figure 627: Bingeing



14 Figure 628: 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 629: EDE-shape concern

	Group	Group IPT (ED)			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	2.4	1.1	80	2.3	1.4	78	100.0%	0.08 [-0.23, 0.39]	•
Total (95% CI)			80			78	100.0%	0.08 [-0.23, 0.39]	•
Heterogeneity: Not ap Test for overall effect:	•	(P = 0	.62)						-10 -5 0 5 10 Favours Group IPT (ED) Favours Other

4 Figure 630: EDE-weight concern

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	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	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:	•	(P = 0	80 .60)			78	100.0%	0.08 [-0.23, 0.39]	-10 -5 0 5 10 Favours Group IPT (ED) Favours Other

6 Figure 631: EDE-restraint

	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	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]	,
Heterogeneity: Not ap Test for overall effect:	•	(P = 0	.0003)						-10 -5 0 5 10 Favours Group IPT (ED) Favours Other

8 Figure 632: Global symptom checklist

	Group	IPT (I	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
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	80 .72)			78	100.0%	-0.06 [-0.37, 0.25]	-10 -5 0 5 10 Favours Group IPT (ED) Favours Other

10 Figure 633: Depression

	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		1\	/, Fixed, 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 ^z = Test for overall effect:		,		; I² = 20°	%				-10 Favou	-5 Irs Group IP	0 T (ED) Favou	5 urs Other	10

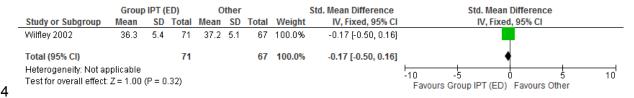
12 Figure 634: Remission



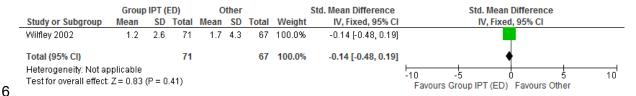
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M.3.111 Group interpersonal therapy (IPT) compared with any other intervention in 2 adults with binge eating disorder at follow-up

3 Figure 635: BMI



5 Figure 636: Bingeing



7 Figure 637: EDE-eating 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	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 638: EDE-shape concern

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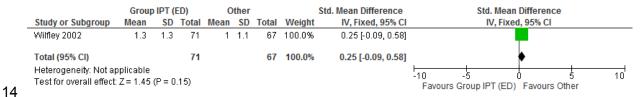
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	Group IPT (ED) Other				ther			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Wilfley 2002	2.2	1.3	71	2.2	1.3	67	100.0%	0.00 [-0.33, 0.33]					
Total (95%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

11 Figure 639: 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]	\
Heterogeneity: Not ap Test for overall effect:	•	(P = 1	.00)						-10 -5 0 5 10 Favours Group IPT (ED) Favours Other

13 Figure 640: EDE-restraint



15 Figure 641: Global symptom checklist

	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, Fi	xed, 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 I	0 PT Fav	ours Othe	 er	10

1 2 Figure 642: Depression

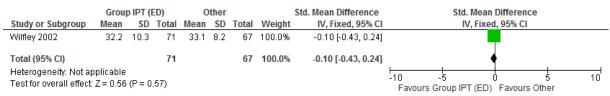


Figure 643: Remission



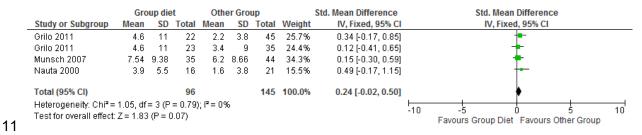
M.3.126 Group diet compared with another group in adults with binge eating disorder at 7 end of treatment

8 Figure 644: Weight

	Gro	up die	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]	- -
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]	· *
Total (95% CI)			97			145	100.0%	-0.54 [-0.81, -0.28]	•
Heterogeneity: Chi ² =	1.72, df	= 3 (F	P = 0.63	$(3); I^2 = 0$	%				10 5 10
Test for overall effect:	Z = 4.04	(P <	0.0001)					-10 -5 0 5 10 Favours Group Diet Favours Other Group

10 Figure 645: Bingeing

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12 Figure 646: EDE-eating concern



14 Figure 647: EDE-shape concern

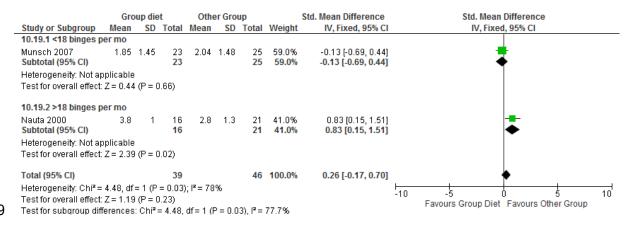
	Gro				Other Group			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Munsch 2007	1.85	1.45	23	2.04	1.48	25	59.0%	-0.13 [-0.69, 0.44]	+
Nauta 2000	3.8	1	16	2.8	1.3	21	41.0%	0.83 [0.15, 1.51]	
Total (95% CI)			39			46	100.0%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

2 Heterogeneity was detected at I² =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.

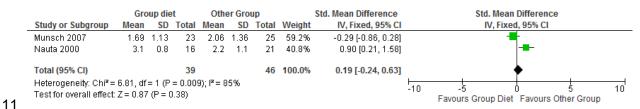
7 Figure 648: EDE-shape concern subgroup analysis based on severity of illness

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10 Figure 649: EDE-weight concern



Heterogeneity was detected at I² =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.

7 Figure 650: EDE-weight concern with severity of illness

	Gro	up die	t	Othe	er Gro	up		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
10.20.1 Binges <18 pe	er montl	h							
Munsch 2007	1.69	1.13	23	2.06	1.36	25	59.2%	-0.29 [-0.86, 0.28]	1 📥
Subtotal (95% CI)			23			25	59.2%	-0.29 [-0.86, 0.28]	•
Heterogeneity: Not app	plicable								
Test for overall effect: 2	Z = 1.00	(P = 0	.32)						
10.20.2 Binges >18 pe	er montl	h							
Nauta 2000	3.1	0.8	16	2.2	1.1	21	40.8%	0.90 [0.21, 1.58]] -
Subtotal (95% CI)			16			21	40.8%	0.90 [0.21, 1.58]] ♦
Heterogeneity: Not app	plicable								
Test for overall effect: 2	Z = 2.56	(P = 0	.01)						
Total (95% CI)			39			46	100.0%	0.19 [-0.24, 0.63]	ı •
Heterogeneity: Chi² = I	6.81, df=	= 1 (P :	= 0.00!	9); I² = 8	5%				-10 -5 0 5
Test for overall effect: .	Z = 0.87	(P = 0	.38)						-10 -5 0 5 Favours Group Diet Favours Other Group
Test for subgroup diffe	erences	: Chi² =	= 6.81.	df = 1 (F	P = 0.0	09), l ^z :	= 85.3%		Favours Group Diet Favours Other Group

3 Figure 651: EDE-restraint

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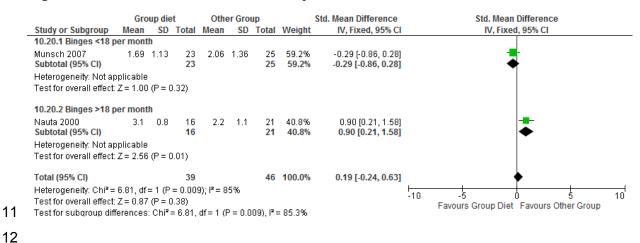
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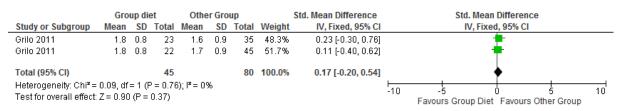
	Group diet Other Group							Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI	
Munsch 2007	0.83	0.82	23	0.97	1.12	25	57.7%	-0.14 [-0.71, 0.43]		-	-	_
Nauta 2000	1.7	1	16	1.2	0.9	21	42.3%	0.52 [-0.14, 1.18]			-	
Total (95% CI)			39			46	100.0%	0.14 [-0.29, 0.57]			•	
Heterogeneity: Chi²= Test for overall effect); I² = 54	%			ļ	-10	-5 Favours Group Diet) 5 Favours Other	10 Group

5 Heterogeneity was detected at I² = 54%. There was no clear difference in the risk of bias 6 between these two studies. The study by Nauta 2000 was unclear if the participants had 7 comorbidities, whilst Munsch 2007 was unclear on the duration of illness. The severity of 8 illness, as indicated by the average number of binges per month were different, Nauta >18 9 per month versus Munsch <18 per month and this may explain the heterogeneity.

10 Figure 652: EDE-restraint with severity of illness



14 Figure 653: EDE-global



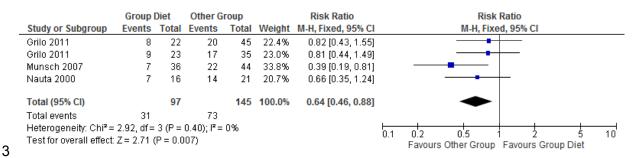
16 Figure 654: Depression

	Group diet Other Group					цр		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	11.3	10.3	18	8.9	7.6	36	15.8%	0.28 [-0.29, 0.84]	+
Agras 1994	11.3	10.3	18	7.8	7.8	36	15.6%	0.40 [-0.17, 0.97]	 -
Grilo 2011	11.1	8.3	22	9.7	9.2	35	17.9%	0.16 [-0.38, 0.69]	+
Grilo 2011	11.1	8.3	23	10.1	8.8	45	20.1%	0.11 [-0.39, 0.62]	+
Munsch 2007	9.19	6.54	26	9.16	7.8	31	18.7%	0.00 [-0.52, 0.53]	+
Nauta 2000	12.6	6.6	16	10	9.1	21	11.9%	0.31 [-0.34, 0.97]	+
Total (95% CI)			123			204	100.0%	0.19 [-0.03, 0.42]	
Heterogeneity: Chi²=	: 1.32, df	= 5 (P	= 0.93); I ² = 0%	5			H	40 5 40
Test for overall effect:	: Z = 1.69	9 (P = 0	0.09)					-	-10 -5 0 5 10 Favours Group Diet Favours Other Group

2 Figure 655: Remission

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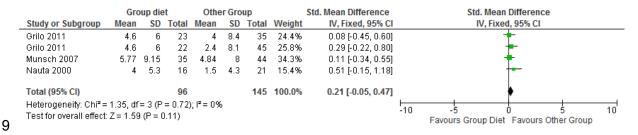


M.3.134 Group diet compared with another group in adults with binge eating disorder at follow-up

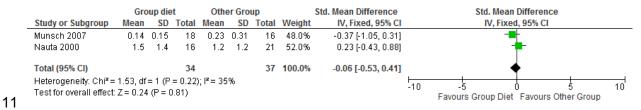
6 Figure 656: Weight

	Group diet Other Group					цр		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	36.6	6.5	23	38.7	5.6	35	26.0%	-0.35 [-0.88, 0.18]					
Grilo 2011	36.6	6.5	22	38.3	6	45	27.9%	-0.27 [-0.78, 0.24]					
Munsch 2007	33.18	4.17	23	33.1	5.04	44	28.8%	0.02 [-0.49, 0.52]		+			
Nauta 2000	94.6	16.8	16	95.4	16.7	21	17.3%	-0.05 [-0.70, 0.60]		+			
Total (95% CI)			84			145	100.0%	-0.17 [-0.44, 0.10]		•			
Heterogeneity: Chi² = Test for overall effect		,); I² = 09	6				-10	-5 0 5 Favours Group Diet Favours Other Group	10		

8 Figure 657: Bingeing



10 Figure 658: EDE-eating concern



12 Figure 659: EDE-shape concern

	Gro	oup die	et	Othe	Other Group			Std. Mean Difference		Std. Me	ean Differer	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fi	ixed, 95% C	1	
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]			•		
Heterogeneity: Chi² = Test for overall effect:		,); I² = 21	%				-10	-5 Favours Group D	0 Oiet Favour	5 rs Other Grou	10 Jp

2 Figure 660: EDE-weight concern

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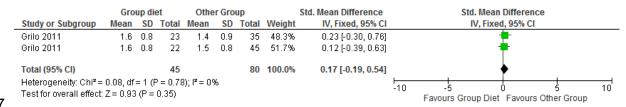
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	Gro	oup die	ŧt	Othe	er Grou	цр		Std. Mean Difference		Std. Mean Diffe	erence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95	% CI	
Munsch 2007	1.37	1.01	18	1.75	1.33	16	48.8%	-0.32 [-1.00, 0.36]		-		
Nauta 2000	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]		\		
Heterogeneity: Chi² = Test for overall effect:); I² = 67	%		-10	-5 0 Favours Group Diet Fav	5 ours Other G	10 roup		

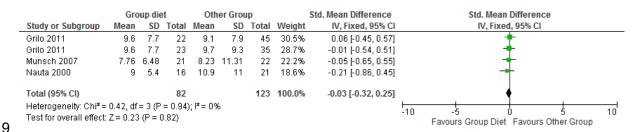
4 Figure 661: EDE-restraint

	Gro	oup die	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
Munsch 2007	1.06	0.88	18	1.14	1.03	16	48.4%	-0.08 [-0.76, 0.59]	+
Nauta 2000	1.2	0.9	16	1.5	1.4	21	51.6%	-0.24 [-0.90, 0.41]	*
Total (95% CI)			34			37	100.0%	-0.16 [-0.63, 0.30]	•
Heterogeneity: Chi² = Test for overall effect); I ^z = 0%	ó			:	10 -5 0 5 10 Favours Group Diet Favours Other Group

6 Figure 662: EDE-global



8 Figure 663: Depression



10 Figure 664: Remission

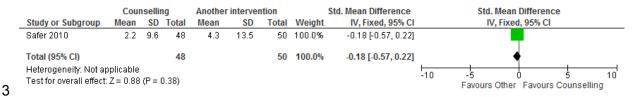


M.3.142 Group counselling compared with another intervention in adults with binge eating disorder at end of treatment

14 Figure 665: BMI

	Cou	nsellir	ıg	Anothe	r interve	ntion		Std. Mean Difference		Std.	. Mean D	ifference	,	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	/, 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 ap Test for overall effect	•		0.53)						-10 Favo	-5 urs Couns	o selling	Favours (5 Other	10

2 Figure 666: Weight loss



4 Figure 667: EDE-eating concern

	Cou	Counselling Another intervent				ntion		Std. Mean Difference		Std. M	ean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	Fixed, 95% (
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]			♦		
- ,	erogeneity: Not applicable t for overall effect: Z = 2.64 (P = 0.008)								-10 Favou	-5 rs Counsel	0 lling Favou	5 rs Other	10

5 6 Figure 668: EDE-shape concern

	Cou	nsellir	ng	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
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 -5 0 5 10 Favours Counselling Favours Other

8 Figure 669: EDE-weight concern

	Counselling Another intervention				ntion	9	Std. Mean Difference		Std. Mear	Differen	ice		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% C	l	
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]			•		
Heterogeneity: Not ap Test for overall effect:			0.06)						-10 Favours	-5 Counselling	0 Favour	5 s Other	10

10 Figure 670: EDE-restraint

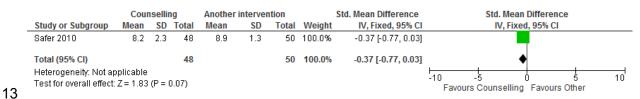
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	Cou	Counselling Another intervention Mean SD Total Mean SD Total						Std. Mean Difference		Std.	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Safer 2010	1.91	1.23	48	1.29	1.04	50	100.0%	0.54 [0.14, 0.94]					
Total (95% CI)			48			50	100.0%	0.54 [0.14, 0.94]			*		
Heterogeneity: Not ap Test for overall effect:			0.009)						-10 Favou	-5 rs Couns	0 elling Favor	5 urs Other	10

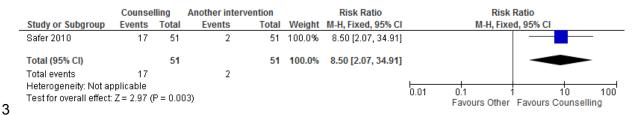
12 Figure 671: Patient preference



14 Figure 672: Depression

	Cou	nsellir	ıg	Anothe	r interve	ntion		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	
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 ap Test for overall effect			0.30)						-10 Favor	-5 urs Couns	0 elling Favo	5 ours Other	10

1 2 Figure 673: Remission



M.3.154 Group counselling compared with another intervention in adults with binge 5 eating disorder at follow-up

6 Figure 674: BMI

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	Cou				interve	ntion		Std. Mean Difference		Std. Mea	n Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 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			39			49	100.0%	0.14 [-0.28, 0.56]	-10	 	•	 	10
Test for overall effect	: Z = 0.64	(P = 0	0.53)							Counsellin	g Favou	ırs Other	10

8 Figure 675: Weight loss

	Cour	nsellii	ng	Another	r 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	
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			D.38)						-10	-5 Favours	0 Other Favo	5 urs Couns	10 elling

10 Figure 676: EDE-eating concern

	Cou	nsellir	ng	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
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 ap Test for overall effect			0.40)						-10 -5 0 5 10 Favours Counselling Favours Other

11 12 Figure 677: EDE-shape concern

	Cour	rsellir	ng	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	
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 -5 Favours Counse	o Elling Favo	5 urs Other	10

13 14 Figure 678: EDE-weight concern

	Counselling			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, 9	5% 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 -5 0 Favours Counselling F	5 avours Other	10		

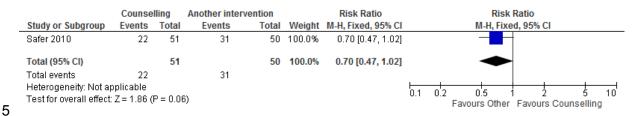
16 Figure 679: EDE-restraint

	Counselling			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, Fix	xed, 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]			*		
Heterogeneity: Not a Test for overall effect	•		0.007)						-10 Favou	-5 rs Counselli	0 ng Favo	5 urs Other	10

2 Figure 680: Depression

	Counselling			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	
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 ap Test for overall effect			0.87)						-10 Favou	-5 urs Couns	0 elling Favou	5 urs Other	10

Figure 681: Remission



M.3.166 Group self-help (ED) compared with another intervention in adults with binge 7 eating disorder at end of treatment

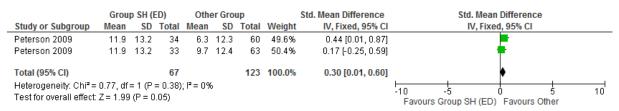
8 Figure 682: BMI

	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 2001	32.4	7.2	7	36.2	5.5	17	9.1%	-0.61 [-1.51, 0.29]	
Peterson 2001	32.4	7.2	6	32.5	8.9	14	8.1%	-0.01 [-0.97, 0.95]	
Peterson 2009	39.1	10.6	34	40.8	11.7	60	41.5%	-0.15 [-0.57, 0.27]	★
Peterson 2009	39.1	10.6	33	40.8	8.5	63	41.4%	-0.18 [-0.60, 0.24]	†
Total (95% CI)			80			154	100.0%	-0.19 [-0.46, 0.08]	•
Heterogeneity: Chi²=	1.01, df	= 3 (P :	= 0.80)	; I² = 0%	6				-10 -5 0 5 10
Test for overall effect	Z = 1.40	(P = 0	.16)						Favours Group SH (ED) Favours Other Group

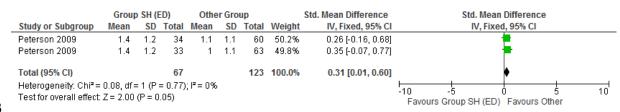
10 Figure 683: Bingeing

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12 Figure 684: EDE-eating concern



14 Figure 685: EDE-shape 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	3.1	1.2	33	2.7	1.1	63	49.6%	0.35 [-0.07, 0.77]	 -	
Peterson 2009	3.1	1.2	34	3	1.1	60	50.4%	0.09 [-0.33, 0.51]	•	
Total (95% CI)			67			123	100.0%	0.22 [-0.08, 0.52]	ı •	
Heterogeneity: Chi²= Test for overall effect		,	,	; I² = 0%	1				-10 -5 0 5 Favours Group SH (ED) Favours Other	10

1 2 Figure 686: EDE-weight concern

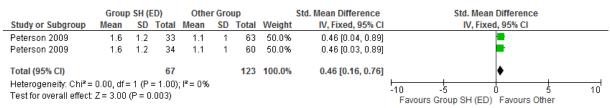
	Group	SH (I	ED)	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	3.1	1.2	34	3.1	1.3	60	50.9%	0.00 [-0.42, 0.42]	+
Peterson 2009	3.1	1.2	33	2.4	1.3	63	49.1%	0.55 [0.12, 0.98]	=
Total (95% CI)			67			123	100.0%	0.27 [-0.03, 0.57]	•
Heterogeneity: Chi² = Test for overall effect	•	,		; I² = 69°	%				-10 -5 0 5 10 Favours Group SH (ED) Favours Other

4 Figure 687: EDE-restraint

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5 6 Figure 688: EDE-total

	Group	SH (I	ED)	Othe	r Gro	up		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	
Peterson 2009	2.3	1	34	1.8	0.8	63	49.1%	0.57 [0.14, 0.99]			-		
Peterson 2009	2.3	1	33	2.2	1.1	67	50.9%	0.09 [-0.32, 0.51]			•		
Total (95% CI)			67			130	100.0%	0.33 [0.03, 0.62]			*		
Heterogeneity: Chi² = Test for overall effect	•	,		; I² = 599	%				-10 Favou	-5 rs Group SH	(ED) Favour	5 rs Other	10

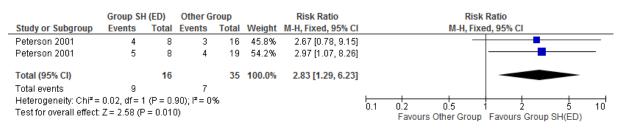
8 Figure 689: Quality of life

	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	58.6	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]	•	
Heterogeneity: Chi ^z = Test for overall effect:		•		; I² = 0%	·				-10 -5 0 5 10 Favours Group SH (ED) Favours Other	ı

10 Figure 690: Depression

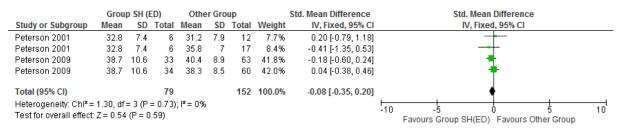
	Group	SH (I	ED)	Othe	r Gro	up		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Peterson 2001	9	8.1	7	10.5	9.9	14	52.4%	-0.15 [-1.06, 0.76]	-	
Peterson 2001	9	8.1	6	5.6	3.6	17	47.6%	0.65 [-0.30, 1.60]	+-	
Total (95% CI)			13			31	100.0%	0.23 [-0.43, 0.89]	+	
Heterogeneity: Chi² = Test for overall effect:		,		; I z = 309	%				-10 -5 0 Favours Group SH(FD) Favours Oth	5 10

11 12 Figure 691: Remission



M.3.171 Group self-help (ED) compared with another intervention in adults with binge 2 eating disorder at follow-up

3 Figure 692: BMI



5 Figure 693: Bingeing

	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	16.2	19.4	60	12.3	12.9	63	49.2%	0.24 [-0.12, 0.59]	•
Peterson 2009	16.2	19.4	60	12.4	13.7	67	50.8%	0.23 [-0.12, 0.58]	*
Total (95% CI)			120			130	100.0%	0.23 [-0.02, 0.48]	•
Heterogeneity: Chi ^z = Test for overall effect:		,		; I² = 0%)				-10 -5 0 5 10 Favours Group SH (ED) Favours Other

7 Figure 694: Quality of life

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	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	58.3	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]	†
Total (95% CI)			57			110	100.0%	0.02 [-0.30, 0.34]	•
Heterogeneity: Chi² = Test for overall effect:				; I² = 0%	5				-10 -5 0 5 10 Favours Group SH (ED) Favours Other

9 Figure 695: EDE-eating 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	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: Chi ^z = Test for overall effect:		,	,	; I² = 159	6				-10 -5 0 5 10 Favours Group SH (ED) Favours Other

11 Figure 696: EDE-shape concern

	Group	SH (E	ED)	Othe	r 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		
Peterson 2009	3	1.4	34	3.2	1.3	60	50.2%	-0.15 [-0.57, 0.27]		-	+		
Peterson 2009	3	1.4	33	2.6	1.3	63	49.8%	0.30 [-0.13, 0.72]		1	·		
Total (95% CI)			67			123	100.0%	0.07 [-0.23, 0.37]		•	•		
Heterogeneity: Chi² = Test for overall effect:	•			; I² = 539	%				-10 -5 Favours Gro	i 0 oup SH (ED)	Favours Ot	5 her	10

12 13 Figure 697: EDE-weight concern

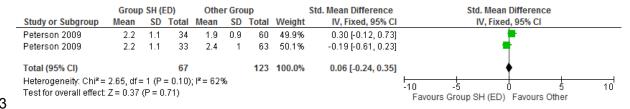
	Group	SH (I	ED)	Othe	r Gro	up		Std. Mean Difference		Std.	Mean Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95% (1	
Peterson 2009	3	1.3	34	3.3	1.2	60	50.3%	-0.24 [-0.66, 0.18]			-		
Peterson 2009	3	1.3	33	2.5	1.3	63	49.7%	0.38 [-0.04, 0.81]			-		
Total (95% CI)			67			123	100.0%	0.07 [-0.23, 0.37]			•		
Heterogeneity: Chi² = Test for overall effect	•			; I z = 769	%				-10 Favours	-5 Group SH	0 I (ED) Favou	5 rs Other	10

15 Figure 698: EDE-restraint

	Group	SH (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% C	1	
Peterson 2009	1.5	1.3	33	1.2	1.1	63	49.8%	0.25 [-0.17, 0.68]			-		
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]			*		
Heterogeneity: Chi² = Test for overall effect		•		; I² = 17°	%				-10 Favou	-5 rs Group SH	0 I (ED) Favou	5 rs Other	10

2 Figure 699: EDE-total

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4 Figure 700: Depression

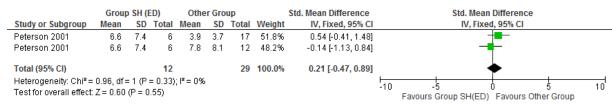
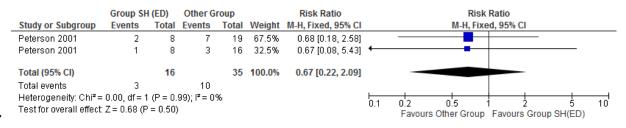


Figure 701: Remission

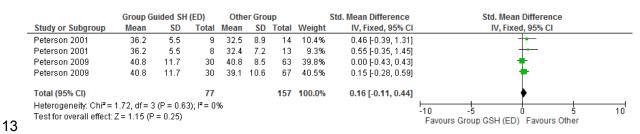


M.3.188 Group guided self-help (ED) compared with another intervention in adults with 9 binge eating disorder at end of treatment

10 Figure 702: 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]	+
Peterson 2009	40.8	11.7	30	39.1	10.6	67	40.5%	0.15 [-0.28, 0.59]	†
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

11 12 Figure 703: Bingeing



14 Figure 704: Quality of life

	Grou	Group SH (ED) 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	58.7	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]	†	
Total (95% CI)			56			120	100.0%	0.01 [-0.31, 0.32]	♦	
Heterogeneity: Chi² = Test for overall effect		,		; I² = 0%)				-10 -5 0 5 Favours Group SH (ED) Favours Other	10

2 Figure 705: EDE-eating concern

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	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]	-
Peterson 2009	1.1	1.1	30	1	1.1	63	49.7%	0.09 [-0.34, 0.53]	†
Total (95% CI)			60			130	100.0%	-0.08 [-0.39, 0.22]	•
Heterogeneity: Chi² = Test for overall effect				; I² = 189	%			-10 -5 0 5 10 Favours Group SH (ED) Favours Other	

3 4 Figure 706: EDE-shape concern

	Group	Group SH (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% C	1	
Peterson 2009	3	1.1	30	3.1	1.3	67	50.7%	-0.08 [-0.51, 0.35]			•		
Peterson 2009	3	1.1	30	2.7	1.1	63	49.3%	0.27 [-0.17, 0.71]			†		
Total (95% CI)			60			130	100.0%	0.09 [-0.21, 0.40]			•		
Heterogeneity: Chi²= Test for overall effect:		,		; I²= 209	%				-10	-5		5	10
restion overall ellect.	. 2 - 0.33	(1 – 0	1.33)						Favoi	ırs Group SH	(ED) Favou	rs Other	

5 6 Figure 707: 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	1.3	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 -5 0 5 Favours Group SH (ED) Favours Other	10

8 Figure 708: 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, Fixe	d, 95% CI		
Peterson 2009	1.1	1	30	1.6	1.2	67	50.0%	-0.43 [-0.87, 0.00]		•	H		
Peterson 2009	1.1	1	30	1.1	1	63	50.0%	0.00 [-0.43, 0.43]		+	•		
Total (95% CI)			60			130	100.0%	-0.22 [-0.52, 0.09]		(
Heterogeneity: Chi² = Test for overall effect				; I² = 489	%				-10 Favours G	-5 Group SH (ED)	0 Favours Oth	 5 er	10

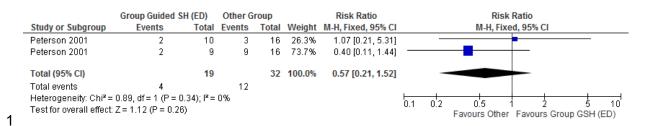
9 10 **Figure 709: EDE-total**



12 Figure 710: Depression

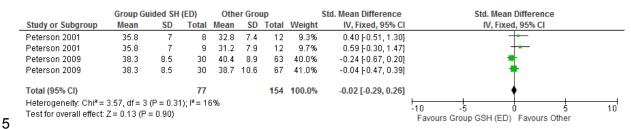
	Group Gu	Group Guided SH (ED)			r Gro	up		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Peterson 2001	5.6	3.6	9	10.5	9.9	14	52.2%	-0.58 [-1.44, 0.27]		
Peterson 2001	5.6	3.6	8	9	8.1	13	47.8%	-0.48 [-1.38, 0.42]	-	
Total (95% CI)			17			27	100.0%	-0.53 [-1.15, 0.09]	•	
Heterogeneity: Chi² = Test for overall effect:		•	7); I² = 0°	%					-10 -5 0 5 Favours Group GSH (ED) Favours Other	10

13 14 Figure 711: Remission



M.3.192 Group guided self-help (ED) compared with another intervention in adults with 3 binge eating disorder at follow-up

4 Figure 712: BMI



6 Figure 713: Bingeing

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	Grou	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	12.4	13.7	33	12.3	12.9	63	50.1%	0.01 [-0.41, 0.43]	+
Peterson 2009	12.4	13.7	34	16.2	19.4	60	49.9%	-0.21 [-0.64, 0.21]	*
Total (95% CI)			67			123	100.0%	-0.10 [-0.40, 0.19]	+
Heterogeneity: Chi² = Test for overall effect				; I² = 0%	b				-10 -5 0 5 10 Favours Group SH (ED) Favours Other

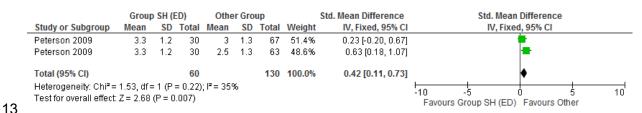
8 Figure 714: EDE-eating concern

	Group	Group SH (ED) Other			r 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		
Peterson 2009	1.6	1.2	30	1.2	1.2	63	49.4%	0.33 [-0.11, 0.77]		+	-		
Peterson 2009	1.6	1.2	30	1.3	1.2	67	50.6%	0.25 [-0.18, 0.68]		•	•		
Total (95% CI)			60			130	100.0%	0.29 [-0.02, 0.60]			•		
Heterogeneity: Chi² = Test for overall effect:		•		; I² = 0%					-10 - Favours Gr	t d 5 Coup SH (ED)) Favours Oth	+ 5 ier	10

9 10 Figure 715: EDE-shape concern

	Group				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% C	1	
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]			-		
Total (95% CI)			60			130	100.0%	0.30 [-0.01, 0.61]			•		
Heterogeneity: Chi² = Test for overall effect		,		; I² = 0%					-10 Favou	-5 rs Group SH	0 I (ED) Favou	5 rs Other	10

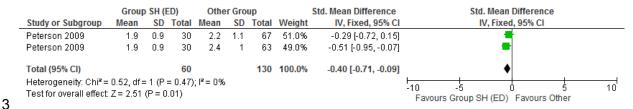
11 12 Figure 716: EDE-weight concern



14 Figure 717: EDE-restraint

	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	d, 95% CI		
Peterson 2009	1.6	1.2	30	1.2	1.1	63	49.2%	0.35 [-0.09, 0.79]			-		
Peterson 2009	1.6	1.2	30	1.5	1.3	67	50.8%	0.08 [-0.35, 0.51]		+	•		
Total (95% CI)			60			130	100.0%	0.21 [-0.10, 0.52]			•		
Heterogeneity: Chi² = Test for overall effect				; I² = 0%					-10 Favours	-5 Group SH (ED)	0 Favours Oth	† 5 ier	10

1 2 Figure 718: EDE-total



4 Figure 719: Quality of life

	Grou				er Gro	ир		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	
Peterson 2009	58.1	20.7	28	58.3	22.8	57	50.5%	-0.01 [-0.46, 0.44]			•		
Peterson 2009	58.1	20.7	28	57.6	22.1	54	49.5%	0.02 [-0.43, 0.48]			•		
Total (95% CI)			56			111	100.0%	0.01 [-0.31, 0.33]			•		
Heterogeneity: Chi²= Test for overall effect:		,		; I² = 0%	b				-10 Favou	-5 urs Group SH	0 I (ED) Favou	5 Irs Other	10

6 Figure 720: Depression

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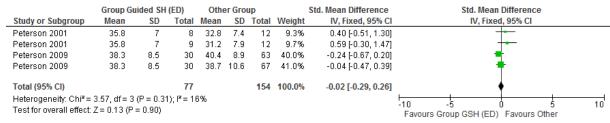
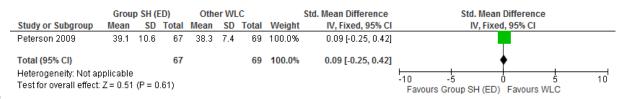


Figure 721: Remission

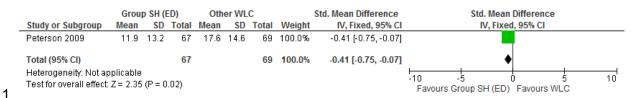


M.3.200 Group self-help (ED) compared with wait list controls (WLC) in adults with binge eating disorder at end of treatment

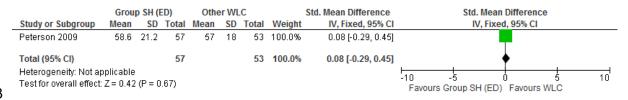
12 Figure 722: BMI



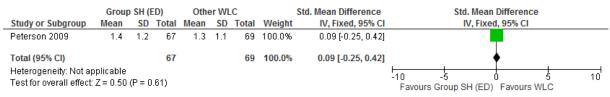
14 Figure 723: Bingeing



2 Figure 724: Quality of life



4 Figure 725: EDE-eating concern



6 Figure 726: EDE-shape concern

	Group	SH (E	ED)	Othe	er WL	.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
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]	+
Heterogeneity: Not ap Test for overall effect:		(P = 1	.00)						-10 -5 0 5 10 Favours Group SH (ED) Favours WLC

Figure 727: EDE-weight concern

	Group	SH (E	ED)	Othe	er WL	.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
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 -5 0 5 10 Favours Group SH (ED) Favours WLC

10 Figure 728: EDE-restraint

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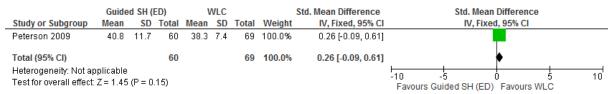
	Group	SH (I	ED)	Othe	er WL	.C		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	1, 95% CI		
Peterson 2009	1.6	1.2	67	1.5	1.3	69	100.0%	0.08 [-0.26, 0.42]					
Total (95% CI)			67			69	100.0%	0.08 [-0.26, 0.42]			•		
Heterogeneity: Not a Test for overall effect	•								-10 Favours	-5 Group SH (ED)	0 Favours WI	5 C	10

11 12 **Figure 729: EDE-total**

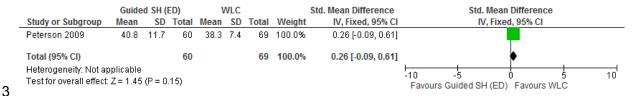
	Group	SH (E	ED)	Othe	er WL	.C		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Peterson 2009	2.3	1	67	2.3	0.9	69	100.0%	0.00 [-0.34, 0.34]	•
Total (95% CI)			67			69	100.0%	0.00 [-0.34, 0.34]	,
Heterogeneity: Not ap Test for overall effect:		(P = 1	.00)						-10 -5 0 5 10 Favours Group SH (ED) Favours WLC

M.3.214 Group guided self-help (ED) compared with wait list controls (WLC) in adults 15 with binge eating disorder at end of treatment

16 Figure 730: BMI



2 Figure 731: Bingeing



4 Figure 732: Quality of life

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	Guide	d SH (I	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
Peterson 2009	58.7	18.4	56	57	18	53	100.0%	0.09 [-0.28, 0.47]	•
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•		56 .63)			53	100.0%	0.09 [-0.28, 0.47]	-10 -5 0 5 10 Favours Guided SH (ED) Favours WLC

6 Figure 733: EDE-eating concern

	Guided	I SH (I	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		
Peterson 2009	1.1	1.1	60	1.3	1.1	69	100.0%	-0.18 [-0.53, 0.17]					
Total (95% CI)			60			69	100.0%	-0.18 [-0.53, 0.17]		•	}		
Heterogeneity: Not a Test for overall effect	•	(P = 0	.31)						-10 - Favours Gu	t 5 (ided SH (ED)	Favours WL	 5 C	10

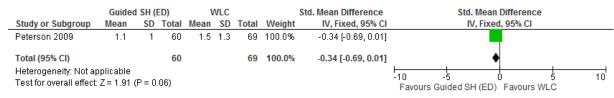
7 8 Figure 734: EDE-shape concern

	Guided	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
Peterson 2009	3	1.1	60	3.1	1.2	69	100.0%	-0.09 [-0.43, 0.26]	•
Total (95% CI)			60			69	100.0%	-0.09 [-0.43, 0.26]	♦
Heterogeneity: Not ap Test for overall effect		(P = 0	.63)						-10 -5 0 5 10 Favours Guided SH (ED) Favours WLC

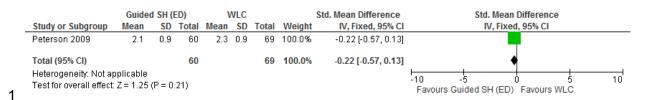
9 10 Figure 735: EDE-weight concern

	Guided	SH (I	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, 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]	
Heterogeneity: Not ap Test for overall effect:		(P = 1.	.00)						-10 -5 0 5 10 Favours Guided SH (ED) Favours WLC

12 Figure 736: EDE-restraint

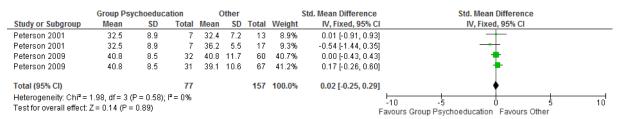


14 Figure 737: EDE-total



M.3.222 Group psychoeducation compared with another intervention in adults with 3 binge eating disorder at end of treatment

4 Figure 738: BMI



6 Figure 739: Bingeing

	Group Psy	choeduc	ation	(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
Peterson 2009	9.7	12.4	31	11.9	13.2	67	50.5%	-0.17 [-0.59, 0.26]	
Peterson 2009	9.7	12.4	32	6.3	12.3	60	49.5%	0.27 [-0.16, 0.70]	
Total (95% CI)			63			127	100.0%	0.05 [-0.25, 0.35]	ı
Heterogeneity: Chi² = Test for overall effect:			; I² = 51%	ı				ı	-10 -5 0 5 10 Favours Group Psychoeducation Favours Other

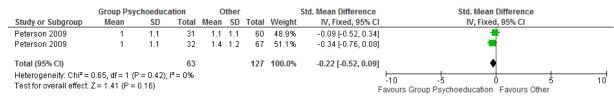
8 Figure 740: Quality of life

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	Group Psy	choeduc	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, 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]	•
Heterogeneity: Chi² = Test for overall effect:								F	-10 -5 10

10 Figure 741: EDE-eating concern



12 Figure 742: EDE-shape concern

	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 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]	•	ł	
Total (95% CI)			63			127	100.0%	-0.30 [-0.60, 0.01]	•		
Heterogeneity: Chi² = Test for overall effect:			; I² = 0%					F	-10 -5 ayours Group Psychoeducation	Favours Other	10

14 Figure 743: EDE-weight concern

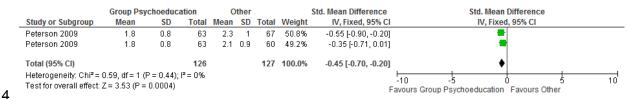
	Group Psy	choeduc	ation	0	ther			Std. Mean Difference	Std. Mear	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixe	d, 95% CI	
Peterson 2009	2.4	1.3	31	3.1	1.2	67	50.3%	-0.56 [-1.00, -0.13]	-	H	
Peterson 2009	2.4	1.3	32	3.1	1.3	60	49.7%	-0.53 [-0.97, -0.10]	•	H	
Total (95% CI)			63			127	100.0%	-0.55 [-0.86, -0.24]	•	,	
Heterogeneity: Chi² = Test for overall effect:			l² = 0%					F	-10 -5 Favours Group Psychoeducation	0 5 Favours Other	10

1 Figure 744: EDE-restraint

	Group Psyc	choeduca	ation	C	ther			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	I	
Peterson 2009	1.1	1	31	1.6	1.2	67	49.9%	-0.43 [-0.86, -0.00]			-		
Peterson 2009	1.1	1	32	1.1	1	60	50.1%	0.00 [-0.43, 0.43]			+		
Total (95% CI)			63			127	100.0%	-0.22 [-0.52, 0.09]			•		
Heterogeneity: Chi² = Test for overall effect:			I ^z = 49%	•				F	-10 avours (-5 Group Psychoedu	0 cation Favour	5 rs Other	10

3 Figure 745: EDE-total

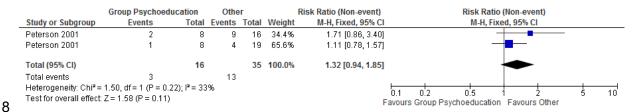
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5 Figure 746: Depression

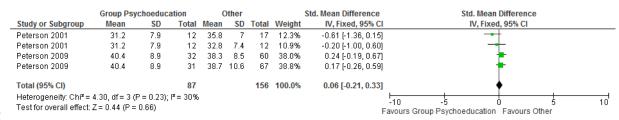
	Group Psy	choeduc	ation	O	ther			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI
Peterson 2001	10.5	9.9	7	5.6	3.6	17	50.4%	0.79 [-0.13, 1.70]]
Peterson 2001	10.5	9.9	7	9	8.1	13	49.6%	0.16 [-0.76, 1.08]	i -
Total (95% CI)			14			30	100.0%	0.48 [-0.17, 1.13]	1 ◆
Heterogeneity: Chi² = Test for overall effect:			I² = 0%					F	Favours Group Psychoeducation Favours Other

, Figure 747: Remission

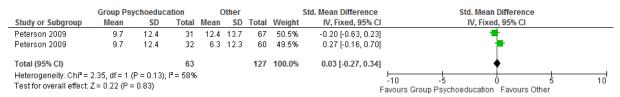


M.3.239 Group psychoeducation compared with another intervention in adults withbinge eating disorder at follow-up

11 Figure 748: BMI



13 Figure 749: Bingeing



15 Figure 750: Quality of life

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	Group Psy	ychoeduc	ation	(Other			Std. Mean Difference		Sto	I. Mean Differen	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I	V, Fixed, 95% C		
Peterson 2009	57.6	22.1	27	58.1	20.7	56	49.9%	-0.02 [-0.48, 0.44]					
Peterson 2009	57.6	22.1	27	58.3	22.8	57	50.1%	-0.03 [-0.49, 0.43]			•		
Total (95% CI)			54			113	100.0%	-0.03 [-0.35, 0.30]			•		
Heterogeneity: Chi ^z = Test for overall effect:			I² = 0%					F	-10	-5 In Psychoed	0 ucation Favour	5 S Other	10

2 Figure 751: EDE-eating concern

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	Group Psyc	choeduc	ation	0	ther			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		
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:			l² = 0%					F	-10 -5 Favours Group Psychoeducatio	0 n Favours Othe	5 er	10

3 4 Figure 752: EDE-shape concern

	Group Psyc	choeduca	ation	0	ther			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	2.6	1.3	32	3.2	1.3	60	49.2%	-0.46 [-0.89, -0.02]	-	Ч		
Peterson 2009	2.6	1.3	31	3	1.4	67	50.8%	-0.29 [-0.72, 0.14]	•	4		
Total (95% CI)			63			127	100.0%	-0.37 [-0.68, -0.07]	•	,		
Heterogeneity: Chi² = Test for overall effect:			l² = 0%					F	-10 -5 Favours Group Psychoeducation	0 Favours Other	5	10

5 6 Figure 753: EDE-weight concern

	Group Psyc	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, 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]	-	
Total (95% CI)			63			127	100.0%	-0.51 [-0.82, -0.20]	•	
Heterogeneity: Chi² = Test for overall effect:			I ² = 0%					F	-10 -5 0 5 10 avours Group Psychoeducation Favours Other	7

8 Figure 754: EDE-restraint

	Group Psy	Group Psychoeducation Mean SD Total N	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
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: Chi²=	0.10, df = 1 (l)	P = 0.75);	$I^2 = 0\%$						-10 -5 0 5 10
Test for overall effect:	Z = 1.86 (P =	0.06)							Favoure Group Psychoeducation Favoure Other

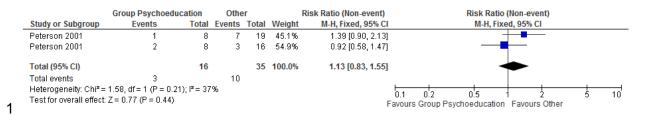
9 10 **Figure 755: EDE-total**

	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	, 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:			; I² = 0%					ı	-10 -5 (Favours Group Psychoeducation	Favours Other	10

12 Figure 756: 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, 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=	17.79, df = 1	(P < 0.00	101); I² = 9	94%					-10 -5 0 5 10
Test for overall effect:	Z = 2.40 (P =	0.02)						F	Favours Group Psychoeducation Favours Other

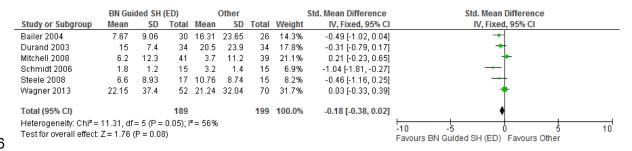
13 14 Figure 757: Remission



M.3.242 Self-help for bulimia nervosa

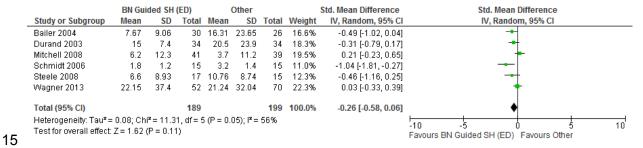
M.3.24.13 Guided self-help (ED) compared with any other intervention in adults (unless otherwise stated) with bulimia nervosa at the end of treatment

5 Figure 758: Bingeing



7 Heterogeneity was detected at I²=56%. There was no obvious risk of bias in any of the studies or differences in the population regarding the presence of comorbidities. However, in 9 Schmidt 2006 they reported number of binges differently to the other studies and along with 10 their duration of illness (median of 4 years versus other studies mean of 6-9 years. If this 11 study is removed in a sensitivity analysis the heterogeneity is reduced to an acceptable 12 levels. However, this does not seem like a significant reason to exclude, hence a random 13 effects analysis is included.

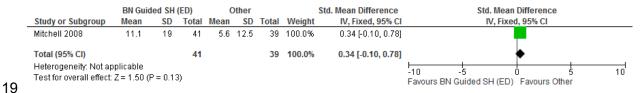
14 Figure 759: Bingeing with random effects



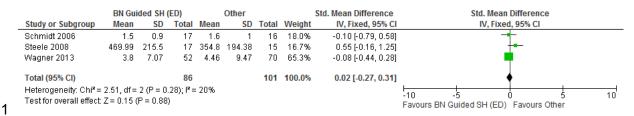
18 Figure 760: Purging

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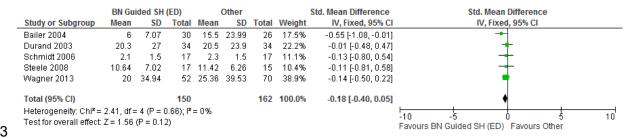
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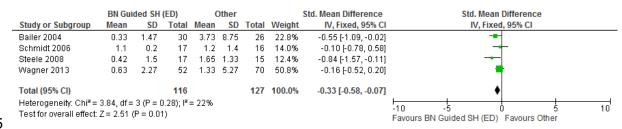
20 Figure 761: Exercising



2 Figure 762: Vomiting



4 Figure 763: Laxative use

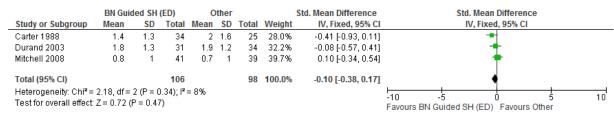


6 Figure 764: Bulimic inventory index

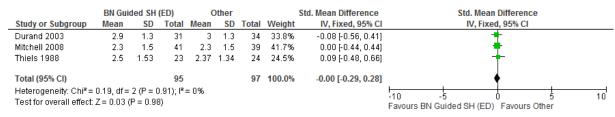
	BN Guided SH (ED) Other Mean SD Total Mean SD Tot							Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Mitchell 2008	42.9	12.6	21	45.5	11.9	19	50.1%	-0.21 [-0.83, 0.41]	-
Mitchell 2008	54.1	7.9	20	56.2	5.7	20	49.9%	-0.30 [-0.92, 0.32]	-
Total (95% CI)			41			39	100.0%	-0.25 [-0.69, 0.19]	•
Heterogeneity: Chi ^z = Test for overall effect:	= 0.04, df = 1 (P = 0.84); P = 0% t: Z = 1.13 (P = 0.26)								-10 -5 0 5 10 Favours Other Favours BN Guided SH (ED)

8 Figure 765: EDE-eating concern

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10 Figure 766: EDE-shape concern



12 Figure 767: EDE-weight concern

	BN Guided SH (ED) Other Mean SD Total Mean SD Tot							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	2.5	1.5	31	2.9	1.3	34	33.6%	-0.28 [-0.77, 0.21]	
Mitchell 2008	1.9 1.3 41 2.1 1.6 2.42 1.95 23 2.21 1.63						41.8%	-0.14 [-0.58, 0.30]	-
Thiels 1988	2.42	1.95	23	2.21	1.63	24	24.6%	0.12 [-0.46, 0.69]	<u>†</u>
Total (95% CI)			95			97	100.0%	-0.12 [-0.41, 0.16]	•
Heterogeneity: Chi² = Test for overall effect:				= 0%					-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other

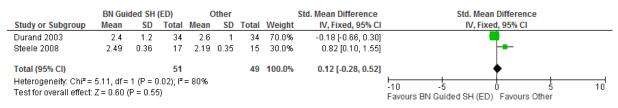
2 Figure 768: EDE-restraint

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	BN Gui							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	2.4	1.4	31	2.8	1.1	34	33.7%	-0.32 [-0.81, 0.17]	-=		
Mitchell 2008	1.7	1.5	41	1.5	1.5	39	42.0%	0.13 [-0.31, 0.57]	4	•	
Thiels 1988	2.34	1.46	23	1.83	1.45	24	24.3%	0.34 [-0.23, 0.92]	†	-	
Total (95% CI)			95			97	100.0%	0.03 [-0.25, 0.32])	
Heterogeneity: Chi ^z = Test for overall effect:	= 3.26, df = 2 (P = 0.20); l ² = 39% t: Z = 0.23 (P = 0.82)								-10 -5 Favours BN Guided SH (ED)) 5 Favours Other	10

3 4 Figure 769: EDE-total



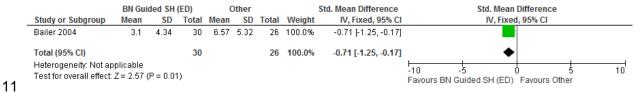
6 Figure 770: EDI-body dissatisfaction

	BN Gui	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	
Bailer 2004	9.97	7.45	30	14.87	8.07	26	100.0%	-0.62 [-1.16, -0.09]		
Total (95% CI)			30			26	100.0%	-0.62 [-1.16, -0.09]	•	
Heterogeneity: Not ap Test for overall effect:	•	(P = 0.02	2)						-10 -5 0 5 Favours BN Guided SH (ED) Favours Other	10

7 8 Figure 771: EDI-drive for thinness

	BN Guid	ded SH	(ED)	(Other			Std. Mean Difference	Std. Mea	an Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fix	ed, 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 -5 Favours BN Guided SH (ED	0 :	ī r	10

10 Figure 772: EDI-bulimia



12 Figure 773: Satisfaction with life

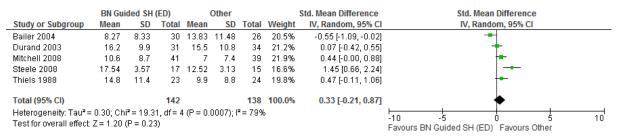
	BN Gui	ded SH	(ED)	(Other			Std. Mean Difference		Std. Mean Differ	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95%	CI	
Mitchell 2008	42.9	12.6	21	45.5	11.9	19	50.1%	-0.21 [-0.83, 0.41]		-		
Mitchell 2008	54.1	7.9	20	56.2	5.7	20	49.9%	-0.30 [-0.92, 0.32]	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

13 14 Figure 774: Depression

	BN Gui	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
Bailer 2004	8.27	8.33	30	13.83	11.48	26	20.1%	-0.55 [-1.09, -0.02]	
Durand 2003	16.2	9.9	31	15.5	10.8	34	24.3%	0.07 [-0.42, 0.55]	+
Mitchell 2008	10.6	8.7	41	7	7.4	39	29.3%	0.44 [-0.00, 0.88]	 -
Steele 2008	17.54	3.57	17	12.52	3.13	15	9.2%	1.45 [0.66, 2.24]	
Thiels 1988	14.8	11.4	23	9.9	8.8	24	17.1%	0.47 [-0.11, 1.06]	 -
Total (95% CI)			142			138	100.0%	0.25 [0.01, 0.49]	•
Heterogeneity: Chi ^z = Test for overall effect:); I² = 79	3%				-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other

2 Heterogeneity was detected at I²=79%. No studies show an obvious risk of bias. Nor could 3 any of subgroup analysis explain any variability, they were general similar populations in 4 terms of their severity of illness, comorbidities and duration of illness, or it was not reported in 5 the study. In the absence of an explanation, a random effects analysis was included.

6 Figure 775: Depression with random effects



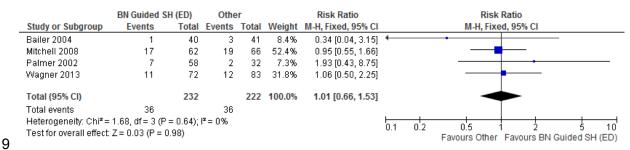
8 Figure 776: Remission in adults

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M.3.24.21 Guided self-help (ED) compared with any other intervention in adults (unless otherwise stated) with bulimia nervosa at follow-up

13 Figure 777: 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]	•
Heterogeneity: Not ap Test for overall effect:	•	P = 0.01	1)						-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other

15 Figure 778: Bingeing

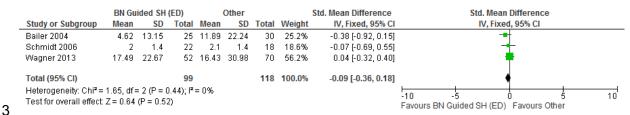
	BN Gu	ided SH	(ED)		Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Bailer 2004	7.54	13.15	25	13.11	21.76	30	20.3%	-0.30 [-0.83, 0.23]	
Mitchell 2008	11.8	21.8	27	6.6	14.9	25	19.4%	0.27 [-0.27, 0.82]	 -
Schmidt 2006	2.5	1.5	22	2.6	1.6	19	15.4%	-0.06 [-0.68, 0.55]	+
Wagner 2013	19.71	26.47	52	15.97	29.74	70	44.9%	0.13 [-0.23, 0.49]	<u>†</u>
Total (95% CI)			126			144	100.0%	0.04 [-0.20, 0.28]	•
Heterogeneity: Chi² = Test for overall effect:		•		= 0%					-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other

17 Figure 779: Purging

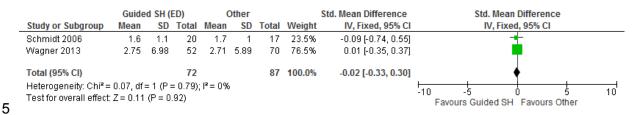
	BN Guid	led SH	(ED)	C)ther			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Mitchell 2008	19.4	34	27	8.2	17.8	25	100.0%	0.40 [-0.15, 0.95]	•
Total (95% CI)			27			25	100.0%	0.40 [-0.15, 0.95]	*
Heterogeneity: Not ap Test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

2 Figure 780: Vomiting

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4 Figure 781: Excessive exercise



6 Figure 782: Laxative use

	BN Gui	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
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]	
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]	•
Heterogeneity: Chi² = Test for overall effect:				= 0%					-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other

8 Figure 783: Depression

	BN Guid	led 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%					-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other

10 Figure 784: EDE-eating concern

	BN Guid	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]	•
Total (95% CI)			27			25	100.0%	0.25 [-0.29, 0.80]	•
Heterogeneity: Not ap Test for overall effect:		P = 0.36	6)						-10 -5 0 5 10

12 Figure 785: EDE-shape concern

	BN Gui	ded SH	(ED)	()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		
Mitchell 2008	2.1	1.6	27	1.8	1.2	25	52.9%	0.21 [-0.34, 0.75]		+	-		
Thiels 1988	1.68	1.43	23	2.32	1.68	24	47.1%	-0.40 [-0.98, 0.18]		-	_		
Total (95% CI)			50			49	100.0%	-0.08 [-0.48, 0.32]		•			
Heterogeneity: Chi² = Test for overall effect:		•		= 56%					-10 - Favours BN G	5 uided SH (ED)	Favours Othe	Г	10

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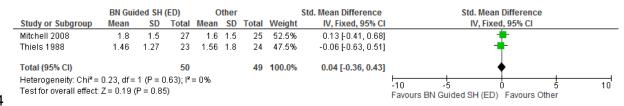
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1 Figure 786: EDE-weight concern

	BN Gui	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
Mitchell 2008	2.1	1.5	27	1.8	1.2	25	52.4%	0.22 [-0.33, 0.76]	+
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]	•
Heterogeneity: Chi ^z = Test for overall effect:		,		= 0%					-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other

3 Figure 787: EDE-restraint

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5 Figure 788: Satisfaction with life

	BN Gui	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	I, 95% CI		
Mitchell 2008	43.5	14.4	14	42.7	12.8	13	52.1%	0.06 [-0.70, 0.81]		-	-		
Mitchell 2008	53.6	9.3	13	55.4	5.3	12	47.9%	-0.23 [-1.02, 0.56]			-		
Total (95% CI)			27			25	100.0%	-0.08 [-0.62, 0.47]		•			
Heterogeneity: Chi² = Test for overall effect:				= 0%					-10	-5 (Favours Other	Favours BN G	i Suided SH (10 (ED)

7 Figure 789: EDI-body dissatisfaction

	BN Gui	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	I, 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) Heterogeneity: Not a Test for overall effect		(P = 0.7)	25 2)			30	100.0%	0.10 [-0.43, 0.63]	-10 - Favours BN G	+ 5 uided SH (ED)) (<u> </u>	10

9 Figure 790: EDI-drive for thinness

	BN Gui	ded SH	(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		
Bailer 2004	6.59	5.97	25	5.21	5.64	30	100.0%	0.23 [-0.30, 0.77]					
Total (95% CI)			25			30	100.0%	0.23 [-0.30, 0.77]		•	•		
Heterogeneity: Not ap Test for overall effect:		(P = 0.39	3)						-10 -	5 (uided SH (FD)	Favours Othe	10 5 10	

10 11 **Figure 791: EDI-bulimia**

	BN Gui	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
Bailer 2004	3.32	5.18	25	4.5	5.06	30	100.0%	-0.23 [-0.76, 0.31]	
Total (95% CI)			25			30	100.0%	-0.23 [-0.76, 0.31]	•
Heterogeneity: Not ap Test for overall effect:	•	P = 0.40	0)						-10 -5 0 5 10 Favours BN Guided SH (ED) Favours Other

13 Figure 792: Remission in adults

	BN Guided SH (ED) Other Events Total Events Total			eΓ		Risk Ratio		Risk Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixed, 95% CI
Bailer 2004	7	40	3	41	5.9%	2.39 [0.66, 8.61]			
Mitchell 2008	14	62	19	66	36.9%	0.78 [0.43, 1.42]			
Palmer 2002	13	58	7	32	18.1%	1.02 [0.46, 2.31]			
Wagner 2013	11	72	21	83	39.1%	0.60 [0.31, 1.17]			
Total (95% CI)		232		222	100.0%	0.85 [0.59, 1.23]			-
Total events	45		50						
Heterogeneity: Chi ² =	3.82, df = 3 (P = 3)	= 0.28);1	l²= 22%				<u> </u>		0.5 1 2 5 10
Test for overall effect:	Z = 0.86 (P = 0)	.39)					0.1	0.2	0.5 1 2 5 10 Favours Other Favours BN Guided SH (ED

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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 793: Bingeing

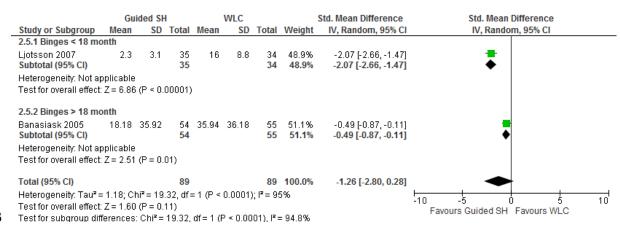


6 Figure 794: Purging

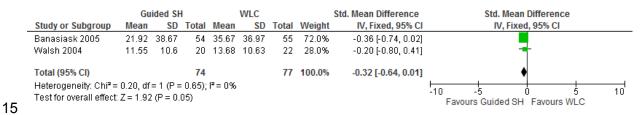
	Gu	ided SI	ł		WLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Banasiask 2005	18.18	35.92	54	35.94	36.18	55	70.6%	-0.49 [-0.87, -0.11]	
Ljotsson 2007	2.3	3.1	35	16	8.8	34	29.4%	-2.07 [-2.66, -1.47]	-
Total (95% CI)			89			89	100.0%	-0.95 [-1.27, -0.63]	◆
	'= 19.32, df= 1 (P < 0.0001); I²= 95% ct: Z= 5.83 (P < 0.00001)								-10 -5 0 5 10 Favours Guided SH Favours WLC

8 Heterogeneity was detected at I²=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 795: Purging with subgroup analysis



14 Figure 796: Vomiting

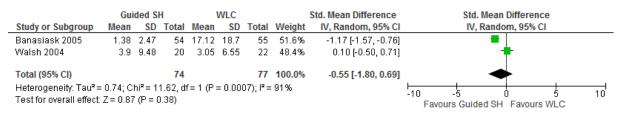


16 Figure 797: Laxative use

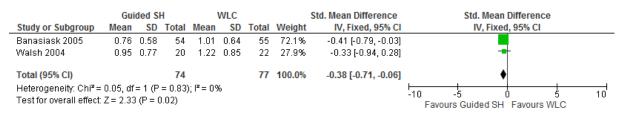
	Guided SH WLC				WLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Banasiask 2005	1.38	2.47	54	17.12	18.7	55	68.9%	-1.17 [-1.57, -0.76]	
Walsh 2004	3.9	9.48	20	3.05	6.55	22	31.1%	0.10 [-0.50, 0.71]	<u>†</u>
Total (95% CI)			74			77	100.0%	-0.77 [-1.11, -0.43]	◆
- '	= 11.62, df = 1 (P = 0.0007); I² = 91% t: Z = 4.47 (P < 0.00001)								-10 -5 0 5 10 Favours Guided SH Favours WLC

- 2 Heterogeneity was detected at I²=91%, although Walsh had a high risk of bias with a high 3 number of dropouts, it was difficult to know if this explained the heterogeneity. Duration of 4 illness, severity of illness and presence of comorbidities appeared similar in the two studies.
- 5 In the absence of an explanation, random effects were presented.

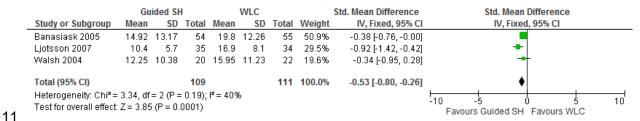
6 Figure 798: Laxative use with random effects



8 Figure 799: Clinical symptom index



10 Figure 800: Depression



12 Figure 801: EDE-eating concern

	Guid	uided SH WLC			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	
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 Favours	0 GSH Favo	5 ours WLC	10

4 Figure 802: EDE-shape concern



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

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6 Figure 803: EDE-shape concern subgroup analysis

	Guio	ded SI	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
2.11.1 <18 binges mo	onth								
Ljotsson 2007 Subtotal (95% CI)	3.6	1.5	35 35	5	1.1	34 34	36.3% 36.3%	-1.05 [-1.56, -0.54] - 1.05 [-1.56, -0.54]	•
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 4.07	(P < 0	.0001)						
2.11.2 >18 binges mo	onth								
Banasiask 2005 Subtotal (95% CI)	3	1.77	54 54	3.82	1.42	55 55	63.7% 63.7%	-0.51 [-0.89, -0.13] - 0.51 [-0.89 , - 0.13]	•
Heterogeneity: Not ap	plicable								
Test for overall effect:	•	(P = 0	.009)						
Total (95% CI)			89			89	100.0%	-0.70 [-1.01, -0.40]	•
Heterogeneity: Chi ² =	2.82, df=	= 1 (P	= 0.09	; I ² = 64	%			H	
Test for overall effect:	Test for overall effect: Z = 4.54 (P < 0.00001)								10 -5 0 5 10 Favours GSH Favours WLC
Test for subgroup diffe	erences:	Chi ² :	= 2.82,	df = 1 (F	o.0 = °	9), l²=	64.5%		FAVOUIS GSH FAVOUIS WEC

8 Figure 804: EDE-weight concern

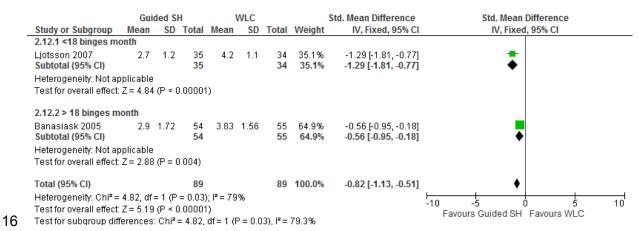
	Guided SH WLC							Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Banasiask 2005	2.9	1.72	54	3.83	1.56	55	64.9%	-0.56 [-0.95, -0.18]	
Ljotsson 2007	2.7	1.2	35	4.2	1.1	34	35.1%	-1.29 [-1.81, -0.77]	-
Total (95% CI)			89			89	100.0%	-0.82 [-1.13, -0.51]	•
- '	ni ^z = 4.82, df = 1 (P = 0.03); i ^z = 79% fect: Z = 5.19 (P < 0.00001)								-10 -5 0 5 10 Favours Guided SH Favours WLC

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Heterogeneity was detected at I²=79%. 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.

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15 Figure 805: EDE-weight concern subgroup analysis

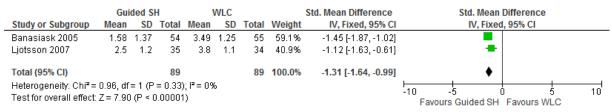


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18 Figure 806: EDE-restraint

	Guided SH WLC			9	Std. Mean Difference		Std. Mean Difference						
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, 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	0 GSH Favo	5 urs WLC	10

1 2 Figure 807: EDE-total



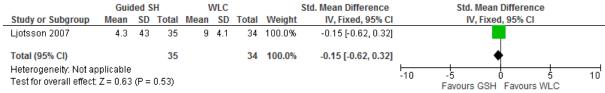
4 Figure 808: EDI-body dissatisfaction

	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	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

Figure 809: EDI-drive for thinness

	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	ed, 9	5% 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]		•	,			
	= 2.72, df = 1 (P = 0.10); I ² = 63% t: Z = 5.08 (P < 0.00001)								-10	-5 Favours Guided SH	† † F:	avours WL	.C	10

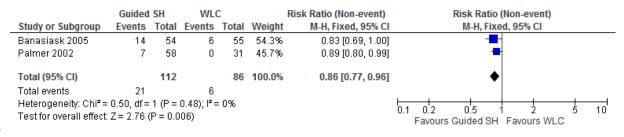
7 8 Figure 810: EDI-bulimia



10 Figure 811: Quality of life

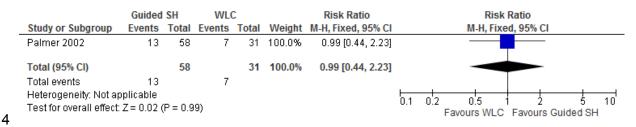
	Gui	ded S	Н		WLC			Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Banasiask 2005	20.44	8.48	54	16.16	6.42	55	61.5%	0.57 [0.18, 0.95]					
Ljotsson 2007	129.8	15.2	35	119.6	16.4	34	38.5%	0.64 [0.15, 1.12]			-		
Total (95% CI)			89			89	100.0%	0.59 [0.29, 0.89]			•		
Heterogeneity: Chi ^z = Test for overall effect:					6				-10	-5 Favours	0 WLC Favo	5 urs Guide	10 d SH

11 12 Figure 812: Remission



M.3.24.41 Guided self-help (ED) compared with wait list controls in adults (unless otherwise 2 stated) with bulimia nervosa at follow-up

3 Figure 813: Remission



M.3.24.55 Self-help compared with any other intervention in adults with bulimia nervosa at end 6 of treatment

7 Figure 814: Depression

	BN Se	lf-help	(ED)	(Other			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	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	0 rs SH Favo	5 urs Other	10

9 Figure 815: EDE-eating concern

	BN Sel	f-help	(ED)	0	ther			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	3.8	1.2	28	4.3	1	28	100.0%	-0.45 [-0.98, 0.08]					
Total (95% CI)			28			28	100.0%	-0.45 [-0.98, 0.08]			•		
Heterogeneity: Not a Test for overall effect		(P = 0.1	10)						-10	-5 Eavour	0 SH Favo	5 Other	10

11 Figure 816: EDE-shape concern

	BN Sel	f-help	(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 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 Favou	5 urs Other	10

12 13 Figure 817: EDE-weight concern

	BN Self	f-help ((ED)	O	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	4	1.3	28	4.6	1.2	28	100.0%	-0.47 [-1.00, 0.06]					
Total (95% CI)			28			28	100.0%	-0.47 [-1.00, 0.06]			•		
Heterogeneity: Not a Test for overall effect		P = 0.0	08)						-10	-5 Favou	0 rs SH Favo	5 urs Other	10

15 Figure 818: EDE-restraint

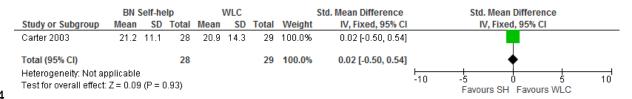
	BN Self	f-help ((ED)	0	ther			Std. Mean Difference		Std.	Mean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I\	, Fixed, 95%	CI	
Carter 2003	3.6	1.4	28	3.9	1.5	28	100.0%	-0.20 [-0.73, 0.32]					
Total (95% CI)			28			28	100.0%	-0.20 [-0.73, 0.32]			•		
Heterogeneity: Not ap Test for overall effect		(P = 0.4	45)						-10	-5 Favou	0 rs SH Favo	5 ours Other	10

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M.3.24.61 Self-help compared with wait list controls (WLC) in adults with bulimia nervosa at end 2 of treatment

3 Figure 819: Depression



5 Figure 820: EDE-eating concern

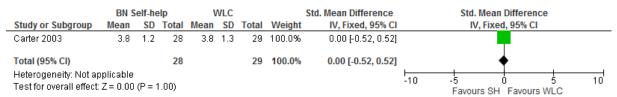


Figure 821: EDE-shape concern

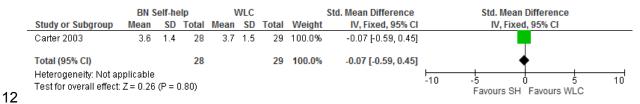
	BN S	elf-he	elp	V	VLC		9	Std. Mean Difference		Std. N	lean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Carter 2003	4.5	1.3	28	4.6	1.3	29	100.0%	-0.08 [-0.60, 0.44]					
Total (95% CI)			28			29	100.0%	-0.08 [-0.60, 0.44]			•		
Heterogeneity: Not ap Test for overall effect			0.77)						-10	-5 Favours	0 SH Favou	5 Jrs WLC	10

Figure 822: EDE-weight concern

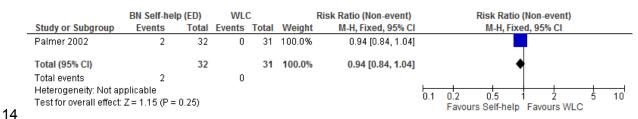
	BN S	elf-he	elp	V	VLC			Std. Mean Difference		Std. Mear	n Differenc	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Carter 2003	4	1.3	28	4	1.4	29	100.0%	0.00 [-0.52, 0.52]					
Total (95% CI)			28			29	100.0%	0.00 [-0.52, 0.52]			♦		
Heterogeneity: Not ap Test for overall effect:	•		1.00)						-10	-5 Favours SH	0 I Favours	5 WLC	10

11 Figure 823: EDE-restraint

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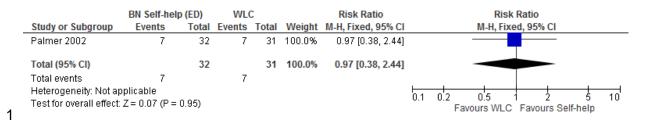


13 Figure 824: Remission



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

17 Figure 825: Remission



M.3.24.82 Self-help (ED) compared with any other intervention in adults with bulimia nervosa at 3 end of treatment

4 Figure 826: **Bingeing**

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	Self-	help (E	ED)	Anothe	r intervei	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
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]	
Ruwaard 2013	8	10	35	2	7	35	44.7%	0.69 [0.20, 1.17]	-
Total (95% CI)			91			71	100.0%	0.49 [0.17, 0.81]	◆
Heterogeneity: Chi²=	5.97, df	= 2 (P	= 0.05)	I ² = 67%					10 10 10 10 10 10 10 10 10 10 10 10 10 1
Test for overall effect	: Z = 2.98	(P = 0	0.003)						-10 -5 0 5 10 Favours Self-help (FD) Favours Other

6 Heterogeneity was detected at I²=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 8 the number of binges per month. However, in Schmidt 2006 they reported number of binges 9 differently to the other studies and along with their duration of illness. If this study is removed 10 in a sensitivity analysis the heterogeneity is reduced to an acceptable levels. This is not a 11 good enough reason to exclude, for this reason a random effects analysis is presented.

12 **Figure 827**: Bingeing with random effects

	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, Random, 95% CI	IV, Random, 95% CI
Ruwaard 2013	10	15	35	15	16	35	36.4%	-0.32 [-0.79, 0.15]	+
Schmidt 2006	3.2	1.4	15	1.8	1.2	15	28.5%	1.04 [0.27, 1.81]	
Treasure 1994	1	0.75	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]	*
Heterogeneity: Tau² = Test for overall effect				2 (P = 0.		-10 -5 0 5 10 Favours Self-help (ED) Favours Other			

16 **Figure 828**: **Purging**

	Self-h	elp (E	ED)	Another	r interve	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		
Ruwaard 2013	6	16	35	0	6	35	100.0%	0.49 [0.02, 0.97]					
Total (95% CI)			35			35	100.0%	0.49 [0.02, 0.97]			*		
Heterogeneity: Not ap Test for overall effect:		(P = 0	0.04)						-10 - Favours S	f C elf-help (ED)) Favours Ot	5 ner	10

18 **Figure 829**: Vomiting



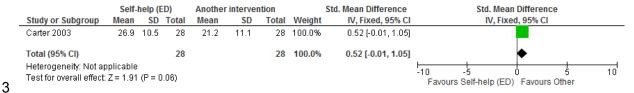
20 **Figure 830**: Laxative use

	Self-h	ielp (E	D)	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
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]	+
Heterogeneity: Not ap Test for overall effect:			1.78)						-10 -5 0 5 10 Favours Self-help (ED) Favours Other

2 Figure 831: Depression

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4 Figure 832: Exercising

	Self-h	elp (E	ED)	Another	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	
Schmidt 2006	1.6	1	16	1.5	0.9	17	100.0%	0.10 [-0.58, 0.79]			-		
Total (95% CI)			16			17	100.0%	0.10 [-0.58, 0.79]			•		
Heterogeneity: Not ap Test for overall effect:		(P = 0).77)						-10 Fav	-5 ours Self-help	0 (ED) Favo	5 urs Other	10

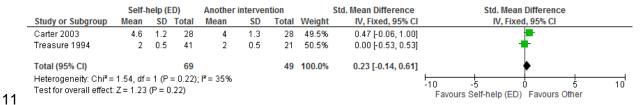
6 Figure 833: EDE-eating concern

	Self-h	ielp (l	ED)	Another	interver	ntion		Std. Mean Difference		Std. Me	ean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 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 a Test for overall effec			0.10)						-10 Favours	-5 Self-help (E	0 ED) Favoi	5 urs Other	10

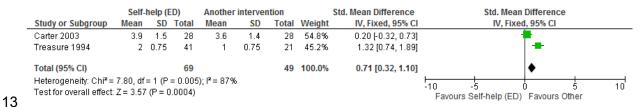
7 8 Figure 834: EDE-shape concern

	Self	f-help (El	0)	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, Fi	xed, 95%	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: Chi ^z = Test for overall effect				= 7%					-10 Favours S	l -5 Self-help (E	0 D) Favo	5 urs Other	10

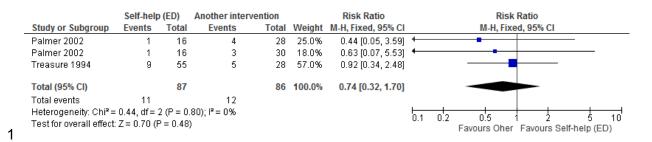
9 10 Figure 835: EDE-weight concern



12 Figure 836: EDE-restraint



14 Figure 837: Remission



M.3.24.92 Self-help (ED) compared with any other intervention in adults with bulimia nervosa at follow-up

4 Figure 838: Excessive exercise

	Self-h	elp (E	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	I, 95% CI		
Schmidt 2006	1.7	1	17	1.6	1.1	20	100.0%	0.09 [-0.55, 0.74]					
Total (95% CI)	P I-I-		17			20	100.0%	0.09 [-0.55, 0.74]	L	, •	•		
Heterogeneity: Not ap Test for overall effect:		(P = 0).78)						-10 -	-5 Self-help (ED)	0 Favours Oth	5 ner	10

6 Figure 839: Bingeing

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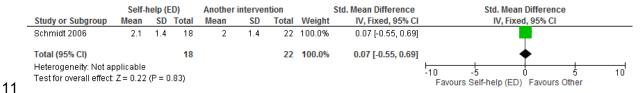
7

	Self-h	nelp (E	ED)	Another	r 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-helj	0 (ED) Favor	5 urs Other	10

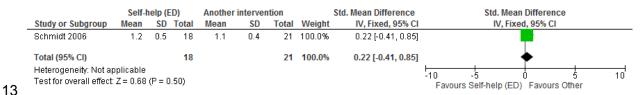
8 Figure 840: Purging

	Self-h	elp (E	ED)	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	
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:		(P = 1	.00)						-10 Favo	-5 ours Self-help	0 (ED) Favo	5 ours Other	10

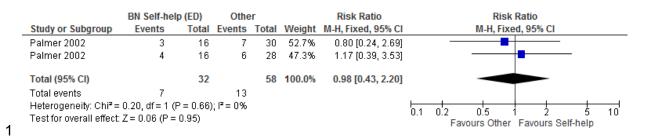
9 10 Figure 841: Vomiting



12 Figure 842: Laxative use



14 Figure 843: Remission



M.3.24.102 Internet self-help (ED) compared with any other intervention in adults with bulimia a nervosa at end of treatment

4 Figure 844: 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	I, 95% CI		
Wagner 2013	4.46	9.47	70	3.8	7.07	52	100.0%	0.08 [-0.28, 0.44]					
Total (95% CI)			70			52	100.0%	0.08 [-0.28, 0.44]		•	•		
Heterogeneity: Not ap Test for overall effect			67)						-10 -	+ 5 ernet SH (ED)	Favours Oth	 5 er	10

5 6 Figure 845: Bingeing

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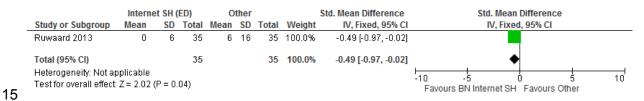
	Interi	net SH (ED)	(Other			Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	1, 95% CI	
Ruwaard 2013	2	7	35	8	10	35	35.6%	-0.69 [-1.17, -0.20]		-		
Wagner 2013	21.24	32.04	70	22.15	37.4	52	64.4%	-0.03 [-0.39, 0.33]			•	
Total (95% CI)			105			87	100.0%	-0.26 [-0.55, 0.03]		•		
Heterogeneity: Chi² = Test for overall effect				I² = 78%		-10 -	l 5 N Internet SH	0 Favours Oth	5 10 er			

8 Heterogeneity was detected at 78%. This may be explained by a difference in the severity of 9 illness. Ruwaard 2013 had population that binged on average less than 18 per month 10 compared with Wagner 2013 that was greater than 18. No other variables could explain the 11 difference.

12 Figure 846: Bingeing – subgroup analysis

	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
6.2.1 Bingeing <18 pe	er month	1							
Ruwaard 2013 Subtotal (95% CI)	2	7	35 35	8	10	35 35	35.6% 35.6%		=
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 2.79	(P = 0.	005)						
6.2.2 Bingeing >18 pe	er month	1							
Wagner 2013 Subtotal (95% CI)	21.24	32.04	70 70	22.15	37.4	52 52	64.4% 64.4 %	-0.03 [-0.39, 0.33] - 0.03 [-0.39, 0.33]	.
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 0.14	(P = 0.	89)						
Total (95% CI)			105			87	100.0%	-0.26 [-0.55, 0.03]	•
Heterogeneity: Chi²=	4.64, df	= 1 (P =	0.03);	I ² = 78%	6				-10 -5 0 5 10
Test for overall effect:	Z = 1.78	(P = 0.	08)						Favours BN Internet SH Favours Other
Test for subgroup diff	erences	: Chi²=	4.64, d	f=1 (P:	= 0.03), $I^2 = 7$	8.4%		1 avours brankennet or 1 avours other

14 Figure 847: Purging



16 Figure 848: Vomiting

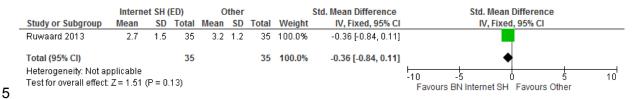
	Interi	net SH (ED)		Other			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Wagner 2013	25.36	39.53	70	20	34.94	52	100.0%	0.14 [-0.22, 0.50]					
Total (95% CI)			70			52	100.0%	0.14 [-0.22, 0.50]					
Heterogeneity: Not ap Test for overall effect:			44)						-10 -	+ -5 (ernet SH (ED)	Favours Oth	5 er	10

2 Figure 849: Laxative use

	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	1.33	5.27	70	0.63	2.27	52	100.0%	0.16 [-0.20, 0.52]	•
Total (95% CI) Heterogeneity: Not ap Test for overall effect:			70 .37)			52	100.0%	0.16 [-0.20, 0.52]	-10 -5 0 5 10 Favours Internet SH (ED) Favours Other

4 Figure 850: EDE-global

3



6 Figure 851: Remission



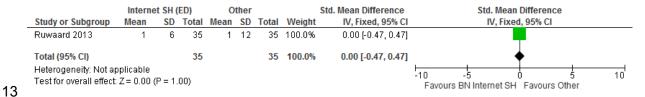
M.3.24.118 Internet self-help (ED) compared with any other intervention in adults with bulimia 9 nervosa at follow-up

10 Figure 852: Bingeing

	Interi	net 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	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		•		l² = 0%					-10 -5 0 5 10 Favours BN Internet SH Favours Other

12 Figure 853: Purging

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14 Figure 854: Vomiting

	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	
Wagner 2013	16.43	30.98	70	17.49	22.67	52	100.0%	-0.04 [-0.40, 0.32]					
Total (95% CI)			70			52	100.0%	-0.04 [-0.40, 0.32]			•		
Heterogeneity: Not ap Test for overall effect			84)						-10 Favou	-5 rs Internet SH	0 (ED) Favou	5 Irs Other	10

2 Figure 855: Laxative use

	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
Wagner 2013	0.96	4.22	70	0.37	1.39	52	100.0%	0.18 [-0.18, 0.54]	•
Total (95% CI) Heterogeneity: Not ap Test for overall effect:			70 .34)			52	100.0%	0.18 [-0.18, 0.54]	-10 -5 0 5 10 Favours Internet SH (ED) Favours Other

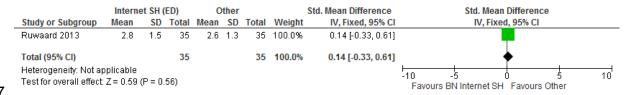
4 Figure 856: Excessive exercise

	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	i, 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]		•	•		
Heterogeneity: Not ap Test for overall effect			97)						-10 - Favours Inte	f 5 ernet SH (ED)	Favours Othe	1 5 er	10

6 Figure 857: EDE-total

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8 Figure 858: Remission



M.3.24.120 Internet self-help (ED) compared with wait list controls (WLC) in adults with bulimia 11 nervosa at end of treatment

12 Figure 859: Bingeing



14 Figure 860: Purging

	BN Internet 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	0	6	35	4	11	35	50.9%	-0.45 [-0.92, 0.03]	-				
Sanchez-Ortiz 2011	10.4	21.5	36	16.97	21.8	31	49.1%	-0.30 [-0.78, 0.18]	=				
Total (95% CI)			71			66	100.0%	-0.37 [-0.71, -0.04]	•				
Heterogeneity: Chi ^z = Test for overall effect:				0%					-10 -5 0 5 Favours BN Internet SH Favours WLC	10			

2 Figure 861: Vomiting

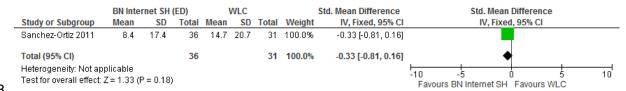
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4 Figure 862: Quality of life

	BN Inter	net 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				
Sanchez-Ortiz 2011	13.98	2.5	9	13.4	2.9	8	27.7%	0.20 [-0.75, 1.16]					
Sanchez-Ortiz 2011	16.6	1.8	9	13.2	3.8	7	21.5%	1.13 [0.05, 2.22]					
Sanchez-Ortiz 2011	12.8	2.4	9	10.3	3.1	8	24.9%	0.86 [-0.15, 1.87]	 •				
Sanchez-Ortiz 2011	14.3	2.8	9	11.8	4	8	25.9%	0.70 [-0.29, 1.68]	 • -				
Total (95% CI)			36			31	100.0%	0.70 [0.19, 1.20]	◆				
Heterogeneity: Chi² = 1 Test for overall effect: 2		•		0%					-10 -5 0 5 10 Favours WLC Favours Internet SH (ED)				

6 Figure 863: Depression

	BN Inter	V	VLC			Std. Mean Difference	Std. Mean Difference						
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fiz	ked, 959	% CI		
Sanchez-Ortiz 2011	4.3	3	36	8.2	4.1	31	100.0%	-1.09 [-1.60, -0.57]					
Total (95% CI)			36			31	100.0%	-1.09 [-1.60, -0.57]	•	▶			
Heterogeneity: Not ap Test for overall effect:	•	< 0.000	01)						-10 -5 Favours BN Internet S	0 H Fav	ours WL0	3	10

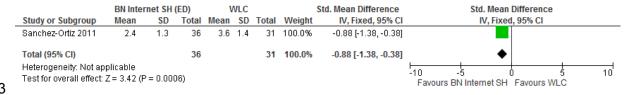
8 Figure 864: EDE-eating concern

	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, 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 app Test for overall effect: 2		= 0.000	36 03)			31	100.0%	-0.94 [-1.45, -0.43]	-10 -5 0 5 10 Favours BN Internet SH Favours WLC

10 Figure 865: EDE-shape concern

	BN Inter	net SH	(ED)	V	NLC			Std. Mean Difference	Std. Mean Differenc	е	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 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 app Test for overall effect: 2		< 0.000	001)						-10 -5 0 Favours BN Internet SH Favours	5 WLC	10

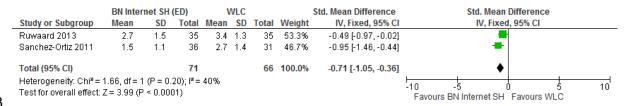
12 Figure 866: EDE-weight concern



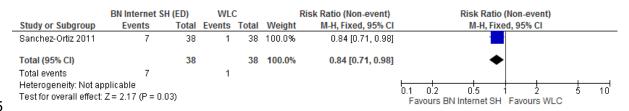
14 Figure 867: EDE-restraint

	BN Internet SH (ED)			V	WLC			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		
Sanchez-Ortiz 2011	2	1.3	36	3.2	1.4	31	100.0%	-0.88 [-1.38, -0.38]					
Total (95% CI)			36			31	100.0%	-0.88 [-1.38, -0.38]		•			
Heterogeneity: Not ap Test for overall effect:		P = 0.000	06)						-10 Favours Bi	I ·5 N Internet SH	0 Favours WL	5 .C	10

2 Figure 868: EDE-total

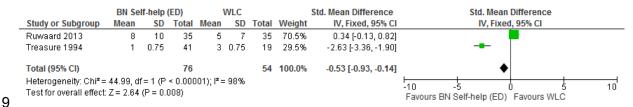


4 Figure 869: Remission



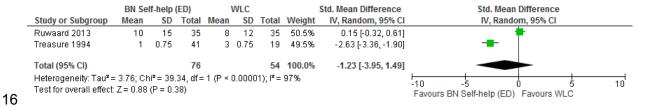
M.3.24.136 Self-help (ED) compared with wait list controls (WLC) in adults with bulimia nervosa at 7 end of treatment

8 Figure 870: Bingeing



10 Heterogeneity was detected at I²=98%. Both studies had a similar duration of illness and severity of illness. However, in Ruwaard 2013 the wait list control appeared to have a better of treatment score compared with the self-help and may explain the large variability in the results. Because the reason for this could not be explained, a random effects analysis was presented.

15 Figure 871: Bingeing with random effects

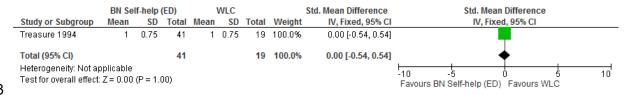


18 Figure 872: Purging

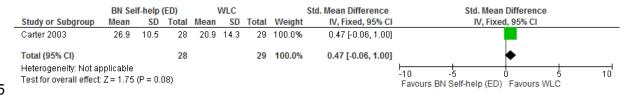
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	BN Self-help (ED) WLC				VLC			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI				
Ruwaard 2013	6	16	35	4	11	35	100.0%	0.14 [-0.33, 0.61]	•				
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		P = 0.6	35 55)			35	100.0%	0.14 [-0.33, 0.61]	-10 -5 0 5 10 Favours BN Self-help (ED) Favours WLC				

2 Figure 873: Vomiting



4 Figure 874: Depression



6 Figure 875: EDE-eating concern

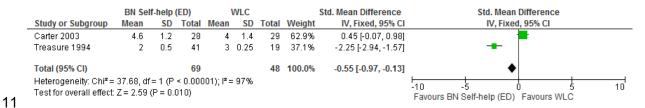
	BN Self-help (ED)			WLC				Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI			
Carter 2003	4.3	1	28	3.8	1.3	29	100.0%	0.42 [-0.10, 0.95]	1			
Total (95% CI)			28			29	100.0%	0.42 [-0.10, 0.95]	ı, + , , , ,			
Heterogeneity: Not ap Test for overall effect		P = 0.1	11)						-10 -5 0 5 10 Favours BN Self-help (ED) Favours WLC			

8 Figure 876: EDE-shape concern

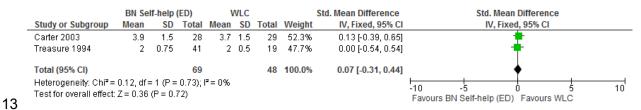
	BN Self-help (ED) WLC							Std. Mean Difference	Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Carter 2003	5	1.2	28	4.6	1.3	29	71.4%	0.32 [-0.21, 0.84]	#			
Treasure 1994	2	0.3125	41	3	0.25	19	28.6%	-3.35 [-4.18, -2.53]				
Total (95% CI)			69			48	100.0%	-0.74 [-1.18, -0.29]	•			
Heterogeneity: Chi² = Test for overall effect:				01); I² = !	98%				-10 -5 0 5 10 Favours BN Self-help (ED) Favours WLC			

10 Figure 877: EDE-weight concern

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12 Figure 878: EDE-restraint



14 Figure 879: EDE-total

BN Self-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	3.2	1.2	35	3.4	1.3	35	68.9%	-0.16 [-0.63, 0.31]	#		
Treasure 1994	3	0.5	41	4	0.0625	19	31.1%	-2.37 [-3.07, -1.67]	-		
Total (95% CI)			76			54	100.0%	-0.85 [-1.23, -0.46]	◆		
Heterogeneity: Chi² = Test for overall effect		,)01); I ²=	96%		-10 -5 0 5 10 Favours BN Self-help (ED) Favours WLC				

- 2 Heterogeneity was detected at I²=96%. Heterogeneity was detected at I²=98%. Both studies 3 had a similar duration of illness and severity of illness. However, in Ruwaard 2013 the wait
- 4 list controls appeared to have a good final score in most outcomes compared with the self-
- The least controls appeared to have a good linal score in most outcomes compared with the
- 5 help and may explain the large variability in the results. Because the reason for
- 6 heterogeneity could not be explained a random effects analysis was presented.

7 Figure 880: EDE-total random effects

	BN Self	BN Self-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]	+			
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: Tau² : Test for overall effect	•			-10 -5 0 5 10 Favours BN Self-help (ED) Favours WLC								

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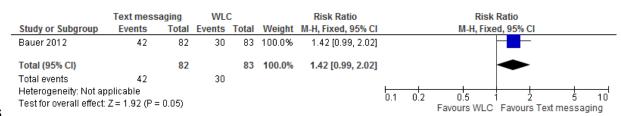
11 Figure 881: Remission

	BN Self-help	WL	С		Risk Ratio							
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	d, 95% CI		
Treasure 1994	9	55	2	27	100.0%	2.21 [0.51, 9.52]						
Total (95% CI)		55		27	100.0%	2.21 [0.51, 9.52]						
Total events	9		2									
Heterogeneity: Not ap Test for overall effect:	0.29)					0.1	0.2	0.5 1 Favours WLC	2 Favours B	5 SN Self-he	10 lp (ED)	

12

M.3.24.143 Text messaging compared with any other intervention in adults with bulimia nervosa at end of treatment

15 Figure 882: Remission

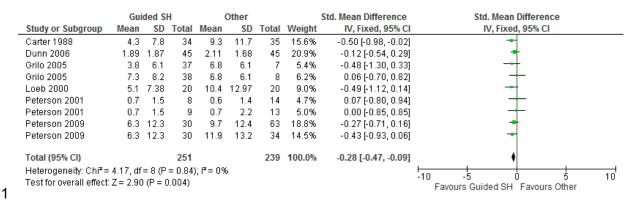


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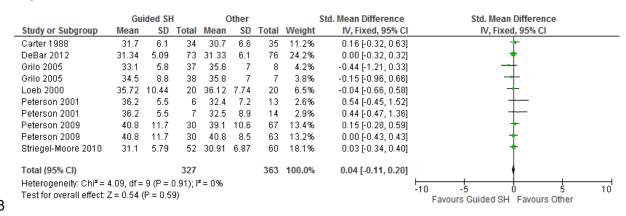
M.3.257 Self-help in binge eating disorder

M.3.25.18 Guided self-help (ED) compared with any other intervention in adults with binge eating disorder at end of treatment

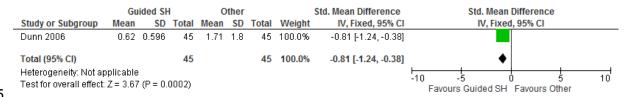
20 Figure 883: Bingeing



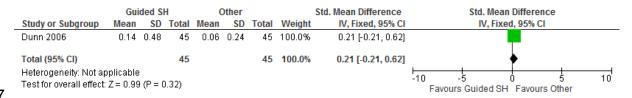
2 Figure 884: BMI



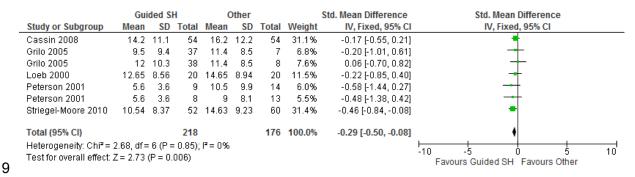
4 Figure 885: Vomiting



6 Figure 886: Laxative use



8 Figure 887: Depression



10 Figure 888: EDE-eating concern

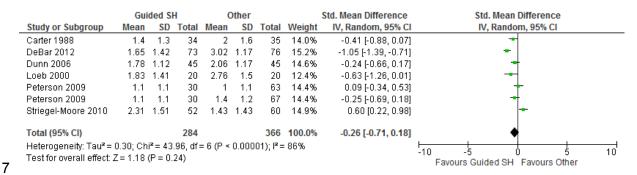
	Guided SH)ther			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carter 1988	1.4	1.3	34	2	1.6	35	11.3%	-0.41 [-0.88, 0.07]	-
DeBar 2012	1.65	1.42	73	3.02	1.17	76	21.9%	-1.05 [-1.39, -0.71]	*
Dunn 2006	1.78	1.12	45	2.06	1.17	45	15.0%	-0.24 [-0.66, 0.17]	
Loeb 2000	1.83	1.41	20	2.76	1.5	20	6.4%	-0.63 [-1.26, 0.01]	
Peterson 2009	1.1	1.1	30	1.4	1.2	67	13.8%	-0.25 [-0.69, 0.18]	
Peterson 2009	1.1	1.1	30	1	1.1	63	13.6%	0.09 [-0.34, 0.53]	+
Striegel-Moore 2010	2.31	1.51	52	1.43	1.43	60	17.9%	0.60 [0.22, 0.98]	*
Total (95% CI)			284			366	100.0%	-0.27 [-0.43, -0.11]	•
Heterogeneity: Chi² = -	43.96, df	= 6 (P	< 0.00		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				
Test for overall effect:	Z = 3.28	(P = 0.	001)						-10 -5 0 5 10 Favours Guided SH Favours Other

2 Heterogeneity was detected at I²=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 4 effects analysis was presented.

5 Figure 889: EDE-eating concern with random effects.

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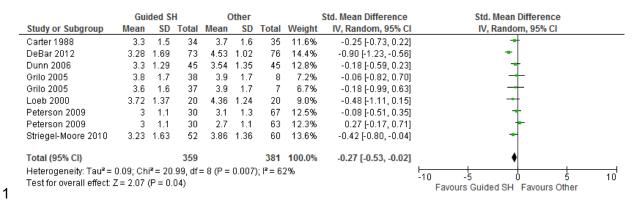
10 Figure 890: EDE-shape concern

	Guided 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
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]	
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]	-
Loeb 2000	3.72	1.37	20	4.36	1.24	20	5.9%	-0.48 [-1.11, 0.15]	-
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	20.99, df	= 8 (P	10 1 10						
Test for overall effect: 2	Z = 4.09	(P < 0.	0001)						-10 -5 0 5 10 Favours Guided SH Favours Other

12 Heterogeneity was detected at I²=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

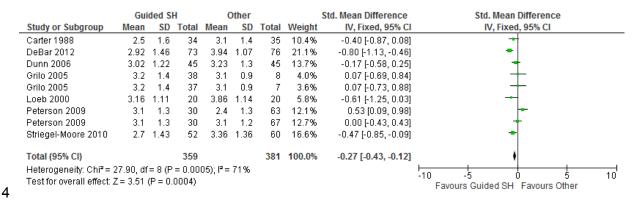
14 effects analysis was presented.

15 Figure 891: EDE-shape concern with random effects.



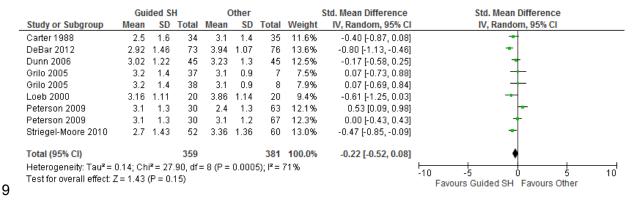
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3 Figure 892: EDE-weight concern



5 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 7 effects analysis was presented.

8 Figure 893: EDE-weight concern with random effects

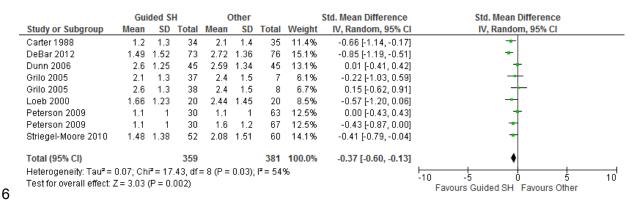


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11 Figure 894: EDE-restraint

	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	1.2	1.3	34	2.1	1.4	35	10.0%	-0.66 [-1.14, -0.17]	
DeBar 2012	1.49	1.52	73	2.72	1.36	76	20.9%	-0.85 [-1.19, -0.51]	-
Dunn 2006	2.6	1.25	45	2.59	1.34	45	13.8%	0.01 [-0.41, 0.42]	+
Grilo 2005	2.6	1.3	38	2.4	1.5	8	4.1%	0.15 [-0.62, 0.91]	+
Grilo 2005	2.1	1.3	37	2.4	1.5	7	3.6%	-0.22 [-1.03, 0.59]	
Loeb 2000	1.66	1.23	20	2.44	1.45	20	5.9%	-0.57 [-1.20, 0.06]	
Peterson 2009	1.1	1	30	1.1	1	63	12.5%	0.00 [-0.43, 0.43]	+
Peterson 2009	1.1	1	30	1.6	1.2	67	12.5%	-0.43 [-0.87, 0.00]	
Striegel-Moore 2010	1.48	1.38	52	2.08	1.51	60	16.7%	-0.41 [-0.79, -0.04]	*
Total (95% CI)			359			381	100.0%	-0.40 [-0.55, -0.25]	•
Heterogeneity: Chi ² = 1	17.43, df	= 8 (P	= 0.03); l ² = 54	96				1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0
Test for overall effect: 2	Z= 5.12	(P < 0.	00001))					-10 -5 0 5 10 Favours Guided SH Favours Other

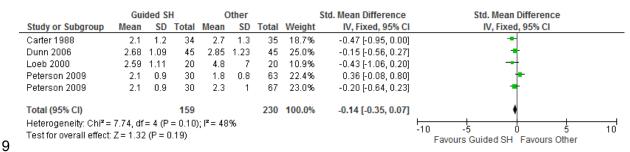
- Heterogeneity was detected at I²=54%. None of the variables: risk of bias, presence of
 comorbidity, severity of illness or duration of illness, explain the variability. As such a random
 effects analysis was presented.
- 5 Figure 895: EDE-restraint with random effects



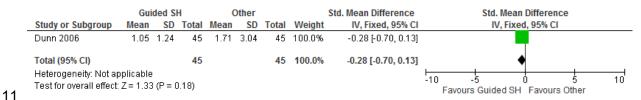
8 Figure 896: EDE-total

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10 Figure 897: Excessive exercise

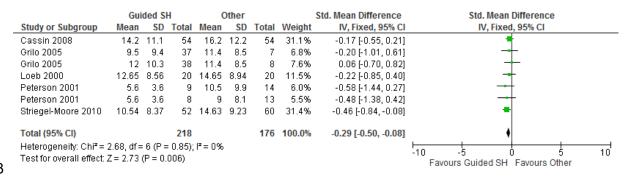


12 Figure 898: Satisfaction with life

	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
Cassin 2008	21.9	8.4	54	19.6	8.4	54	41.2%	0.27 [-0.11, 0.65]	+
Peterson 2009	58.7	18.4	28	58.5	21.4	63	29.9%	0.01 [-0.44, 0.45]	+
Peterson 2009	58.7	18.4	28	58.6	21.2	57	28.9%	0.00 [-0.45, 0.46]	†
Total (95% CI)			110			174	100.0%	0.12 [-0.13, 0.36]	•
Heterogeneity: Chi² = Test for overall effect		,); I² = 09	6				-10 -5 0 5 10 Favours Guided SH Favours Other

2 Figure 899: Remission

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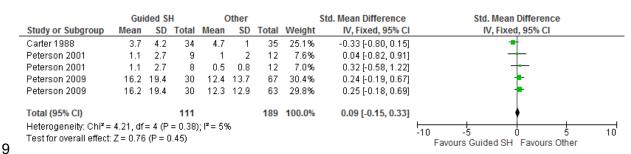
M.3.25.24 Guided self-help (ED) compared with any other intervention in adults with binge eating 5 disorder at follow-up

6 Figure 900: BMI

	Guid	ded S	Н	(Other			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 1988	31.6	6.2	34	30.4	6.5	35	18.1%	0.19 [-0.29, 0.66]			+		
Peterson 2001	35.8	7	9	31.2	7.9	12	5.2%	0.59 [-0.30, 1.47]			+-		
Peterson 2001	35.8	7	8	32.8	7.4	12	4.9%	0.40 [-0.51, 1.30]			+-		
Peterson 2009	38.3	8.5	30	40.4	8.9	63	21.3%	-0.24 [-0.67, 0.20]			-		
Peterson 2009	38.3	8.5	30	38.7	10.6	67	21.8%	-0.04 [-0.47, 0.39]			+		
Striegel-Moore 2010	31.38	5.5	53	31.5	7.33	56	28.7%	-0.02 [-0.39, 0.36]			+		
Total (95% CI)			164			245	100.0%	0.02 [-0.18, 0.22]			•		
Heterogeneity: Chi²=	4.16, df=	5 (P	= 0.53)	; I² = 0%	6				-10	-5	- 	 	10
Test for overall effect:	Z = 0.19	(P = 0)).85)							ours Guide	d SH Favo	urs Other	10

8 Figure 901: Bingeing

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10 Figure 902: Quality of life



12 Figure 903: Depression

	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
Peterson 2001	3.9	3.7	8	6.6	7.4	12	12.9%	-0.42 [-1.32, 0.49]	
Peterson 2001	3.9	3.7	9	7.8	8.1	12	13.5%	-0.57 [-1.45, 0.32]	-•
Striegel-Moore 2010	10.76	8.84	53	13.94	9.16	56	73.7%	-0.35 [-0.73, 0.03]	•
Total (95% CI)			70			80	100.0%	-0.39 [-0.71, -0.06]	•
Heterogeneity: Chi² = 1 Test for overall effect: 2				l² = 0%					-10 -5 0 5 10 Favours Guided SH Favours Other

2 Figure 904: EDE-eating concern

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	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	1.8	1.5	34	2.2	1.6	35	20.3%	-0.25 [-0.73, 0.22]	-
Peterson 2009	1.6	1.2	30	1.3	1.2	67	24.5%	0.25 [-0.18, 0.68]	 -
Peterson 2009	1.6	1.2	30	1.2	1.2	63	23.9%	0.33 [-0.11, 0.77]	 -
Striegel-Moore 2010	1.36	1.44	53	2.1	1.37	56	31.3%	-0.52 [-0.91, -0.14]	=
Total (95% CI)			147			221	100.0%	-0.08 [-0.29, 0.14]	•
Heterogeneity: Chi² = 1 Test for overall effect: 2		,); I² = 73	8%				-10 -5 0 5 10 Favours Guided SH Favours Other

4 Heterogeneity was detected at I²=73%. 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

7 Figure 905: EDE-eating concern with random effects.

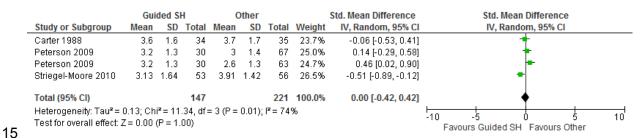
	Gui	ided S	Н	(Other			Std. Mean Difference		Std. Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95	% CI	
Carter 1988	1.8	1.5	34	2.2	1.6	35	23.7%	-0.25 [-0.73, 0.22]		-		
Peterson 2009	1.6	1.2	30	1.3	1.2	67	25.0%	0.25 [-0.18, 0.68]		┾		
Peterson 2009	1.6	1.2	30	1.2	1.2	63	24.8%	0.33 [-0.11, 0.77]		 -		
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]		•		
Heterogeneity: Tau² = Test for overall effect:				= 3 (P =	0.01);	I ² = 73	%		-10 Favour	-5 0 s Guided SH Favor	5 urs Other	10

9 Figure 906: 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	3.6	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]	-
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: I); I² = 74	1%				-10 -5 0 5 10 Favours Guided SH Favours Other

11 Heterogeneity was detected at I²=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 13 effects analysis was presented

14 Figure 907: EDE-shape concern with random effects



16 Figure 908: EDE-weight 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	2.8	1.5	34	2.7	1.7	35	20.5%	0.06 [-0.41, 0.53]	+
Peterson 2009	3.3	1.2	30	2.5	1.3	63	23.2%	0.63 [0.18, 1.07]	-
Peterson 2009	3.3	1.2	30	3	1.3	67	24.5%	0.23 [-0.20, 0.67]	*
Striegel-Moore 2010	2.64	1.52	53	3.23	1.49	56	31.8%	-0.39 [-0.77, -0.01]	=
Total (95% CI)			147			221	100.0%	0.09 [-0.12, 0.30]	•
Heterogeneity: Chi² = 1 Test for overall effect: 2		•		7); I² = 7	'5%				-10 -5 0 5 10 Favours Guided SH Favours Other

- 2 Heterogeneity was detected at I²=75%. None of the variables: risk of bias, presence of
- 3 comorbidity, severity of illness or duration of illness, explain the variability. As such a random
- 4 effects analysis was presented

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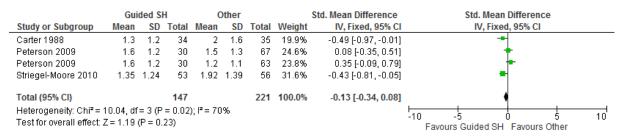
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5 Figure 909: EDE-weight concern with random effects

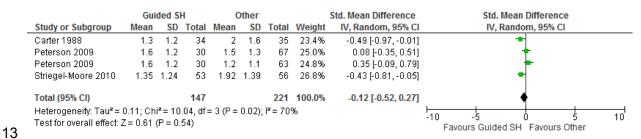
	Gui	ded S	Н	(Other			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Carter 1988	2.8	1.5	34	2.7	1.7	35	23.8%	0.06 [-0.41, 0.53]	+
Peterson 2009	3.3	1.2	30	3	1.3	67	25.0%	0.23 [-0.20, 0.67]	 -
Peterson 2009	3.3	1.2	30	2.5	1.3	63	24.6%	0.63 [0.18, 1.07]	-
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]	•
Heterogeneity: Tau² = Test for overall effect: 2				= 3 (P =	0.007); l² = 7:	5%		-10 -5 0 5 10 Favours Guided SH Favours Other

7 Figure 910: EDE-restraint



9 Heterogeneity was detected at I²=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 11 effects analysis was presented

12 Figure 911: EDE-restraint with random effects



15 Figure 912: EDE-total

	Guid	ded S	Н	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
Carter 1988	2.4	1.3	35	2.6	1.5	35	30.2%	-0.14 [-0.61, 0.33]	+
Peterson 2009	1.9	0.9	30	2.2	1.1	67	35.6%	-0.29 [-0.72, 0.15]	≠
Peterson 2009	1.9	0.9	30	2.4	1	63	34.2%	-0.51 [-0.95, -0.07]	•
Total (95% CI)			95			165	100.0%	-0.32 [-0.58, -0.06]	•
Heterogeneity: Chi² = Test for overall effect:		•		?); I² = 0	%				-10 -5 0 5 10 Favours Guided SH Favours Other

2 Figure 913: Remission

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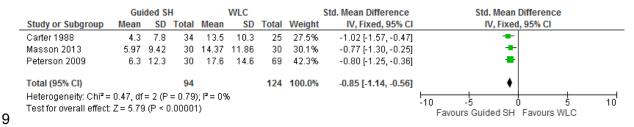


M.3.25.34 Guided self-help (ED) compared with wait list controls (WLC) in adults with binge eating disorder at end of treatment

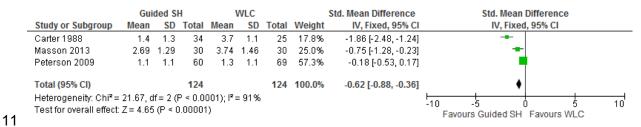
6 Figure 914: BMI

	Gui	ded S	Н	١	VLC			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	
Carter 1988	31.7	6.1	34	31.9	7.4	25	31.2%	-0.03 [-0.55, 0.49]			+		
Peterson 2009	40.8	11.7	60	38.3	7.4	69	68.8%	0.26 [-0.09, 0.61]			•		
Total (95% CI)			94			94	100.0%	0.17 [-0.12, 0.46]			•		
Heterogeneity: Chi² = Test for overall effect:		•); I ^z = 09	6				-10 F:	-5 avours Guide	0 d SH Favo	5 urs WLC	10

8 Figure 915: Bingeing



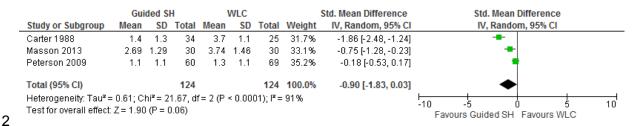
10 Figure 916: EDE-eating concern



- 12 Heterogeneity was detected at I²=91%. None of the variables: risk of bias, presence of
- 13 comorbidity, severity of illness or duration of illness, explain the variability. However, only
- 14 Carter provided data on duration of illness. As such a random effects analysis was presented

15 Figure 917: EDE-eating concern with random effects

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4 Figure 918: 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]	•
Total (95% CI)			124			124	100.0%	-0.44 [-0.70, -0.19]	•
Heterogeneity: Chi ² = Test for overall effect					9%				-10 -5 0 5 10 Favours Guided SH Favours WLC

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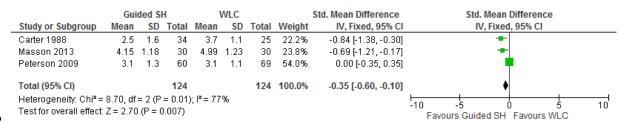
- 6 Heterogeneity was detected at I²=79%. None of the variables: risk of bias, presence of comorbidity, severity of illness or duration of illness, explain the variability. However, only
- 8 Carter provided data on duration of illness. As such a random effects analysis was presented

9 Figure 919: EDE-shape concern with random effects

	Gui	ded S	Н	١	NLC			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	3.3	1.5	34	4.6	0.9	25	31.0%	-1.00 [-1.55, -0.45]		
Masson 2013	4.49	1.46	30	5.5	1.2	30	31.8%	-0.75 [-1.27, -0.22]	-	
Peterson 2009	3	1.1	60	3.1	1.2	69	37.2%	-0.09 [-0.43, 0.26]	*	
Total (95% CI)			124			124	100.0%	-0.58 [-1.16, 0.00]	•	
Heterogeneity: Tau² = Test for overall effect:				= 2 (P =	0.009	3); I² = ;	79%		-10 -5 0 5 Favours Guided SH Favours WLC	10

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11 Figure 920: EDE-weight concern



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- 13 Heterogeneity was detected at I²=77%. None of the variables: risk of bias, presence of comorbidity, severity of illness or duration of illness, explain the variability. However, only
- 15 Carter provided data on duration of illness. As such a random effects analysis was presented

16 Figure 921: EDE-weight concern with random effects

	Gui	ided S	Н	1	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
Carter 1988	2.5	1.6	34	3.7	1.1	25	31.0%	-0.84 [-1.38, -0.30]	-
Masson 2013	4.15	1.18	30	4.99	1.23	30	31.6%	-0.69 [-1.21, -0.17]	-
Peterson 2009	3.1	1.3	60	3.1	1.1	69	37.4%	0.00 [-0.35, 0.35]	†
Total (95% CI)			124			124	100.0%	-0.48 [-1.04, 0.08]	•
Heterogeneity: Tau² = Test for overall effect:				= 2 (P =	0.01);	 ² = 77°	%		-10 -5 0 5 10 Favours Guided SH Favours WLC

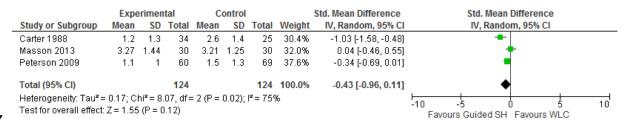
1 Figure 922: EDE-restraint

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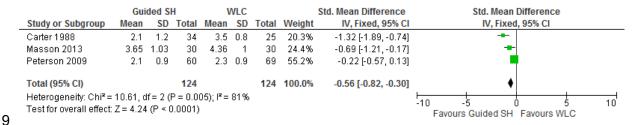
	Expe	erimen	tal	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carter 1988	1.2	1.3	34	2.6	1.4	25	21.3%	-1.03 [-1.58, -0.48]	
Masson 2013	3.27	1.44	30	3.21	1.25	30	25.3%	0.04 [-0.46, 0.55]	+
Peterson 2009	1.1	1	60	1.5	1.3	69	53.4%	-0.34 [-0.69, 0.01]	•
Total (95% CI)			124			124	100.0%	-0.39 [-0.64, -0.14]	•
Heterogeneity: Chi² = Test for overall effect:				; I² = 75	%				-10 -5 0 5 10 Favours Guided SH Favours WLC

- 3 Heterogeneity was detected at I²=75% None of the variables: risk of bias, presence of
- 4 comorbidity, severity of illness or duration of illness, explain the variability. However, only
- 5 Carter provided data on duration of illness. As such a random effects analysis was presented

6 Figure 923: EDE-restraint with random effects



8 Figure 924: EDE-total

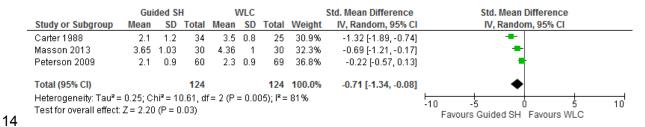


10 Heterogeneity was detected at I²=81%. None of the variables: risk of bias, presence of

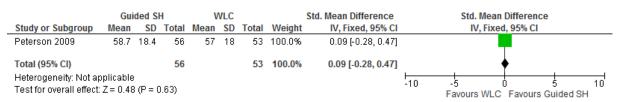
11 comorbidity, severity of illness or duration of illness, explain the variability. However, only

12 Carter provided data on duration of illness. As such a random effects analysis was presented

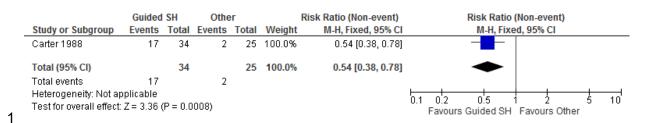
13 Figure 925: EDE-total with random effects



15 Figure 926: Quality of life

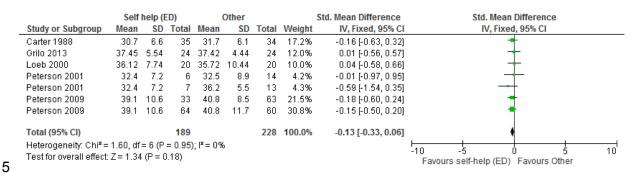


17 Figure 927: Remission

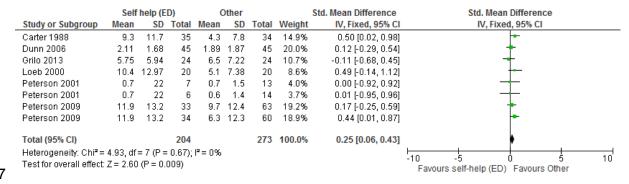


M.3.25.42 Self-help (ED) compared with any other intervention in adults with binge eating 3 disorder at end of treatment

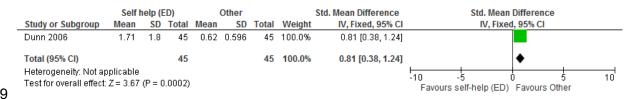
4 Figure 928: BMI



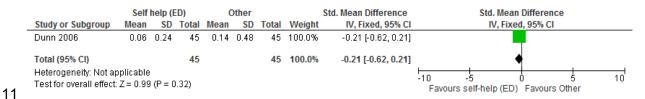
6 Figure 929: Bingeing



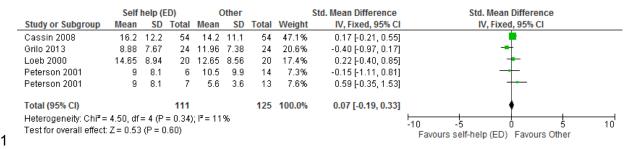
8 Figure 930: Vomiting



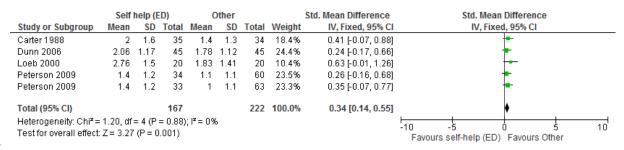
10 Figure 931: Laxative use



12 Figure 932: Depression



2 Figure 933: EDE-eating concern

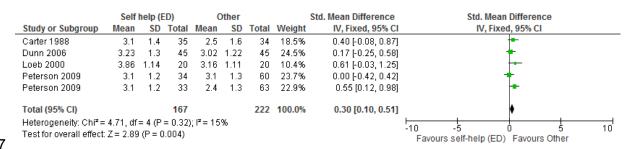


4 Figure 934: EDE-shape concern

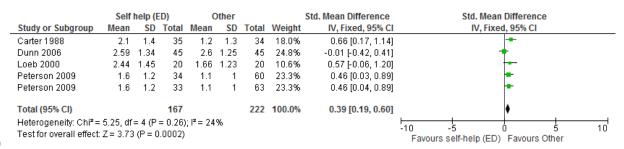
	Self	help (E	ED)	(Other			Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI		
Carter 1988	3.7	1.6	35	3.3	1.5	34	18.5%	0.25 [-0.22, 0.73]	+		
Dunn 2006	3.54	1.35	45	3.3	1.29	45	24.3%	0.18 [-0.23, 0.59]	+		
Loeb 2000	4.36	1.24	20	3.72	1.37	20	10.5%	0.48 [-0.15, 1.11]	 -		
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]	 -		
Total (95% CI)			167			222	100.0%	0.24 [0.04, 0.44]	•		
Heterogeneity: Chi²=	1.38, df	= 4 (P	= 0.85)	; I² = 0%	6				-10 -5 0 5 10		
Test for overall effect	Z = 2.30	(P = 0	0.02)						Favours self-help (ED) Favours Other		

6 Figure 935: EDE-weight concern

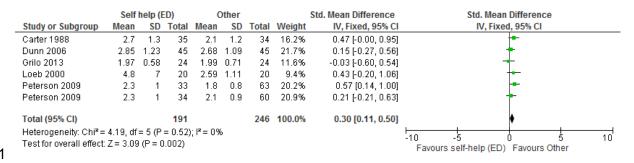
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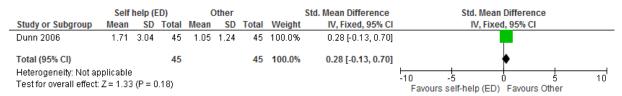
8 Figure 936: EDE-restraint



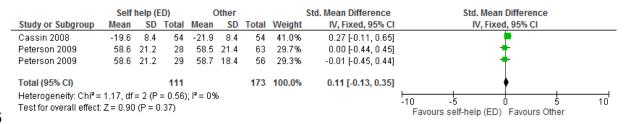
10 Figure 937: EDE-total



2 Figure 938: Excessive exercise

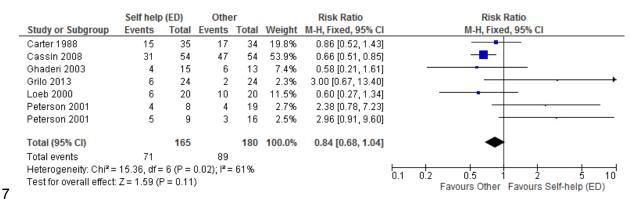


4 Figure 939: Satisfaction with life



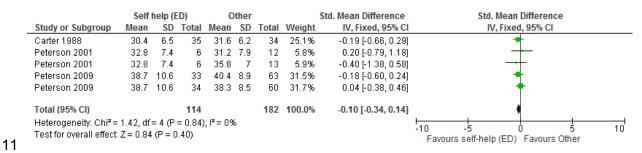
6 Figure 940: Remission

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M.3.25.58 Self-help (ED) compared with any other intervention in adults with binge eating disorder at follow-up

10 Figure 941: BMI



12 Figure 942: Depression

	Self I	If help (ED) Other						Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean							IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Peterson 2001	6.6	7.4	6	3.9	3.7	13	49.9%	0.51 [-0.48, 1.49]	-	
Peterson 2001	6.6	7.4	6	7.8	8.1	12	50.1%	-0.14 [-1.13, 0.84]		
Total (95% CI)			12			25	100.0%	0.18 [-0.51, 0.88]	*	
Heterogeneity: Chi² = Test for overall effect				; I² = 09	6				-10 -5 0 5 Favours self-help (ED) Favours Other	10

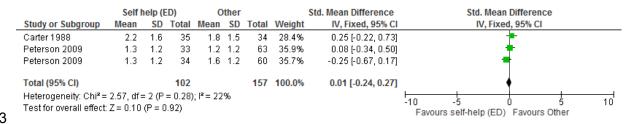
2 Figure 943: EDE-eating concern

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4 Figure 944: EDE-shape concern

	Self help (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
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]	<u></u> →
Peterson 2009	3	1.4	34	3.2	1.3	60	35.9%	-0.15 [-0.57, 0.27]	*
Total (95% CI)			102			157	100.0%	0.07 [-0.18, 0.32]	•
Heterogeneity: Chi² = Test for overall effect				; I² = 79	6				-10 -5 0 5 10 Favours self-help (ED) Favours Other

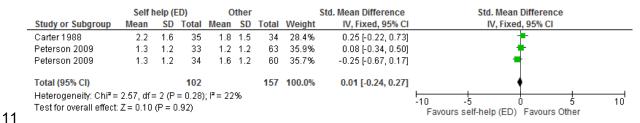
6 Figure 945: EDE-weight concern

	Self h	ielp (E	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
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]	<u></u> →
Peterson 2009	3	1.4	34	3.2	1.3	60	35.9%	-0.15 [-0.57, 0.27]	*
Total (95% CI)			102			157	100.0%	0.07 [-0.18, 0.32]	•
Heterogeneity: Chi² = Test for overall effect:				; I² = 79	ó				-10 -5 0 5 10 Favours self-help (ED) Favours Other

8 Figure 946: EDE-restraint

	Self I	nelp (E	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
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]	+
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]	,
Heterogeneity: Chi ^z = Test for overall effect:); I = 37	%				-10 -5 0 5 10 Favours self-help (ED) Favours Other

10 Figure 947: EDE-total



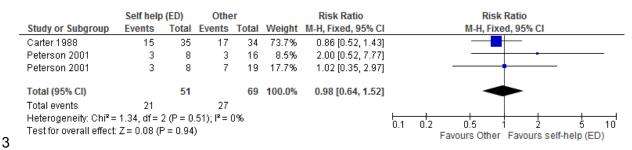
12 Figure 948: Quality of life

	Self	Self help (ED)			Other			Std. Mean Difference	Std. Mean Difference				
Study or Subgroup							Weight	IV, Fixed, 95% CI		IV	, Fixed, 95%	CI	
Peterson 2009	58.3	22.8	29	57.6	22.1	54	50.3%	0.03 [-0.42, 0.48]					
Peterson 2009	58.3	22.8	28	58.1	20.7	56	49.7%	0.01 [-0.44, 0.46]			•		
Total (95% CI)			57			110	100.0%	0.02 [-0.30, 0.34]			•		
Heterogeneity: Chi² = Test for overall effect		,); I ^z = 0%	ò				-10 Favours	-5 self-help	0 (ED) Favo	5 urs Other	10

2 Figure 949: Remission

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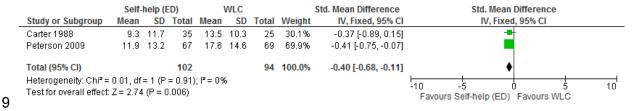


M.3.25.64 Self-help (ED) compared with wait list controls (WLC) in adults with binge eating 5 disorder at end of treatment

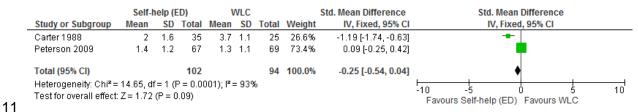
6 Figure 950: BMI

	Self-	help (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
Carter 1988	30.7	6.6	35	31.7	6.1	34	33.6%	-0.16 [-0.63, 0.32]	+
Peterson 2009	39.1	10.6	67	38.3	7.4	69	66.4%	0.09 [-0.25, 0.42]	•
Total (95% CI)			102			103	100.0%	0.01 [-0.27, 0.28]	•
Heterogeneity: Chi ^z = Test for overall effect:		•		; I² = 0%	b				-10 -5 0 5 10 Favours Self-help (ED) Favours WLC

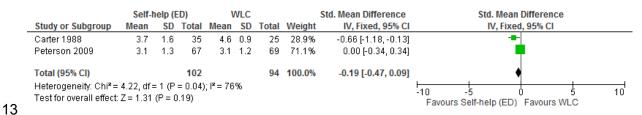
8 Figure 951: Bingeing



10 Figure 952: EDE-eating concern



12 Figure 953: EDE-shape concern



14 Figure 954: EDE-weight concern

	Self-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
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]	•
Total (95% CI)			102			94	100.0%	-0.14 [-0.42, 0.15]	•
Heterogeneity: Chi² = Test for overall effect	•			; I ² = 53	%				-10 -5 0 5 10 Favours Self-help (ED) Favours WLC

2 Figure 955: EDE-restraint

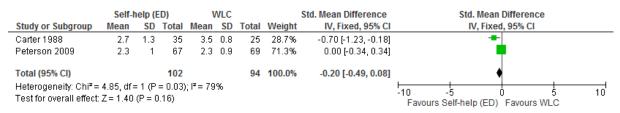
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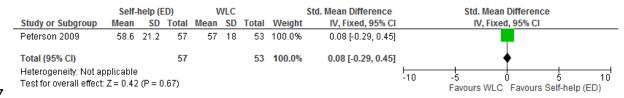
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	Self-h	nelp (E	D)	V	VLC			Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Carter 1988	2.1	1.4	35	2.6	1.4	25	29.7%	-0.35 [-0.87, 0.16]	-	
Peterson 2009	1.6	1.2	67	1.5	1.3	69	70.3%	0.08 [-0.26, 0.42]	<u> </u>	
Total (95% CI)			102			94	100.0%	-0.05 [-0.33, 0.23]	•	
Heterogeneity: Chi ² = 1.88, df = 1 (P = 0.17); l ² = 47% Test for overall effect: Z = 0.34 (P = 0.73)									-10 -5 0 5 10 Favours Self-help (ED) Favours WLC	ł

4 Figure 956: EDE-total



6 Figure 957: Quality of life

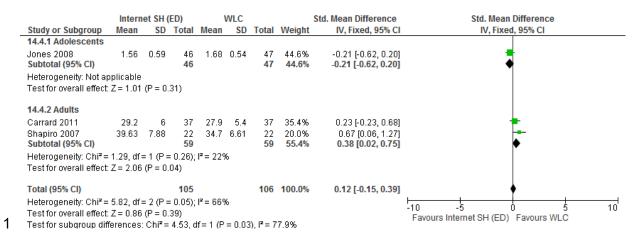


8 Figure 958: Remission

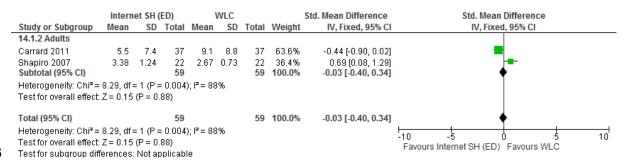


M.3.25.70 Internet self-help (ED) compared with wait list controls (WLC) in adults (unless otherwise stated) with binge eating disorder at end of treatment

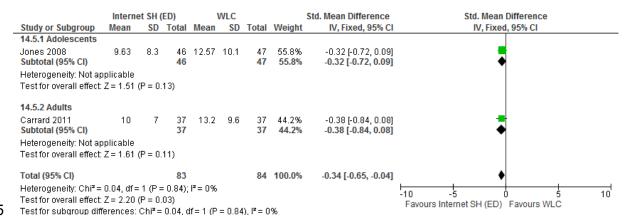
12 Figure 959: BMI in young people and adults



2 Figure 960: Bingeing



4 Figure 961: Depression in young people and adults



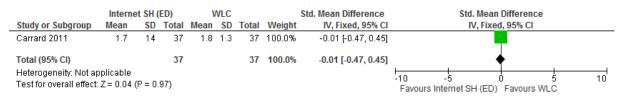
6 Figure 962: EDE-shape concern

	Interne	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	3.7	1.3	37	4.1	1.3	37	100.0%	-0.30 [-0.76, 0.15]	•
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		′P = N	37			37	100.0%	-0.30 [-0.76, 0.15]	-10 -5 0 5 10
restroi overali ellect.	. 2 - 1.30 ((r — 0.	10)						Favours Internet SH (ED) Favours WLC

8 Figure 963: EDE-restraint

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10 Figure 964: EDE-total

	Interne	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	I, 95% CI		
Carrard 2011	2.5	1.1	37	2.9	1	37	100.0%	-0.38 [-0.84, 0.08]					
Total (95% CI)			37			37	100.0%	-0.38 [-0.84, 0.08]		•			
Heterogeneity: Not a Test for overall effect		(P = 0.	11)						-10 - Favours Inte	t 5 (ernet SH (ED)	Favours WL	 	10

2 Figure 965: EDI-body dissatisfaction

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	Interne	t 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	19	7	37	18.9	6.8	37	100.0%	0.01 [-0.44, 0.47]	•
Total (95% CI)			37			37	100.0%	0.01 [-0.44, 0.47]	, † , , , ,
Heterogeneity: Not ap Test for overall effect:		P = 0.	95)						-10 -5 0 5 10 Favours Internet SH (ED) Favours WLC

4 Figure 966: EDI-drive for thinness

	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	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

6 Figure 967: EDI-bulimia

	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	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 (Favours Internet SH (ED)	Favours WLC	10

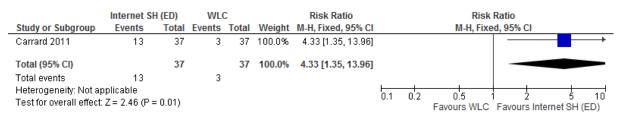
8 Figure 968: Quality of life

	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	i, 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	0 Favours Inte	5 rnet SH	10 (ED)

10 Figure 969: Global severity

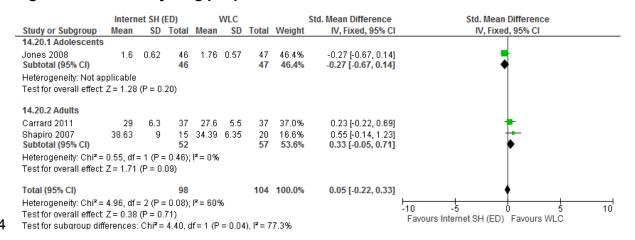
	Interne	t SH (ED)	١	NLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carrard 2011	0.6	0.4	37	0.8	0.5	37	100.0%	-0.44 [-0.90, 0.02]	
Total (95% CI)			37			37	100.0%	-0.44 [-0.90, 0.02]	•
Heterogeneity: Not ap Test for overall effect:		P = 0.	06)						-10 -5 0 5 10 Favours Internet SH (ED) Favours WLC

12 Figure 970: Remission

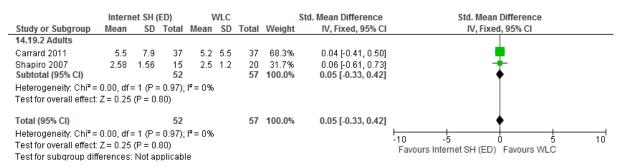


M.3.25.81 Internet self-help (ED) compared with wait list controls in adults (unless otherwise 2 stated) with binge eating disorder at follow-up

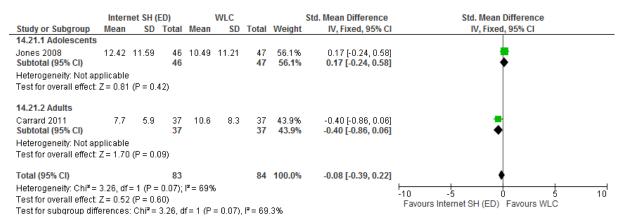
3 Figure 971: BMI in young people and adults



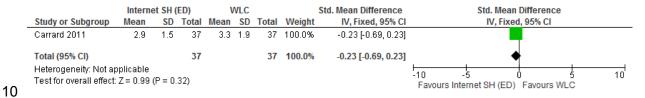
5 Figure 972: Bingeing



7 Figure 973: Depression in young people and adults



9 Figure 974: EDE-shape concern



11 Figure 975: EDE-restraint

	Interne	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	1.3	1.1	37	1.2	1.3	37	100.0%	0.08 [-0.37, 0.54]	•
Total (95% CI)			37			37	100.0%	0.08 [-0.37, 0.54]	+
Heterogeneity: Not a Test for overall effect		(P = 0.	72)						-10 -5 0 5 10 Favours Internet SH (ED) Favours WLC

2 Figure 976: EDE-total

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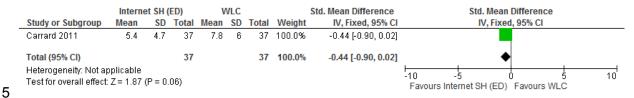
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	Interne	t SH (ED)	V	VLC			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carrard 2011	1.9	1.1	37	2.3	1.5	37	100.0%	-0.30 [-0.76, 0.16]	
Total (95% CI)			37			37	100.0%	-0.30 [-0.76, 0.16]	•
Heterogeneity: Not ap Test for overall effect:	•	P = 0.	20)						-10 -5 0 5 10 Favours Internet SH (ED) Favours WLC

4 Figure 977: EDI-drive for thinness



6 Figure 978: EDI-bulimia

	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	1.7	1.9	37	2.5	2.9	37	100.0%	-0.32 [-0.78, 0.14]	•
Total (95% CI)			37			37	100.0%	-0.32 [-0.78, 0.14]	•
Heterogeneity: Not ap Test for overall effect:		P = 0.	17)						-10 -5 0 5 10 Favours Internet SH (ED) Favours WLC

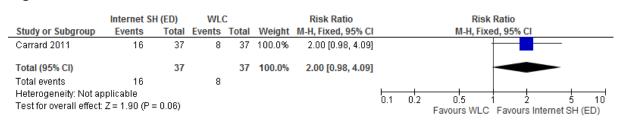
8 Figure 979: Quality of life

	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]	•	
Heterogeneity: Not ap Test for overall effect:	•		60)						-10 -5 0 5 Favours WLC Favours Interne	10 et SH (ED)

10 Figure 980: Global severity

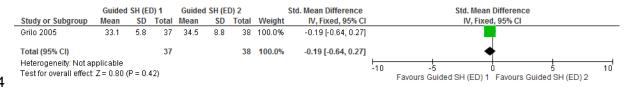
	Interne	et SH (ED)	١	NLC			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	1, 95% CI		
Carrard 2011	0.4	0.3	37	0.5	0.3	37	100.0%	-0.33 [-0.79, 0.13]					
Total (95% CI)			37			37	100.0%	-0.33 [-0.79, 0.13]		•	ļ		
Heterogeneity: Not ap Test for overall effect		(P = 0.	16)						-10 Favours In	-5 ternet SH (ED)	Favours WLG	5	10

12 Figure 981: Remission

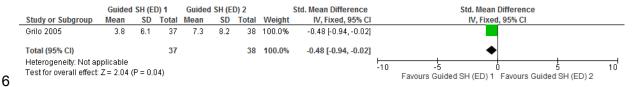


M.3.25.91 Guided self-help (ED) compared with guided self-help in adults with binge eating 2 disorder at end of treatment

3 Figure 982: BMI



5 Figure 983: Bingeing



7 Figure 984: Depression

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	Guided	SH (EI	D) 1	Guide	d 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	9.5	9.4	37	12	10.3	38	100.0%	-0.25 [-0.71, 0.20]		•	
Total (95% CI)			37			38	100.0%	-0.25 [-0.71, 0.20]		•	
Heterogeneity: Not ap Test for overall effect:	•	P = 0.2	28)						-10	-5 0 5 Favours Guided SH (ED) 1 Favours Guided SH (ED) 2	10

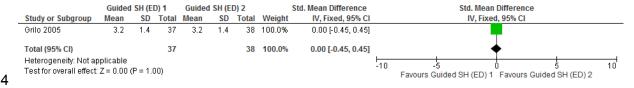
9 Figure 985: EDE-eating concern

	Guided	SH (E	D) 1	Guided	SH (E	D) 2		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		
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 = 0.1	06)						-10	-5 Favours Guided SH (ED)	0 1 Favours Guid	5 ded SH (ED) 2	10

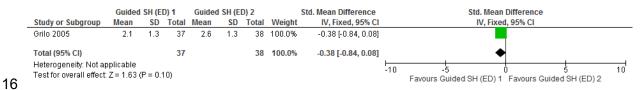
11 Figure 986: EDE-shape concern

	Guided	SH (E	D) 1	Guideo	1 SH (E	D) 2		Std. Mean Difference		Std. Me	an Di	ifference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fi	xed,	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 = 0.0	60)						-10	-5 Favours Guided SH (ED))1 F	Favours Guided SH (ED) 2	10

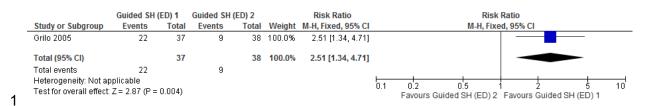
13 Figure 987: EDE-weight concern



15 Figure 988: EDE-restraint

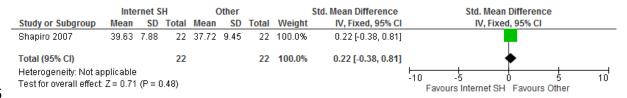


17 Figure 989: Remission

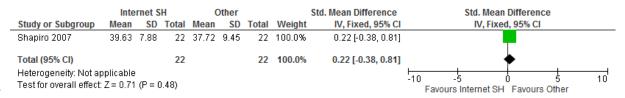


M.3.25.102 Internet self-help (ED) compared with any other intervention in adults with binge 3 eating disorder at end of treatment

4 Figure 990: BMI



6 Figure 991: Bingeing



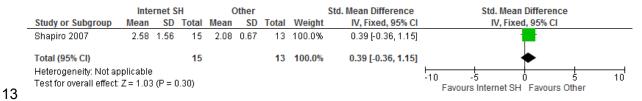
M.3.25.118 Internet self-help (ED) compared with any other intervention in adults with binge 9 eating disorder at follow-up

10 Figure 992: BMI

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				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]	-
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•		15 0.67)			13	100.0%	0.16 [-0.58, 0.90]	-10 -5 0 5 10 Favours Internet SH Favours Other

12 Figure 993: Bingeing



M.3.264 Any eating disorder and self-help

M.3.26.15 Internet self-help (ED) compared with wait list controls (WLC) in adults with any eating disorder at end of treatment

17 Figure 994: BMI

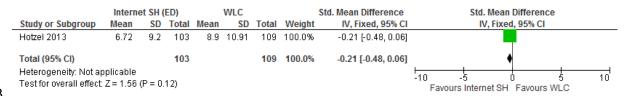
	Intern	Internet SH (ED) WLC					Std. Mean Difference		Std. M	lean Differ	ence		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	Fixed, 95%	CI	
Hotzel 2013	20.89	3.64	103	20.56	3.2	109	100.0%	0.10 [-0.17, 0.37]					
Total (95% CI)			103			109	100.0%	0.10 [-0.17, 0.37]			•		
Heterogeneity: Not ap Test for overall effect:			48)						-10	-5 Favours V	0 VLC Favo	5 urs Interr	10 net SH

2 Figure 995: Vomiting

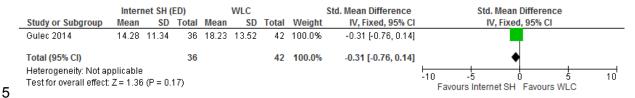
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4 Figure 996: Depression



6 Figure 997: EDE-eating 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	2.3	1.71	36	2	1.48	42	26.7%	0.19 [-0.26, 0.63]	+
Hotzel 2013	2.79	1.39	103	2.91	1.39	109	73.3%	-0.09 [-0.36, 0.18]	•
Total (95% CI)			139			151	100.0%	-0.01 [-0.24, 0.22]	•
Heterogeneity: Chi² = Test for overall effect		,		I ² = 5%					-10 -5 0 5 1 Favours Internet SH Favours WLC

8 Figure 998: EDE-shape concern

	Intern	Internet SH (ED) WLC						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	
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: Chi² = Test for overall effect:		,	-10 Favo	-5 ours Interne	0 et SH Favou	5 Jrs WLC	10						

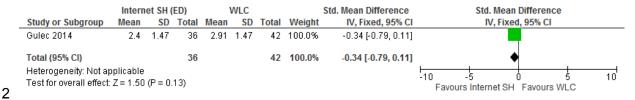
10 Figure 999: EDE-weight concern

	Intern	et SH ((ED)	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	
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 ² = 0%					-10 Fave	-5 ours Intern	0 et SH Favor	5 urs WLC	10

12 Figure 1000: EDE-restraint

	Intern	Internet 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	
Gulec 2014	2.16	1.79	36	2.87	1.78	42	26.4%	-0.39 [-0.84, 0.06]	-	
Hotzel 2013	3.51	1.5	103	3.48	1.35	109	73.6%	0.02 [-0.25, 0.29]	•	
Total (95% CI)			139			151	100.0%	-0.09 [-0.32, 0.14]	•	
Heterogeneity: Chi ^z = Test for overall effect:				I ² = 589	6				-10 -5 0 5 Favours Internet SH Favours WL	10 .C

1 Figure 1001: EDE-total



M.3.26.23 Guided self-help (ED) compared with wait list controls in adults with any eating 4 disorder at end of treatment

5 Figure 1002: BMI

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	Gui	ded S	Н	1	WLC			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	
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 V	0 /LC Favo	5 urs Guide	10 d SH

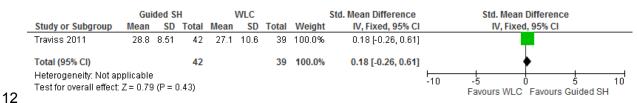
7 Figure 1003: Bingeing

	Guio	led S	Н	V	VLC			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	
Traviss 2011	7	56	42	11	60	39	100.0%	-0.07 [-0.50, 0.37]					
Total (95% CI)			42			39	100.0%	-0.07 [-0.50, 0.37]			•		
Heterogeneity: Not ap Test for overall effect:	•		0.76)						-10 Fa	-5 vours Guide	0 d SH Favor		10

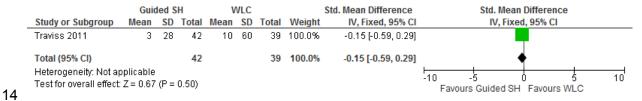
9 Figure 1004: Exercise frequency

	Guid	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	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]	,
Heterogeneity: Not ap Test for overall effect			0.93)						-10 -5 0 5 10 Favours Guided SH Favours WLC

11 Figure 1005: Vomiting



13 Figure 1006: Laxative use

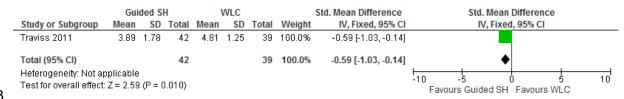


15 Figure 1007: EDE-eating concern

	Gui	ded S	Н	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
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 applicable Test for overall effect: Z = 2.63 (P = 0.008)									-10 -5 0 5 10 Favours Guided SH Favours WLC

2 Figure 1008: EDE-shape concern

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4 Figure 1009: EDE-weight concern

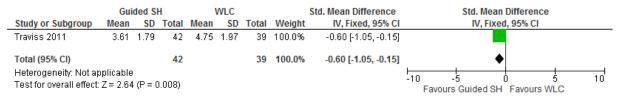
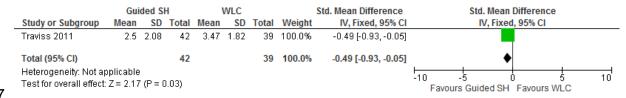
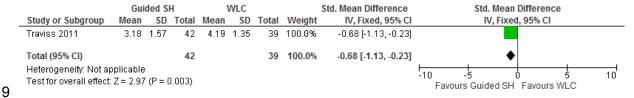


Figure 1010: EDE-restraint



8 Figure 1011: EDE-total



M.3.26.30 Guided self-help (ED) compared with treatment as usual (TAU) in adults with any eating disorder at end of treatment

12 Figure 1012: Morgan-Russell menstrual function

	Interne	t GSH	(ED)	Treatm	ent as u	sual		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		
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:	5)						-10	-5 Favours	0 TAU Favor	5 urs Inter	net GSF	10 H(ED)		

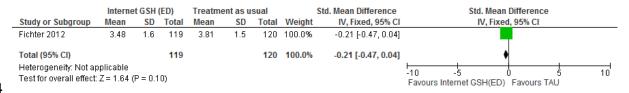
14 Figure 1013: Bulimic symptoms

	Internet GSH (ED)		Treatm	ent as u	sual		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean				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	106 (5)			120	100.0%	-0.26 [-0.52, 0.00]	-10 -5 0 5 10 Favours Internet GSH(ED) Favours TAU

1 Figure 1014: General psychopathology

	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	d, 95% CI	
Fichter 2012	0.47 0.4 119			0.51	0.4	120	100.0%	-0.10 [-0.35, 0.15]			
Total (95% CI)			119			120	100.0%	-0.10 [-0.35, 0.15]			
Heterogeneity: Not ap Test for overall effect:	P = 0.4	4)						-10 -5 Favours Internet GSH(ED)	0 5 Favours TAU	10	

3 Figure 1015: Global clinical score



5 Figure 1016: Depression

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	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]	•	
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		P = 0.1	106 4)			113	100.0%	-0.20 [-0.46, 0.07]	-10 -5 5 Favours Internet GSH(ED) Favours TAU	10

7 Figure 1017: EDE-total

	Intern	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	58.91 39.7 106			69.51	39.2	113	100.0%	-0.27 [-0.53, -0.00]	•
Total (95% CI)			106			113	100.0%	-0.27 [-0.53, -0.00]	•
Heterogeneity: Not ap Test for overall effect:	15)						-10 -5 0 5 10 Favours Internet GSH(ED) Favours TAU		

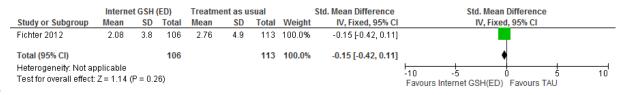
9 Figure 1018: EDI-body dissatisfaction

	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	1, 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)			106			113	100.0%	-0.24 [-0.51, 0.02]		•			
	eterogeneity: Not applicable est for overall effect: Z = 1.78 (P = 0.07)								-10 - Favours Inter	5 rnet GSH(ED)	0 Favours TAU	5 J	10

11 Figure 1019: EDI-drive for thinness

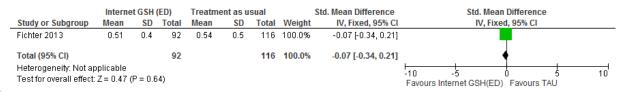
	Interne			Treatm	ent as u	sual		Std. Mean Difference		Std.	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV.	Fixed, 95%	CI	
Fichter 2012	7.41				6.7	113	100.0%	-0.17 [-0.44, 0.09]					
Total (95% CI)	106					113	100.0%	-0.17 [-0.44, 0.09]			•		
Heterogeneity: Not ap Test for overall effect	P = 0.2	!1)						-10 Favours	-5 s Internet GSH	0 I(ED) Favou	5 Irs TAU	10	

13 Figure 1020: EDI-bulimia



M.3.271 Guided self-help (ED) compared with treatment as usual (TAU) in adults with 2 any eating disorder at follow-up

3 Figure 1021: General psychopathology



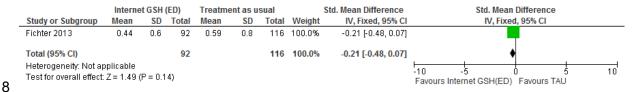
5 Figure 1022: Morgan-Russell menstrual function

	Internet GSH (ED)			Treatm	ent as u	sual		Std. Mean Difference		Std. Mean Diffe	erence		
Study or Subgroup	Mean	SD	Total	Mean	Mean SD Total			IV, Fixed, 95% CI		IV, Fixed, 95	% CI		
Fichter 2013	7.94	5.4	92	7.54	5.3	116	100.0%	0.07 [-0.20, 0.35]		•			
Total (95% CI)			92			116	100.0%	0.07 [-0.20, 0.35]		+			
Heterogeneity: Not ap Test for overall effect:	i9)						-10	-5 0 Favours TAU Fav	ours Inter	net GS	10 SH(ED)		

7 Figure 1023: Bulimic symptoms

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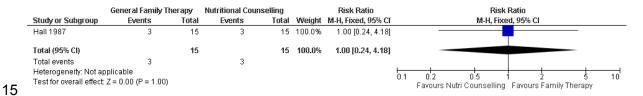
M.3.289 Family therapy for anorexia nervosa

M.3.28.10 General family therapy versus nutritional counselling in adults with anorexia nervosa at end of treatment

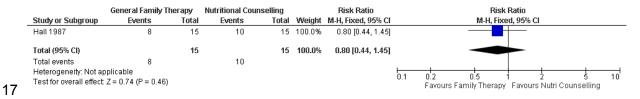
12 Figure 1024: Weight (kg)

	General Family Therapy			Nutritiona	al Counse	elling		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 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 applicable Test for overall effect: Z = 0.35 (P = 0.72)									-10 Favours N	-5 (lutri Counselling) Favours Fami	5 ly Therapy	10

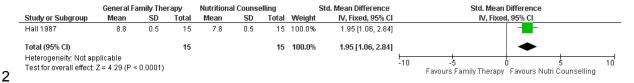
14 Figure 1025: Regular menstruation



16 Figure 1026: Amenorrheic

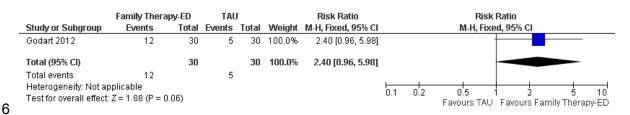


1 Figure 1027: Global clinical score

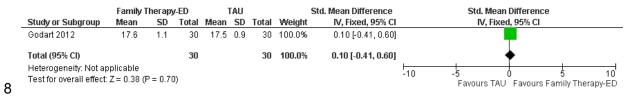


M.3.28.23 Family therapy-ED and treatment as usual versus treatment as usual in young 4 inpatients with anorexia nervosa at end of treatment

5 Figure 1028: Remission (ITT)



7 Figure 1029: BMI



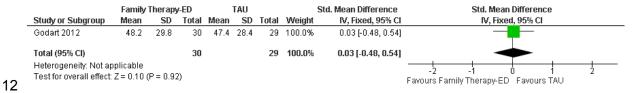
9 Figure 1030: No. of patients >=BMI 10th percentile (age-sex corrected)

	Family Therapy-ED		TAL	J		Risk Ratio			Risk Ra	atio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixed,	95% CI		
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	plicable						0.4	0.2	05 1		<u></u>	10
Test for overall effect:	Z = 1.91 (P = 0.	.06)					0.1	0.2	Favours TAU F	avours Fam	ily Thera	

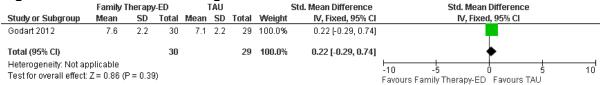
11 Figure 1031: EDI Total

10

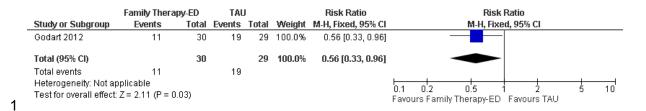
14



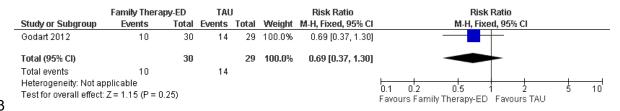
13 Figure 1032: Global functioning



15 Figure 1033: Amenorrheic patients

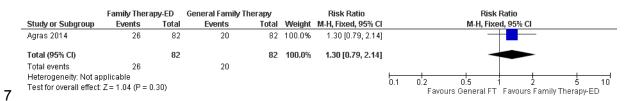


2 Figure 1034: Hospitalizations to end of treatment

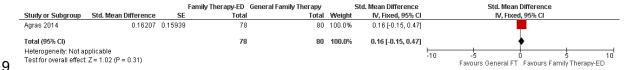


M.3.28.34 Family therapy-ED versus general family therapy in young people with anorexia nervosa at end of treatment

6 Figure 1035: Remission (ITT)



8 Figure 1036: Percentage of ideal body weight



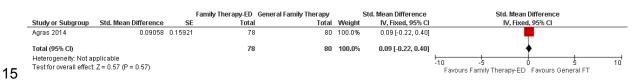
10 Figure 1037: Yale-Brown-Cornell Eating Disorder Scale



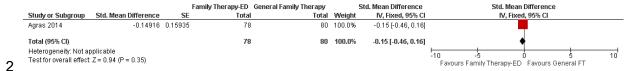
12 Figure 1038: EDE Global

				Family Therapy-ED	General Family Therapy		Std. Mean Difference		Std. Mean	Difference		
	Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	1, 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]					
ł.	Heterogeneity: Not ap Test for overall effect:							-10 - Favours Fan	5 nily Therapy-ED	0 Favours Gene	5 eral FT	10

14 Figure 1039: Depression

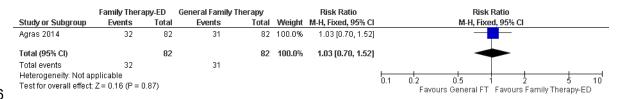


1 Figure 1040: Quality of life



M.3.28.43 Family therapy-ED versus general family therapy in young people with anorexia 4 nervosa at follow up

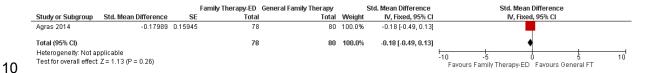
5 Figure 1041: Remission (ITT)



7 Figure 1042: Percentage of ideal body



9 Figure 1043: Yale-Brown-Cornell Eating Disorder Scale



11 Figure 1044: EDE-global

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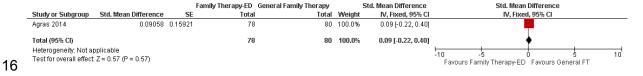
14

				Family Therapy-ED	General Family Therapy		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	
	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 -5 Favours Family Therapy-ED) 5 Favours General F	10 T

13 Figure 1045: General psychopathology

Study or Subgroup	Std. Mean Difference	SE		General Family Therapy	Weight	Std. Mean Difference IV, Fixed, 95% CI	Std. Mean Difference IV. Fixed, 95% CI
Study of Subgroup	3tu. Mean Difference	J.	Total	Total	weight	IV, FIXEU, 9578 CI	10, FIACU, 9370 CI
Agras 2014	0.27146	0.15986	39	40	49.8%	0.27 [-0.04, 0.58]	
Agras 2014	0.09058	0.15921	39	40	50.2%	0.09 [-0.22, 0.40]	-
Total (95% CI)			78	80	100.0%	0.18 [-0.04, 0.40]	•
Heterogeneity: Chi ^z = Test for overall effect:	0.64, df = 1 (P = 0.42); F Z = 1.60 (P = 0.11)	= 0%					-1 -0.5 0 0.5 1 Favours Family Therapy-ED Favours General FT

15 Figure 1046: Depression

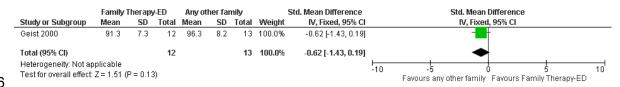


1 Figure 1047: Quality of life



M.3.28.53 Family therapy-ED versus any other family intervention in young people with anorexia 4 nervosa at end of treatment

5 Figure 1048: Percentage of ideal body weight



7 Figure 1049: EDI-bulimia

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	Family 1	Гнегару	/-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	1.2	2	12	2.5	2.6	13	100.0%	-0.54 [-1.34, 0.26]	-
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		P = 0.19	12 3)			13	100.0%	-0.54 [-1.34, 0.26]	Favours Family Therapy-ED Favours any other family

9 Figure 1050: EDI-drive for thinness

	Family T	hегару	-ED	Any of	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	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:		e = 0.75	5)						-10 -5 0 5 10 Favours Family Therapy-ED Favours any other family

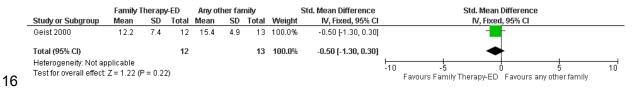
11 Figure 1051: EDI-body dissatisfaction

	Family T	Therapy	/-ED	Any o	ther fa	mily		Std. Mean Difference		Std. Mean I	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	l, 95% CI		
Geist 2000	10.6	9.2	12	12.2	6.1	13	100.0%	-0.20 [-0.99, 0.59]		-	-		
Total (95% CI)			12			13	100.0%	-0.20 [-0.99, 0.59]		•			
Heterogeneity: Not ap Test for overall effect:		P = 0.62	2)						-10 -5 Favours Far	i nily Therapy-ED) Favours any o	5 ther family	10

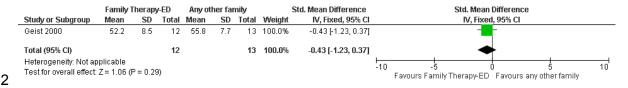
13 Figure 1052: General psychopathology

	Family T	hегару	-ED	Any of	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	1.2	0.7	12	1.2	0.6	13	100.0%	0.00 [-0.78, 0.78]	+
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		° = 1.00	12			13	100.0%	0.00 [-0.78, 0.78]	Favours Family Therapy-ED Favours any other family

15 Figure 1053: Depression



1 Figure 1054: Family functioning



M.3.28.63 Multi-family therapy-ED versus family therapy-ED in young people with anorexia 4 nervosa at end of treatment

5 Figure 1055: Remission (ITT)

	Multi-Family Ther	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	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 Heterogeneity: Not ap Test for overall effect: :			48				0.1 0.2 0.5 1 2 5 10 Favours FT-AN Favours MFT-AN

7 Figure 1056: BMI

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	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
5.2.1 Change Scores									
Eisler 2016 Subtotal (95% CI)	3.01	0.98	85 85	2.61	1.04	82 82	100.0% 100.0 %	0.39 [0.09, 0.70] 0.39 [0.09, 0.70]	•
Heterogeneity: Not ap Test for overall effect:		= 0.01)							
									-10 -5 0 5 10

9 Figure 1057: %mBMI

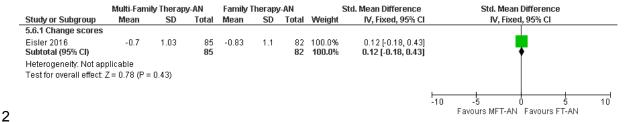
	Multi-Fam	ily Therap	ry-AN	Family	Therapy	/-AN		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
5.3.1 Change Scores									
Eisler 2016 Subtotal (95% CI)	13.08	4.93	85 85	10.84	5.08	82 82	100.0% 100.0 %	0.45 [0.14, 0.75] 0.45 [0.14, 0.75]	.
Heterogeneity: Not ap Test for overall effect:		= 0.004)							
									-10 -5 0 5 10 Favours FT-AN Favours MFT-AN

11 Figure 1058: EDE-dietary restraint

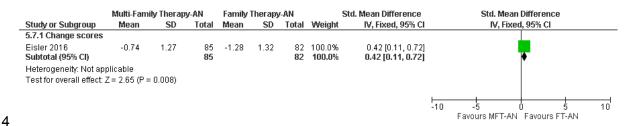
	Multi-Fami	ly Therap	y-AN	Family	Therapy	/-AN		Std. Mean Difference		Std.	Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV.	, Fixed, 95%	CI	
5.5.1 Change scores													
Eisler 2016 Subtotal (95% CI)	-0.93	1.15	85 85	-1.38	1.2	82 82	100.0% 100.0 %	0.38 [0.08, 0.69] 0.38 [0.08, 0.69]			•		
Heterogeneity: Not app Test for overall effect: 2		0.01)							-10	-5 Favours MI	0 T-AN Favo	j 5 iurs FT-AN	10

10

1 Figure 1059: EDE-eating concern



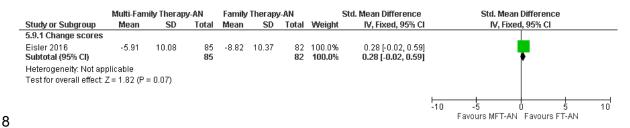
3 Figure 1060: EDE-shape concern



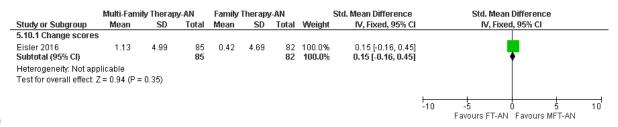
5 Figure 1061: EDE-weight concern

	Multi-Fam	ily Therap	ry-AN	Family	Therapy	/-AN	:	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	
5.8.1 Change scores	:											
Eisler 2016 Subtotal (95% CI)	-0.59	1.25	85 85	-1.03	1.26	82 82	100.0% 100.0 %	0.35 [0.04, 0.65] 0.35 [0.04, 0.65]		•		
Heterogeneity: Not ap	plicable											
Test for overall effect:	Z = 2.24 (P =	= 0.03)										
									-10	-5 0	 5	10
										Favours MFT-AN Favou	irs FT-AN	

7 Figure 1062: Depression



9 Figure 1063: Carer Experience of Caregiving Inventory – positive

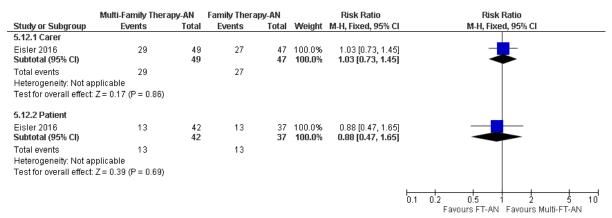


1 Figure 1064: Carer Experience of Caregiving Inventory-negative

	Multi-Fan	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
5.11.1 Change score	s								
Eisler 2016 Subtotal (95% CI)	-15.81	26.06	85 85	-13.59	25.4	82 82	100.0% 100.0 %	-0.09 [-0.39, 0.22] - 0.09 [-0.39, 0.22]	-
Heterogeneity: Not ap Test for overall effect:		= 0.58)							.10 -5 0 5 10 Favours MFT-AN Favours FT-AN

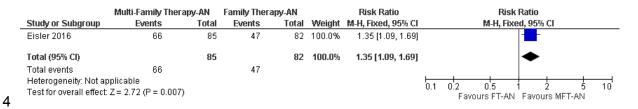
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3 Figure 1065: Service user experience

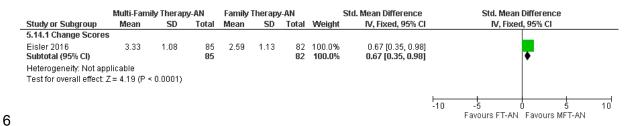


M.3.28.71 Multi-family therapy-ED versus family therapy-ED in young people with anorexia 2 nervosa at follow up

3 Figure 1066: Remission (ITT)



5 Figure 1067: BMI



7 Figure 1068: %mBMI

8

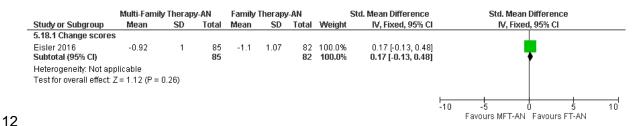
10

	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	
5.15.1 Change Score	es										
Eisler 2016 Subtotal (95% CI)	13.08	5.49	85 85	10.84	5.66	82 82	100.0% 100.0 %	0.40 [0.09, 0.71] 0.40 [0.09, 0.71]		.	
Heterogeneity: Not ap Test for overall effect:		= 0.01)									
									-10	-5 0 5 Favours FT-AN Favours MFT-AN	10

9 Figure 1069: EDE-dietary restraint

	Multi-Fami	ly Therap	y-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			
5.17.1 Change scores	S												
Eisler 2016 Subtotal (95% CI)	-1.14	1.19	85 85	-1.59	1.25	82 82	100.0% 100.0 %	0.37 [0.06, 0.67] 0.37 [0.06, 0.67]			•		
Heterogeneity: Not ap Test for overall effect:	•	0.02)							-10	-5 Favours MFT	0 -AN Favo	j 5 urs FT-AN	10

11 Figure 1070: EDE-eating concern

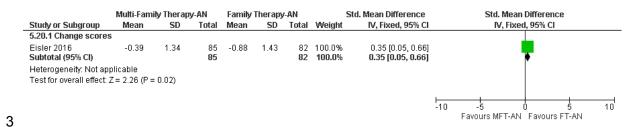


13 Figure: EDE-shape concern

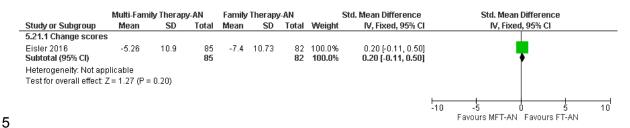
	Multi-Family Therapy-AN				Family Therapy-AN			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
5.19.1 Change scores	S								
Eisler 2016 Subtotal (95% CI)	-0.69	1.28	85 85	-1.25	1.36	82 82	100.0% 100.0 %	0.42 [0.12, 0.73] 0.42 [0.12, 0.73]	
Heterogeneity: Not ap Test for overall effect:		= 0.007)							-10 -5 0 5 10
									Favours MFT-AN Favours FT-AN

2 Figure 1071: EDE-weight concern

1

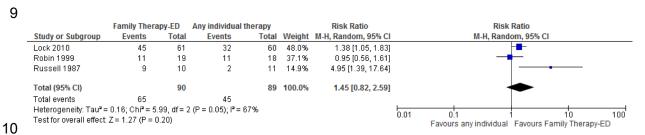


4 Figure 1072: Depression



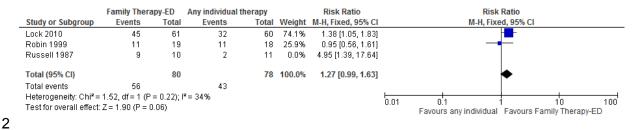
M.3.28.86 Family therapy-ED versus any individual therapy in young people with anorexia 7 nervosa at end of treatment

8 Figure 1073: Remission (ITT)



Heterogeneity was detected at I²=67%. All the studies had the same duration (1 year) and received similar number of family therapy sessions. Russell 1987 appeared to be an outlier and when removed from the analysis reduced heterogeneity to 34%. Russell 1987 had a high risk of bias given that inclusion criteria to the study (in addition to meeting DSM-III criteria for anorexia nervosa) included (i) considerable loss of weight self-induced through avoidance of 'fatty' foods, self-induced vomiting, and purging and (ii) specific endocrine disorder (e.g. amenorrhea in female, loss of interest in sex in males). Data on comorbidities was only available in Lock 2010.

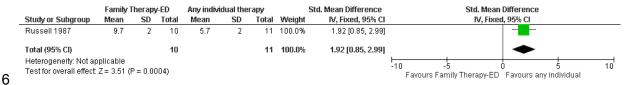
1 Figure 1074: Sensitivity analysis for remission



3 Figure 1075: BMI/Weight

Study or Subgroup	Std. Mean Difference	SE	Family Therapy-ED Total	Any individual therapy Total		Std. Mean Difference IV, Fixed, 95% CI	Std. Mean Differo IV, Fixed, 95%	
Lock 2010	0.4061	0.199096	51	52	65.5%	0.41 [0.02, 0.80]	-	
Robin 1999	0.5263	0.3395621	19	17	22.5%	0.53 [-0.14, 1.19]	+	
Russell 1987	1.0253	0.4646921	10	11	12.0%	1.03 [0.11, 1.94]	-	-
Total (95% CI)	4 50 46- 0 /D = 0 47\\ I	t = 00V	80	80	100.0%	0.51 [0.19, 0.82]	. •	
Test for overall effect	1.50, df = 2 (P = 0.47); P Z = 3.15 (P = 0.002)	= 0%					-10 -5 0 Favours any individual Favo	5 10 urs Family Therapy-ED

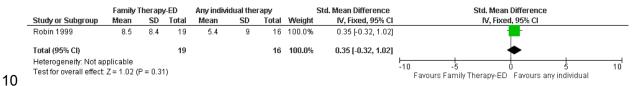
5 Figure 1076: Morgan-Russell Outcome-average



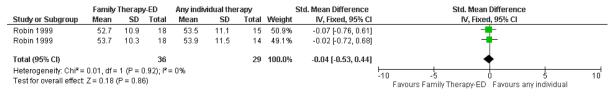
7 Figure 1077: EDE-global

	Family	Therapy	/-ED	Any indi-	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, 95% CI					
Lock 2010	0.71	1.13	51	1.2	1.05	52	100.0%	-0.45 [-0.84, -0.05]						
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		(P = 0.03	51			52	100.0%	-0.45 [-0.84, -0.05]	-10 -5 0 5 10 Favours Family Therapy-ED Favours any individual					

9 Figure 1078: Depression



11 Figure 1079: Carer family functioning - conflict

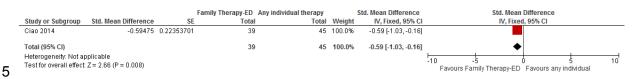


4

1 Figure 1080: Carer family functioning - communication



4 Figure 1081: Carer family functioning - behaviour control



M.3.28.97 Family therapy-ED versus any individual therapy in young people with anorexia 8 nervosa at follow up

9 Figure 1082: Remission (ITT)

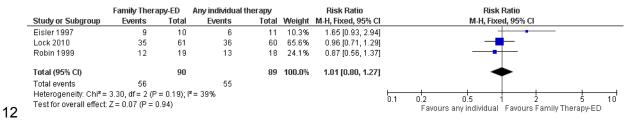
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	Family Therapy-ED			пегару		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Eisler 1997	9	10	6	11	10.3%	1.65 [0.93, 2.94]	
Lock 2010	35	61	36	60	65.6%	0.96 [0.71, 1.29]	
Robin 1999	12	19	13	18	24.1%	0.87 [0.56, 1.37]	
Total (95% CI)		90		89	100.0%	1.01 [0.80, 1.27]	*
Total events	56		55				
Heterogeneity: Chi²=	3.30, df = 2 (P	= 0.19); [P= 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

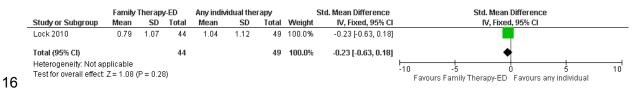
11 Figure 1083: BMI/Weight



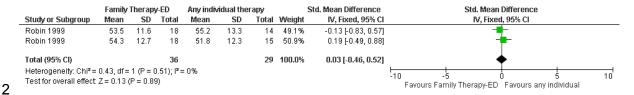
13 Figure 1084: EDE-global

	Family Therapy-ED			Any indiv	idual the	гару	:	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		
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)	8)						-10 - Favours Far	l 5 nily Therapy-ED	0 Favours any i	5 ndividual	10

15 Figure 1085: Depression

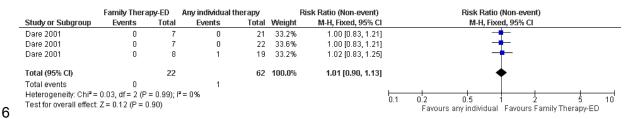


1 Figure 1086: Carer family functioning

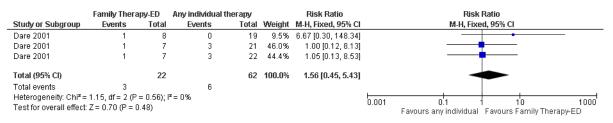


M.3.28.103 Family therapy-ED versus any individual therapy in adults with anorexia nervosa at 4 end of treatment

5 Figure 1087: All-cause mortality



7 Figure 1088: 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 1089: Full remission (ITT)

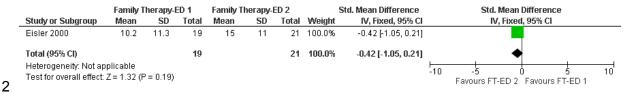
	Family Therapy	/-ED 1	Family Therapy	/-ED 2		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Eisler 2000	5	19	10	21	29.4%	0.55 [0.23, 1.33]	
Le Grange 2016a	12	55	22	51	70.6%	0.51 [0.28, 0.91]	
Total (95% CI)		74		72	100.0%	0.52 [0.32, 0.85]	•
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 1090: BMI

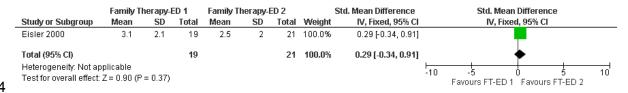
			Family Therapy-ED 1	Family Therapy-ED 2		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Eisler 2000	-0.53826	0.322292	19	21	26.9%	-0.54 [-1.17, 0.09]		
Le Grange 2016a	-0.27117	0.195286	55	51	73.1%	-0.27 [-0.65, 0.11]	•	
Total (95% CI)			74	. 72	100.0%	-0.34 [-0.67, -0.02]	•	
- '	= 0.50, df = 1 (P = 0.48); P ect: Z = 2.05 (P = 0.04)	²= 0%					-10 -5 0 5 Favours FT-ED 2 Favours FT-ED 1	10

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1 Figure 1091: percentage of average body weight - change scores



3 Figure 1092: Morgan-Russell Outcome-average – change scores



5 Figure 1093: EDE-global

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		Family T	, .,			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]	-	
	Total (95% CI)			55			51	100.0%	0.23 [-0.16, 0.61]	. • •	
3	Heterogeneity: Not ap Test for overall effect:	•	P = 0.25)							-10 -5 0 5 Favours FT-ED 1 Favours FT-ED 2	10

7 Figure 1094: EDE-dietary restraint

	Family T	hегару-	ED 1	Family 1	Гнегару-	ED 2	9	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	
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 applicable Fest for overall effect: Z = 1.06 (P = 0.29)									-10	-5 Favours FT-l	0 ED1 Favo	5 urs FT-ED 2	10

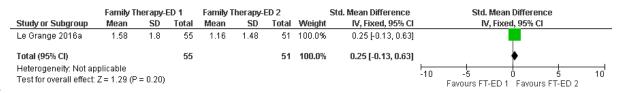
9 Figure 1095: EDE-eating concern

	Family Therapy-ED 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]			•		
Heterogeneity: Not ap Test for overall effect:							-10	-5 Favours FT-ED 1	0 Favo	5 urs FT-ED 2	10		

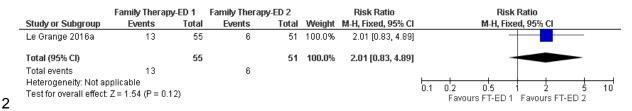
11 Figure 1096: EDE-weight concern

	Family TI	, ,,			Гнегару-	ED 2		Std. Mean Difference		Std. Me	an Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ked, 95%	i CI	
Le Grange 2016a	1.27	1.5	55	0.89	1.39	51	100.0%	0.26 [-0.12, 0.64]					
Total (95% CI)			55			51	100.0%	0.26 [-0.12, 0.64]			•		
Heterogeneity: Not ap Test for overall effect:							-10	-5 Favours FT-ED	0 1 Favo	5 ours FT-ED 2	10		

13 Figure 1097: EDE-shape concern



1 Figure 1098: Hospitalised during treatment



3 Figure 1099: Depression

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			Family Therapy-ED 1	Family Therapy-ED 2		Std. Mean Difference	Std. Me	an Difference	e e	
Study or Subgroup	Std. Mean Difference	SE	Tota	Total	Weight	IV, Fixed, 95% CI	IV, Fix	ed, 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: Chi² = Test for overall effect:	5.35, df = 1 (P = 0.02); P Z = 0.69 (P = 0.49)	'= 81%					-10 -5 Favours FT-ED	0 1 Favours F	5 FT-ED 2	10

- 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

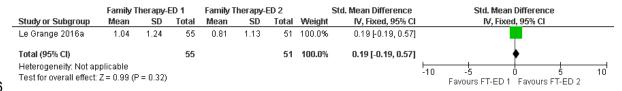
11 Figure 1100: Full remission (ITT)

	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]	-
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 1101: percentage of median BMI

	Family T	heгару-I	ED 1	Family T	herapy-l	ED 2	,	Std. Mean Difference		Std. N	lean Diffe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Le Grange 2016a	93.3	9.7	55	95.6	10	51	100.0%	-0.23 [-0.61, 0.15]					
Total (95% CI)			55			51	100.0%	-0.23 [-0.61, 0.15]			•		
Heterogeneity: Not applicable Test for overall effect: Z = 1.19 (P = 0.23)									-10	-5 Favours FT-I	0 ED 2 Favo	5 ours FT-ED 1	10

15 Figure 1102: EDE-global



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1 Figure 1103: EDE-dietary restraint

	Family T	, ,,			Therapy-l	ED 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
Le Grange 2016a	0.77	1.18	55	0.55	0.96	51	100.0%	0.20 [-0.18, 0.58]	1
Total (95% CI)			55			51	100.0%	0.20 [-0.18, 0.58]	ı •
Heterogeneity: Not ap							-10 -5 0 5 10		
Test for overall effect:							Favours FT-ED 1 Favours FT-ED 2		

3 Figure 1104: EDE-eating concern

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	Family T				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:							-10	-5 Favours FT-EI	0 0 1 Favo	t 5 ours FT-ED 2	10		

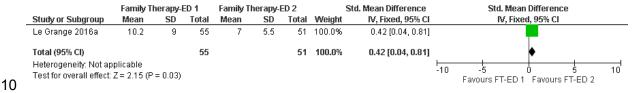
5 Figure 1105: EDE-weight concern

	Family T				Гнегару-	ED 2	!	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	
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]			•		
Heterogeneity: Not ap Test for overall effect:							-10	-5 Favours FT-	0 ED1 Favo	5 ours FT-ED 2	10		

7 Figure 1106: EDE-shape concern

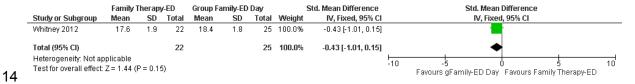
	Family Therapy-ED 1			Family 1	Гнегару-	ED 2	9	Std. Mean Difference		Std. M	ean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 95%	6 CI	
Le Grange 2016a	1.42	1.66	55	1.11	1.37	51	100.0%	0.20 [-0.18, 0.58]					
Total (95% CI)			55			51	100.0%	0.20 [-0.18, 0.58]			•		
Heterogeneity: Not applicable Test for overall effect: Z = 1.03 (P = 0.30)									-10	-5 Favours FT-E	0 D1 Favo	5 ours FT-ED 2	10

9 Figure 1107: 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

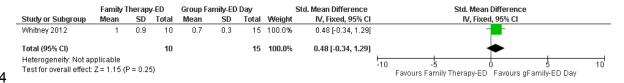
13 **Figure 1108: BMI**



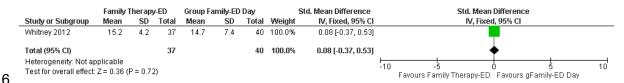
1 Figure 1109: SEED Anorexia-severity

		Family T	herapy	-ED	Group Fa	amily-ED	Day		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	
	Whitney 2012	2	1.1	10	1.8	0.9	15	100.0%	0.20 [-0.61, 1.00]	-	_	
	Total (95% CI) Heterogeneity: Not appress for overall effect: 2		P = 0.63	10			15	100.0%	0.20 [-0.61, 1.00]	-10 -5 0	<u> </u>	10
2	restror sveram enece.	2 - 0.40 (1	- 0.00	"						Favours Family Therapy-ED	avours gFamily-ED Day	

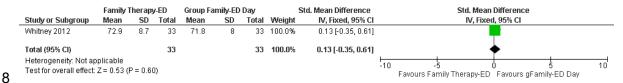
3 Figure 1110: SEED Bulimia-severity



5 Figure 1111: Carer quality of life



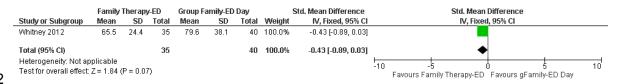
7 Figure 1112: Carer family functioning



9 Figure 1113: Carer Experience of Caregiving Inventory-positive

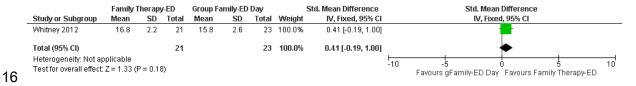
	Family	ınerapy	/-ED	Group Fa	amily-ED	Day		Std. Mean Difference		St	a. Mean Differei	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed, 95% C	1	
Whitney 2012	25.4	9.7	35	30.1	8	40	100.0%	-0.53 [-0.99, -0.06]					
Total (95% CI) Heterogeneity: Not ap			35			40	100.0%	-0.53 [-0.99, -0.06]	-10	-5	•		10
Test for overall effect:	Z = 2.23 (I	P = 0.03	5)							Favours gFamily	ED Day Favou	rs Family Thera	py-ED

11 Figure 1114: 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 1115: BMI



1 Figure 1116: SEED Anorexia-severity

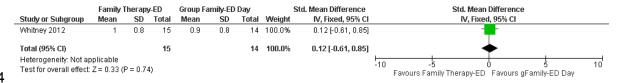
	Family Therapy-ED				Group Fa	mily-ED	Day	9	Std. Mean Difference	Std. Mean Difference			
	Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
	Whitney 2012	1.7	0.7	15	1.9	0.9	14	100.0%	-0.24 [-0.97, 0.49]	+			
	Total (95% CI)			15			14	100.0%	-0.24 [-0.97, 0.49]	,			
)	Heterogeneity: Not ap Test for overall effect:		= 0.52	2)						-10 -5 0 5 10 Favours Family Therapy-ED Favours gFamily-ED Day			

3 Figure 1117: SEED Bulimia-severity

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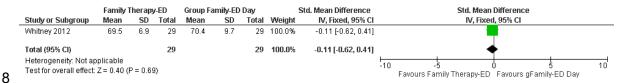
10



5 Figure 1118: 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

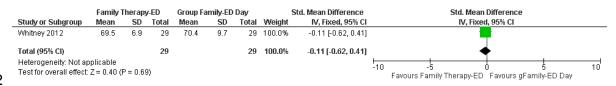
7 Figure 1119: Carer family functioning



9 Figure 1120: Carer Experience of Caregiving Inventory-positive

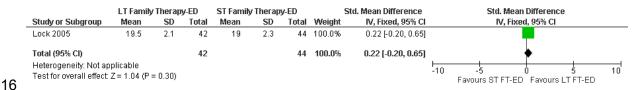
	Family	ınerapy	/-ED	Group F	amily-ED	Day		Std. Mean Difference		5	ta. Mean Differei	ıce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed, 95% C	1	
Whitney 2012	25.3	9.7	31	27.7	10.5	32	100.0%	-0.23 [-0.73, 0.26]					
Total (95% CI) Heterogeneity: Not ap Test for overall effect: .		P = 0.35	31			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 1121: 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 1122: BMI**



1 Figure 1123: EDE-dietary restraint

	LT Family	/Therap	y-ED	ST Fami	ly Therap	y-ED		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	
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 FT-	.ED Favo	5 urs ST FT-EC	10

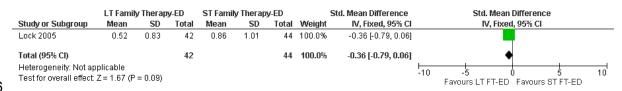
3 Figure 1124: EDE-weight concern

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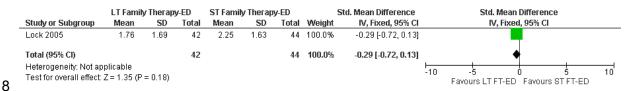
4

	LT Family	y Therap	y-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 2005	1.39	1.44	42	2.01	1.5	44	100.0%	-0.42 [-0.85, 0.01]	•
Total (95% CI) Heterogeneity: Not ap		0.00	42			44	100.0%	-0.42 [-0.85, 0.01]	-10 -5 0 5 10
Test for overall effect:	Z = 1.91 (P	= 0.06)							Favours LT FT-ED Favours ST FT-ED

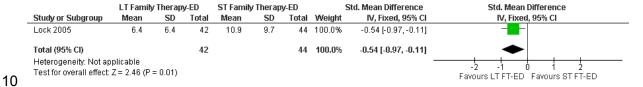
5 Figure 1125: EDE-eating concern



7 Figure 1126: EDE-shape concern

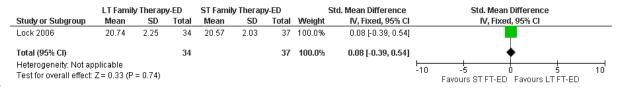


9 Figure 1127: Yale-Brown-Cornell Eating Disorder Scale

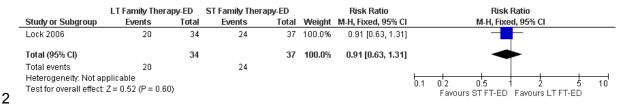


M.3.28.161 Long-term family therapy-ED versus short-term family therapy for young people with anorexia nervosa at follow up

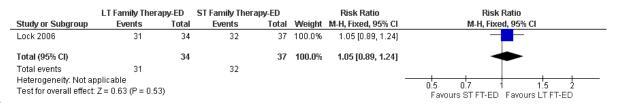
13 Figure 1128: BMI



1 Figure 1129: number of people achieving a BMI of 20 kg/m² or greater



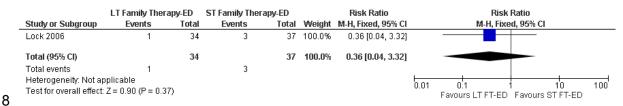
3 Figure 1130: number of people achieving 90% or greater ideal body weight



5 Figure 1131: number of people menstruating

	LT Family Ther	apy-ED	ST Family Ther	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 Test for overall effect	• •	3)					0.1 0.2 0.5 1 2 5 10 Favours LT FT-ED Favours ST FT-ED

7 Figure 1132: Amenorrheic



9 Figure 1133: EDE-dietary restraint

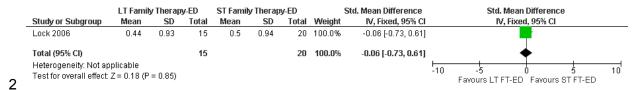
	LT Family	y Therap	y-ED	ST Family	y Therapy	y-ED		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Lock 2006	0.52	0.76	15	1.04	1.6	20	100.0%	-0.39 [-1.06, 0.29]	
Total (95% CI)			15			20	100.0%	-0.39 [-1.06, 0.29]	•
Heterogeneity: Not ap Test for overall effect:	•	= 0.26)							-10 -5 0 5 10 Favours LT FT-ED Favours ST FT-ED

11 Figure 1134: EDE-weight concern

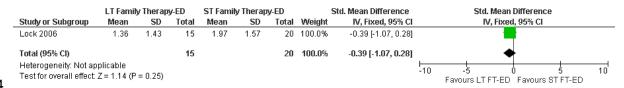
	LT Family	y Therap	y-ED	ST Fami	ly Therap	y-ED	!	Std. Mean Difference		Std. N	lean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95%	CI	
Lock 2006	1.32	1.48	15	1.86	1.74	20	100.0%	-0.32 [-1.00, 0.35]					
Total (95% CI)			15			20	100.0%	-0.32 [-1.00, 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 1135: EDE-eating concern

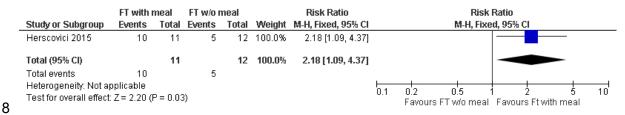


3 Figure 1136: EDE-shape concern

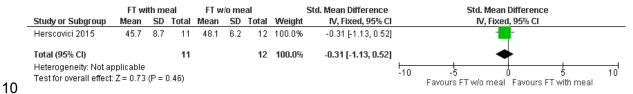


M.3.28.175 Family therapy-ED with family meal versus family therapy-ED without family meal in 6 young people with anorexia nervosa at end of treatment

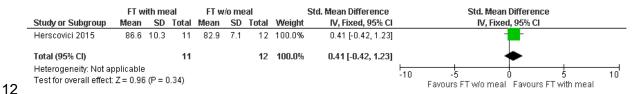
7 Figure 1137: Remission



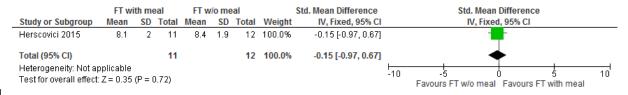
9 Figure 1138: Weight (kg)



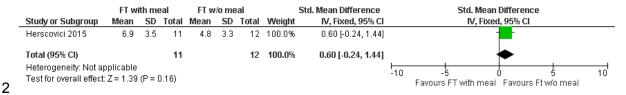
11 Figure 1139: percentage of expected body weight



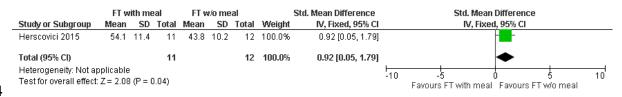
13 Figure 1140: Morgan-Russell Outcome-average



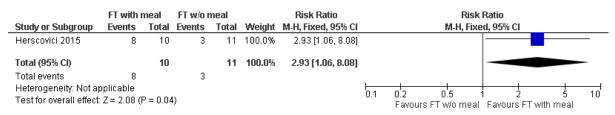
1 Figure 1141: Eating Disorder Inventory-2



3 Figure 1142: General psychopathology

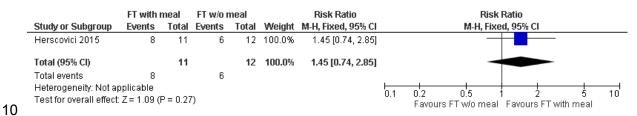


5 Figure 1143: Resumed menstruation

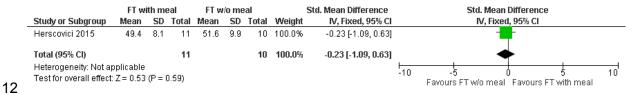


M.3.28.187 Family therapy-ED with family meal versus family therapy-ED without family meal in 8 young people with anorexia nervosa at follow up

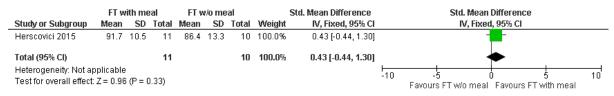
9 Figure 1144: Remission



11 Figure 1145: Weight (kg)



13 Figure 1146: percentage of expected body weight

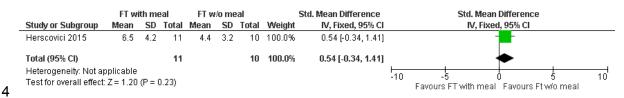


1 Figure 1147: Morgan-Russell Outcome-average

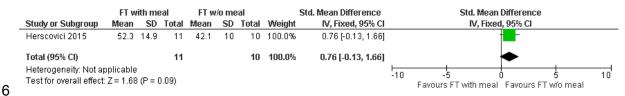


2

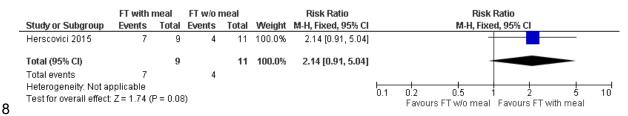
3 Figure 1148: Eating Disorder Inventory-2



5 Figure 1149: General psychopathology



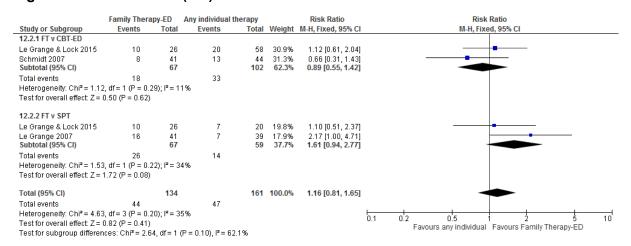
7 Figure 1150: Resumed menstruation



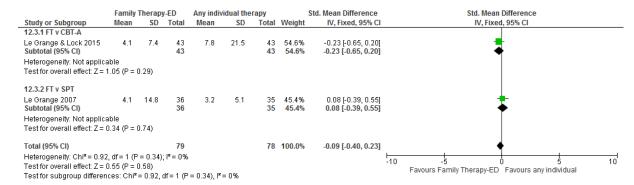
M.3.299 Family therapy for bulimia nervosa

M.3.29.10 Family therapy-ED versus any other intervention in young people with bulimia nervosa at end of treatment

12 Figure 1151: Remission (ITT)

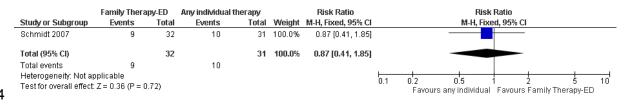


1 Figure 1152: Binge frequency

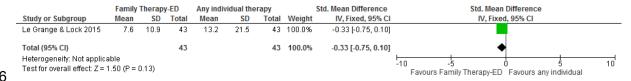


2

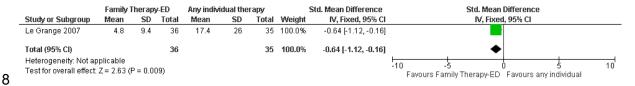
3 Figure 1153: Abstinence from vomiting



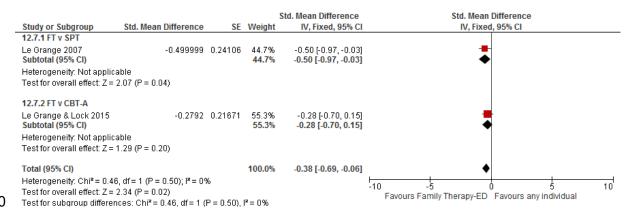
5 Figure 1154: Purge frequency



7 Figure 1155: Vomit frequency



9 Figure 1156: EDE-global



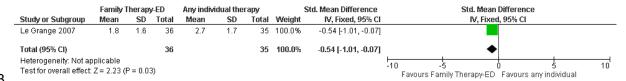
11 Figure 1157: EDE-dietary restraint

	Family T	hегару	/-ED	Any indivi	idual ther	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	
Le Grange 2007	1.3	1.5	36	2.1	1.6	35	100.0%	-0.51 [-0.98, -0.04]	•	
Total (95% CI) Heterogeneity: Not ap Test for overall effect: .		P = 0.03	36			35	100.0%	-0.51 [-0.98, -0.04]	 	īō

2 Figure 1158: EDE-shape concern

1

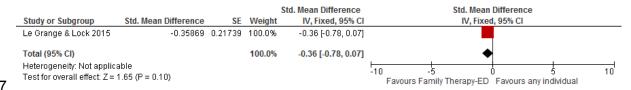
5



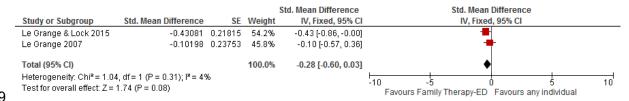
4 Figure 1159: EDE-weight concern

	Family Therapy-ED			Any indiv	idual the	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			
Le Grange 2007	1.8	1.6	36	2.6	1.7	35	100.0%	-0.48 [-0.95, -0.01]				
Total (95% CI)			36			35	100.0%	-0.48 [-0.95, -0.01]	◆			
Heterogeneity: Not ap Test for overall effect:		P = 0.09	5)						-10 -5 0 5 10 Favours Family Therapy-ED Favours any individual			

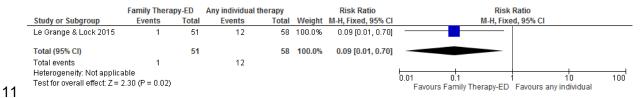
6 Figure 1160: Yale-Brown-Cornell Eating Disorder Scale



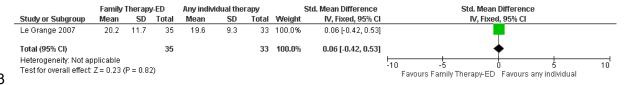
8 Figure 1161: Depression



10 Figure 1162: Hospitalised during treatment

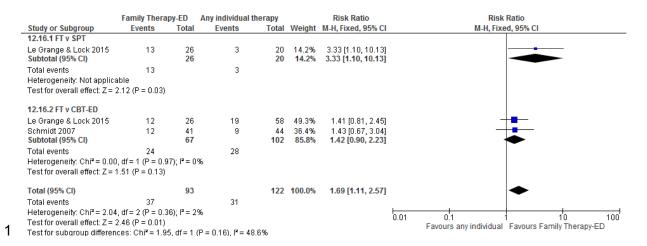


12 Figure 1163: Service user experience

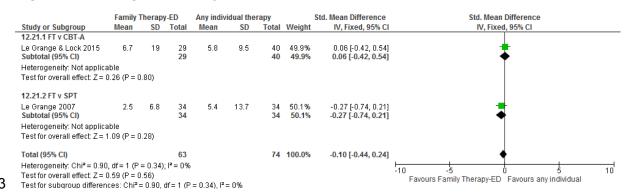


M.3.29.24 Family therapy-ED versus any other intervention in young people with bulimia nervosa at end of treatment at follow up

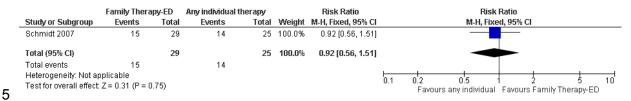
16 Figure 1164: Remission (ITT)



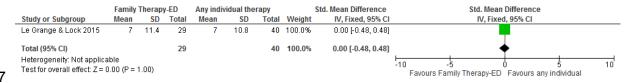
2 Figure 1165: Binge frequency



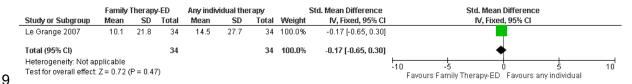
4 Figure 1166: Abstinence from vomiting



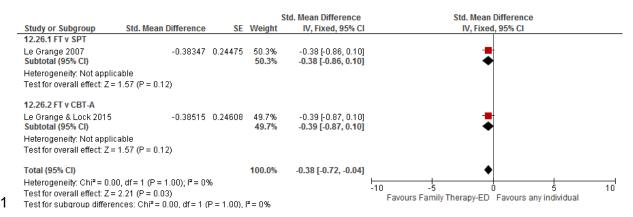
6 Figure 1167: Purge frequency



8 Figure 1168: Vomit frequency



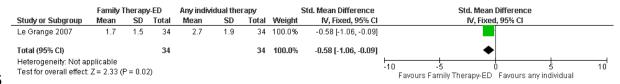
10 Figure 1169: EDE-global



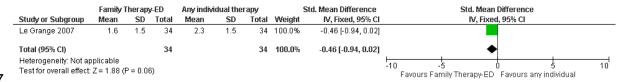
2 Figure 1170: EDE-dietary restraint

	Family T	herapy	/-ED	Any indivi	idual the	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
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]	. • • • • • • • • • • • • • • • • • • •
Heterogeneity: Not ap Test for overall effect:		P = 0.10	2)						-10 -5 0 5 10 Favours Family Therapy-ED Favours any individual

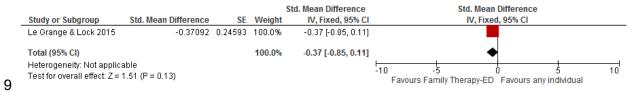
4 Figure 1171: EDE-shape concern



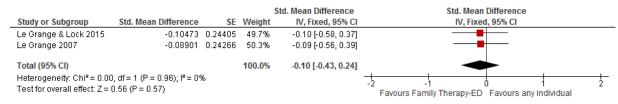
6 Figure 1172: EDE-weight concern



8 Figure 1173: Yale-Brown-Cornell Eating Disorder Scale



10 Figure 1174: Depression



1 Figure 1175: Service user experience

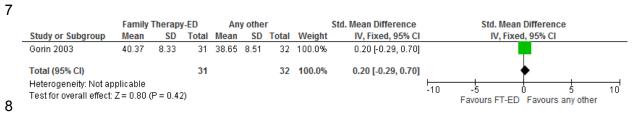
	Family 1	Гнегару	-ED	Any indivi	idual ther	ару	!	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Le Grange 2007	22.9	8.5	36	26	6.1	35	100.0%	-0.41 [-0.88, 0.06]	
Total (95% CI)			36			35	100.0%	-0.41 [-0.88, 0.06]	•
Heterogeneity: Not ap Test for overall effect:		P = 0.08	3)						-10 -5 0 5 10 Favours Family Therapy-ED Favours any individual

M.3.303 Family therapy for binge eating disorder

M.3.30.14 Family therapy-ED vs any other intervention in adults with binge eating disorder at 5 end of treatment

6 Figure 1176: Weight (kg)

2



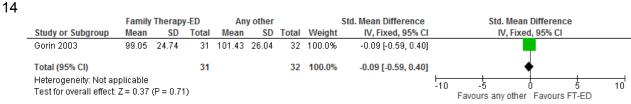
9 Figure 1177: Binge frequency

	Family '	Therapy	/-ED	An	y othe	г		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	6 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 F	ο Γ-ED Favo	5 ours any othe	10 er

11 Figure 1178: Depression

	Family 1	Therapy	/-ED	An	y othe	г		Std. Mean Difference		Std. Mea	n Diff	ference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 9	5% CI	
Gorin 2003	11.82	9.42	31	14.76	9.32	32	100.0%	-0.31 [-0.81, 0.19]					
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•	P = 0.22	31			32	100.0%	-0.31 [-0.81, 0.19]	-10	-5 Favours FT-EL	o O Fa	j 5 ivours any oth	10 er

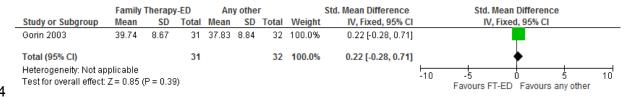
13 Figure 1179: Family functioning



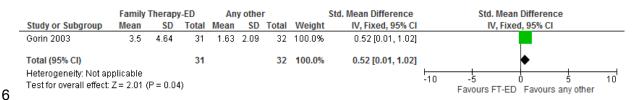
10

M.3.30.21 Family therapy-ED vs any other intervention in adults with binge eating disorder at 2 follow up

3 Figure 1180: Weight (kg)



5 Figure 1181: Binge frequency



7 Figure 1182: Depression

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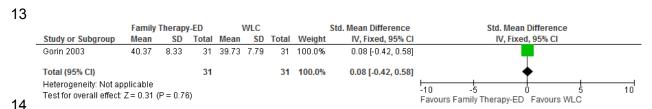
	Family	Therapy	y-ED	An	y othe	г		Std. Mean Difference		Std. Mea	an Diffe	егепсе		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95	% CI		
Gorin 2003	12.24	9.23	31	12.89	8.05	32	100.0%	-0.07 [-0.57, 0.42]						
Total (95% CI)			31			32	100.0%	-0.07 [-0.57, 0.42]			•			
Heterogeneity: Not ap Test for overall effect:	•	(P = 0.7)	7)						-10	-5 0 5 Favours FT-ED Favours any other				10

9 Figure 1183: Family functioning

	Family	Therapy	/-ED	An	y other	г		Std. Mean Difference		Std. Mea	an Di	fference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ced, 9	95% CI		
Gorin 2003	99.06	22.84	31	99.2	23.52	32	100.0%	-0.01 [-0.50, 0.49]			H			
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		(P = 0.98	31			32	100.0%	-0.01 [-0.50, 0.49]	-10	-5	•	5		10
100110101010101	_ 0.02	(, 0.00	"							Favours any oth	er F	avours F1-	ΕD	

M.3.30.31 Family therapy-ED vs WLC in adults with binge eating disorder at end of treatment

12 Figure 1184: Weight (kg)



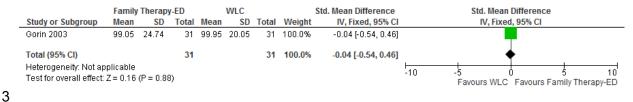
15 Figure 1185: Binge frequency

	Family	Therapy	/-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	I, 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]	•		
Heterogeneity: Not ap Test for overall effect:		P = 0.03	3)						- 10 -5 Favours Family Therapy-ED) Favours WLC	5 10

17 Figure 1186: Depression

	Family Therapy-ED			1	MLC			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	
Gorin 2003	11.82	9.42	31	16.77	9.54	31	100.0%	-0.52 [-1.02, -0.01]			
Total (95% CI)			31			31	100.0%	-0.52 [-1.02, -0.01]	. •		
Heterogeneity: Not ap Test for overall effect:		P = 0.05	5)						-10 -5 0 Favours Family Therapy-ED	5 Favours WLC	10

2 Figure 1187: Family functioning



M.44 Clinical question: Does any psychological intervention

- 5 produce benefits/harms in the parents or carers of children
- 6 or young people with an eating disorder compared with any
- 7 other intervention or controls?

M.4.18 Interventions for carers of people with anorexia nervosa

- M.4.1.19 Self-help or guided self-help and treatment as usual vs treatment as usual at 12-
 - 10 months after inpatient admission for carers of people with anorexia nervosa carer
 - 11 outcomes

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12 Figure 1188: Carer general psychopathology (distress)

	Guided Se	f-Help/SH	+ TAU		TAU			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		
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]			•		
Heterogeneity: Not ap Test for overall effect:		0.89)							-10 - Favours g8	1 5 (3H/SH + TAU	l Favours TAI	1——— 5 J	10

14 Figure 1189: Patient general psychopathology (distress)

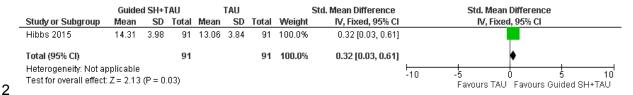
	Guided Sel	f-Help/SH -	+ TAU		TAU			Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Salerno 2016	49.93	31.62	99	52.76	33.18	50	100.0%	-0.09 [-0.43, 0.25]					
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•	0.61)	99			50	100.0%	-0.09 [-0.43, 0.25]	-10 Favours g	-5 SH/SH + TAU) Favours TA	 5 .U	10

M.4.1.26 Guided self-help and treatment as usual vs treatment as usual at 12- and 24-months 17 after inpatient admission for carers of people with anorexia nervosa – carer outcomes

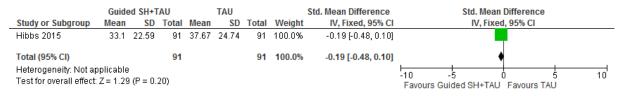
18 Figure 1190: Carer burden after 12-months treatment

	Guide	ed SH+T	AU		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		
Hibbs 2015	28.99	16.47	91	33.05	16.55	91	100.0%	-0.24 [-0.54, 0.05]				
Total (95% CI)			91			91	100.0%	-0.24 [-0.54, 0.05]	•			
Heterogeneity: Not a Test for overall effect			10)						-10 -5 (Favours Guided SH+TAU) (Favours TAU	5	10

1 Figure 1191: Carer quality of life after 12-months treatment



3 Figure 1192: Carer accommodation and enabling after 12-months treatment



5 Figure 1193: Carer burden after 24-months treatment

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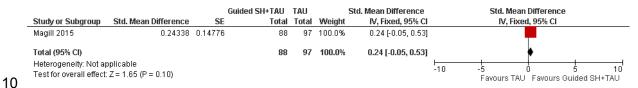
12

			Guided SH+TAU	TAU		Std. Mean Difference	Std.	Mean Differen	ice	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI	IV.	, Fixed, 95% Cl	l	
Magill 2015	-0.20281	0.147594	88	97	100.0%	-0.20 [-0.49, 0.09]				
Total (95% CI)			88	97	100.0%	-0.20 [-0.49, 0.09]		•		
Heterogeneity: Not ap Test for overall effect:	•						-10 -5 Favours Guided SH	0 (ED) Favour	5 s TAU	10

7 Figure 1194: Carer family functioning after 24-months treatment

Study or Subgroup	Std. Mean Difference	SE	Guided SH+TAU Total	TAU Total	Weight	Std. Mean Difference IV, Fixed, 95% CI		n Difference ed, 95% Cl	
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+TAL	0 J Favours TA	5 10 U

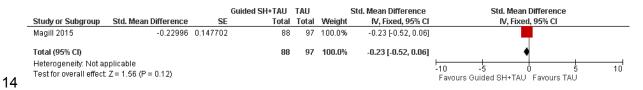
9 Figure 1195: Carer quality of life after 24-months treatment



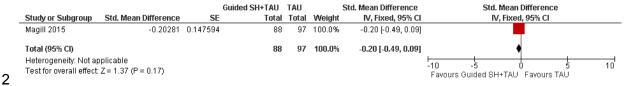
11 Figure 1196: Carer accommodation and enabling after 24-months treatment

			Guided SH+TAU	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		
Magill 2015	-0.22996	0.147702	88	97	100.0%	-0.23 [-0.52, 0.06]					
Total (95% CI)			88	97	100.0%	-0.23 [-0.52, 0.06]					
Heterogeneity: Not ap Test for overall effect:	•						-10 - Favours Gui	5 (ded SH+TAU) Favours TAI	5 J	10

13 Figure 1197: Carer general psychopathology (distress) after 24-months treatment

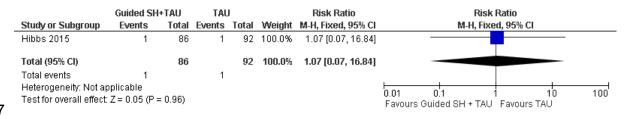


1 Figure 1198: Time spent caregiving after 24-months treatment



M.4.1.33 Guided self-Help and treatment as usual vs treatment as usual at 12- and 24-months 4 after inpatient admission for carers of people with anorexia nervosa - patient 5 outcomes

6 Figure 1199: Patient deaths during study



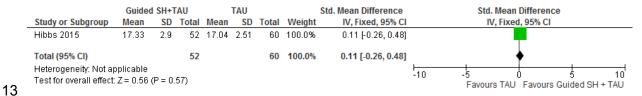
8 Figure 1200: Readmitted to hospital during study

	Guided SH	+TAU	TAL	J		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 a Test for overall effect		= 0.49)					0.1 0.2 0.5 1 2 5 10 Favours Guided SH + TAU Favours TAU

10 Figure 1201: Relapse

	Guided SH	+TAU	TAL	J		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
Hibbs 2015	37	86	48	92	100.0%	0.82 [0.60, 1.13]	-
Total (95% CI)		86		92	100.0%	0.82 [0.60, 1.13]	•
Total events	37		48				
Heterogeneity: Not a Test for overall effect	•	= 0.23)					0.1

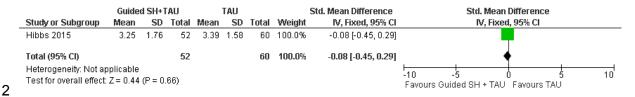
12 Figure 1202: BMI after 12-months treatment



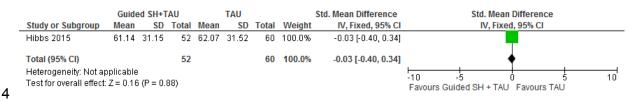
14

11

1 Figure 1203: EDE-Q-global after 12-months treatment



3 Figure 1204: General psychopathology after 12-months treatment



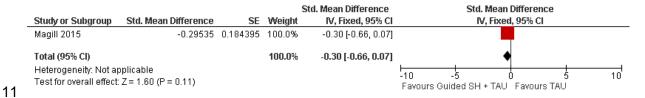
6 Figure 1205: Quality of life after 12-months treatment

	Guide	d SH+T	AU		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]	· • • • • • • • • • • • • • • • • • • •
Heterogeneity: Not ap Test for overall effect:			60)						-10 -5 0 5 10 Favours Guided SH + TAU Favours TAU

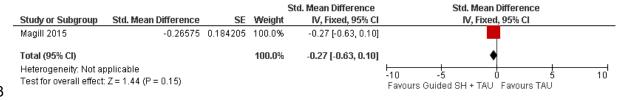
8 Figure 1206: BMI after 24-months treatment

				Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Std. Mean Difference	SE	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Magill 2015	0.27965	0.184292	100.0%	0.28 [-0.08, 0.64]	•	
Total (95% CI)			100.0%	0.28 [-0.08, 0.64]	•	
Heterogeneity: Not ap Test for overall effect:	•			-1	.10 -5 0 5 Favours TAU Favours Guided SH + T.	10 AU

10 Figure 1207: EDE-Q-global after 24-months treatment



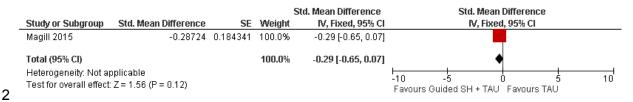
12 Figure 1208: General psychopathology after 24-months treatment



5

7

1 Figure 1209: Quality of life after 24-months treatment



M.4.1.43 Web-based guided self-help vs treatment as usual for carers of people with anorexia 4 nervosa at end of treatment

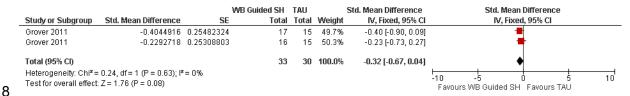
5 Figure 1210: Carer general psychopathology (distress)

			WB Guided SH	TAU		Std. Mean Difference		Std. Me	an Differ	ence	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 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 Wi	9	0 H Favo	5 iurs TAU	10

7 Figure 1211: Carer burden

6

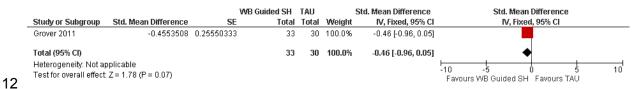
10



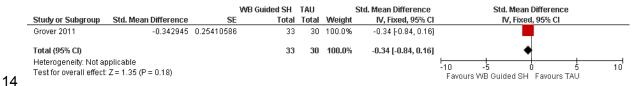
9 Figure 1212: Carer Experience of Caregiving Inventory-positive

			VVB Guidea SH	IAU		Sta. Mean Difference		Stu. mean	Difference	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	l, 95% CI	
Grover 2011	0.0583013	0.25231595	33	30		0.06 [-0.44, 0.55]			⊢ .	
							-10 -	5 (5	i 10
							F	avours TAU	Favours WB	Guided SH

11 Figure 1213: Carer family functioning

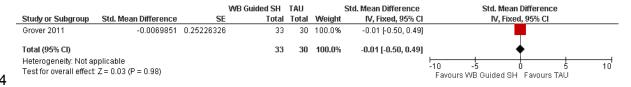


13 Figure 1214: Carer accommodation and enabling

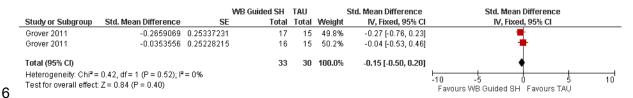


M.4.1.51 Web-based guided self-help vs treatment as usual for carers of people with anorexia 2 nervosa at follow up

3 Figure 1215: Carer general psychopathology (distress)



5 Figure 1216: Carer burden

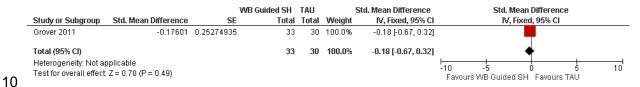


7 Figure 1217: Carer Experience of Caregiving Inventory-positive

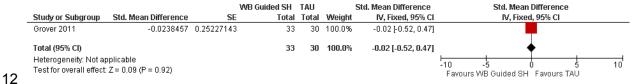
Study or Subgroup	Std. Mean Difference	SE	WB Guided SH Total	TAU Total	Weight	Std. Mean Difference IV, Fixed, 95% CI			Difference d, 95% Cl		
Grover 2011	0.1776383	0.25275839	33	30	100.0%	0.18 [-0.32, 0.67]					
Total (95% CI)			33	30	100.0%	0.18 [-0.32, 0.67]			*		
Heterogeneity: Not ap Test for overall effect:							-10	.5 Favours TAU	o Favours V	5 /B Guide	10 d SH

9 Figure 1218: Carer family functioning

8

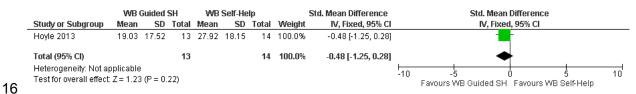


11 Figure 1219: Carer accommodation and enabling

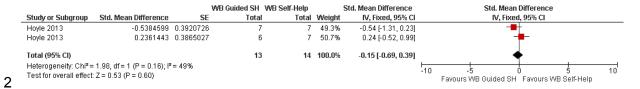


M.4.1.63 Web-based guided self-help vs web-based self-help for carers of people with anorexia nervosa at end of treatment

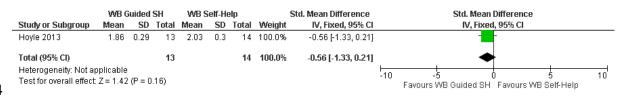
15 Figure 1220: Carer general psychopathology



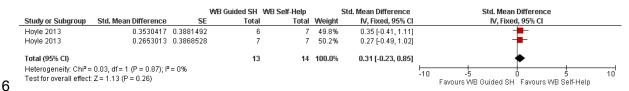
1 Figure 1221: Carer quality of life



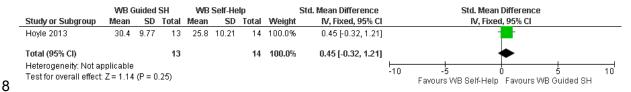
3 Figure 1222: Carer family functioning



5 Figure 1223: Carer burden

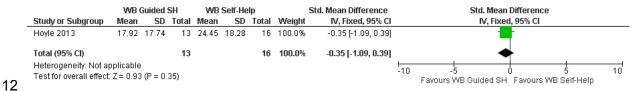


7 Figure 1224: Carer Experience of Caregiving Inventory-positive

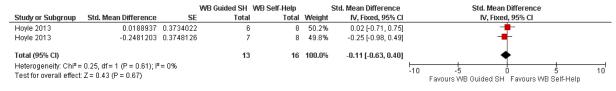


M.4.1.79 Web-based guided self-help vs web-based self-help for carers of people with anorexianervosa at follow up

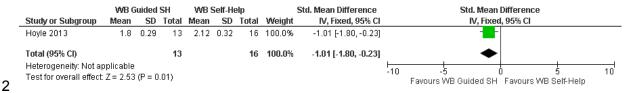
11 Figure 1225: Carer general psychopathology (distress)



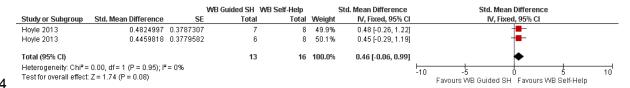
13 Figure 1226: Carer quality of life



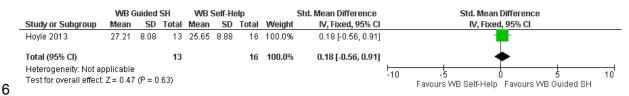
1 Figure 1227: Carer family functioning



3 Figure 1228: Carer burden



5 Figure 1229: Carer Experience of Caregiving Inventory-positive



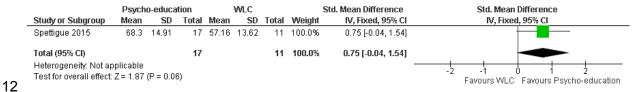
M.4.27 Interventions for carers of any eating disorder at end of treatment

M.4.2.18 Psychoeducation vs wait list control

9 Figure 1230: Carer self-efficacy

	Psycho	-educa	tion	١	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
Spettigue 2015	21.89	3.38	18	15.92	3.28	13	100.0%	1.74 [0.89, 2.59]	
Total (95% CI)			18			13	100.0%	1.74 [0.89, 2.59]	-
Heterogeneity: Not ap Test for overall effect:		P < 0.00	001)						-2 -1 0 1 2 Favours WLC Favours Psycho-education

11 Figure 1231: Carer knowledge of eating disorders

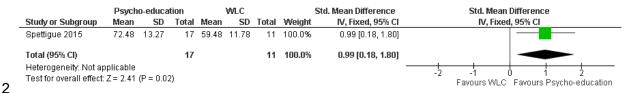


M.4.2.23 Psychoeducation vs wait list control for carers of any eating disorder at formal 14 assessment – carer outcomes

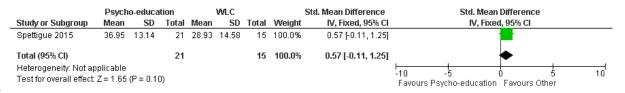
15 Figure 1232: Carer self-efficacy

	Psycho	o-educa	tion	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
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 1233: Carer knowledge of eating disorders



3 Figure 1234: Carer burden

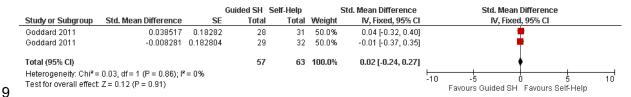


M.4.2.35 Guided self-help for eating disorders vs self-help for eating disorders

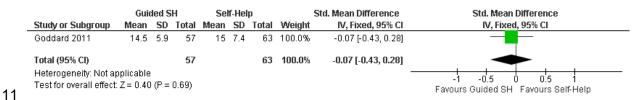
6 Figure 1235: Carer general psychopathology

	Guid	ded S	Н	Sel	f-Hel	р		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 ap Test for overall effect:			0.73)						-1 -0.5 0 0.5 1 Favours Guided SH Favours Self-Help

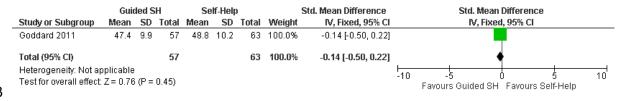
8 Figure 1236: Carer burden



10 Figure 1237: Carer quality of life



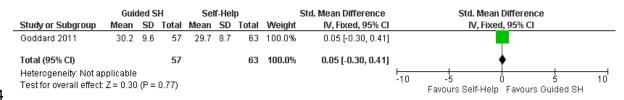
12 Figure 1238: Carer family functioning



1 Figure 1239: Carer self-efficacy

	Guid	ded S	Н	Se	lf-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]	, • • • • • • • • • • • • • • • • • • •
Heterogeneity: Not ap Test for overall effect:	•		0.42)					- -	-10 -5 0 5 10 Favours Self-Help Favours Guided SH

3 Figure 1240: Carer Experience of Caregiving Inventory-positive



5 Figure 1241: Carer accommodation and enabling

	Gui	ded Si	Н	Se	lf-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 ap Test for overall effect			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

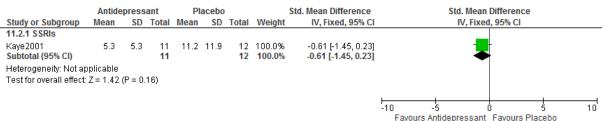
6

13 Figure 1242: BMI

	Antid	epress	ant	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	
11.1.1 SSRIs											
Fassino2002 Subtotal (95% CI)	17.47	1.41	26 26	16.33	1.68	26 26	100.0% 100.0 %	0.72 [0.16, 1.29] 0.72 [0.16, 1.29]		-	
Heterogeneity: Not ap Test for overall effect:			.01)								
									-10	-5 0	5 10
										Favours Placebo Favours Ar	ntidepressant

14 Test for subgroup differences: Not applicable

15 Figure 1243: Change in percent body weight



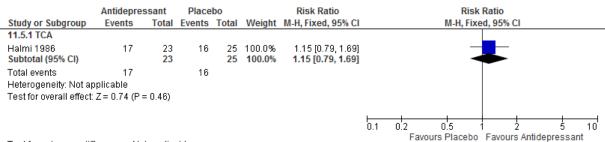
16 Test for subgroup differences: Not applicable

17 Figure 1244: Dropout due to any reason

	Antidepres	ssant	Place	bo		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
11.6.1 SSRIs							
Fassino2002 Subtotal (95% CI)	7	26 26	6	26 26	100.0% 100.0%	1.17 [0.45, 3.00] 1.17 [0.45, 3.00]	
Total events Heterogeneity: Not a Test for overall effect	• •	= 0.75)	6				
							0.1 0.2 0.5 1 2 5 10 Favours Antidepressant Favours Placebo

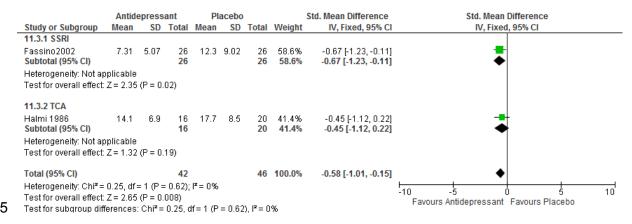
1 Test for subgroup differences: Not applicable

2 Figure 1245: Achieved target body weight

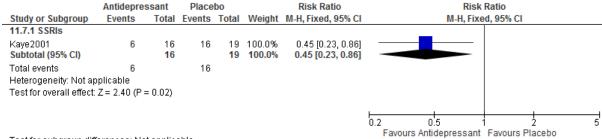


3 Test for subgroup differences: Not applicable

4 Figure 1246: Depression



6 Figure 1247: Relapse



⁷ Test for subgroup differences: Not applicable

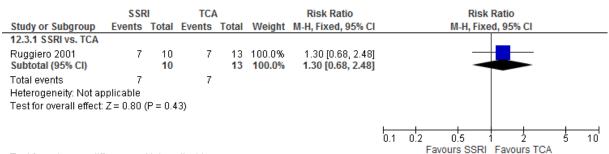
M.5.1.28 Antidepressants compared with another antidepressant in adults with anorexia 9 nervosa at end of treatment

10 Figure 1248: Bingeing

	SSR	N .	TCA	4		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
12.3.1 SSRI vs. TCA							
Ruggiero 2001 Subtotal (95% CI)	7	10 10	7	13 13	100.0% 100.0%	1.30 [0.68, 2.48] 1.30 [0.68, 2.48]	
Total events	7		7				
Heterogeneity: Not ap	plicable						
Test for overall effect:	Z = 0.80 ((P = 0.4)	13)				
							0.1 0.2 0.5 1 2 5 10
T16		.					Favours SSRI Favours TCA

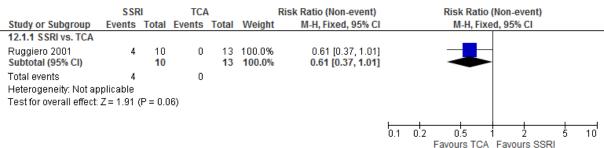
1 Test for subgroup differences: Not applicable

2 Figure 1249: Amenorrhea



3 Test for subgroup differences: Not applicable

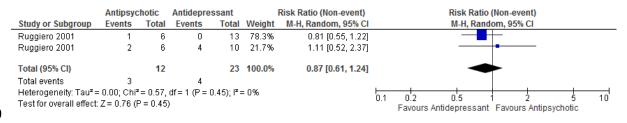
4 Figure 1250: Vomiting



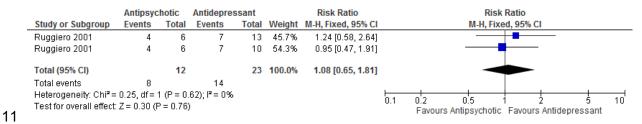
5 Test for subgroup differences: Not applicable

M.5.1.36 Antipsychotic compared with an antidepressant in adults with anorexia nervosa at end 7 of treatment

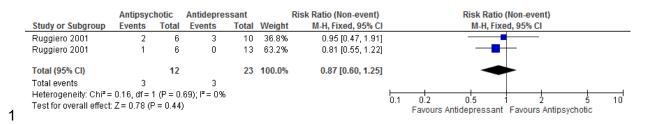
8 Figure 1251: Bingeing



10 Figure 1252: Amenorrhea

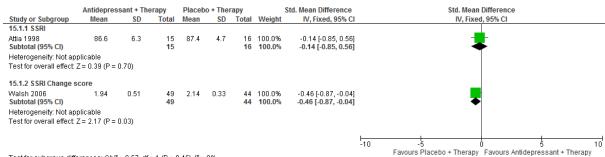


12 Figure 1253: Vomiting



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 1254: Weight



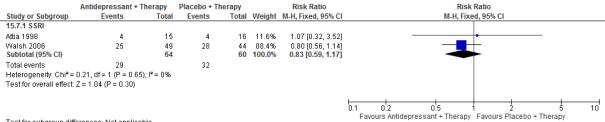
5 Test for subgroup differences: Chi² = 0.57, df = 1 (P = 0.45), l² = 0%

6 Figure 1255: Quality of life

	Antidepres	sant + The	егару	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	I, 95% CI	
15.3.1 SSRI										_		
Walsh 2006 Subtotal (95% CI)	0.23	0.23	49 49	0.31	0.18		100.0% 100.0 %	-0.38 [-0.79, 0.03] - 0.38 [-0.79, 0.03]		•		
Heterogeneity: Not as	pplicable											
Test for overall effect:	Z = 1.82 (P =	0.07)										
									-10	-5	5 5	10
										Favours Placebo + Therapy	Favours Antidep + Thera	DV

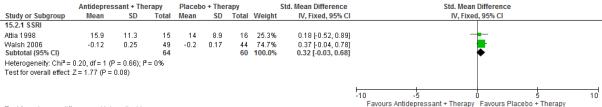
Test for subgroup differences: Not applicable

8 Figure 1256: Dropout due to any reason



Test for subgroup differences: Not applicable

10 Figure 1257: Depression

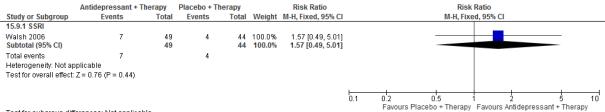


Test for subgroup differences: Not applicable

12 Figure 1258: Global improvement

	Antidepres	sant + Th	егару	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, 95% CI
15.10.1 SSRI									
Attia 1998 Subtotal (95% CI)	2.5	1.4	15 15	2.8	1.5	16 16	100.0% 100.0 %	-0.20 [-0.91, 0.51] - 0.20 [-0.91, 0.51]	‡
Heterogeneity: Not ap Test for overall effect:		0.58)							
									-10 -5 0 5 10
Test for subgroup dif	ferences: Not	applicable	9						Favours Antidepressant + Therapy Favours Placebo + Therapy

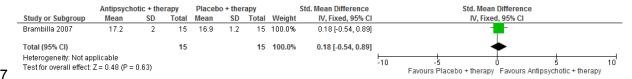
2 Figure 1259: Remission



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

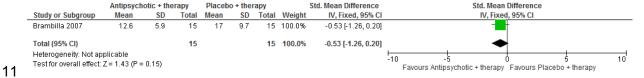
6 Figure 1260: BMI



8 Figure 1261: Dropout due to side-effects



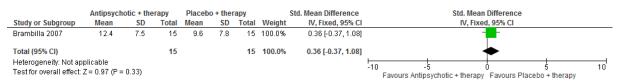
10 Figure 1262: Yale eating disorder scale



12 Figure 1263: EDI-body dissatisfaction

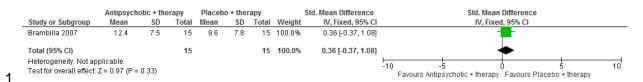
	Antipsycho	otic + the	гару	Placebo	+ the	ару		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	1, 95% CI		
Brambilla 2007	13.4	7.9	15	10.6	4.1	15	100.0%	0.43 [-0.29, 1.16]		-	-		
Total (95% CI)			15			15	100.0%	0.43 [-0.29, 1.16]			•		
Heterogeneity: Not ap Test for overall effect:	•	0.24)							-10 - Favours Antip	5 sychotic + therapy	0 Favours Placet	5 oo + therapy	10

14 Figure 1264: EDI-drive for thinness

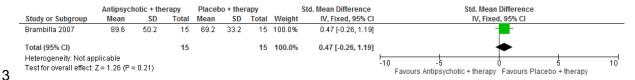


16 Figure 1265: EDI-bulimia

13



2 Figure 1266: EDI-total



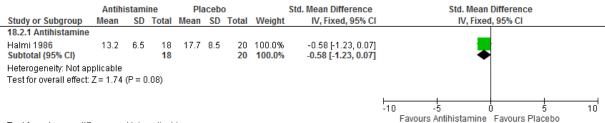
M.5.1.64 Other medication compared with a placebo in adults with anorexia nervosa at end of treatment

6 Figure 1267: Achieved target weight

	Antihista	mine	Place	bo		Risk Ratio			Risk	Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	ed, 95% CI		
18.1.1 Antihistamine)											
Halmi 1986 Subtotal (95% CI)	17	23 23	16	25 25	100.0% 100.0%	1.15 [0.79, 1.69] 1.15 [0.79, 1.69]			_			
Total events Heterogeneity: Not ap Test for overall effect:	•	P = 0.46)	16									
							0.1	0.2 Fav	0.5	1 2	5 Antihistamine	10

7 Test for subgroup differences: Not applicable

8 Figure 1268: Depression

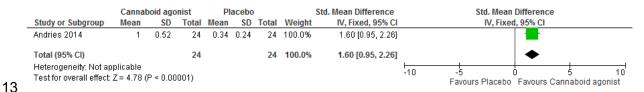


9 Test for subgroup differences: Not applicable

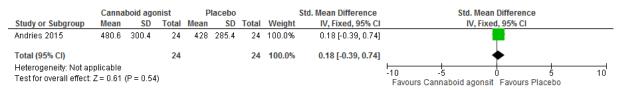
M.5.1.70 Cannaboid agonist compared with a placebo in adults with anorexia nervosa at end of treatment

12 Figure 1269: Weight gain

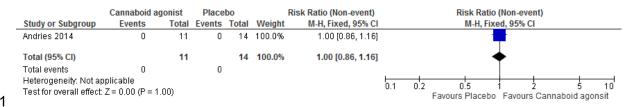
15



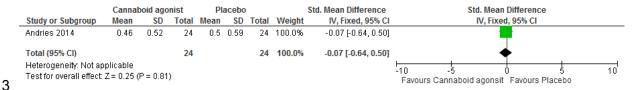
14 Figure 1270: Intensity of physical exercise



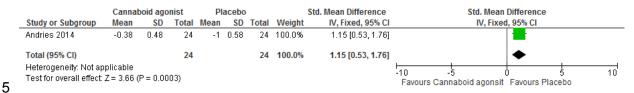
16 Figure 1271: Dropout due to adverse events



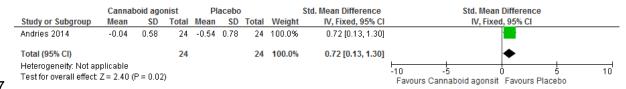
2 Figure 1272: Change in EDI-body dissatisfaction



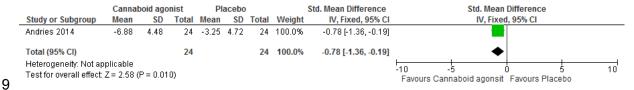
4 Figure 1273: Change in EDI-drive for thinness



6 Figure 1274: Change in EDI-bulimia

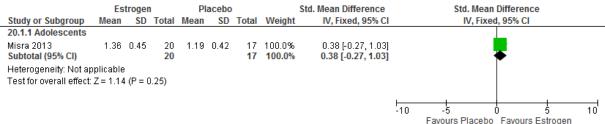


8 Figure 1275: Change in EDI-total



M.5.1.80 Estrogen compared with a placebo in young people with anorexia nervosa at end of 11 treatment

12 Figure 1276: Change in body weight



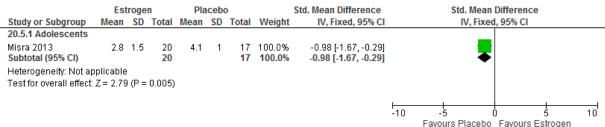
13 Test for subgroup differences: Not applicable

14 Figure 1277: Dropout due to any reason

	Estrog	jen	Place	bo		Risk Ratio			Risk	Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	d, 95% CI		
20.2.1 Adolescents												
Misra 2013 Subtotal (95% CI)	18	38 38	17	34 34	100.0% 100.0%	0.95 [0.59, 1.52] 0.95 [0.59, 1.52]				_		
Total events Heterogeneity: Not a Test for overall effect		(P = 0.8	17 32)									
							0.1	0.2 Favo	0.5 urs Estrogen	2 Favours	5 Placebo	10

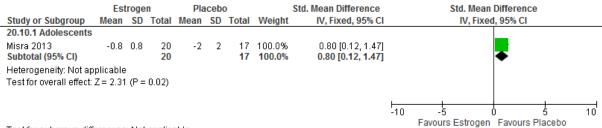
1 Test for subgroup differences: Not applicable

2 Figure 1278: Change in fat mass



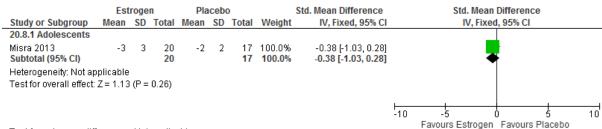
3 Test for subgroup differences: Not applicable

4 Figure 1279: Change in EDI-body dissatisfaction



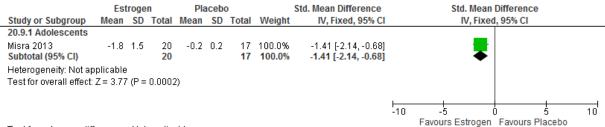
5 Test for subgroup differences: Not applicable

6 Figure 1280: Change in EDI-drive for thinness



7 Test for subgroup differences: Not applicable

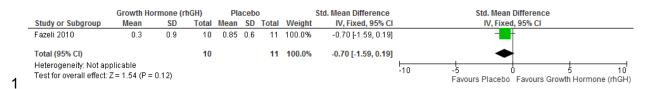
8 Figure 1281: Change in EDI-bulimia



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

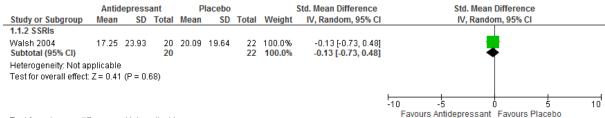
12 Figure 1282: Change in EDI-bulimia



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 1283: Bingeing

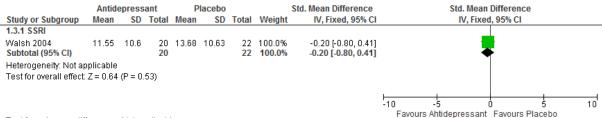


6 Test for subgroup differences: Not applicable

7 Figure 1284: Purging

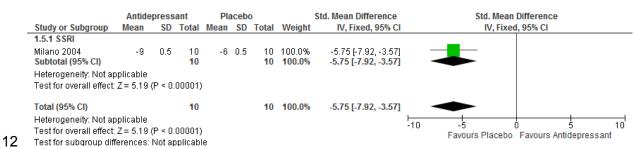
	Antid	epress	ant	PI	acebo)		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI	
1.2.1 TCAs										
Walsh1991 Subtotal (95% CI)	7.8	14.4	40 40	13.3	17.5	38 38	100.0% 100.0%	-0.34 [-0.79, 0.11] - 0.34 [-0.79, 0.11]	•	
Heterogeneity: Not ap Test for overall effect			.14)							
Total (95% CI)			40			38	100.0%	-0.34 [-0.79, 0.11]	•	
Heterogeneity: Not ap Test for overall effect Test for subgroup dif	Z=1.49	P = 0		le					-10 -5 0 5 Favours Antidepressant Favours Placebo	10

9 Figure 1285: Vomiting



10 Test for subgroup differences: Not applicable

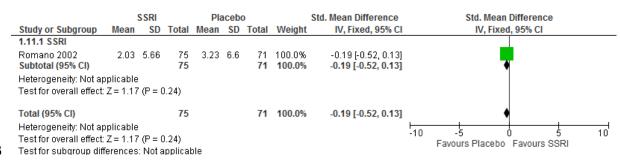
11 Figure 1286: Loss in body weight



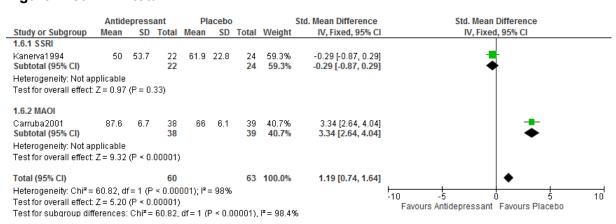
13 Figure 1287: Depression

	Favours A	Antidepres	sant	P	lacebo		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
1.10.1 TCAs									
McCann1990	6.4	7.1	10	7.7	6.5	13	7.2%	-0.19 [-1.01, 0.64]	
Walsh1991	9.2	7.7	40	13	11	38	24.5%	-0.40 [-0.85, 0.05]	-
Subtotal (95% CI)			50			51	31.7%	-0.35 [-0.74, 0.04]	•
Heterogeneity: Chi ² =	0.20, df = 1	(P = 0.66);	l ² = 0%						
Test for overall effect	Z=1.74 (P	= 0.08)							
1.10.2 SSRIs									
Kanerva1994	7.1	5.1	22	9.5	5.5	24	14.4%	-0.44 [-1.03, 0.14]	
Walsh 2004	12.25	10.38	20	15.95	11.23	22	13.3%	-0.34 [-0.95, 0.28]	
Subtotal (95% CI)			42			46	27.6%	-0.39 [-0.81, 0.03]	♦
Heterogeneity: Chi ² = Test for overall effect:			l² = 0%						
1.10.3 MAOIs									
Carruba2001	6.22	0.99	38	6.26	1.26	39	24.7%	-0.03 [-0.48, 0.41]	+
Walsh1987	10.4	7.8	23	11.4	13.1	27	15.9%	-0.09 [-0.65, 0.47]	+
Subtotal (95% CI)			61			66	40.7%	-0.06 [-0.40, 0.29]	♦
Heterogeneity: Chi² = Test for overall effect:			l² = 0%						
Total (95% CI)			153			163	100.0%	-0.24 [-0.46, -0.02]	•
Heterogeneity: Chi²=	2.14, df = 5	(P = 0.83);	l² = 0%						-10 -5 0 5 10
Test for overall effect:	Z = 2.14 (P =	= 0.03)							10 0 0 1
Test for subgroup diff	,		lf = 2 (P =	: 0.39)	l² = 0%				Favours Antidepressant Favours Placebo

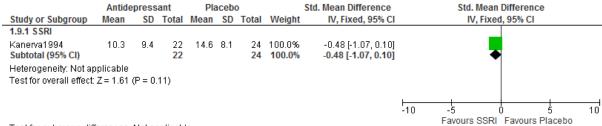
2 Figure 1288: Depression change scores



4 Figure 1289: EDI-total

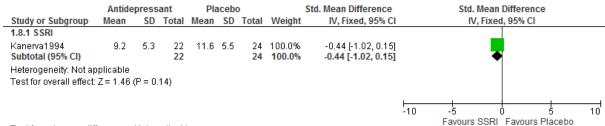


6 Figure 1290: EDI-body dissatisfaction



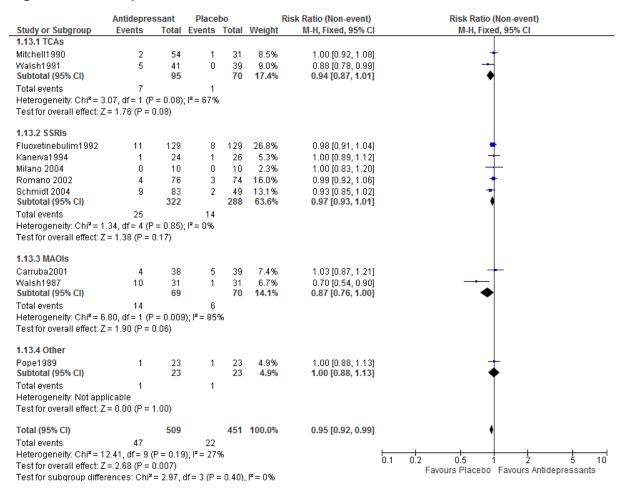
7 Test for subgroup differences: Not applicable

8 Figure 1291: EDI-drive for thinness

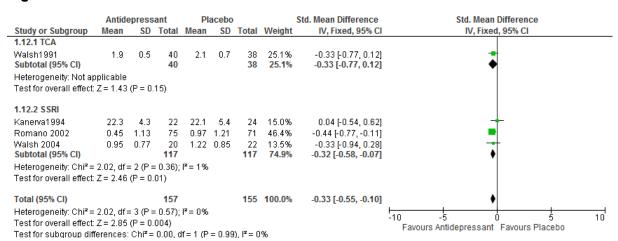


1 Test for subgroup differences: Not applicable

2 Figure 1292: Drop out due to adverse events



4 Figure 1293: Global score

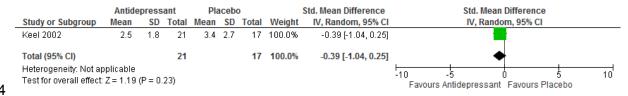


6 Figure 1294: Remission



M.5.2.22 Antidepressants compared with placebo in adults with bulimia nervosa at follow-up

3 Figure 1295: Bingeing

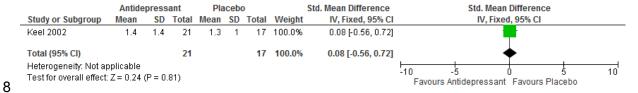


5 Figure 1296: Vomiting

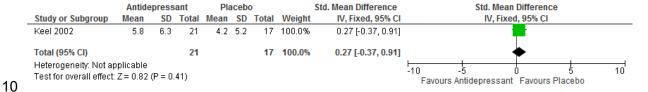
	Antide	press	ant	Pla	acebo)		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Keel 2002	2.4	1.7	21	3.4	2.6	17	100.0%	-0.46 [-1.10, 0.19]	•	
Total (95% CI)			21			17	100.0%	-0.46 [-1.10, 0.19]	. •	
Heterogeneity: Not ap Test for overall effect:	•	(P = 0.	17)						-10 -5 0 5 10 Favours Antidepressant Favours Placebo	1

7 Figure 1297: Laxative use

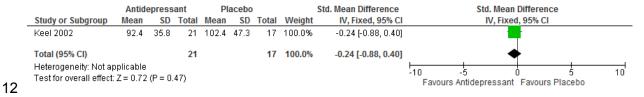
6



9 Figure 1298: Depression



11 Figure 1299: EDI-body dissatisfaction

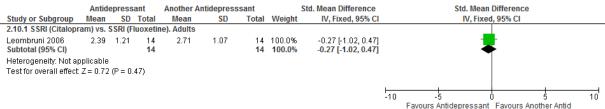


M.5.2.33 Antidepressants compared with antidepressants in adults with bulimia nervosa at end of treatment

15 Figure 1300: Depression

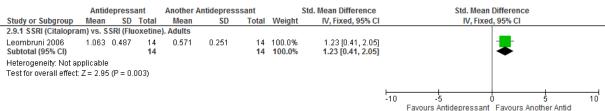
	Antide	epress	sant	Another A	Antidepres	ssant		Std. Mean Difference		Std. Mean Differen	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI		
2.5.1 SSRI (Citalopra	ım) vs. S	SRI (Flu	uoxetine	e). Adults								
Leombruni 2006 Subtotal (95% CI)	7.83	7.15	14 14	10.28	13.31	14 14	100.0% 100.0 %	-0.22 [-0.97, 0.52] - 0.22 [-0.97, 0.52]				
Heterogeneity: Not ap Test for overall effect			.56)									
									-10 -5	Ò	5	10
Test for subgroup dif	ferences:	: Not ai	pplicabl	e					Favours Antid	epressant Favour	s Another Antid	

2 Figure 1301: Clinical global impression



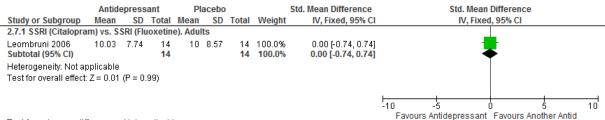
3 Test for subgroup differences: Not applicable

4 Figure 1302: Exercise



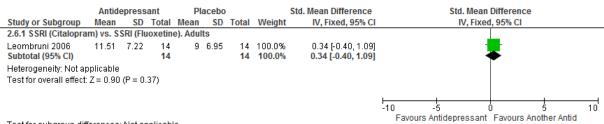
5 Test for subgroup differences: Not applicable

6 Figure 1303: EDI-body dissatisfaction



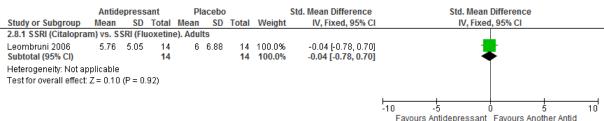
7 Test for subgroup differences: Not applicable

8 Figure 1304: EDI-drive for thinness



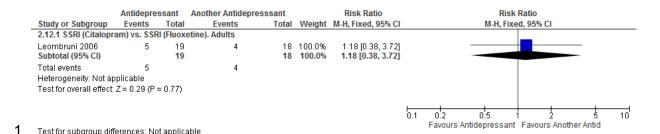
9 Test for subgroup differences: Not applicable

10 Figure 1305: EDI-bulimia



11 Test for subgroup differences: Not applicable

12 Figure 1306: Drop out due to any reason



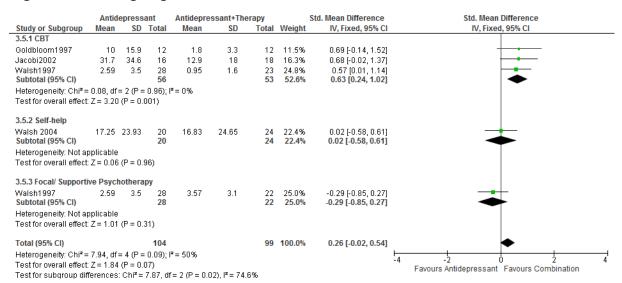
M.5.2.42 Antidepressants compared combined psychotherapy antidepressants in adults with 3 bulimia nervosa at end of treatment

4 Figure 1307: Change in body weight

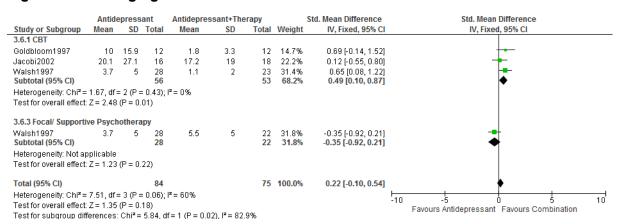
	Antide	press	ant	Antidepres	sant+The	гару		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
3.2.2 CBT									
Goldbloom1997 Subtotal (95% CI)	-2	10	12 12	-3.2	7.3	12 12	100.0% 100.0%	0.13 [-0.67, 0.93] 0.13 [-0.67, 0.93]	‡
Heterogeneity: Not ap Test for overall effect:		(P = 0.	.75)						
Total (95% CI) Heterogeneity: Not as	nlicable		12			12	100.0%	0.13 [-0.67, 0.93]	•
Test for overall effect: Test for subgroup diff	Z= 0.32			e				;	-10 -5 0 5 10' Favours Combination Favours Antidepressant

6 Figure 1308: Bingeing

5



8 Figure 1309: Purging



10 Figure 1310: Vomiting

	Antide	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]	+
Subtotal (95% CI)			20			24	43.7%	-0.02 [-0.62, 0.57]	*
Heterogeneity: Not as	oplicable								
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]	 -
Jacobi2002	20.1	27	16	17.2	19	18	33.9%	0.12 [-0.55, 0.80]	
Subtotal (95% CI)			28			30	56.3%	0.35 [-0.17, 0.87]	♦
Heterogeneity: Chi ² =	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]	•
Heterogeneity: Chiz=	1.96, df	= 2 (P =	= 0.38);	I ² = 0%					l
Test for overall effect:		,							-10 -5 0 5 10
Test for subgroup dif		*		f = 1 (P = 0	35) I² = 0%				Favours Antidepressant Favours Combination

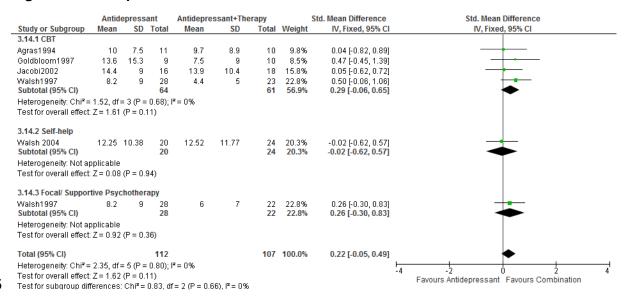
2 Figure 1311: Laxative use

1

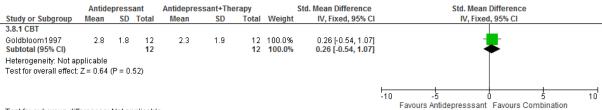
	Antid	epress	ant	Antidepre	essant+The	егару		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
3.3.1 Self-help									
Walsh 2004 Subtotal (95% CI)	19.85	25.8	20 20	21.04	27.08		100.0% 100.0%	-0.04 [-0.64, 0.55] - 0.04 [-0.64, 0.55]	
Heterogeneity: Not as	pplicable								
Test for overall effect	Z = 0.15	(P = 0	.88)						
									-10 -5 0 5 10
									Favours Antidepressant Favours Combination

3 Test for subgroup differences: Not applicable

4 Figure 1312: Depression



6 Figure 1313: EDE-shape concern



7 Test for subgroup differences: Not applicable

8 Figure 1314: EDE-weight concern

	Antide	press	ant	Antidepres	sant+The	егару		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	I	
3.9.1 CBT												
Goldbloom1997 Subtotal (95% CI)	2.1	1.4	12 12	1.8	1.7	12 12	100.0% 100.0 %	0.19 [-0.62, 0.99] 0.19 [-0.62, 0.99]				
Heterogeneity: Not a Test for overall effect		(P = 0	.65)									
Test for subgroup dif	ferences:	Not a	pplicabl	e					-10 -5 Favours Antid	0 lepressant Favou	5 rs Combination	10

2 Figure 1315: EDE-total

Antidepressant Combined Std. Mean Difference Std. Mean Difference Study or Subgroup SD Total Mean SD Total Weight IV, Fixed, 95% CI IV, Fixed, 95% CI 3.10.1 CBT Walsh1997 0.54 [-0.03, 1.10] 1.52 0.9 23 100.0% Subtotal (95% CI) 28 23 100.0% 0.54 [-0.03, 1.10] Heterogeneity: Not applicable Test for overall effect: Z = 1.87 (P = 0.06)

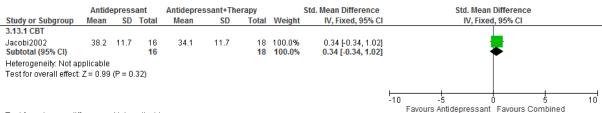
-10

Favours Antidepressant Favours Combined

10

3 Test for subgroup differences: Not applicable

4 Figure 1316: EDI-body dissatisfaction



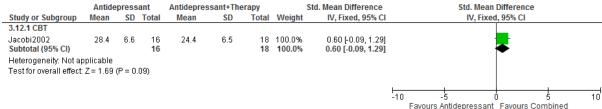
5 Test for subgroup differences: Not applicable

6 Figure 1317: 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 16	27.7	8.7	18 18		0.24 [-0.44, 0.92] 0.24 [-0.44, 0.92]				
Heterogeneity: Not ap	pplicable											
Test for overall effect	Z = 0.69	(P = 0)	.49)									
									-10	-5	5	10
									Favo	urs Antidepressant	Favours Combined	

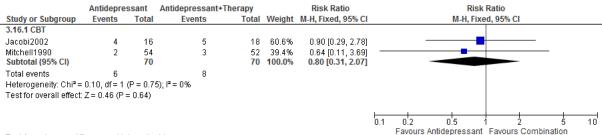
7 Test for subgroup differences: Not applicable

8 Figure 1318: EDI-bulimia



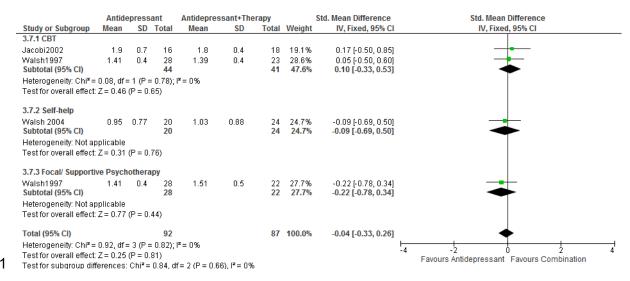
9 Test for subgroup differences: Not applicable

10 Figure 1319: Drop out due to adverse events

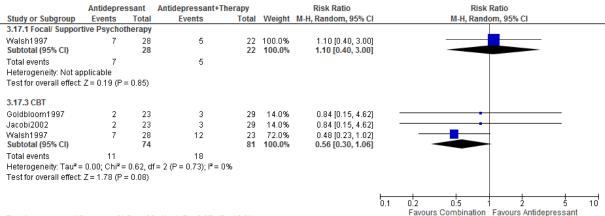


11 Test for subgroup differences: Not applicable

12 Figure 1320: General psychiatric symptoms

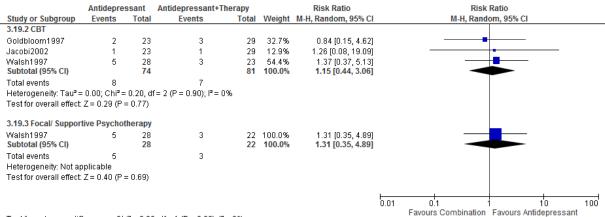


2 Figure 1321: Remission (binge free)



3 Test for subgroup differences: Chi² = 1.23, df = 1 (P = 0.27), I² = 19.0%

4 Figure 1322: Remission (purge free)



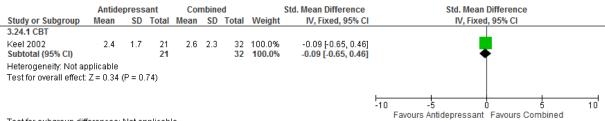
5 Test for subgroup differences: Chi² = 0.02, df = 1 (P = 0.88), l² = 0%

M.5.2.56 Antidepressants compared combined psychotherapy antidepressants in adults with 7 bulimia nervosa at follow-up

8 Figure 1323: Bingeing

	Antide	press	ant	Con	nbine	ed		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	
3.27.1 CBT												
Keel 2002 Subtotal (95% CI)	2.5	1.8	21 21	2.5	2	32 32	100.0% 100.0 %	0.00 [-0.55, 0.55] 0.00 [-0.55, 0.55]		•		
Heterogeneity: Not ap Test for overall effect	•	(P = 1.	.00)									
									-10	-5 0 Favours Antidepressant	5 Favours Combined	10

2 Figure 1324: Vomiting



Test for subgroup differences: Not applicable

4 Figure 1325: 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 21	1.2	0.9		100.0% 100.0 %	0.18 [-0.38, 0.73] 0.18 [-0.38, 0.73]		•	
Heterogeneity: Not a Test for overall effect		(P = 0.	.53)								
									-10	-5 0 5 Favours Antidepressant Favours Combined	10

Test for subgroup differences: Not applicable

6 Figure 1326: Depression

	Antide	press	ant	Con	nbine	d		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	
3.23.1 CBT												
Agras1994	10	7.5	11	9.7	8.9	10	23.4%	0.04 [-0.82, 0.89]			-	
Agras1994	5.1	5.3	9	4.4	4.6	9	20.0%	0.13 [-0.79, 1.06]			-	
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]			♦	
Heterogeneity: Chi ² =	0.03, df=	2 (P =	= 0.99);	$I^2 = 0\%$								
Test for overall effect	Z = 0.33	(P = 0.	.74)									
									-10	<u> </u>	<u> </u>	10
									-10	Favours Antidepressa	ot Foveure Combined	

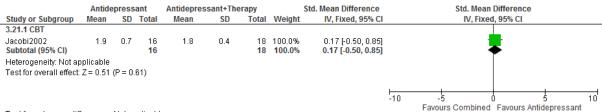
Test for subgroup differences: Not applicable

8 Figure 1327: EDI-body dissatisfaction

	Antid	epress	ant	Co	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										
Keel 2002 Subtotal (95% CI)	92.4	35.8	21 21	88.2	36.1		100.0% 100.0%	0.11 [-0.44, 0.67] 0.11 [-0.44, 0.67]		
Heterogeneity: Not ap Test for overall effect:			.68)							
									-10 -5 0 5	10
									Favours Antidepressant Favours Combined	

Test for subgroup differences: Not applicable

10 Figure 1328: Quality of life



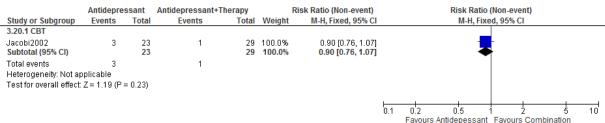
11 Test for subgroup differences: Not applicable

1 Figure 1329: Remission (binge free)

	Antidepre	ssant	Antidepressant+1	herapy	F	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 23	1	29 29		0.99 [0.89, 1.11] 0.99 [0.89, 1.11]	
Total events Heterogeneity: Not ap Test for overall effect:	•	= 0.87)	1				
-							0.1 0.2 0.5 1 2 5 10 Favours Antidepressant Favours Combined

2 Test for subgroup differences: Not applicable

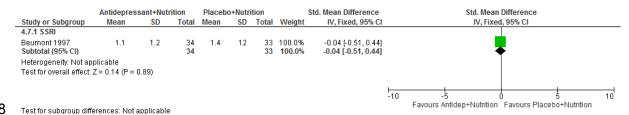
3 Figure 1330: Remission (purge free)



4 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 1331: EDE-eating concern

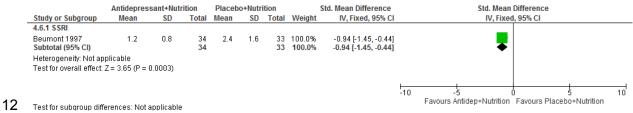


9 Figure 1332: EDE-shape concern

Std. Mean Difference Antidepressant+Nutrition Placebo+Nutrition Std. Mean Difference Study or Subgroup SD Total Mean SD Total Weight IV, Fixed, 95% CI IV. Fixed, 95% CI 4.9.1 SSRI Beumont 1997 33 100.0% -0.63 [-1.13, -0.14] 1.3 2.9 1.5 Subtotal (95% CI) 33 100.0% -0.63 [-1.13, -0.14] Heterogeneity: Not applicable Test for overall effect: Z = 2.53 (P = 0.01) 10 Favours Antidep+Nutrition Favours Placebo+Nutrition

10 Test for subgroup differences: Not applicable

11 Figure 1333: EDE-weight concern

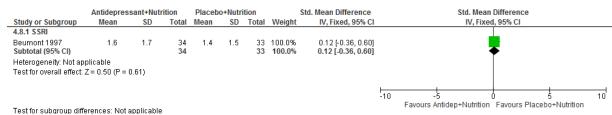


13 Figure 1334: Drop out due to adverse events

	Antidepressant+Nutr	Placebo+Nu	itrition	F	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
4.14.1 SSRI								
Beumont 1997 Subtotal (95% CI)	4	34 34	0	33 33	100.0% 100.0%	0.88 [0.77, 1.01] 0.88 [0.77, 1.01]		-
Total events Heterogeneity: Not app Test for overall effect: Z			0					
Test for subgroup differ	rences: Not applicable	9					0.1	0.2 0.5 1 2 5 Favours Antidep+Nutrition Favours Placebo+Nutrition

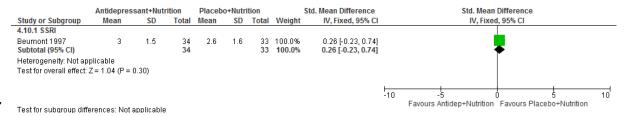
M.5.2.72 Antidepressant and nutrition counselling compared with combined placebo and nutrition counselling in adults with bulimia nervosa at follow-up

4 Figure 1335: EDE-eating concern

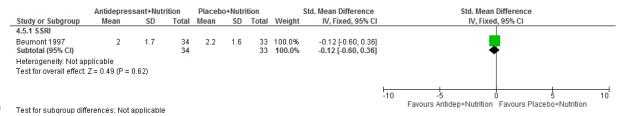


Test for subgroup differences, Not applicable

6 Figure 1336: EDE-shape concern

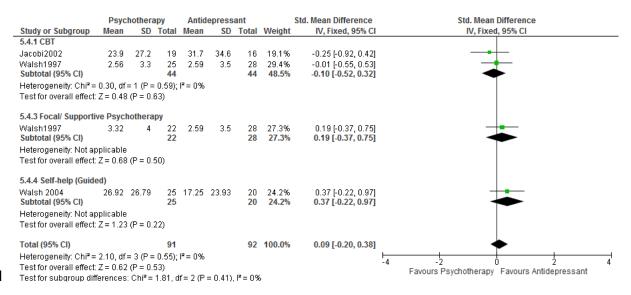


8 Figure 1337: EDE-weight concern

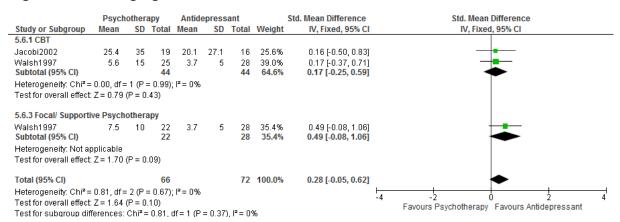


M.5.2.80 Psychotherapy compared with antidepressants in adults with bulimia nervosa at end of treatment

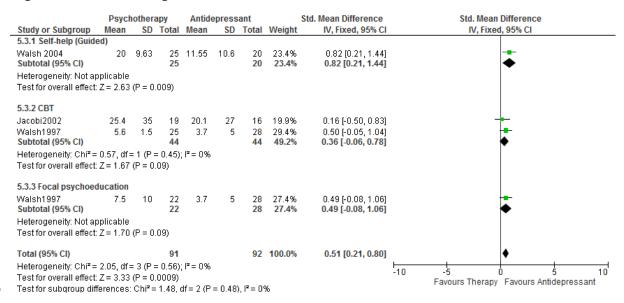
12 Figure 1338: Bingeing



2 Figure 1339: Purging



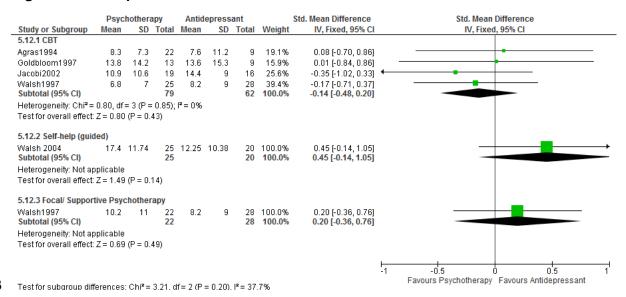
4 Figure 1340: Vomiting



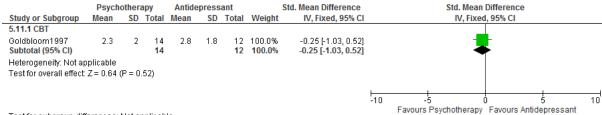
6 Figure 1341: Laxative use

	Psyc	hothera	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	
5.2.1 Self-help (Guid	ed)											
Walsh 2004 Subtotal (95% CI)	46.12	56.75	25 25	19.85	25.8		100.0% 100.0%	0.56 [-0.04, 1.16] 0.56 [-0.04, 1.16]			•	
Heterogeneity: Not a Test for overall effect			07)									
									-10	-5 (5	10
										Favours Psychotherapy	Favours Antidepressant	

2 Figure 1342: Depression

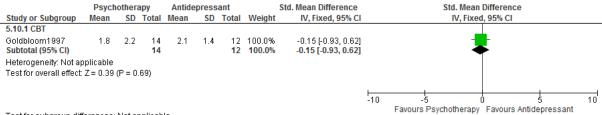


4 Figure 1343: EDE-shape concern



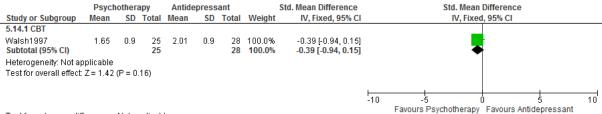
Test for subgroup differences: Not applicable

6 Figure 1344: EDE-weight concern



Test for subgroup differences: Not applicable

8 Figure 1345: EDE-total

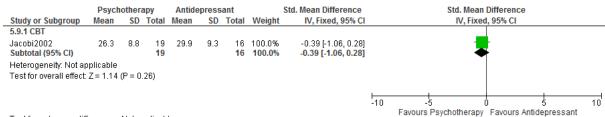


Test for subgroup differences: Not applicable

10 Figure 1346: EDI-body dissatisfaction

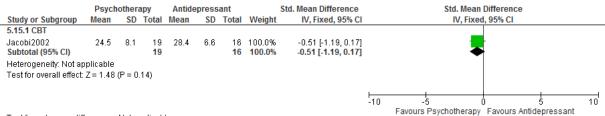
	Psychotherapy Antidepress				ant		Std. Mean Difference		Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
5.16.1 CBT											
Jacobi2002	33.7	8.5	19	38.2	11.7	16	100.0%	-0.44 [-1.11, 0.24]		-	
Subtotal (95% CI)			19			16	100.0%	-0.44 [-1.11, 0.24]		•	
Heterogeneity: Not as	oplicable										
Test for overall effect	Z=1.27	(P = 0.	.20)								
									-10	-5 0 5	10
									-10	Favours Psychotherapy Favours Antidepressant	

2 Figure 1347: EDI-drive for thinness



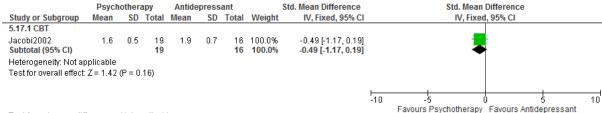
3 Test for subgroup differences: Not applicable.

4 Figure 1348: EDI-bulimia



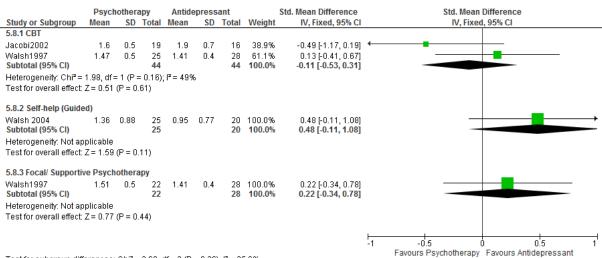
5 Test for subgroup differences: Not applicable

6 Figure 1349: Quality of life



7 Test for subgroup differences: Not applicable

8 Figure 1350: General psychiatric symptoms



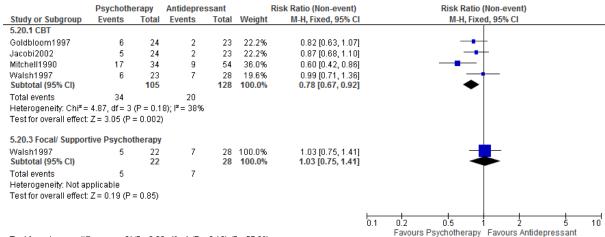
9 Test for subgroup differences: Chi² = 2.69, df = 2 (P = 0.26), I² = 25.6%

10 Figure 1351: Remission (purge frequency)

	Psychoth	егару	Antidepre	ssant	R	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
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 71	5	28 74	32.1% 100.0%	0.95 [0.72, 1.26] 0.84 [0.71, 0.98]		•
Total events Heterogeneity: Chi² = Test for overall effect		,	8 4); l²= 0%					
5.18.3 Focal/ Suppor	tive Psycho	therapy	,					
Walsh1997 Subtotal (95% CI)	2	22 22	5	28 28	100.0% 100.0 %	1.11 [0.89, 1.38] 1.11 [0.89, 1.38]		.
Total events Heterogeneity: Not a		0.00	5					
Test for overall effect	.:∠= 0.91 (P	= 0.36)						
							0.1	0.2 0.5 1 2 5 1
F = -4 &= = = =								Favours Psychotherapy Favours Antidepressant

Test for subgroup differences: $Chi^2 = 4.24$, df = 1 (P = 0.04), $I^2 = 76.4\%$

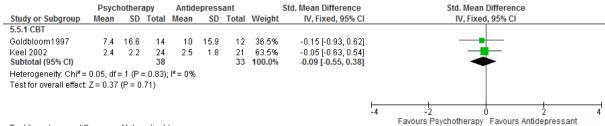
2 Figure 1352: Remission (binge frequency)



3 Test for subgroup differences: $Chi^2 = 2.36$, df = 1 (P = 0.12), $I^2 = 57.6\%$

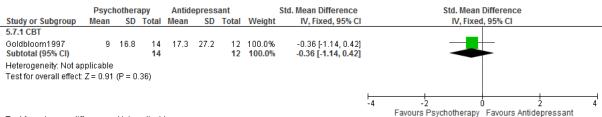
M.5.2.94 Psychotherapy compared with antidepressants in adults with bulimia nervosa at 5 follow-up

6 Figure 1353: Bingeing



7 Test for subgroup differences: Not applicable

8 Figure 1354: Purging

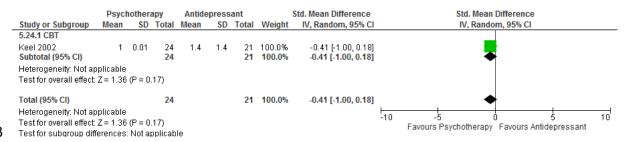


9 Test for subgroup differences: Not applicable

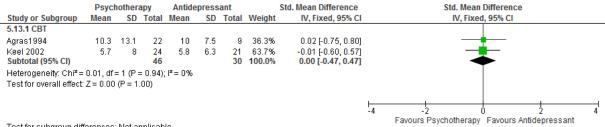
10 Figure 1355: Vomiting

	Psych	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	
5.25.1 CBT											
Keel 2002 Subtotal (95% CI)	2.3	2.2	24 24	2.4	1.7	21 21	100.0% 100.0 %	-0.05 [-0.64, 0.54] - 0.05 [-0.64, 0.54]			
Heterogeneity: Not a											
Test for overall effect	: Z = 0.17	(P = 0	.87)								
									_		
									-10	-5 0 5	10
										Favours Psychotherapy Favours Antidepressant	

2 Figure 1356: Laxative use

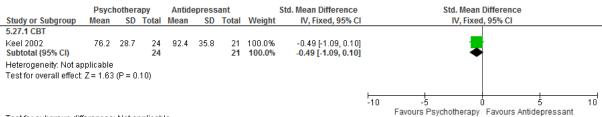


4 Figure 1357: Depression



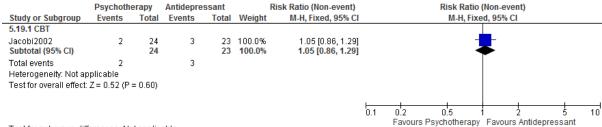
Test for subgroup differences: Not applicable

6 Figure 1358: EDI-body dissatisfaction



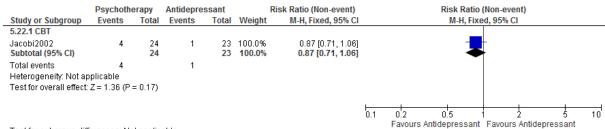
Test for subgroup differences: Not applicable

8 Figure 1359: Remission (purge-free)



Test for subgroup differences: Not applicable

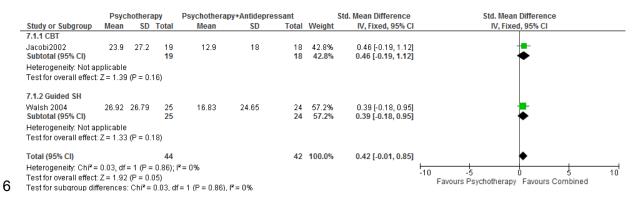
10 Figure 1360: Remission (binge-free)



2

M.5.2.103 Psychotherapy compared with combined psychotherapy and antidepressants in adults with bulimia nervosa at end of treatment

5 Figure 1361: Bingeing

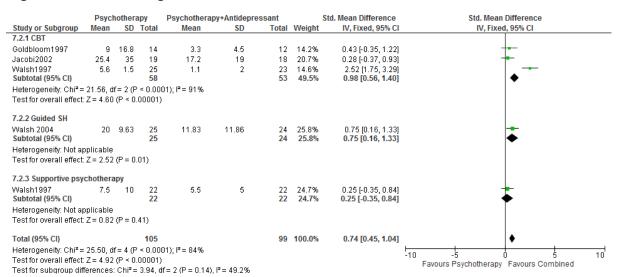


7 Figure 1362: Purging

	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	pplicable												
Test for overall effect	Z = 1.09	(P = 0.	.27)										
									-10	-5	t –	5	10
										Favours Psychotherany	Favou	rs Combined	

8 Test for subgroup differences: Not applicable

9 Figure 1363: Vomiting

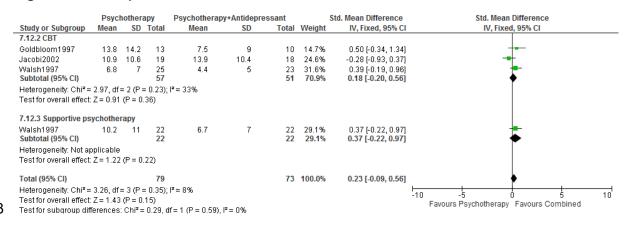


11 Figure 1364: Laxative use

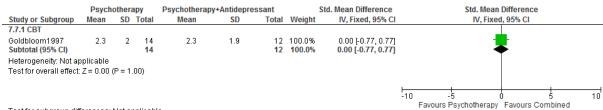
10

	Psyc	chothera	ару	(Control			Std. Mean Difference		Sto	I. Mean D	ifference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		I	V, Fixed,	95% CI		
7.5.1 CBT														
Walsh 2004	46.12	56.75	25	21.04	27.08	24	100.0%	0.55 [-0.02, 1.12]						
Subtotal (95% CI)			25			24	100.0%	0.55 [-0.02, 1.12]				•		
Heterogeneity: Not as	pplicable	e												
Test for overall effect	Z = 1.89	9 (P = 0.	06)											
									-10	-5	 		5	10
										Favours Psychot	herapy i	Favours Co	mbined	

2 Figure 1365: Depression

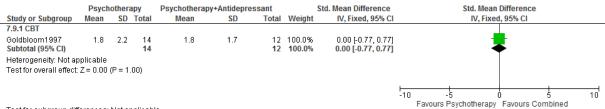


4 Figure 1366: EDE-shape concern



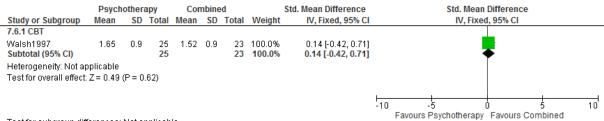
5 Test for subgroup differences: Not applicable

6 Figure 1367: EDE-weight concern



7 Test for subgroup differences: Not applicable

8 Figure 1368: EDE-total



9 Test for subgroup differences: Not applicable

10 Figure 1369: EDI-body dissatisfaction

	Psych	other	ару	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 19	34.1	11.7		100.0% 100.0%	-0.04 [-0.68, 0.61] - 0.04 [-0.68, 0.61]			•		
Heterogeneity: Not a	pplicable												
Test for overall effect	: Z = 0.12	(P = 0)	.91)										
									-10	-5	 	5	10
									-	Favours Psychotherap	y Favoi	urs Combined	

2 Figure 1370: EDI-drive for thinness

	Psych	othera	ару	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
7.10.1 CBT									
Jacobi2002 Subtotal (95% CI)	26.3	8.8	19 19	27.7	8.7	18 18	100.0% 100.0%	-0.16 [-0.80, 0.49] - 0.16 [-0.80, 0.49]	•
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 0.48	(P = 0.	63)						
									-10 -5 0 5 10
									Favours Psychotherapy Favours Combined

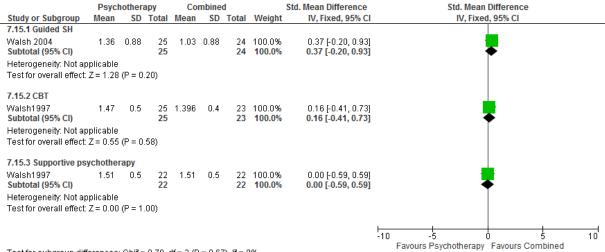
Test for subgroup differences: Not applicable

4 Figure 1371: EDI-bulimia

	Psych	other	ару	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
7.11.1 CBT									
Jacobi2002 Subtotal (95% CI)	24.5	8.1	19 19	24.4	6.5	18 18	100.0% 100.0%	0.01 [-0.63, 0.66] 0.01 [-0.63, 0.66]	
Heterogeneity: Not a	pplicable								
Test for overall effect	Z = 0.04	(P = 0)	.97)						
									-10 -5 0 5 10
									Favours Psychotherapy Favours Combined

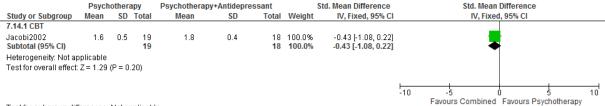
Test for subgroup differences: Not applicable

6 Figure 1372: General symptoms



Test for subgroup differences: $Chi^2 = 0.79$, df = 2 (P = 0.67), $I^2 = 0\%$

8 Figure 1373: Quality of life

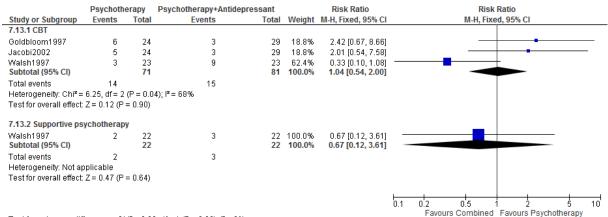


Test for subgroup differences: Not applicable

10 Figure 1374: Dropout due to side-effects

	Psychothe	егару	Psychotherapy+Antidep	oressant	1	Risk Ratio (Non-event)			Risk Ratio	(Non-event)		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	d, 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: Chi ² =	5.21, df = 1	(P = 0.0)	2); I² = 81%									
Test for overall effect:	Z = 2.08 (P	= 0.04)										
							0.1	N 2	0.5	<u> </u>	- Į	10
T46-0 die	£		-1-1-				0.1	·	urs Combined	Favours Psy	chotherap;	

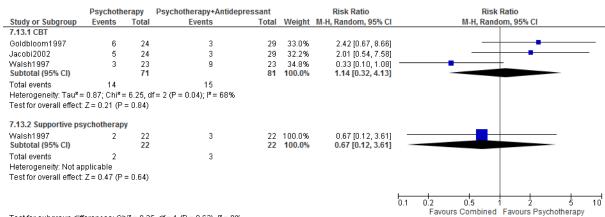
2 Figure 1375: Remission



3 Test for subgroup differences: $Chi^2 = 0.23$, 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 1376: Remission with random effects



Test for subgroup differences: Chi² = 0.25, df = 1 (P = 0.62), I² = 0%

M.5.2.115 Psychotherapy compared with combined psychotherapy and antidepressants in adults with bulimia nervosa at follow-up

17 Figure 1377: Bingeing

14

	Psych	Psychotherapy Combined					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 24	2.5	2	32 32	100.0% 100.0 %	-0.05 [-0.58, 0.48] - 0.05 [-0.58, 0.48]		
Heterogeneity: Not ap Test for overall effect:	•	(P = 0	.86)							
									-10	-5 0 5 10

2 Figure 1378: 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 24	2.6	2.3		100.0% 100.0%				
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 1379: Laxative use

	Psych	other	ару	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 24	1.2	0.9	32 32		Not estimable Not estimable				
Heterogeneity: Not ap Test for overall effect		cable							<u> </u>			
									-10	-5 Ó	. 5	10
										Egyptire Develothorany	Egypure Combin	nod

5 Test for subgroup differences: Not applicable

6 Figure 1380: Depression

	Psyc	hother	ару	Cor	nbine	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]		*		
Heterogeneity: Chi ² :	= 0.92, df	= 1 (P	= 0.34)	$ I^2 = 0\% $								
Test for overall effect	t: Z = 0.82	P = 0	.41)									
									-10	-5 0	 5	10
										Favours Psychotherany Favo	urs Combined	

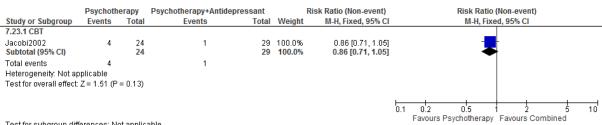
7 Test for subgroup differences: Not applicable

8 Figure 1381: EDI-body dissatisfaction

	Psycl	hother	ару	Co	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
7.22.1 CBT									
Keel 2002	76.2	28.7	24	88.2	36.1	32	100.0%	-0.36 [-0.89, 0.18]	
Subtotal (95% CI)			24			32	100.0%	-0.36 [-0.89, 0.18]	•
Heterogeneity: Not a	pplicable								
Test for overall effect	: Z = 1.31	(P = 0)	.19)						
									-10 -5 0 5 10
									Favours Psychotherapy Favours Combined

9 Test for subgroup differences: Not applicable

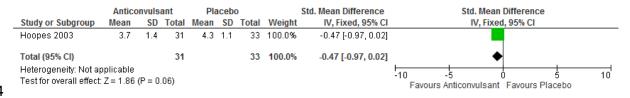
10 Figure 1382: Remission



11 Test for subgroup differences: Not applicable

M.5.2.121 Anticonvulsant compared with placebo in adults with bulimia nervosa at end of treatment

3 Figure 1383: Severity of illness (CGI-S)



5 Figure 1384: Improvement scale (CGI-I)

	Antico	nvuls	ant	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		
Hoopes 2003	2.8	1.3	31	3.6	1	33	100.0%	-0.68 [-1.19, -0.18]					
Total (95% CI)			31			33	100.0%	-0.68 [-1.19, -0.18]		•			
Heterogeneity: Not ap Test for overall effect		(P = 0	.008)						-10 - Favours A	5 nticonvulsant	0 s Favours Plac	5 ebo	10

7 Figure 1385: Dropout due to side-effects

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	Anticonvu	Isant	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	
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:	•	= 0.54)					0.1	0.2 0.5 1 2 5 10 Favours Placebo Favours Anticonvulsant)

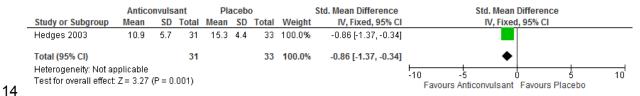
9 Figure 1386: General health perceptions –SF 36

	Antico	nvuls	ant	Pla	cebo	0		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		
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]			•		
Heterogeneity: Not ap Test for overall effect:		(P < 0	.0001)					-7	10 F	-5 Favours Pla	o cebo Favours	5 Anticonvi	10 ulsant

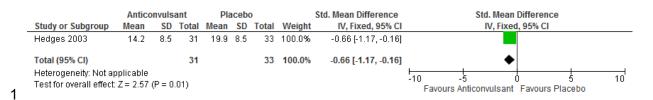
11 Figure 1387: EDI-body dissatisfaction

	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, 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)			31			33	100.0%	-0.70 [-1.21, -0.19]	◆	
Heterogeneity: Not ap Test for overall effect:		(P = 0	.007)						-10 -5 0 5 10 Favours Anticonvulsant Favours Placebo	

13 Figure 1388: EDI-drive for thinness

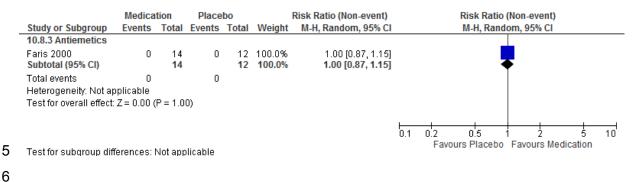


15 Figure 1389: EDI-bulimia



M.5.32 Other medication compared with placebo in adults with bulimia nervosa at end 3 of treatment

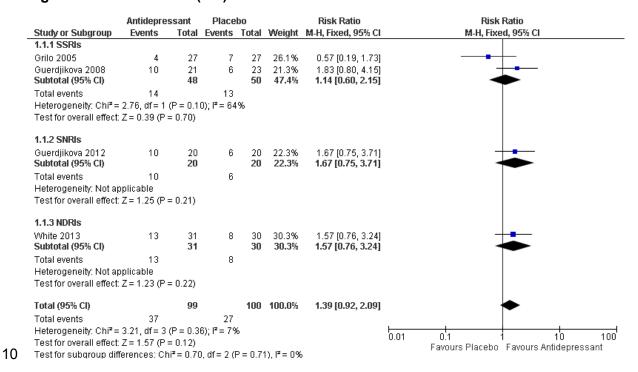
4 Figure 1390: Dropout due to side-effects



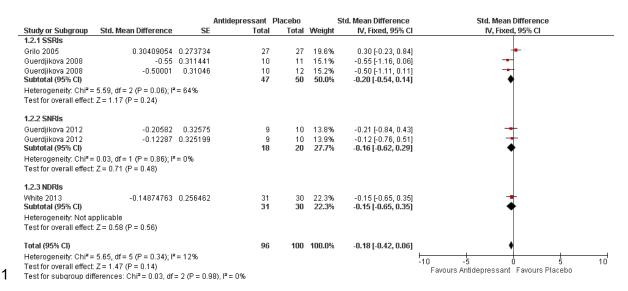
M.5.47 Pharmacological interventions for people with binge eating disorder

M.5.4.18 Any antidepressant versus placebo in adults with binge eating disorder

9 Figure 1391: Remission (ITT)

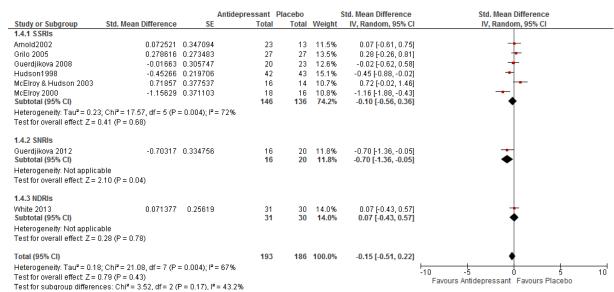


11 Figure 1392: Binge frequency



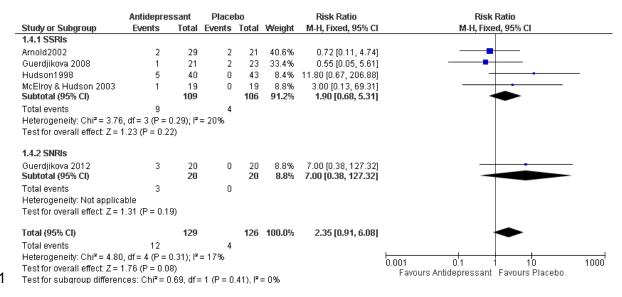
2 Figure 1393: BMI/Weight



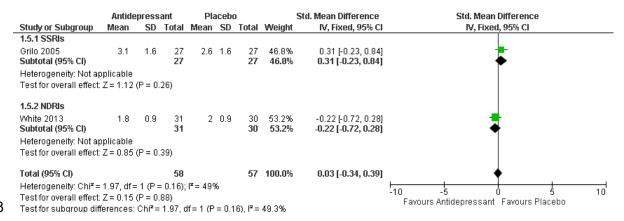


Heterogeneity was detected at i²=67% overall and 72% within the SSRI subgroup. There was no obvious risk of bias nor differences in comorbidities. Duration of illness was not reported for the majority of the studies. Heterogeneity might be explained by severity of illness: within the SSRI group, the 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 1394: Withdrawn due to adverse events



2 Figure 1395: EDE-Q-global



4 Figure 1396: EDE-Q-dietary restraint

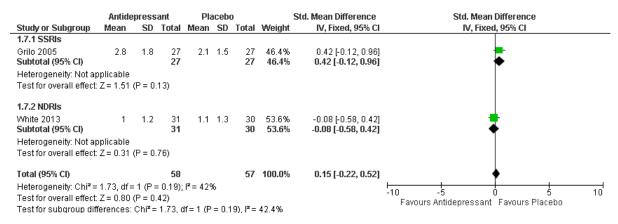
Antidepressant Placebo Std. Mean Difference Std. Mean Difference Study or Subgroup SD Total Mean SD Total Weight IV, Random, 95% CI IV, Random, 95% CI Mean 1.7.1 SSRIs Grilo 2005 0.38 f-0.16, 0.921 2.4 27 1.8 1.5 48.7% Subtotal (95% CI) 48.7% 0.38 [-0.16, 0.92] Heterogeneity: Not applicable Test for 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 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

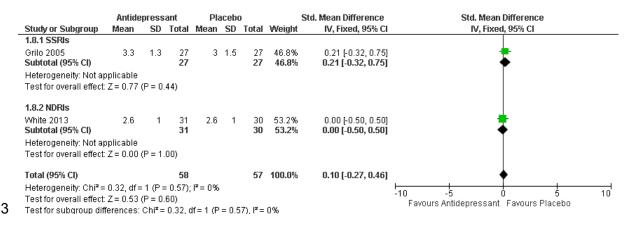
5

- 7 Heterogeneity was detected at i²=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.

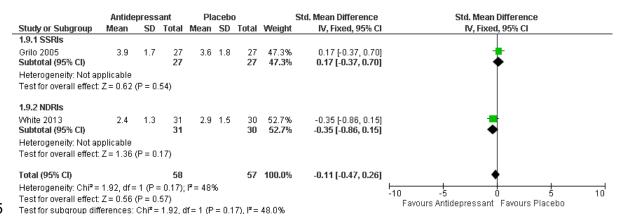
11 Figure 1397: EDE-Q-eating concern



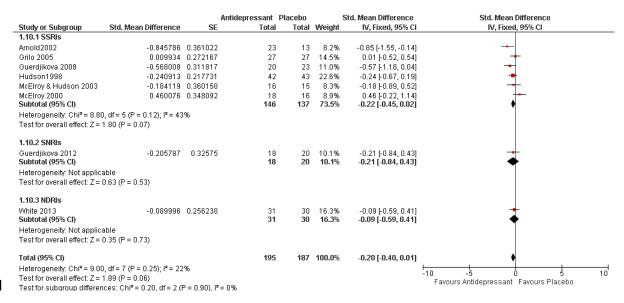
2 Figure 1398: EDE-Q-weight concern



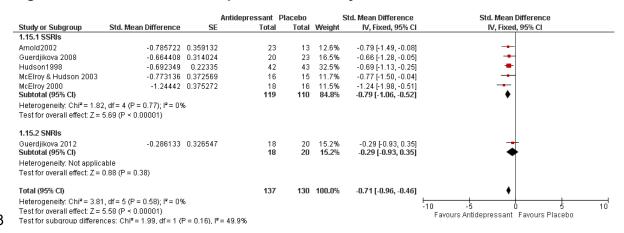
4 Figure 1399: EDE-Q-shape concern



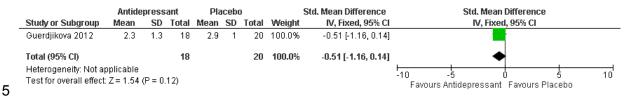
6 Figure 1400: Depression



2 Figure 1401: Clinical Global Impressions-severity

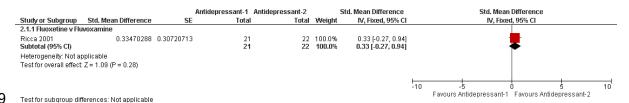


4 Figure 1402: Clinical Global Impressions-severity of illness for depressive disorders



M.5.4.26 Any antidepressant-1 versus any antidepressant-2 in adults with binge eating disorder 7 at end of treatment

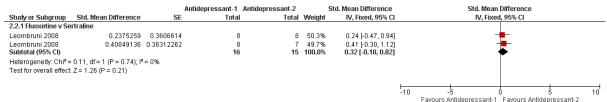
8 Figure 1403: Binge frequency



10 Figure 1404: BMI

	Antide	pressa	nt-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	I IV, Fixed, 95% CI
Leombruni 2008	36.6	4.3	16	38.5	5	15	100.0%	-0.40 [-1.11, 0.31]	1 -
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		(P = 0.2	16 !7)			15	100.0%	-0.40 [-1.11, 0.31]	-10 -5 0 5 10 Favours Antidepressant-1 Favours Antidepressant-2

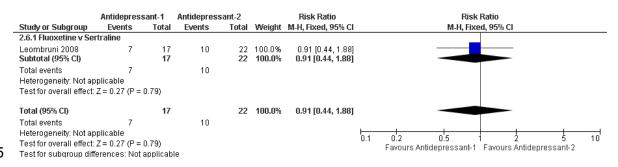
2 Figure 1405: Number of people achieving weight loss of %% or more



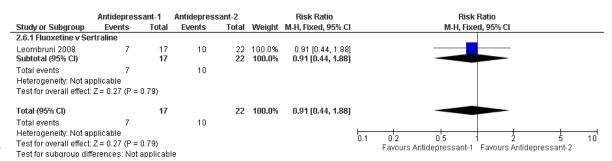
3 Test for subgroup differences: Not applicable

1

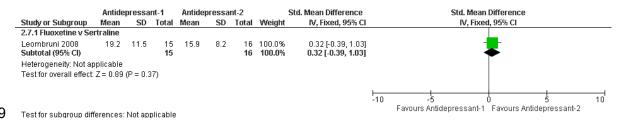
4 Figure 1406: Withdrawn due to adverse events



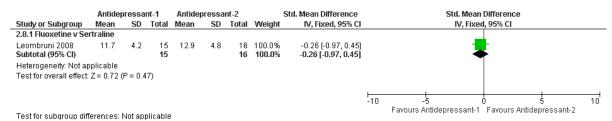
6 Figure 1407: Binge Eating Scale score greater than 17



8 Figure 1408: Binge Eating Scale



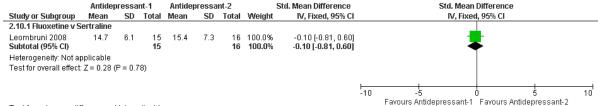
10 Figure 1409: EDI-2-drive for thinness



12 Figure 1410: ED-2-bulimia

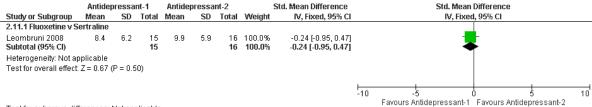
	Antide	pressa	nt-1	Antide	ргеѕѕа	nt-2		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	l, 95% CI		
2.9.1 Fluoxetine v Se	ertraline												
Leombruni 2008 Subtotal (95% CI)	4.7	2.3	15 15	4	3.2	16 16	100.0% 100.0 %	0.24 [-0.46, 0.95] 0.24 [-0.46, 0.95]		1			
Heterogeneity: Not ap Test for overall effect:		(P = 0.5	50)										
									-10	-5		5	10
Test for subgroup dif	ferences:	Not ap	plicable	:						Favours Antidepressant-1	Favours Ant	idepressant-2	

2 Figure 1411: EDI-2-body dissatisfaction



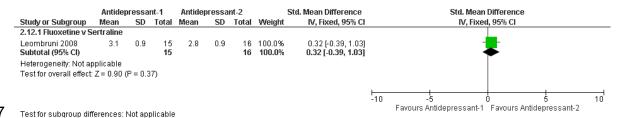
3 Test for subgroup differences: Not applicable

4 Figure 1412: Depression



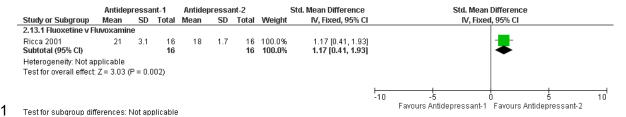
5 Test for subgroup differences: Not applicable

6 Figure 1413: 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 1414: Binge frequency

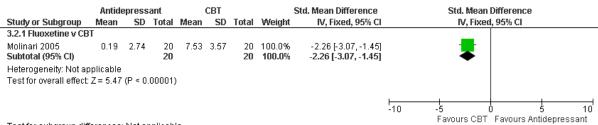


M.5.4.42 Any antidepressant versus any other intervention in adults with binge eating disorder 13 at end of treatment

14 Figure 1415: Binge frequency

	Antidepressant	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]	
Ricca 2001	19	3.5	21	8	3.9	10	25.9%	2.95 [1.86, 4.04]	_
Subtotal (95% CI)			41			30	76.7%	2.34 [1.71, 2.98]	•
Heterogeneity: Chi ² =	1.82, df	= 1 (P =	= 0.18);	$I^2 = 459$	%				
Test for overall effect:	Z = 7.26	(P ≤ 0.	.00001)					
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 ag	plicable								
Test for overall effect:		(P ≤ 0.	.00001)					
Total (95% CI)			63			40	100.0%	2.57 [2.02, 3.13]	•
Heterogeneity: Chi ² =	3.97, df	= 2 (P =	= 0.14);	$I^2 = 509$	%				
Test for overall effect:		,							-4 -2 U 2 4
Test for subgroup diff		•			= 0.14	n 13 = 5	3.7%		Favours Antidepressant Favours CBT

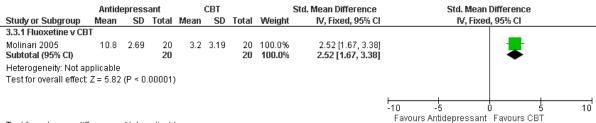
2 Figure 1416: Weight loss (percentage)



3 Test for subgroup differences: Not applicable

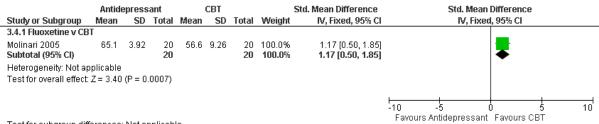
1

4 Figure 1417: EDI-2-bulimia



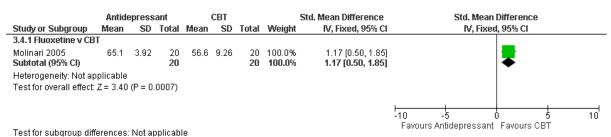
5 Test for subgroup differences: Not applicable

6 Figure 1418: Depression



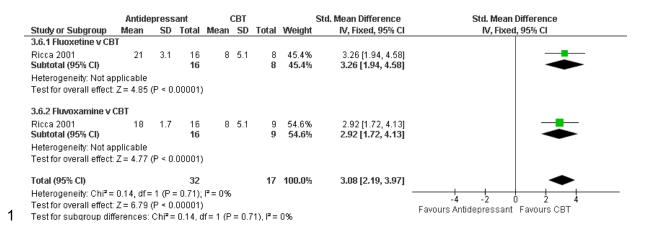
7 Test for subgroup differences: Not applicable

8 Figure 1419: Family functioning



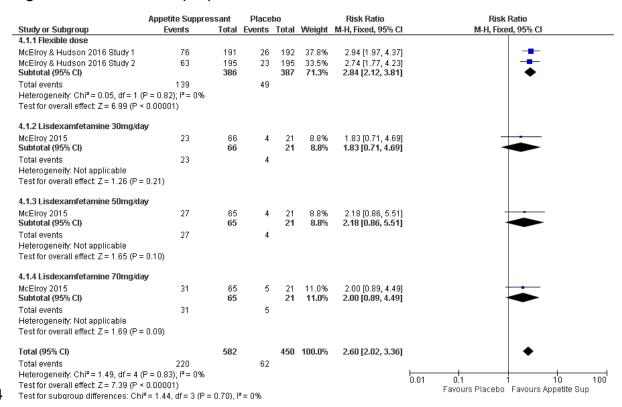
M.5.4.50 Any antidepressant versus any other intervention in adults with follow up at follow up

11 Figure 1420: Binge frequency



M.5.4.62 Any appetite suppressant versus placebo in adults with binge eating disorder

3 Figure 1421: Remission (ITT)



5 Figure 1422: BMI – change scores

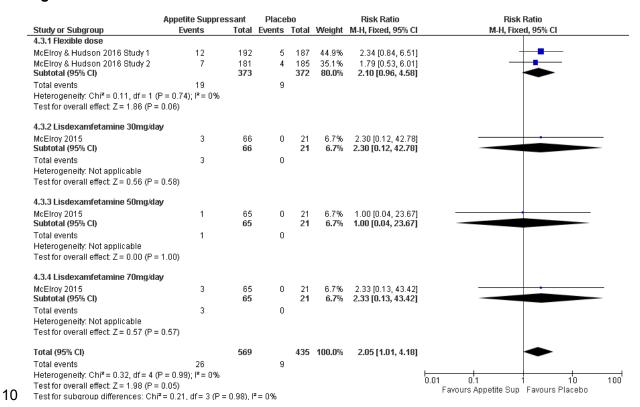
1		Appetite	Suppres	sant	PI	acebo		!	Std. Mean Difference	Std. Mean Difference
	Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
	5.2.1 Flexible dose									
	McElroy & Hudson 2016 Study 1	-6.25	4.02	190	0.11	4	184	27.7%	-1.58 [-1.82, -1.35]	•
	McElroy & Hudson 2016 Study 2	-5.57	4.62	174	-0.15	4.68	176	28.0%	-1.16 [-1.39, -0.94]	
	Subtotal (95% CI)			364			360	55.6%	-1.37 [-1.78, -0.96]	◆
	Heterogeneity: Tau ² = 0.07; Chi ² = 8	6.42, df = 1	(P = 0.01)); I² = 84	%					
	Test for overall effect: Z = 6.54 (P <	0.00001)								
	5.2.2 Lisdexamfetamine 30mg/day	,								
	McElroy 2015	-3.1	3.64	66	-0.1	3.09	21	15.2%	-0.85 [-1.35, -0.34]	*
	Subtotal (95% CI)			66			21	15.2%	-0.85 [-1.35, -0.34]	◆
	Heterogeneity: Not applicable									
	Test for overall effect: Z = 3.26 (P =	0.001)								
	5.2.3 Lisdexamfetamine 50mg/day	1								
	McElroy 2015	-4.9	4.43	65	-0.1	3.09	21	14.7%	-1.15 [-1.67, -0.62]	
	Subtotal (95% CI)			65			21	14.7%	-1.15 [-1.67, -0.62]	◆
	Heterogeneity: Not applicable									
	Test for overall effect: Z = 4.30 (P <	0.0001)								
	5.2.4 Lisdexamfetamine 70mg/day	/								
	McElroy 2015	-4.9	3.93	65	-0.1	3.09	21	14.5%	-1.27 [-1.80, -0.74]	<u>+</u>
	Subtotal (95% CI)			65			21	14.5%	-1.27 [-1.80, -0.74]	•
	Heterogeneity: Not applicable									
	Test for overall effect: Z = 4.70 (P <	0.00001)								
	Total (95% CI)			560			423	100.0%	-1.24 [-1.51, -0.98]	•
	Heterogeneity: Tau ² = 0.05; Chi ² = 1	0.51, df=	4 (P = 0.0	3); l² = 6	2%					-10 -5 0 5 10
	Test for overall effect: Z = 9.30 (P <	0.00001)								Favours Appetite Sup Favours Placebo
	Test for subgroup differences: Chi²	= 2.64, df	= 3 (P = 0	.45), l² =	0%					i avours Appente oup Favours Flacebo

3 Heterogeneity was detected at i²=62% overall and at 84% for the flexible dose group. There
4 was no obvious risk of bias, whilst data on duration of illness was not available. Lifetime and
5 current comorbidities were exclusion criteria for the three studies. The studies followed the
6 same protocols and participants had similar illness severity. Hence, the observed
7 heterogeneity remains unexplained and a random effects was presented..

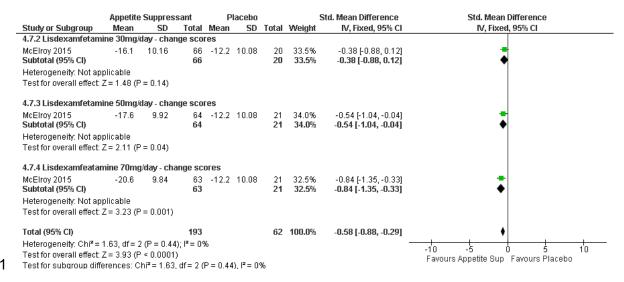
9 Figure 1423: Withdrawn due to adverse events

2

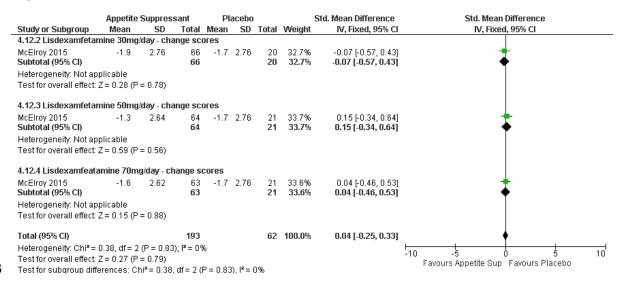
8



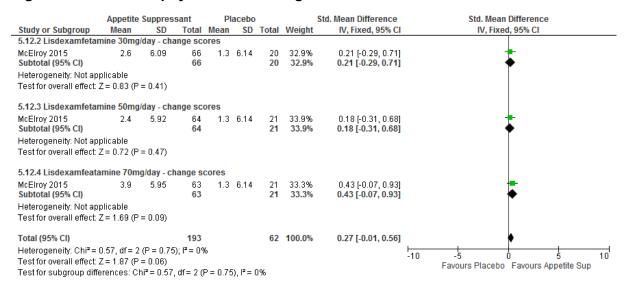
11 Figure 1424: Binge Eating Scale



2 Figure 1425: Depression



4 Figure 1426: General physical functioning

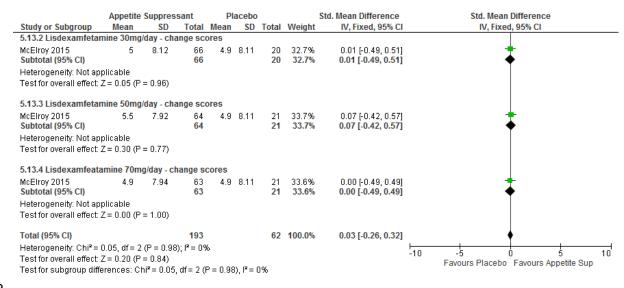


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2 Figure 1427: General mental functioning



3

6

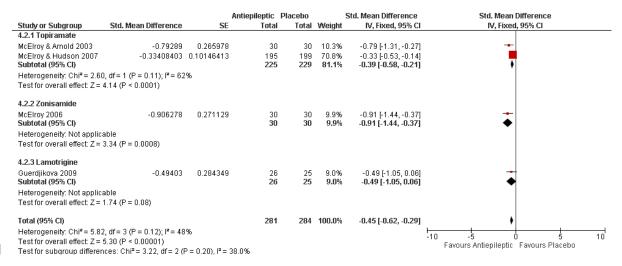
M.5.54 Any antiepileptic versus placebo in adults with binge eating disorder

5 Figure 1428: Remission (ITT)

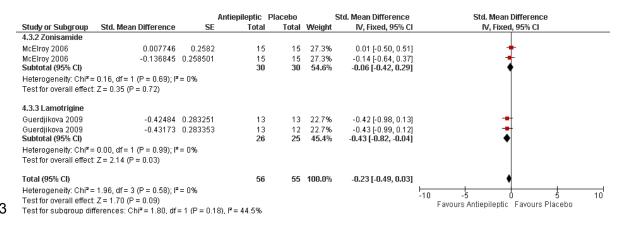
Antiepileptic Placebo Risk Ratio Risk Ratio Total Events Total Weight M-H, Random, 95% CI M-H. Random, 95% CI Study or Subgroup Events 4.1.2 Zonisamide McElroy 2006 45.6% 1.15 [0.67, 1.99] 30 13 Subtotal (95% CI) 30 1.15 [0.67, 1.99] 30 45.6% Total events 15 13 Heterogeneity: Not applicable Test for overall effect: Z = 0.52 (P = 0.61) 4.1.3 Lamotrigine Guerdjikova 2009 26 54.4% 0.69 [0.44, 1.10] 13 18 Subtotal (95% CI) 0.69 [0.44, 1.10] 54.4% Total events 13 18 Heterogeneity: Not applicable Test for overall effect: Z = 1.57 (P = 0.12) Total (95% CI) 0.88 [0.53, 1.44] 55 100.0% 56 31 Total events Heterogeneity: Tau² = 0.07; Chi² = 2.00, df = 1 (P = 0.16); I^2 = 50% 0.01 100 Test for overall effect: Z = 0.52 (P = 0.60) Favours Placebo Favours Antiepileptic Test for subgroup differences: Chi² = 1.97, df = 1 (P = 0.16), I² = 49.2%

Heterogeneity was detected at i²=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.

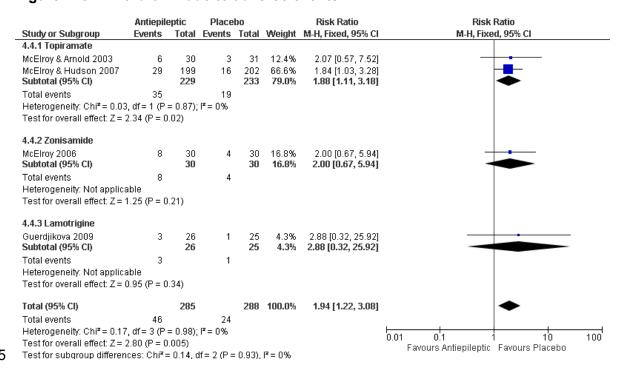
14 Figure 1429: BMI



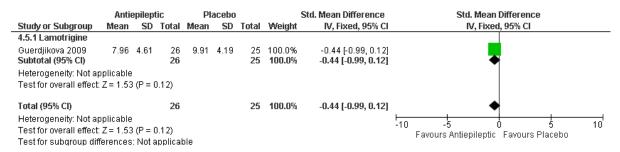
2 Figure 1430: Binge frequency



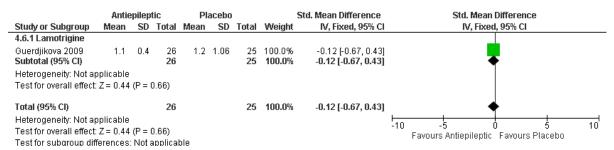
4 Figure 1431: Withdrawn due to adverse events



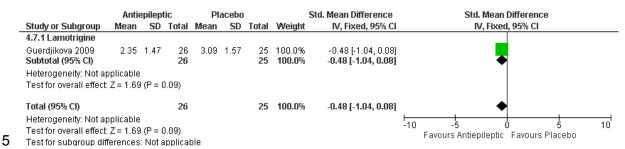
6 Figure 1432: EDE-Q-global



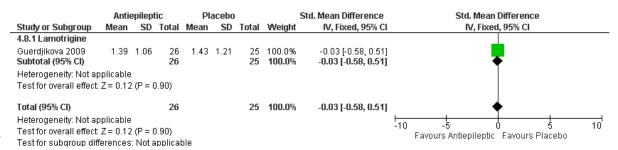
2 Figure 1433: EDE-Q-dietary restraint



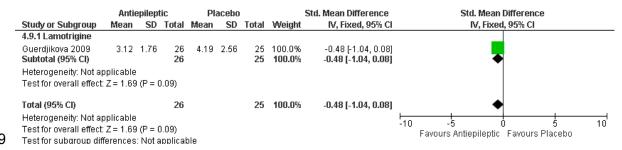
4 Figure 1434: EDE-Q-weight concern



6 Figure 1435: EDE-Q-eating concern



8 Figure 1436: EDE-Q-shape concern



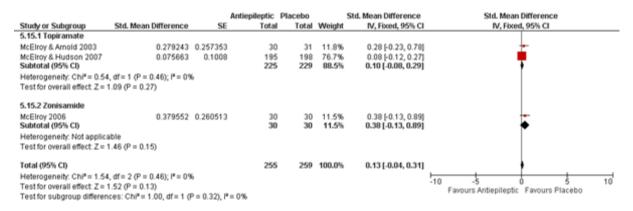
10 Figure: Depression

1				Antiepileptic	Placebo		Std. Mean Difference	Std. Mean Difference
	Study or Subgroup	Std. Mean Difference	SE	Total		Weight	IV, Random, 95% CI	IV, Random, 95% CI
	4.15.1 Topiramate							
	McElroy & Arnold 2003	0.279243	0.257353	30	31	22.0%	0.28 [-0.23, 0.78]	-
	McElroy & Hudson 2007 Subtotal (95% CI)	0.075663	0.1008	195 22 5		36.5% 58.5 %	0.08 [-0.12, 0.27] 0.10 [-0.08, 0.29]	
	Heterogeneity: Tau² = 0.00 Test for overall effect: Z = 1		0.46); I² = 0	%				
	4.15.2 Zonisamide							
	McElroy 2006	0.379552	0.260513	30 3 0		21.8% 21.8%	0.38 [-0.13, 0.89]	
	Subtotal (95% CI) Heterogeneity: Not applica	hlo		30	30	21.070	0.38 [-0.13, 0.89]	Y
	Test for overall effect: Z = 1							
	4.15.3 Lamotrigine							
	Guerdjikova 2009	-0.63084	0.28699	26		19.7%		
	Subtotal (95% CI)			26	25	19.7%	-0.63 [-1.19, -0.07]	•
	Heterogeneity: Not applica							
	Test for overall effect: Z = 2	1.20 (P = 0.03)						
	Total (95% CI)			281	284	100.0%	0.05 [-0.30, 0.39]	•
	Heterogeneity: Tau ² = 0.08	; Chi² = 8.04, df = 3 (P =	0.05); l² = 6	3%				-10 -5 0 5 10
	Test for overall effect: $Z = 0$							Favours Antiepileptic Favours Placebo
	Test for subgroup difference	ces: Chi² = 7.50, df = 2 (F	$P = 0.02$), I^2	= 73.3%				. around random opino i around i ladobo

2

- 3 Heterogeneity was detected at i²=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 1437: Sensitivity analysis for depression



9

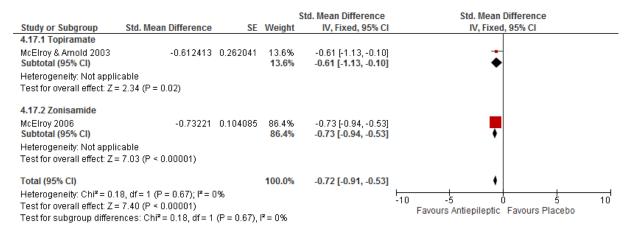
10 Figure 1438: Clinical Global Impressions-severity

			Antiepileptic	Placebo		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Std. Mean Difference	SE	Total		Weight		IV, Random, 95% CI
4.17.1 Topiramate							
McElroy & Arnold 2003 Subtotal (95% CI)	-0.612413	0.262041	30 30		25.4% 25.4 %		•
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]	♦
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]	♦
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 ² = 0.0	5; Chi² = 4.08, df = 2 (P	= 0.13); l ² =	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 ² = 51.0%				1 avouto / title pite pite 1 avouto 1 lacebo

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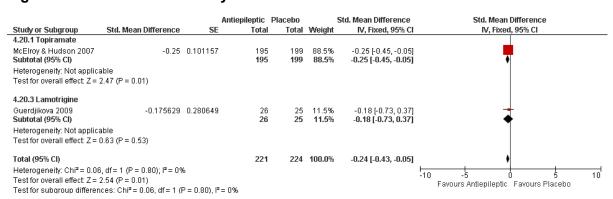
- 3 Heterogeneity was detected at i²=51%. There was no obvious risk of bias, nor differences in duration of illness and comorbidities. Heterogeneity might be explained by severity of illness:
- 5 the participants of Guerdjikova 2009 had a lower severity of illness in terms of binge
- 6 frequency (approximately 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 1439: Sensitivity analysis for Clinical Global Impressions-severity



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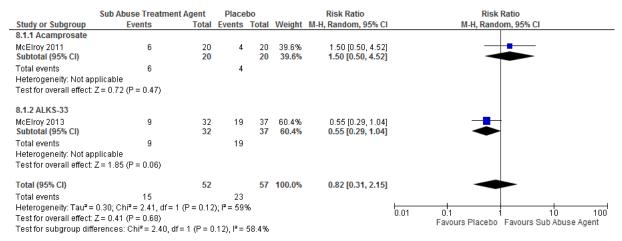
10 Figure 1440: Sheehan Disability Scale



M.5.5.11 Any substance abuse treatment agent versus placebo in adults with binge eating 2 disorder

3 Figure 1441: Remission (ITT)

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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

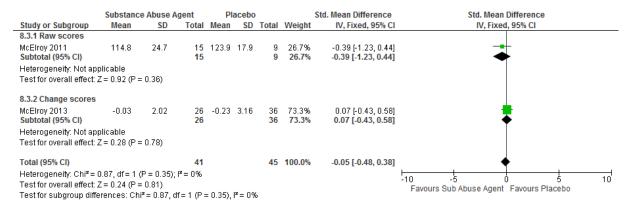
13 Figure 1442: BMI

	Substance	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									
McEiroy 2011 Subtotal (95% CI)	38.9	6.2	15 15	45.6	4	9 9	45.3% 45.3%	-1.18 [-2.08, -0.27] - 1.18 [-2.08, -0.27]	*
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z= 2.55 (P=	= 0.01)							
8.2.2 Change scores	;								
McElroy 2013 Subtotal (95% CI)	0.01	0.69	26 26	-0.07	1.27	36 36	54.7% 54.7%	0.07 [-0.43, 0.58] 0.07 [-0.43, 0.58]	‡
Heterogeneity: Not ap Test for overall effect:		= 0.77)							
Total (95% CI)			41			45	100.0%	-0.49 [-1.71, 0.73]	•
Heterogeneity: $Tau^2 = 0.64$; $Chi^2 = 5.61$, $df = 1$ (P = Test for overall effect: $Z = 0.79$ (P = 0.43) Test for subgroup differences: $Chi^2 = 5.61$, $df = 1$ (.2%			-10 -5 0 5 Favours Sub Abuse Agent Favours Placebo

14

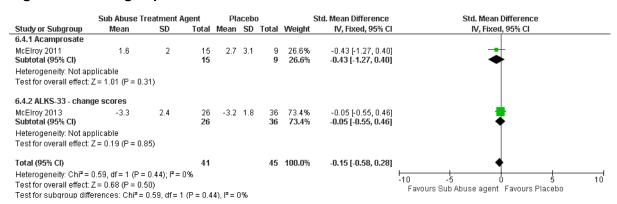
Heterogeneity was detected at i²=59%. McElroy 2013 carried a high risk of bias as the participants in the ALKS-33 group (unlike the acamprosate group) were significantly younger than the relevant placebo group suggesting a failure of randomisation. However, removing it would not explain the heterogeneity 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 1443: Weight

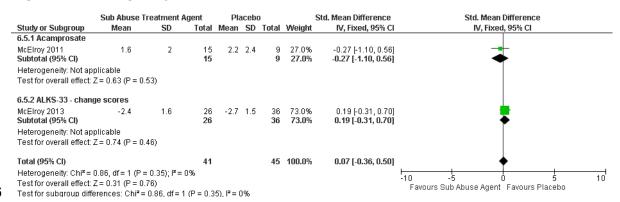


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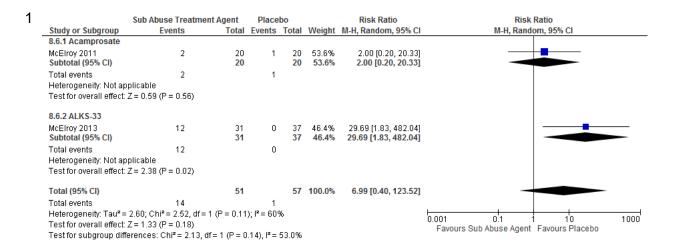
3 Figure 1444: Binge episodes/week



5 Figure 1445: Binge days/week



7 Figure 1446: Withdrawn due to adverse events



3 Heterogeneity was detected at i²=60%. McElroy 2013 carried a high risk of bias as the 4 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 7 presented. Duration of illness and comorbidities other than depression were not reported in

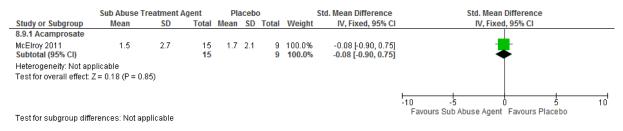
8 the two studies. In addition over 20% of the participants in ALKS-33 group reported several 9 side effects, including nausea, dizziness, headaches and insomnia, which may explain the 10 variability. By contrast, these side effects were relatively uncommon in the acamprosate

11 study.

12

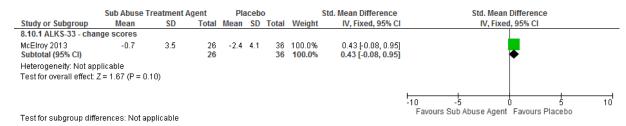
2

13 Figure 1447: Depression



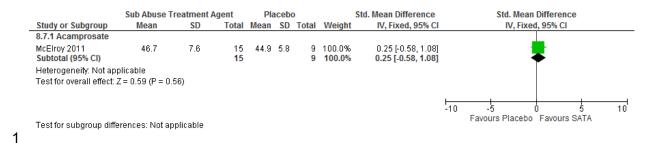
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15 Figure 1448: Depression - change scores

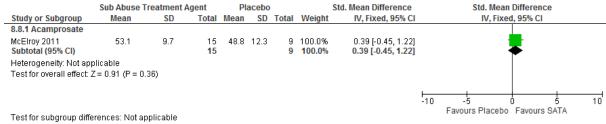


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17 Figure 1449: General physical functioning

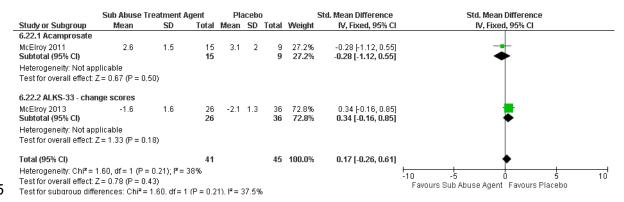


2 Figure 1450: General mental functioning



3

4 Figure 1451: Clinical Global Impressions-severity

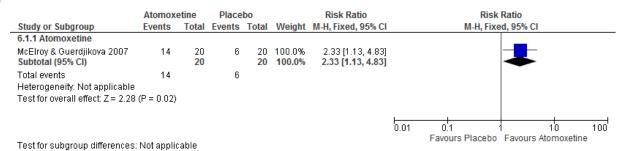


M.5.5.26 Other pharmacological interventions versus placebo in adults with binge eating 7 disorder

8 • Atomoxetine versus placebo

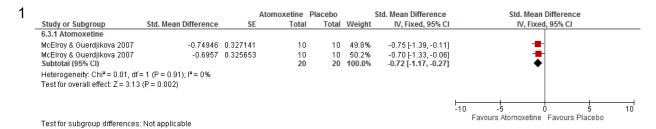
9 Figure 1452: Remission (ITT)

10



11

12 Figure 1453: Binge frequency



2

3 Figure 1454: BMI

4

			Atomoxetine	Placebo		Std. Mean Difference	Std. Mea	an Difference	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI	IV, Fix	ed, 95% CI	
6.3.1 Atomoxetine							_		
McElroy & Guerdjikova 2007 Subtotal (95% CI)	-0.73997	0.326871	20 20		100.0% 100.0%				
Heterogeneity: Not applicable Test for overall effect: Z = 2.26 ((P = 0.02)								
Test for subgroup differences:	Not applicable						-10 -5 Favours Atomoxetin	0 e Favours Plac	5 10 cebo

5

6 Figure 1455: Weight loss (kg)

	Atomoxe Mean S	oxeti						Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI		
6.4.1 Atomoxetine											
McElroy & Guerdjikova 2007 Subtotal (95% CI)	2.7	3.7	20 20	0	3.2	20 20	100.0% 100.0 %	0.77 [0.12, 1.41] 0.77 [0.12, 1.41]			
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]	•		
Heterogeneity: Not applicable Test for overall effect: Z = 2.33 Test for subgroup differences:	•		e						-10 -5 0 5 Favours Placebo Favours Aton	5 10 noxetine	

7

8 Figure 1456: 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 20	1	20 20	100.0% 100.0%	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 1457: Depression

12

Study or Subgroup	Std. Mean Difference		Atomoxetine		Weight	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Std. Mean Difference	3E	Total	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
6.10.1 Atomoxetine							<u> </u>
McElroy & Guerdjikova 2007	0.047434	0.316272	20	20	100.0%	0.05 [-0.57, 0.67]	
Subtotal (95% CI)			20	20	100.0%	0.05 [-0.57, 0.67]	▼
Heterogeneity: Not applicable							
Test for overall effect: Z = 0.15	(P = 0.88)						
							-10 -5 0 5 10
Test for subgroup differences:	Not applicable						Favours Atomoxetine Favours Placebo

1 Figure 1458: Clinical Global Impressions-severity of illness

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6



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Armodafinil versus placebo

5 Figure 1459: Remission (ITT)

	Armoda	afinil	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	7		6				
Heterogeneity: Not applicable Test for overall effect: Z = 0.39 ((P = 0.70))					0.1 0.2 0.5 1 2 5 10 Favours Placebo Favours Armodafinil

7 Figure 1460: Binge frequency

			Armodafinil	Placebo		Std. Mean Difference	Std. Mean Differen	ce
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]	=	
McElroy & Guerdjikova 2015	-0.5549	0.27487	14	14	49.5%	-0.55 [-1.09, -0.02]	-	
Subtotal (95% CI)			27	28	100.0%	-0.46 [-0.84, -0.09]	◆	
Heterogeneity: Chi ² = 0.21, df	= 1 (P = 0.64); I ² = 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: Chi ² = 0.21, df	= 1 (P = 0.64); I ² = 0%						t	
Test for overall effect: Z = 2.40) (P = 0.02)						-10 -5 0	5 10
Test for subgroup differences	* *						Favours Armodafinil Favours	s Macebó

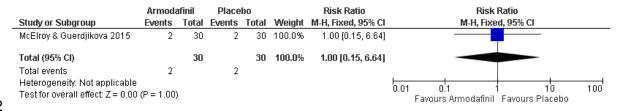
9 Figure 1461: BMI - change scores

	Arm	odafi	nil	Pla	iceb	0		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		
McElroy & Guerdjikova 2015	-0.6	8.0	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	(P = 0.0	2)							-10	-5 Favours Armodafini	0 Favours P	5 lacebo	10

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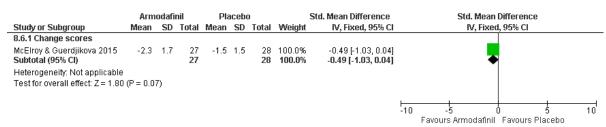
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11 Figure 1462: Withdrawn due to adverse events

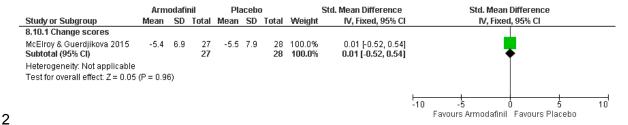


12

13 Figure 1463: Clinical Global Impressions-severity

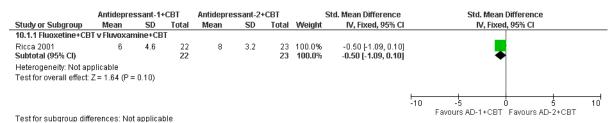


1 Figure 1464: Depression

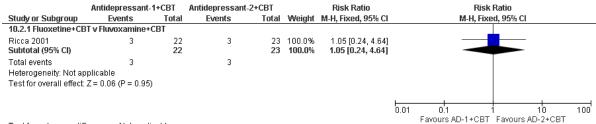


M.5.5.33 Any antidepressant-1 and CBT-ED versus any antidepressant-2 and CBT-ED in adults 4 with binge eating disorder at end of treatment

5 Figure 1465: Binge frequency



7 Figure 1466: Withdrawn due to adverse events



8 Test for subgroup differences: Not applicable

9 Figure 1467: 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+Cl	BT v Venlafa	xine+CB	T							
Cristina 2014 Subtotal (95% CI)	27.9	2.85	10 10	27.2	2.57	10 10	100.0% 100.0 %	0.25 [-0.63, 1.13] 0.25 [-0.63, 1.13]		
Heterogeneity: Not ap Test for overall effect:		= 0.58)								

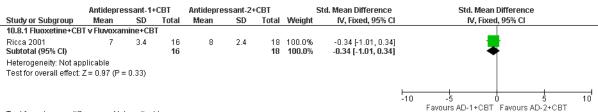
10

M.5.5.41 Any antidepressant-1 and CBT-ED versus any antidepressant-2 and CBT-ED in adults 12 with binge eating disorder at follow up

40 Figure 4400: Discus from the succession

10

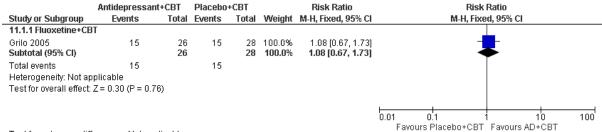
13 Figure 1468: Binge frequency



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 1469: Remission (ITT)



4 Test for subgroup differences: Not applicable

5 Figure 1470: Binge frequency

	Antidep	Antidepressant+CBT			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	d, 95% CI		
11.2.1 Fluoxetine+CE	3T												
Grilo 2005 Subtotal (95% CI)	4.7	11.9	26 26	1.8	3.9	28 28	100.0% 100.0 %	0.33 [-0.21, 0.87] 0.33 [-0.21, 0.87]			*		
Heterogeneity: Not ap Test for overall effect:		P = 0.23)											
									-10	-5 Favoure AD+CRT	0 Foundation Dis	5	10

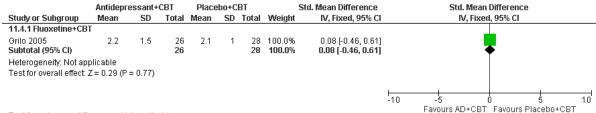
6 Test for subgroup differences: Not applicable

7 Figure 1471: 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 26	34.2	5.8	28 28	100.0% 100.0 %	0.10 [-0.43, 0.63] 0.10 [-0.43, 0.63]		•			
Heterogeneity: Not ap Test for overall effect:	•	= 0.71)											
									-10 -5	j 0		 	10
-										urs AD+CBT I	Favours Plac	cebo+CBT	

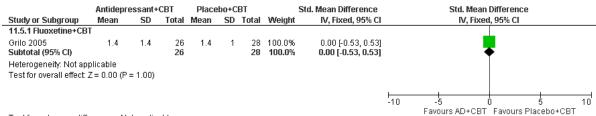
8 Test for subgroup differences: Not applicable

9 Figure 1472: EDE-Q-global



10 Test for subgroup differences: Not applicable

11 Figure 1473: EDE-Q-dietary restraint



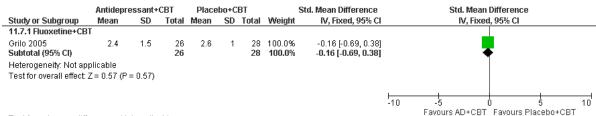
12 Test for subgroup differences: Not applicable

13 Figure 1474: EDE-Q-eating concern

Antidepressant+0		-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		
11.6.1 Fluoxetine+Cl	BT									_			
Grilo 2005 Subtotal (95% CI)	1.5	1.3	26 26	1.7	0.7	28 28	100.0% 100.0 %	-0.19 [-0.73, 0.34] - 0.19 [-0.73, 0.34]					
Heterogeneity: Not a Test for overall effect		= 0.48)											
									-10	-5 I)	5	10
										Favours AD+CBT	Favours Pla	icebo+CBT	

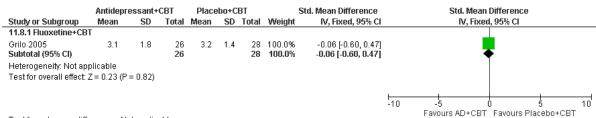
1 Test for subgroup differences: Not applicable

2 Figure 1475: EDE-Q-weight concern



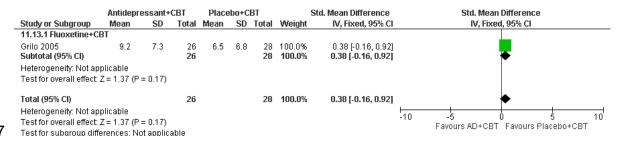
3 Test for subgroup differences: Not applicable

4 Figure 1476: EDE-Q-shape concern



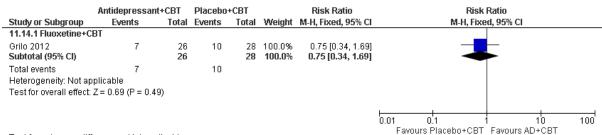
5 Test for subgroup differences: Not applicable

6 Figure 1477: 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 1478: Remission (ITT)



11 Test for subgroup differences: Not applicable

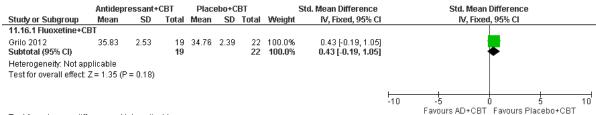
12 Figure 1479: Binge frequency

	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	4.64	7.41	19	4.63	6.94	22	100.0%	0.00 [-0.61, 0.62]	· ·
Subtotal (95% CI)			19			22	100.0%	0.00 [-0.61, 0.62]	•
Heterogeneity: Not ap	oplicable								
Test for overall effect:	Z = 0.00 (P	= 1.00)							
Total (95% CI)			19			22	100.0%	0.00 [-0.61, 0.62]	•
Heterogeneity: Not ap	Heterogeneity: Not applicable								-10 -5 0 5 10
Test for overall effect:	est for overall effect: Z = 0.00 (P = 1.00)								Favours AD+CBT Favours Placebo+CBT
Test for subgroup diff	st for subgroup differences: Not applicat								Tavouis AD COL Tavouis Hacebo COL

2 Figure 1480: BMI

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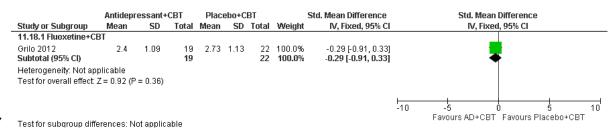


3 Test for subgroup differences: Not applicable

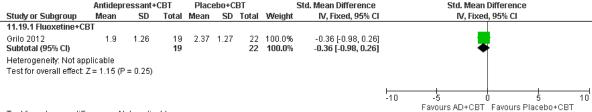
4 Figure 1481: Percentage weight loss

	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) Heterogeneity: Not ap Test for overall effect:		o = 0.25)	19			22	100.0%	0.37 [-0.25, 0.99]	-10 -5 0 5 10 Favours AD+CBT Favours PL+CBT

6 Figure 1482: EDE-Q-global

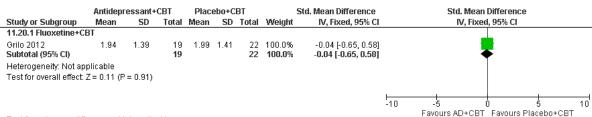


8 Figure 1483: EDE-Q-dietary restraint



9 Test for subgroup differences: Not applicable

10 Figure 1484: EDE-Q-eating concern



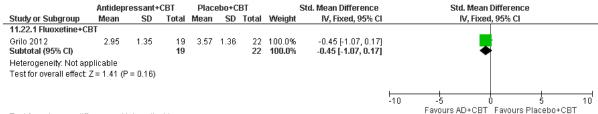
11 Test for subgroup differences: Not applicable

12 Figure 1485: EDE-Q-weight concern

	Antidep	ressant+	-CBT	Plac	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	
11.21.1 Fluoxetine+0	CBT											
Grilo 2012 Subtotal (95% CI)	2.63	1.22	19 19	3.03	1.22	22 22		-0.32 [-0.94, 0.30] - 0.32 [-0.94, 0.30]				
Heterogeneity: Not a Test for overall effect		9 = 0.31)										
									-10	-5 I)	 5 10
									Favours AD+CBT	Favours Pla	cebo+CBT	

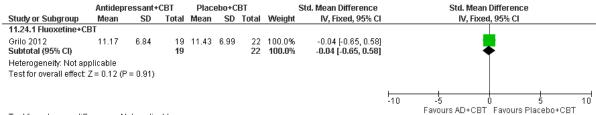
1 Test for subgroup differences: Not applicable

2 Figure 1486: EDE-Q-shape concern



3 Test for subgroup differences: Not applicable

4 Figure 1487: Depression

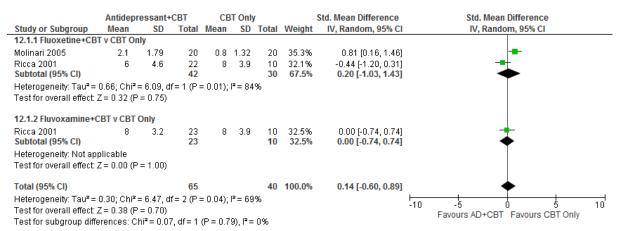


5 Test for subgroup differences: Not applicable

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 1488: Binge frequency

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11 Heterogeneity was detected at i²=84% for the fluoxetine and CBT-ED subgroup. One study

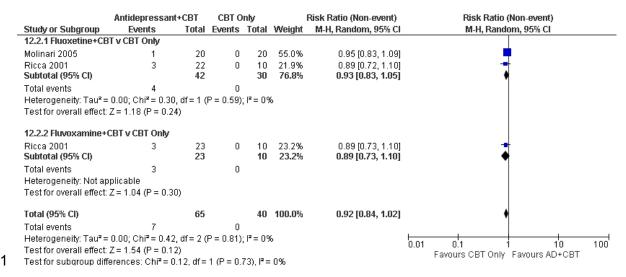
12 by Molinari 2005 appeared to be an outlier. Molinari 2005 carried a high risk of bias given 13 that part of the study was conducted in an inpatient setting (4 of the 52 weeks), the duration

14 of the treatment was twice that of Ricca 2001 (12 months vs 6 months), participants were on

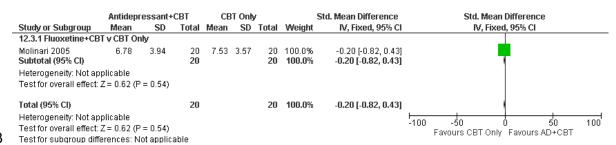
15 a diet and also received group nutritional counselling. Hence, it is difficult to compare the

16 efficacy of the combined treatments and a random effects analysis was presented.

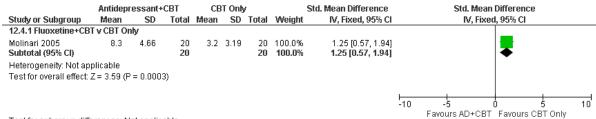
17 Figure 1489: Withdrawn due to adverse events



2 Figure 1490: Percentage weight loss

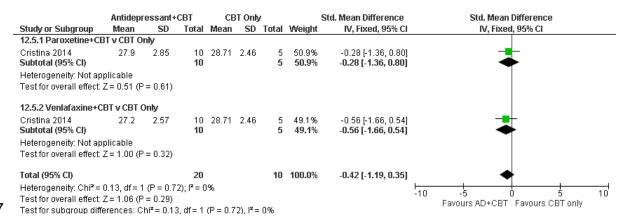


4 Figure 1491: EDI-2-bulimia

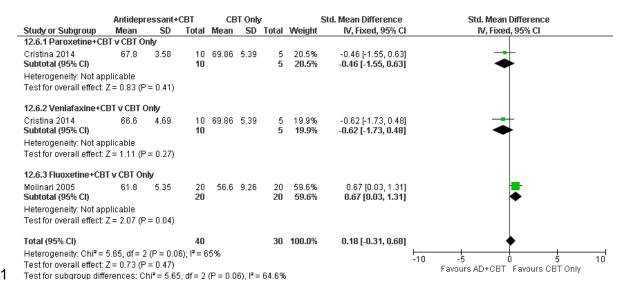


5 Test for subgroup differences: Not applicable

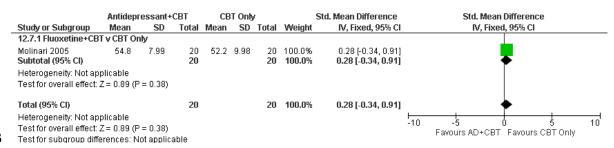
6 Figure 1492: Binge Eating Scale



8 Figure 1493: Depression

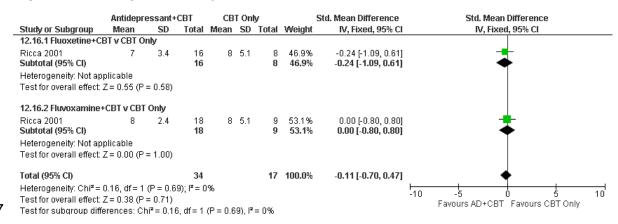


2 Figure 1494: Family functioning



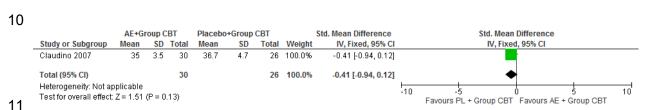
M.5.5.84 Any antidepressant and CBT-ED versus CBT-ED in adults with binge eating disorder 5 at follow up

6 Figure 1495: Binge frequency



M.5.5.98 Any antiepileptic and group CBT-ED versus placebo and group CBT-ED

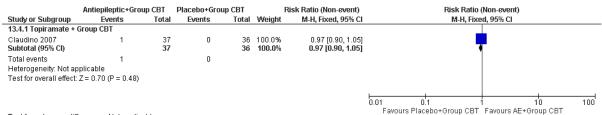
9 Figure 1496: BMI



12 Figure 1497: Number of people achieving weight loss of 10% or more

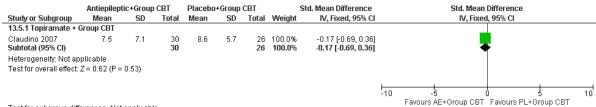
			Placebo+Grou	ıp CBT		Risk Ratio	Risk Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	CI M-H, Fixed, 95% CI	
13.3.1 Topiramate +	Group CBT							
Claudino 2007 Subtotal (95% Cl)	11	30 30	3	26 26	100.0% 100.0 %			
Total events Heterogeneity: Not ap Test for overall effect:	•		3					
Test for subgroup dif	ferences: Not applica	ble					0.01 0.1 1 10 10 Favours PL+Group CBT Favours AE+Group CBT	j

2 Figure 1498: Withdrawn due to adverse events



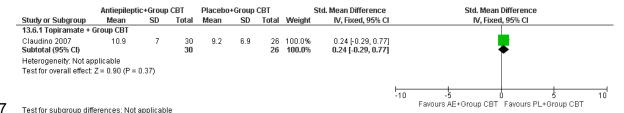
Test for subgroup differences: Not applicable

4 Figure 1499: Binge Eating Scale



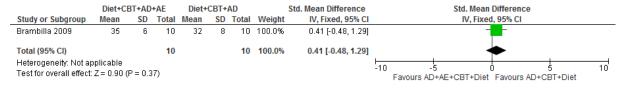
Test for subgroup differences: Not applicable

6 Figure 1500: Depression



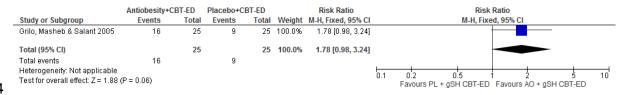
M.5.5.108 Any antidepressant, antiepileptic, CBT-ED and group behavioural weight loss therapy 9 versus antidepressant, CBT-ED and group behavioural weight loss therapy

10 Figure 1501: 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 1502: Remission (ITT)



5 Figure 1503: Binge frequency

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	Antiobes				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 (F	o = 0.79)							-	10 -5 (Favours AO+gSH CBT-ED	5 Favours PL+gSH CBT-ED	10

7 Figure 1504: Weight loss>=5% (ITT)

	,		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 1505: 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]		•
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

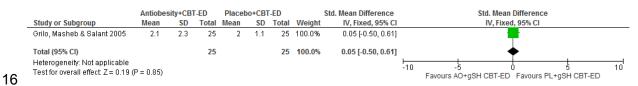
11 Figure 1506: Mean % weight loss

	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]			*		
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

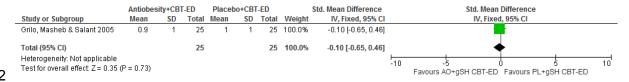
13 Figure 1507: EDE Global

	Antiobes	ity+CB1	-ED	Placel	o+CBT	-ED		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		
Grilo, Masheb & Salant 2005	2.1	1	25	2.4	0.7	25	100.0%	-0.34 [-0.90, 0.22]		-			
Total (95% CI) Heterogeneity: Not applicable			25			25	100.0%	-0.34 [-0.90, 0.22]	-10	-5	•	 	10
Test for overall effect: $Z = 1.20$ (P = 0.23)									F	Favours AO+gSH CBT-E	D Favours PL+gS	H CBT-ED	

15 Figure 1508: EDE Dietary Restraint



1 Figure 1509: EDE Eating Concern



3 Figure 1510: EDE Weight Concern

	Antiobe				o+CB	Γ-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	2.8	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 (F	9 = 0.45)								-10	Favours A	5 O+qSH CBT-ED	0 Favours PL+q	SH CBT-ED	10

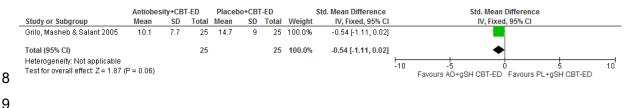
5 Figure 1511: EDE Shape Concern

				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	2.8	1.4	25	3.3	1.1	25	100.0%	-0.39 [-0.95, 0.17]			•			
Total (95% CI) Heterogeneity: Not applicable Test for overall effect: Z = 1.37 (F	= 0.17)		25			25	100.0%	-0.39 [-0.95, 0.17]	-10	Favours A	5 0+gSH CBT-ED	0 Favours PL+	5 gSH CBT-ED	10

7 Figure 1512: Depression

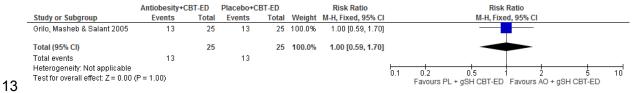
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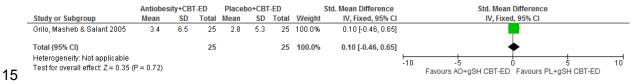


M.5.5.120 Any antiobesity agent and CBT-ED versus placebo and CBT-ED in adults with binge eating disorder at follow up

12 Figure 1513: Remission (ITT)



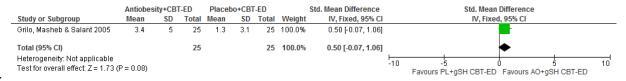
14 Figure 1514: Binge frequency



1 Figure 1515: Weight loss>=5% (ITT)



3 Figure 1516: Weight loss (kg)



5 Figure 1517: Mean % weight loss

	•			Placel	o+CBT	Γ-ED	9	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		
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]			•		
Heterogeneity: Not applicable Test for overall effect: Z = 1.66 (I	P = 0.10)								-10	-5 Favours PL+qSH CBT-E	0 D Favours AO+qS	5 SH CBT-ED	10

7 Figure 1518: EDE Global

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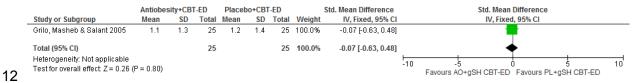
10

	Antiobes	sity+CB	T-ED	Placel	o+CB	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]			•		
Heterogeneity: Not applicable Test for overall effect: Z = 0.33 (P = 0.74)								-10	-5 Favours AO+gSH CBT-ED	0 Favours PL+gSI	H CBT-ED	10

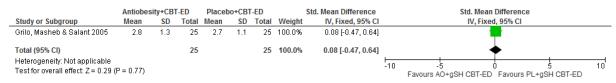
9 Figure 1519: EDE Dietary Restraint

	Antiobes	sity+CB	I-ED	Placel	00+CRI	-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	2.1	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 (I	P = 0.59)								-10	Favours A	5 O+gSH CBT-ED	0 Favours PL+g	5 SH CBT-ED	10

11 Figure 1520: EDE Eating Concern



13 Figure 1521: EDE Weight Concern



1 Figure 1522: EDE Shape Concern

	Antiobesi	ty+CB1	-ED	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	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 (P	° = 0.82)		25			25	100.0%	-0.07 [-0.62, 0.49]	-10	-5 0 5 10 Favours AO+gSH CBT-ED Favours PL+gSH CBT-ED	1

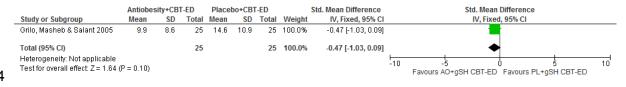
3 Figure 1523: Depression

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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 1524: Relapse

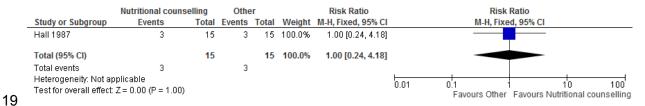
	Nutritional couns	selling	Othe	er		Risk Ratio			Risk	Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	ed, 95% CI		
Pike 2003	8	15	4	18	100.0%	2.40 [0.90, 6.43]			_			_
Total (95% CI)		15		18	100.0%	2.40 [0.90, 6.43]			-			-
Total events Heterogeneity: Not ap Test for overall effect:	•		4				0.1	0.2	0.5 Favours Other	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 1525: Weight

	Nutritional	counse	lling	O	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	
Hall 1987	46	6	15	45.1	10	15	100.0%	0.11 [-0.61, 0.82]		-	-	
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•	0.77)	15			15	100.0%	0.11 [-0.61, 0.82]	-10 -	5 Favours Other	0 Favours Nutriti	⊢ 10 ling

18 Figure 1526: Menstruation regular

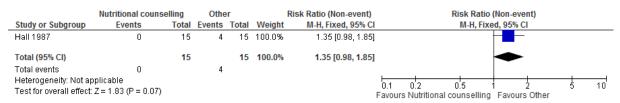


20 Figure 1527: Menstruation absent



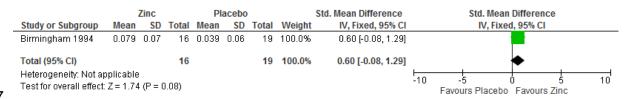
2 Figure 1528: Remission

3

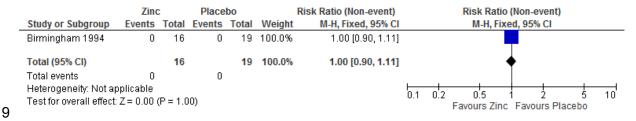


M.6.1.34 Zinc supplementation compared with placebo in adults with anorexia nervosa at end 5 of treatment

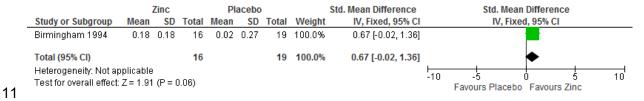
6 Figure 1529: BMI gain/day



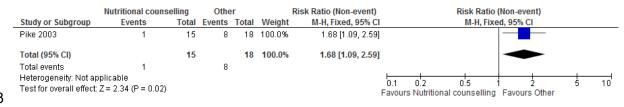
8 Figure 1530: Side-effects



10 Figure 1531: Percent body fat gain/day



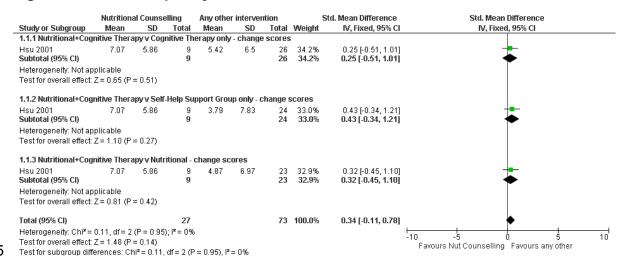
12 Figure 1532: Remission



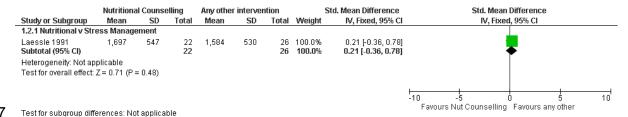
M.6.21 Nutritional interventions for bulimia nervosa

M.6.2.12 Nutritional counselling versus any other intervention in adults with bulimia nervosa at 3 end of treatment

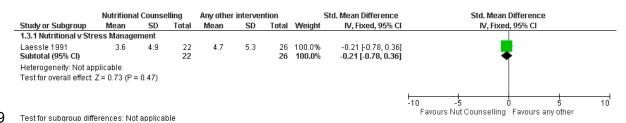
4 Figure 1533: Meal frequency



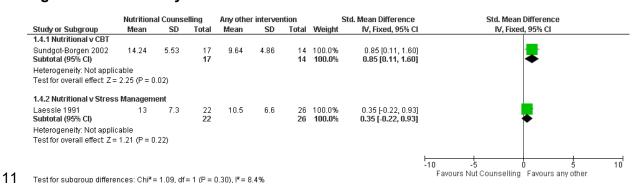
6 Figure 1534: Calories/day



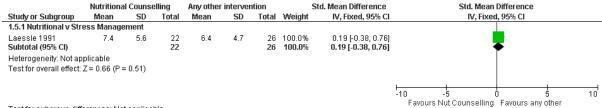
8 Figure 1535: EDI-bulimia



10 Figure 1536: EDI-body dissatisfaction

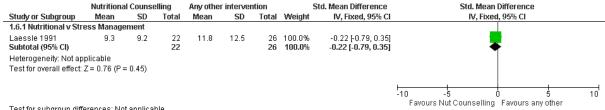


1 Figure 1537: EDI-drive for thinness



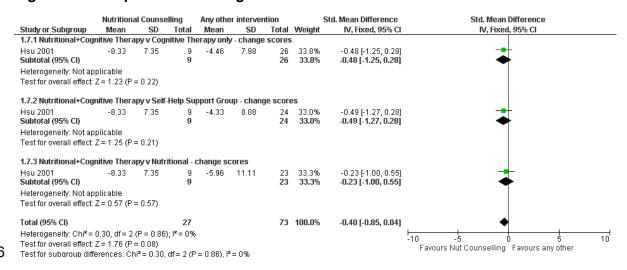
Test for subgroup differences: Not applicable

3 Figure 1538: Depression – raw scores



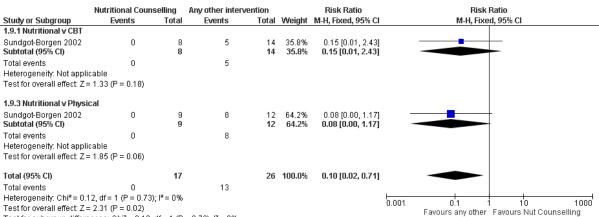
Test for subgroup differences: Not applicable

5 Figure 1539: Depression – change scores



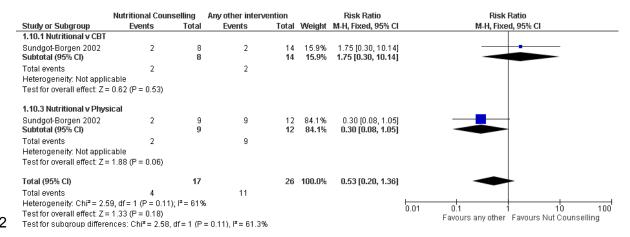
M.6.2.27 Nutritional counselling versus any other intervention in adults with bulimia nervosa at 8 follow up

9 Figure 1540: Recovery from bulimia

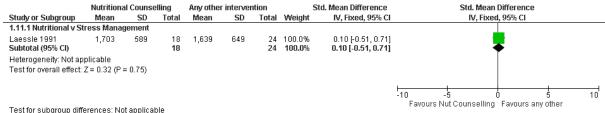


Test for subgroup differences: Chi² = 0.12, df = 1 (P = 0.73), $|^2$ = 0%

1 Figure 1541: Satisfies EDNOS criteria



3 Figure 1542: Calories/day



4 Test for subgroup differences: Not applicable

5

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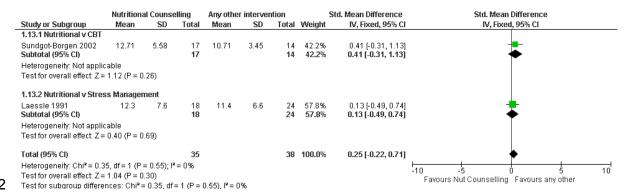
8

6 Figure 1543: EDI-bulimia

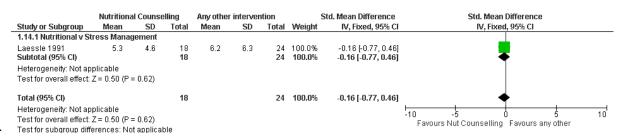
Nutritional Counselling Any other intervention Std. Mean Difference Std. Mean Difference Total Weight Study or Subgroup Mean SD Total Mean SD IV. Random, 95% CI IV. Random, 95% CI 1.12.1 Nutritional v CB Sundgot-Borgen 2002 1.83 3.06 [1.98, 4.14] Subtotal (95% CI) 49.2% Heterogeneity: Not applicable 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) Total (95% CI) 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: Chi² = 30.45, df = 1 (P < 0.00001), i² = 96.7% Favours Nut Counselling Favours any other

9 Heterogeneity was detected at i²=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.

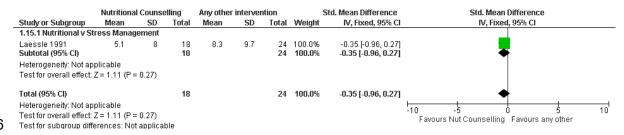
1 Figure 1544: EDI-body dissatisfaction



3 Figure 1545: EDI-drive for thinness

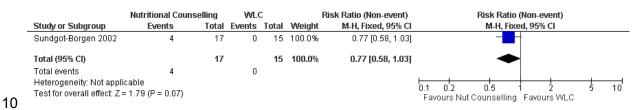


5 Figure 1546: Depression



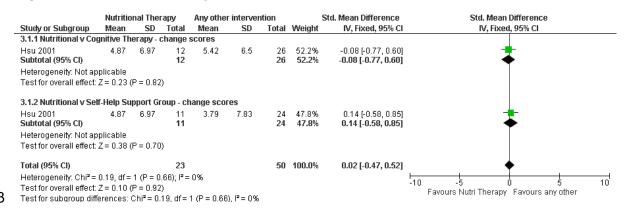
M.6.2.37 Nutritional counselling versus wait list control in adults with bulimia nervosa at follow 8 up

9 Figure 1547: Satisfies EDNOS criteria

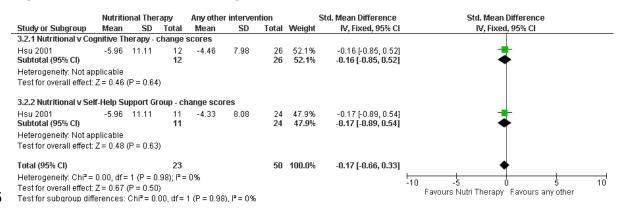


M.6.2.41 Nutritional therapy versus wait list control in adults with bulimia nervosa

2 Figure 1548: Meal frequency

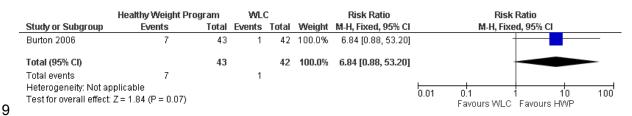


4 Figure 1549: Depression – change scores

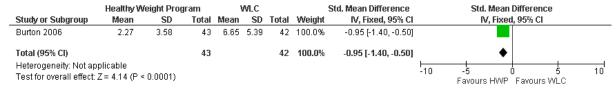


M.6.2.56 Healthy weight program versus wait list control in adults with bulimia nervosa at end 7 of treatment

8 Figure 1550: Remission (ITT)

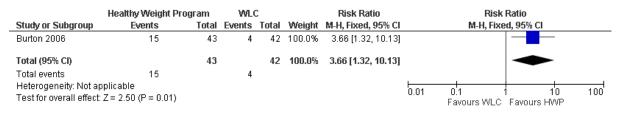


10 Figure 1551: Binge frequency



M.6.2.61 Healthy weight program versus wait list control in adults with bulimia nervosa at 2 follow up

3 Figure 1552: Remission (ITT)



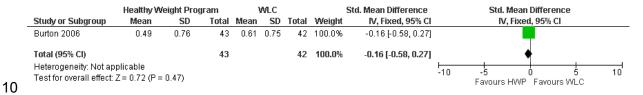
5 Figure 1553: Binge frequency

	Healthy W	eight Pro	gram		WLC			Std. Mean Difference	Std. Mean Differen	ice
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	1
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 0 Favours HWP Favour	5 10 s WLC

7 Figure 1554: General functioning

	Healthy W	eight Pro	gram	١	WLC			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	
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

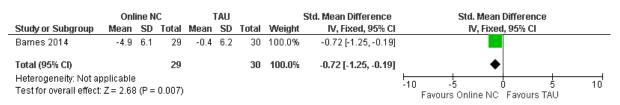
9 Figure 1555: Service use



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 1556: Weight (lbs - change scores)



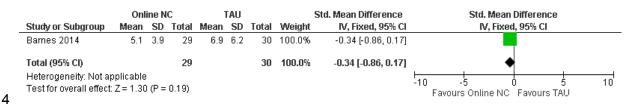
6

1 Figure 1557: EDE-global

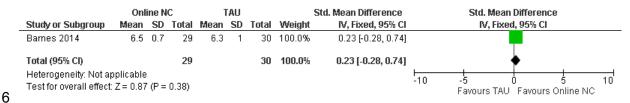
	Onl	ine N	С	1	ΓAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Barnes 2014	1.2	0.5	29	1.5	0.9	30	100.0%	-0.40 [-0.92, 0.11]	•
Total (95% CI)			29			30	100.0%	-0.40 [-0.92, 0.11]	•
Heterogeneity: Not ap Test for overall effect:	•		0.12)						-10 -5 0 5 10 Favours Online NC Favours TAU

3 Figure 1558: Depression

2



5 Figure 1559: General functioning

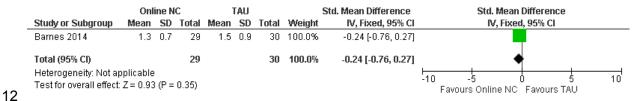


M.6.3.27 Online nutritional counselling versus treatment as usual in adults with BED at follow 8 up

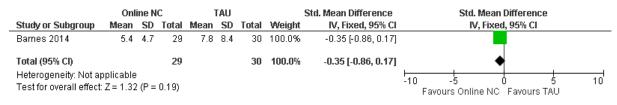
9 Figure 1560: Weight (lbs - change scores)

	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]	→
Heterogeneity: Not ap Test for overall effect:			0.006)						-10 -5 0 5 10 Favours Online NC Favours TAU

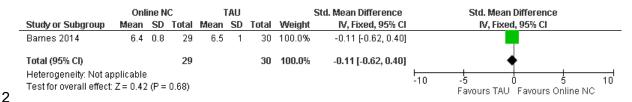
11 Figure 1561: EDE-global



13 Figure 1562: Depression

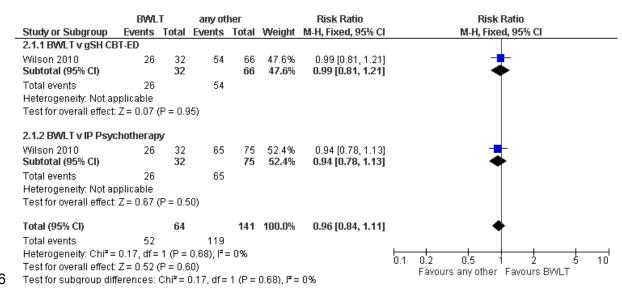


1 Figure 1563: General functioning



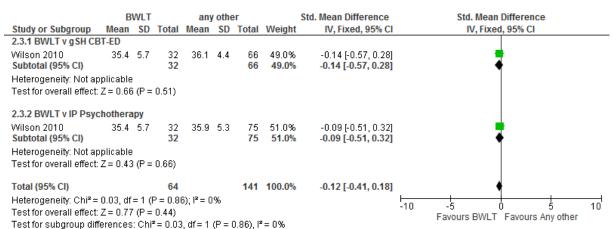
M.6.3.33 Behavioural weight loss therapy versus any other intervention in adults with BED at 4 end of treatment

5 Figure 1564: Remission

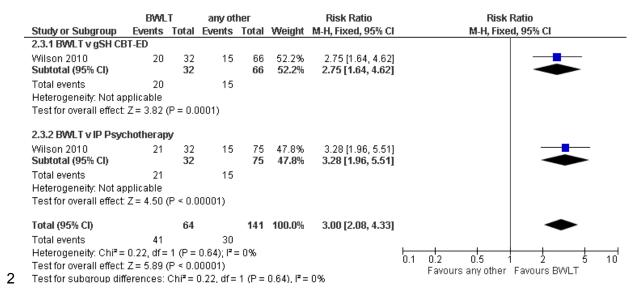


7 Figure 1565: BMI

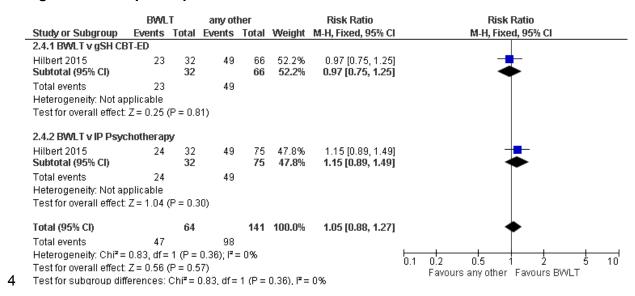
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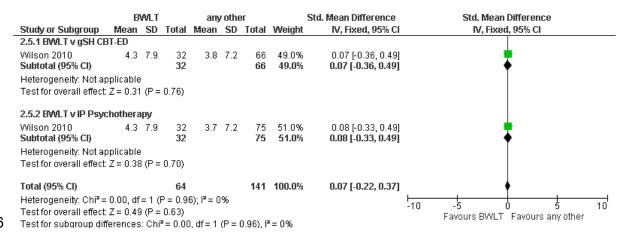
1 Figure 1566: Number of people losing 5% or more weight



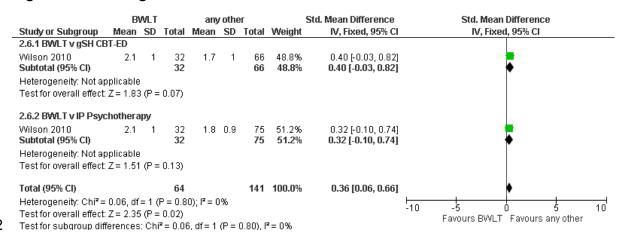
3 Figure 1567: Rapid response



5 Figure 1568: Binge frequency



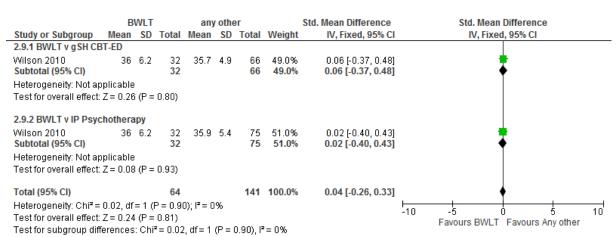
1 Figure 1569: EDE-global



M.6.3.43 Behavioural weight loss therapy versus any other intervention in adults with BED at 1-4 year follow up

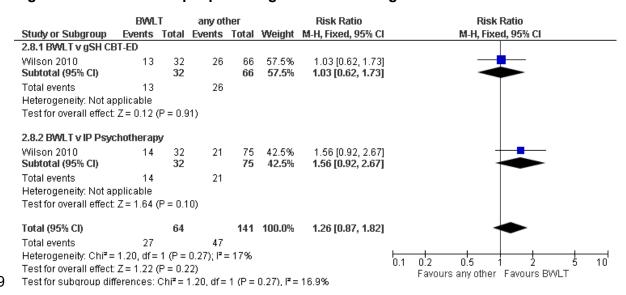
5 Figure 1570: BMI

6

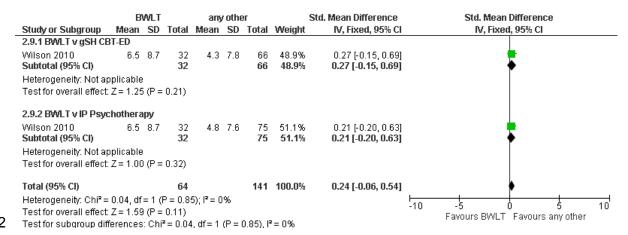


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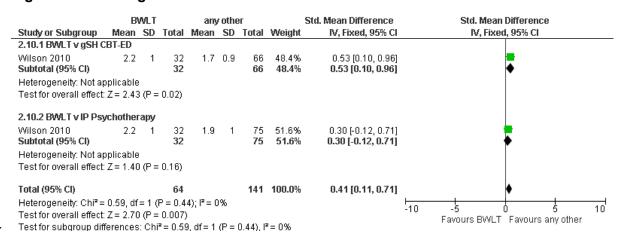
8 Figure 1571: Number of people losing 5% or more weight



1 Figure 1572: Binge frequency



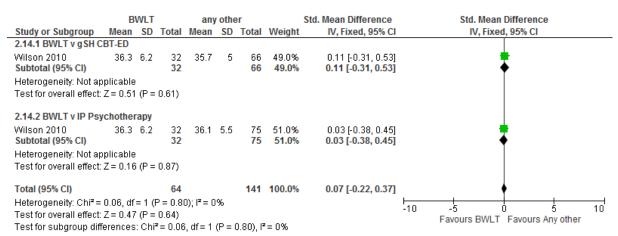
3 Figure 1573: EDE-global



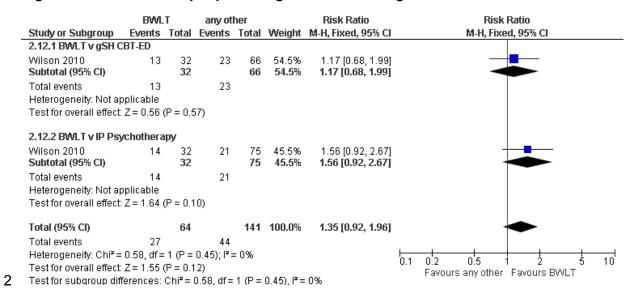
M.6.3.55 Behavioural weight loss therapy versus any other intervention in adults with BED at 2-6 year follow up

7 Figure 1574: BMI

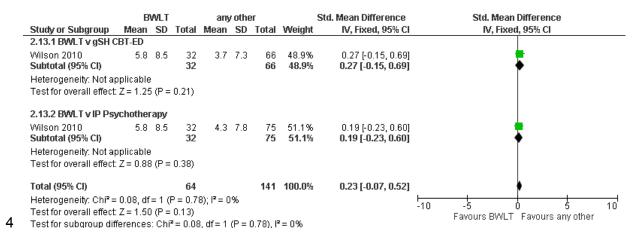
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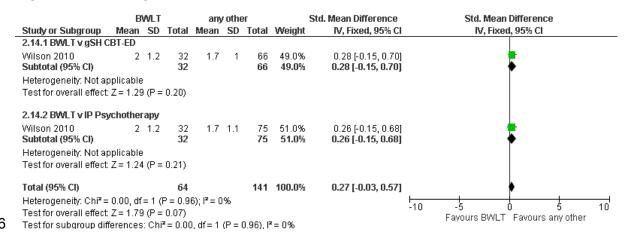
1 Figure 1575: Number of people losing 5% or more weight



3 Figure 1576: Binge frequency



5 Figure 1577: EDE-global

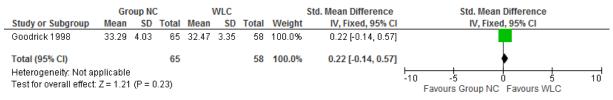


M.6.3.61 Group nutritional counselling versus wait list control in adults with BED at end of 2 treatment

3 Figure 1578: BMI

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6 Figure 1579: Binge Eating Scale

	Gre	oup NO		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
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 a Test for overall effect			0.0001)	ı					-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 1580: BMI/Weight

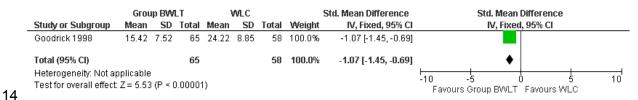
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			Group BWLT	WLC		Std. Mean Difference	Std. Mea	n Difference	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI	IV, Fix	ed, 95% CI	
Goodrick 1998	0.22012972	0.18117112	33	29	60.2%	0.22 [-0.13, 0.58]			
Reeves 2001	0.17123218	0.2229253	46	36	39.8%	0.17 [-0.27, 0.61]		†	
Total (95% CI)			79	65	100.0%	0.20 [-0.07, 0.48]		•	
Heterogeneity: Chi ^z = Test for overall effect:	0.03, df = 1 (P = 0.86); l ² Z = 1.43 (P = 0.15)	= 0%					-10 -5 Favours Group BWL	0 5 T Favours WL	5 10 .C

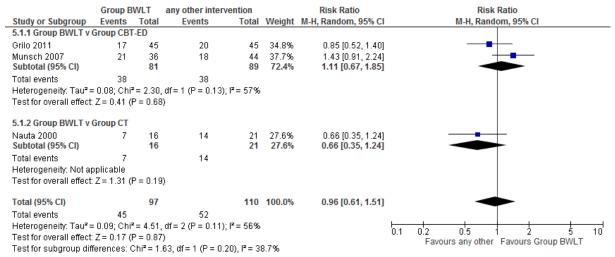
13 Figure 1581: Binge Eating Scale



M.6.3.81 Group behavioural weight loss therapy versus any other intervention in adults with 2 BED at end of treatment

3 Figure 1582: Remission (ITT)

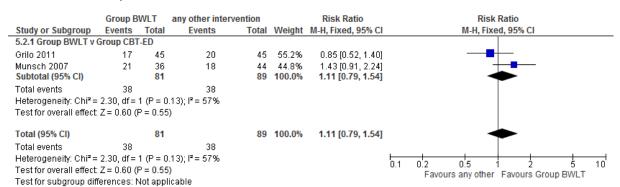
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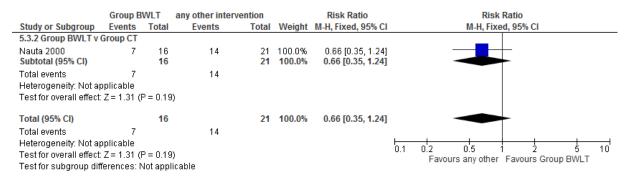
Heterogeneity was detected at i²=56%. There was no clear difference in the risk of bias between these three studies. The study by Nauta 2000 was unclear if the participants had comorbidities, whilst Munsch 2007 was unclear on the duration of illness. The severity of illness, as indicated by the average 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 1583: Remission (ITT) - subgroup analysis of severity of illness (<18 binges per month)



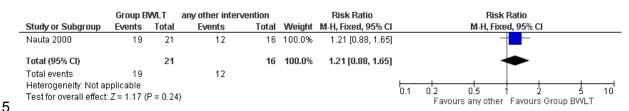
16

1 Figure 1584: Remission (ITT) - subgroup analysis of severity of illness (>18 binges per month)

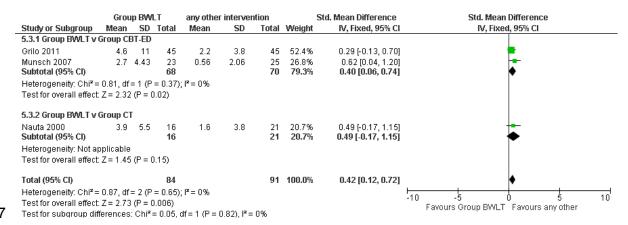


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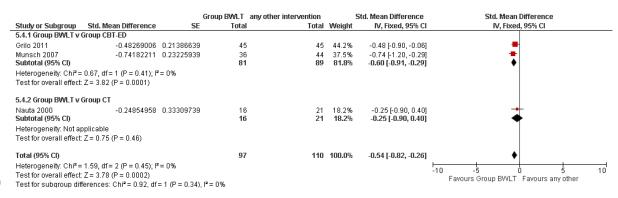
4 Figure 1585: No longer meets all DSM-IV BED criteria



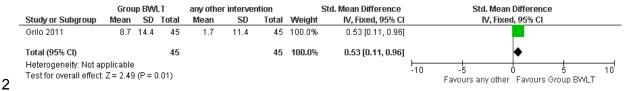
6 Figure 1586: Binge frequency



8 Figure 1587: BMI/Weight

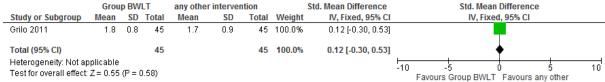


1 Figure 1588: Weight loss (lbs)



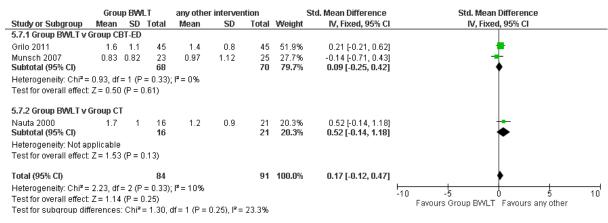
3 Figure 1589: EDE-global





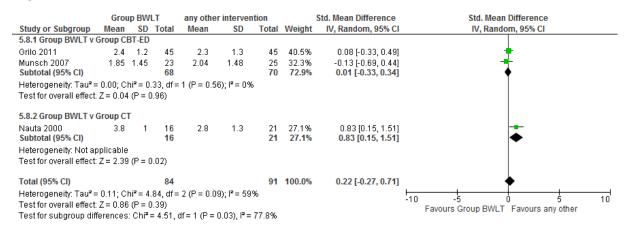
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6 Figure 1590: EDE-dietary restraint



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9 Figure 1591: EDE-shape concern

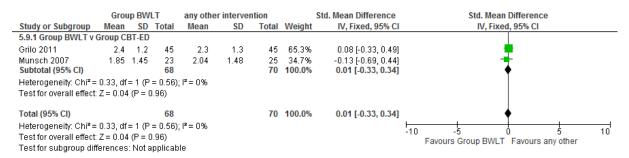


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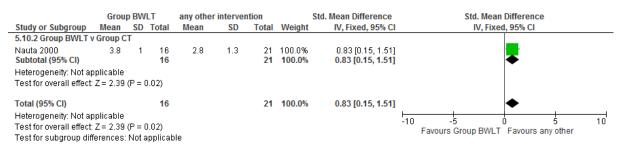
Heterogeneity was detected at i² =59%. There was no clear difference in the risk of bias between these three studies. The study by Nauta 2000 was unclear if the participants had comorbidities, whilst Munsch 2007 was unclear on the duration of illness. The severity of illness, as indicated by the average 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 1592: EDE-shape concern - subgroup analysis for severity of illness (<18 binges/month)



7 Figure 1593: EDE-shape concern - subgroup analysis for severity of illness (>18 binges/month)

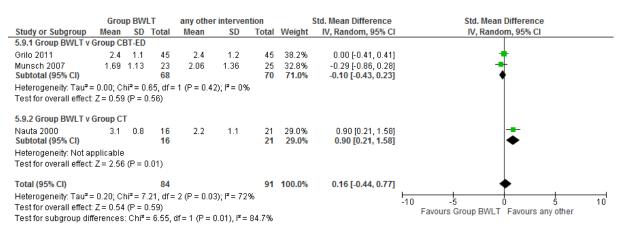


10 Figure 1594: EDE-weight concern

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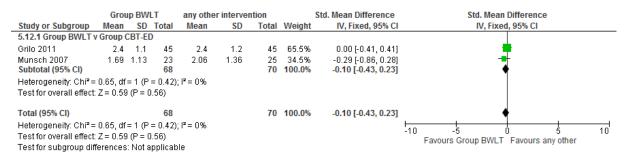
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Heterogeneity was detected at i²=72%. There was no clear difference in the risk of bias between these three studies. The study by Nauta 2000 was unclear if the participants had comorbidities, whilst Munsch 2007 was unclear on the duration of illness. 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 1595: EDE-weight concern - subgroup analysis for severity of illness (<18 binges/month)



3

Figure 1596: 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 16	2.2	1.1	21 21	100.0% 100.0 %	0.90 [0.21, 1.58] 0.90 [0.21, 1.58]	
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

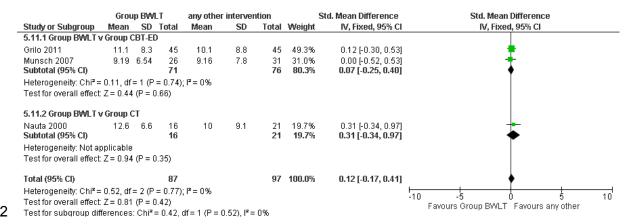
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8 Figure 1597: EDE-eating concern

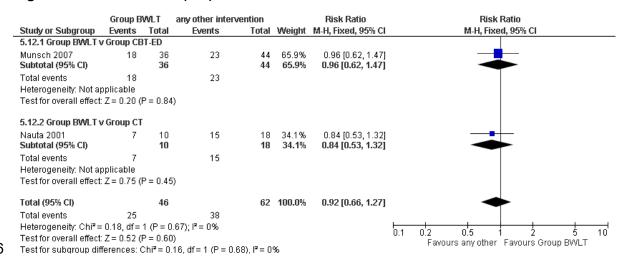
	Grou	ıp BW	LT	any othe	r interve	ntion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
5.10.1 Group BWLT v	/ Group (BT-E	D						
Grilo 2011	1	1	45	0.8	1.1	45	52.0%	0.19 [-0.23, 0.60]	-
Munsch 2007	0.37	0.45	23	0.35	0.67	25	27.8%	0.03 [-0.53, 0.60]	+
Subtotal (95% CI)			68			70	79.8%	0.13 [-0.20, 0.47]	•
Heterogeneity: Chi ² =	0.19, df	= 1 (P	= 0.67	$ ^2 = 0\%$					
Test for overall effect:	Z = 0.79	(P = 1	0.43)						
5.10.2 Group BWLT v	/ Group (СТ							
Nauta 2000	1.7	1	16	1.2	0.7	21	20.2%	0.58 [-0.08, 1.25]	 -
Subtotal (95% CI)			16			21	20.2%	0.58 [-0.08, 1.25]	◆
Heterogeneity: Not as	oplicable								
Test for overall effect:	Z=1.71	(P = (0.09)						
Total (95% CI)			84			91	100.0%	0.22 [-0.07, 0.52]	•
Heterogeneity: Chi ² =	1.57, df	= 2 (P	= 0.46); I² = 0%					<u> </u>
Test for overall effect		•							-10 -5 0 5 10
Test for subgroup dif		•		df = 1 (P =	0.24). l ² =	27.6%			Favours Group BWLT Favours any other

1 Figure 1598: Depression

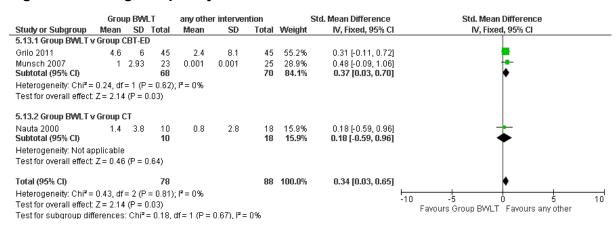


M.6.3.93 Group behavioural weight loss therapy versus any other intervention in adults with4 BED at follow up

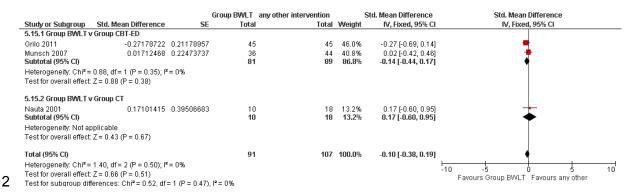
5 Figure 1599: Remission (ITT)



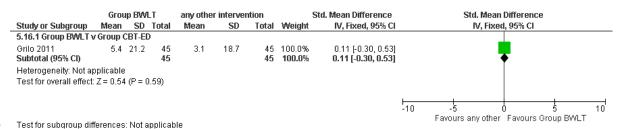
7 Figure 1600: Binge frequency



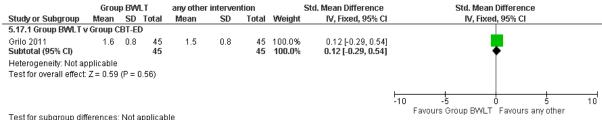
1 Figure 1601: BMI/Weight



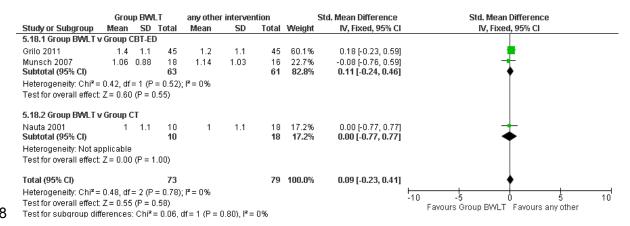
3 Figure 1602: Weight loss (lbs)



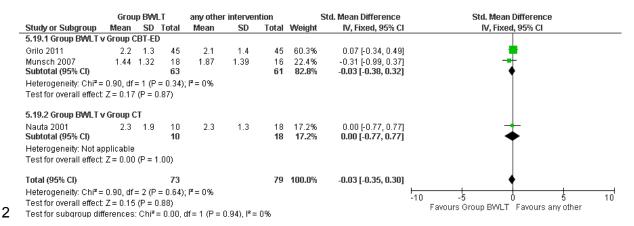
5 Figure 1603: EDE-global



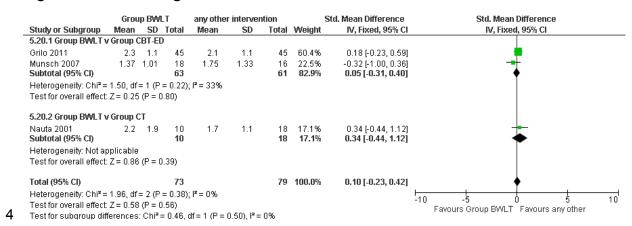
7 Figure 1604: EDE-dietary restraint



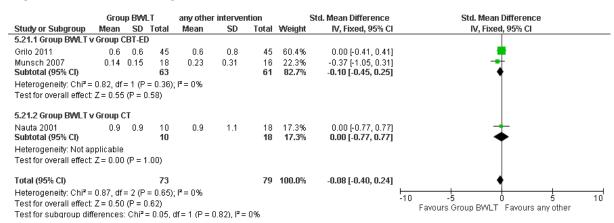
1 Figure 1605: EDE-shape concern



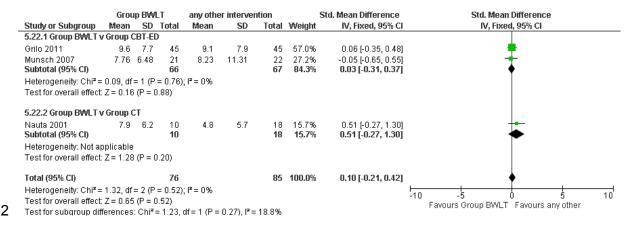
3 Figure 1606: EDE-weight concern



5 Figure 1607: EDE-eating concern

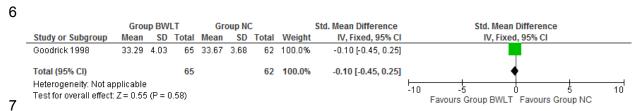


1 Figure 1608: Depression

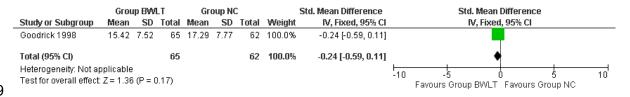


M.6.3.103 Group behavioural weight loss therapy versus group nutritional counselling in adults 4 with BED at end of treatment

5 Figure 1609: BMI

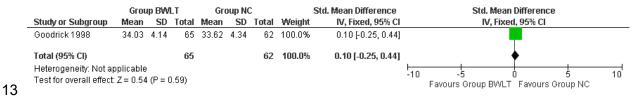


8 Figure 1610: Binge Eating Scale



M.6.3.110 Group behavioural weight loss therapy versus group nutritional counselling in adults 11 with BED at follow up

12 Figure 1611: BMI

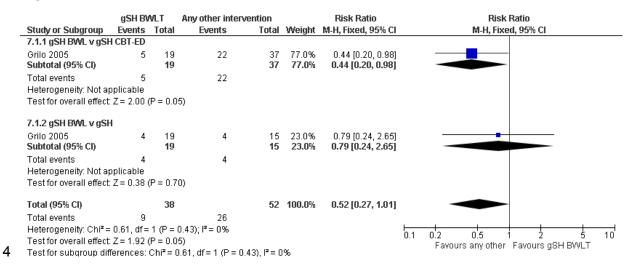


14 Figure 1612: Binge Eating Scale

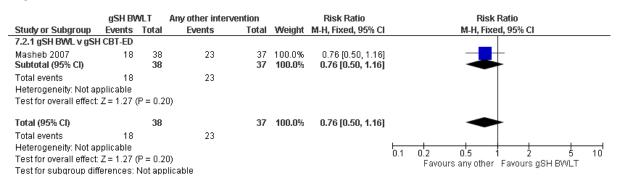
	Grou	ıp BW	LT	Gro	oup NO	2		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Goodrick 1998	14.25	8.93	65	14.9	10.4	62	100.0%	-0.07 [-0.41, 0.28]	•
Total (95% CI)			65			62	100.0%	-0.07 [-0.41, 0.28]	+
Heterogeneity: Not a Test for overall effect			0.71)						-10 -5 0 5 10 Favours Group BWLT Favours Group NC

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 1613: Remission

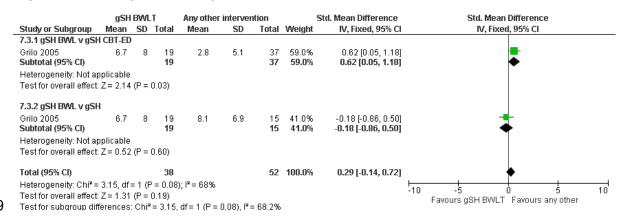


5 Figure 1614: Rapid response

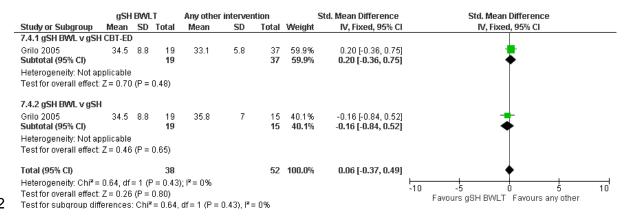


8 Figure 1615: Binge frequency

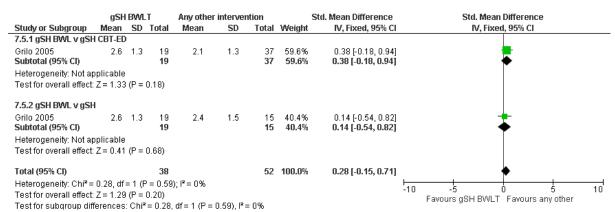
6



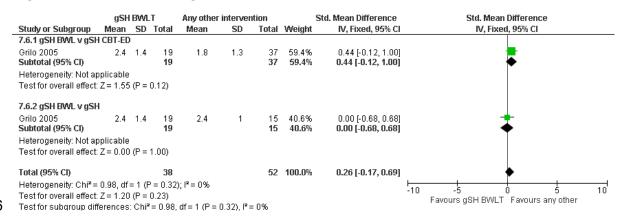
1 Figure 1616: BMI



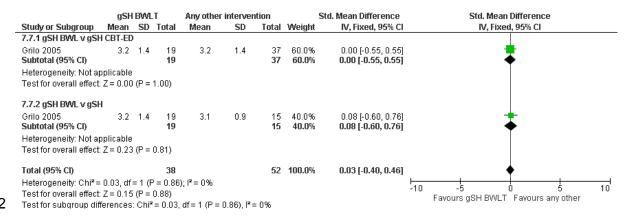
3 Figure 1617: EDE-Q-dietary restraint



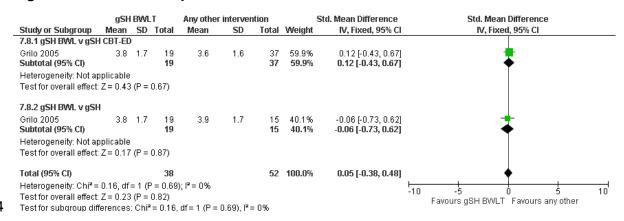
5 Figure 1618: EDE-Q-eating concern



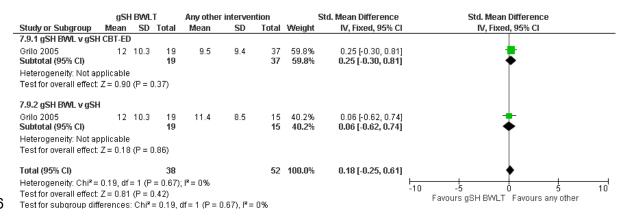
1 Figure 1619: EDE-Q-weight concern



3 Figure 1620: EDE-Q-shape concern

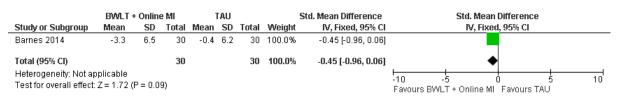


5 Figure 1621: Depression

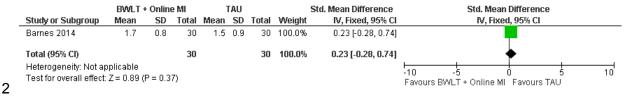


M.6.3.137 Behavioural weight loss therapy and online motivational interviewing versus 8 treatment as usual intervention in adults with BED at end of treatment

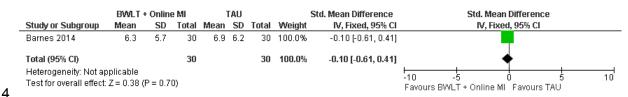
9 Figure 1622: Weight (lbs - change scores)



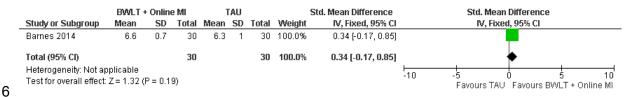
1 Figure 1623: EDE-global



3 Figure 1624: Depression



5 Figure 1625: 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 1626: Weight (lbs - change scores)

	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	-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 1627: EDE-global

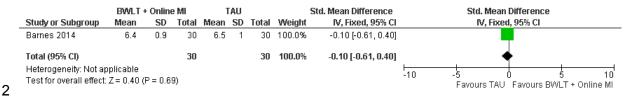
	BWLT +	Online	e MI	1	ΓAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Barnes 2014	1.7	1	30	1.5	0.9	30	100.0%	0.21 [-0.30, 0.72]	-
Total (95% CI)			30			30	100.0%	0.21 [-0.30, 0.72]	*
Heterogeneity: Not ap Test for overall effect:		P = 0.4	2)						-10 -5 0 5 10 Favours BWLT + Online MI Favours TAU

13 Figure 1628: Depression

	BWLT 4	+ Online	e MI	1	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
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

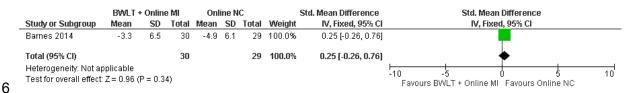
10

1 Figure 1629: 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 1630: Weight (lbs - change scores)



7 Figure 1631: 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]		•	
Heterogeneity: Not ap Test for overall effect:		P = 0.0	06)						-10 -5 Favours BWLT + Online MI	5 Favours Online	10 NC

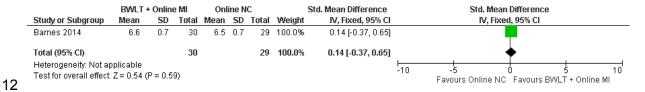
9 Figure 1632: Depression

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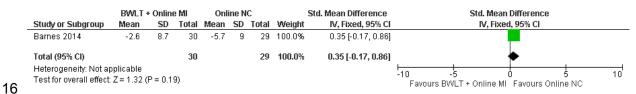
	BWLT 4	· Online	e MI	Onl	ine N	С		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Barnes 2014	6.3	5.7	30	5.1	3.9	29	100.0%	0.24 [-0.27, 0.75]					
Total (95% CI)			30			29	100.0%	0.24 [-0.27, 0.75]			•		
Heterogeneity: 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 1633: General functioning

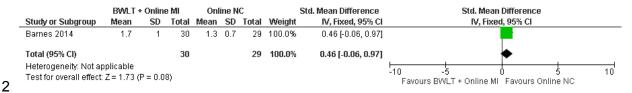


M.6.3.163 Behavioural Weight Loss Therapy + Online Motivational Interviewing versus Online Nutritional Counselling in adults with BED at follow up

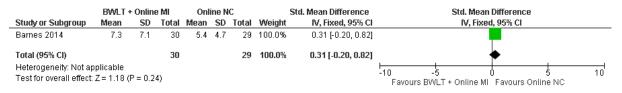
15 Figure 1634: Weight (lbs - change scores)



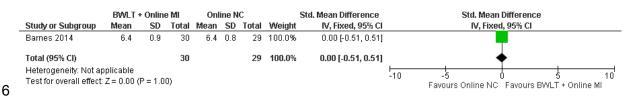
1 Figure 1635: EDE-global



3 Figure 1636: Depression

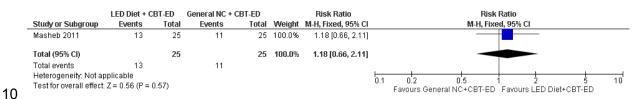


5 Figure 1637: General functioning

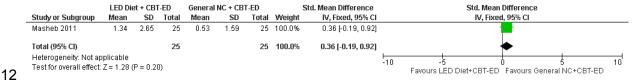


M.6.3.177 Low-energy density diet and CBT-ED versus general nutritional counselling and CBT-8 ED in adults with BED at end of treatment

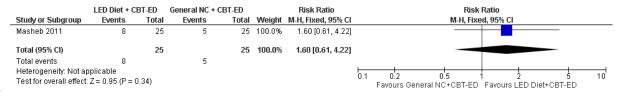
9 Figure 1638: Remission (ITT)



11 Figure 1639: BMI - change scores



13 Figure 1640: Number of people achieving 5 % weight loss or more



1 Figure 1641: Mean % weight loss

	LED Die	t + CB1	Γ-ED	General	NC + CB	T-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]	· · · · · · · · · · · · · · · · · · ·	1	
Heterogeneity: Not ap Test for overall effect:		P = 0.30	D)						-10 -5 0 Favours General NC+CBT-ED Favours LE	5 ED Diet+CBT-ED	10

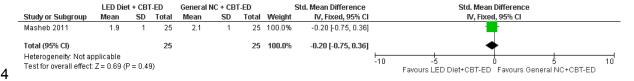
3 Figure 1642: EDE-global

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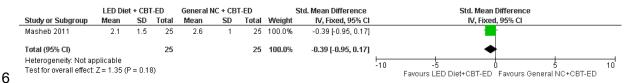
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16



5 Figure 1643: EDE-weight concern



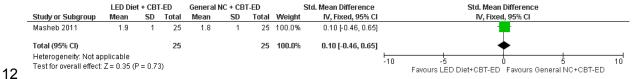
7 Figure 1644: EDE-shape concern

	LED Die	t + CBT	-ED	General	NC + CB	T-ED		Std. Mean Difference		Std. M	ean Differen	ce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, F	ixed, 95% Cl		
Masheb 2011	2.8	1.5	25	2.8	1.5	25	100.0%	0.00 [-0.55, 0.55]					
Total (95% CI) Heterogeneity: Not ap	ınlicahla		25			25	100.0%	0.00 [-0.55, 0.55]		+	•		
Test for overall effect:		P = 1.00	0)						-10	-5 Favours LED Diet+CBT-	Ö ED Favour:	5 s General NC+CBT-ED	10

9 Figure 1645: EDE-eating concern

	LED Die	t + CB1	-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	1.4	1.5	25	1.1	1.5	25	100.0%	0.20 [-0.36, 0.75]	l P
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 1646: Depression

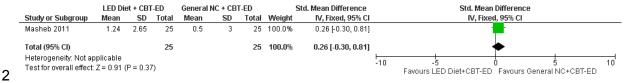


M.6.3.183 Low-energy density diet and CBT-ED versus general nutritional counselling and CBT14 ED in adults with BED at follow up

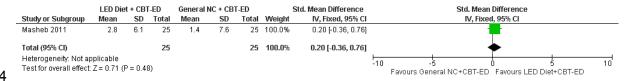
15 Figure 1647: Binge frequency

	LED Die	t + CB1	Γ-ED	General I	4C + CB	T-ED	s	td. 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		
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 = 0.06	6)						-10	-5 Favours LED Diet+CBT-ED	0 Favours Genera	5 I NC+CBT-ED	10

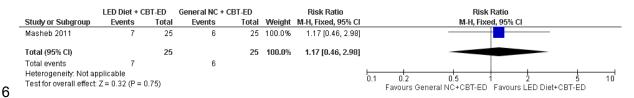
1 Figure 1648: BMI - change scores



3 Figure 1649: Mean % weight loss



5 Figure 1650: 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 1651: 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 1652: Binge frequency

	Group CBT-EI	D->Group E	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	i, 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:	•	42)							-10 -5 Favours gCBT-ED->gBWLT	0 5 Favours any of	5 10 ther

13 Figure 1653: BMI

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	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	I, 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	t 5 (RT-ED->gBWLT	D Favours any c	5 other	10

15 Figure 1654: Weight loss

	Group CBT-E	D->Group	BWLT	Any othe	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	l, 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]			•		
Heterogeneity: Not ap Test for overall effect: 2	•	.06)							-10 - Fa	5 (vours any other) Favours gCB	5 T-ED->gBV	10 //LT

1 Figure 1655: EDE-global

		Group CBT-EI					Any other intervention Std. Mean Difference Std. Mea							
	Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	l, 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) Heterogeneity: Not ap	plicable		35			45	100.0%	-0.11 [-0.55, 0.33]	-10	•		<u> </u>	10
2	Test for overall effect: 2	Z= 0.49 (P = 0.1	63)								-5 BT-ED->gBWLT	Favours any (other	10

3 Figure 1656: EDE-dietary restraint

	Group CBT-El	D->Group I	BWLT	Any other	interver	ntion	9	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	
Grilo 2011	1.5	1.1	35	1.4	0.8	45	100.0%	0.11 [-0.34, 0.55]			
Total (95% CI)			35			45	100.0%	0.11 [-0.34, 0.55]	•		
Heterogeneity: Not ap Test for overall effect:		64)							-10 -5 0 Favours gCBT-ED->gBWLT Favou	5 irs any other	10

5 Figure 1657: EDE-eating concern

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	Group CBT-E	D->Group I	BWLT	Any other	interve	ntion		Std. Mean Difference		St	d. Mean Differer	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed, 95% C	I	
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 Favours g	-5 CBT-ED->	0 gBWLT Favour	5 rs any other	10

7 Figure 1658: EDE-shape concern

	Group CBT-EI	D->Group E	3WLT	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	2.1	1.4	35	2.3	1.3	45	100.0%	-0.15 [-0.59, 0.30]	•
Total (95% CI)			35			45	100.0%	-0.15 [-0.59, 0.30]	· · · · · · · · · · · · · · · · · · ·
Heterogeneity: Not ap Test for overall effect:	•	51)							-10 -5 0 5 10 Favours gCBT-ED->gBWLT Favours any other

9 Figure 1659: 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 1660: Depression

	Group CBT-EI	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	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:	•	B 4)							-10 - Favours gCE	-5 (BT-ED->gBWLT) Favours any c	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 1661: Binge frequency

	Group CBT-EI	D->Group I	3WLT	Any other	interven	tion	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 1662: BMI

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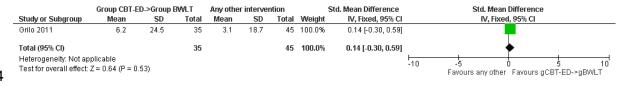
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	Group CBT-El	D->Group I	BWLT	Any other	interven	tion		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Grilo 2011	38.7	5.6	35	38.3	6	45	100.0%	0.07 [-0.37, 0.51]	-
Total (95% CI)			35			45	100.0%	0.07 [-0.37, 0.51]	,
Heterogeneity: Not ap Test for overall effect:	•	76)							-10 -5 0 5 10 Favours gCBT-ED->gBWLT Favours any other

3 Figure 1663: Weight loss



5 Figure 1664: EDE-global

	Group CBT-E	•			interve	ntion		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 2011	1.4	0.9	35	1.5	0.8	45	100.0%	-0.12 [-0.56, 0.32]	1			
Total (95% CI)			35			45	100.0%	-0.12 [-0.56, 0.32]	i,			
Heterogeneity: Not ap Test for overall effect:	•	60)							-10 -5 0 5 10 Favours gCBT-ED->gBWLT Favours any other			

7 Figure 1665: EDE-dietary restraint

	Group CBT-EI			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	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 -5 0 5 10 Favours gCBT-ED->gBWLT Favours any other

9 Figure 1666: EDE-eating concern

	Group CBT-E				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		
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 gCl	-5 (BT-ED->gBWLT) Favours any	5 other	10

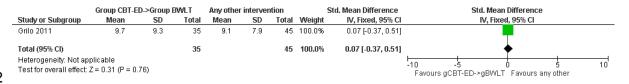
11 Figure 1667: EDE-shape concern

	Group CBT-EI				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	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 1668: EDE-weight concern

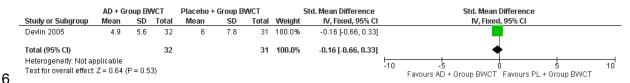
	Group CBT-E				r interve	ntion	S	Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		P	/, Fixed, 95% CI		
Grilo 2011	2	1	35	2.1	1.1	45	100.0%	-0.09 [-0.54, 0.35]					
Total (95% CI)			35			45	100.0%	-0.09 [-0.54, 0.35]			•		
Heterogeneity: Not ap Test for overall effect:		68)							-10 Favours g(-5 :BT-ED->g	0 BWLT Favour	5 s any other	10

1 Figure 1669: 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 1670: Binge frequency



7 Figure 1671: Weight (kg)

	AD + G	AD + Group BWCT Placebo + Group BWCT				WCT		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	111.9	27.1	32	111.1	21.9	31	100.0%	0.03 [-0.46, 0.53]	•				
Total (95% CI)			32			31	100.0%	0.03 [-0.46, 0.53]	+				
Heterogeneity: Not ap Test for overall effect:			0)						-10 -5 0 5 10 Favours AD + Group BWCT Favours PL + Group BWCT				

9 Figure 1672: Binge Eating Scale

	AD + Gr	oup BY	VCT	Placebo ·	+ Group B	WCT		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	20.7	9.6	32	22	10.7	31	100.0%	-0.13 [-0.62, 0.37]			-		
Total (95% CI)	ماطممنات		32			31	100.0%	-0.13 [-0.62, 0.37]		_	•		
Heterogeneity: Not ap Test for overall effect: 2		P = 0.6	2)						-10 Favours	-5 AD + Grou	ο ip BWCT Favours	5 PL + Group BW	10 CT

11 Figure 1673: General psychopathology

	AD + G	AD + Group BWCT		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]	•				
Heterogeneity: Not ap Test for overall effect:			9)						-10 -5 0 5 10 Favours AD + Group BWCT Favours PL + Group BWCT				

13 Figure 1674: Depression

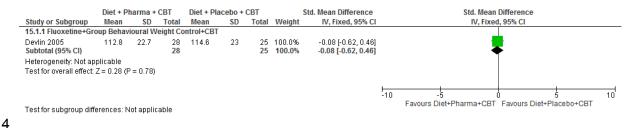
	AD + Group BWCT			Placebo +	Group B	WCT	5	Std. Mean Difference	Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI				
Devlin 2005	7.5	6.3	32	10.6	9.6	31	100.0%	-0.38 [-0.88, 0.12]					
Total (95% CI)			32			31	100.0%	-0.38 [-0.88, 0.12]	•				
Heterogeneity: Not ap Test for overall effect:		P = 0.1	4)						-10 -5 0 5 10 Favours AD + Group BWCT Favours PL + Group BWCT				

8

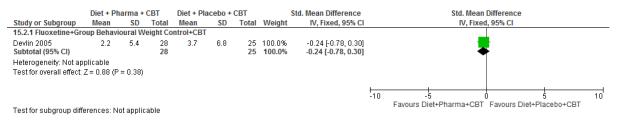
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M.6.3.221 Antidepressant, CBT-ED and group behavioural weight control therapy versus 2 placebo, CBT-ED and group behavioural weight control therapy in adults with BED

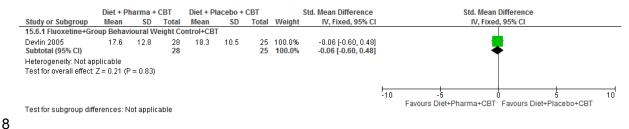
3 Figure 1675: Weight (kg)



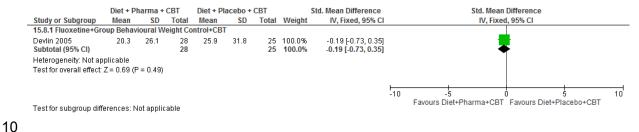
5 Figure 1676: Binge frequency



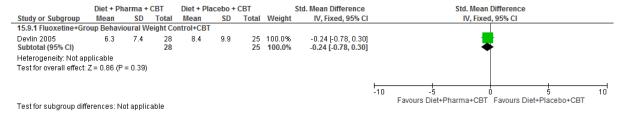
7 Figure 1677: Binge Eating Scale



9 Figure 1678: General psychopathology



11 Figure 1679: Depression

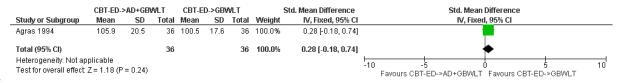


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6

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 1680: Weight



5 Figure 1681: Depression

6

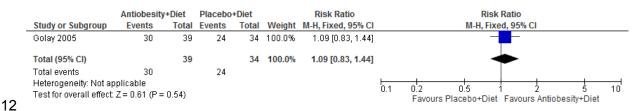
	CBT-ED->	AD+GB\	MLT	CBT-E	D->GB\	MLT	Std. Mean Difference			Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI			IV, Fixed	l, 95% CI		
Agras 1994	7.8	7.8	36	8.9	7.6	36	100.0%	-0.14 [-0.60, 0.32]						
Total (95% CI)			36			36	100.0%	-0.14 [-0.60, 0.32]			4			
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

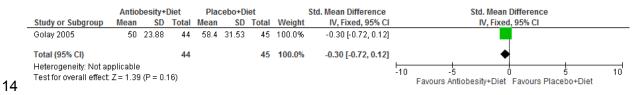
9 Figure 1682: Weight loss from baseline

				Antiobesity+Diet	Placebo+Diet		Std. Mean Difference		Std. Mean Differe	nce	
	Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 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 ap Test for overall effect:							-10 -5 Favours Plac	0 cebo+Diet Favou	5 rs Antiobesity+[10 Diet

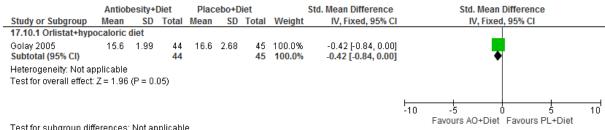
11 Figure 1683: No longer meets BED DSM-IV criteria



13 Figure 1684: EDI Total



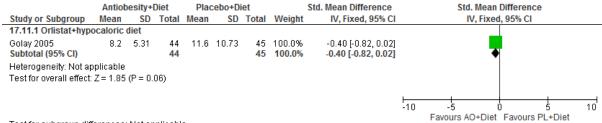
1 Figure 1685: General psychopathology



Test for subgroup differences: Not applicable

2

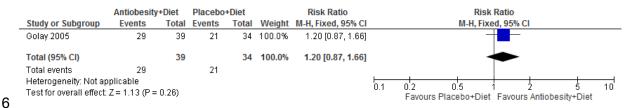
3 Figure 1686: Depression



Test for subgroup differences: Not applicable

4

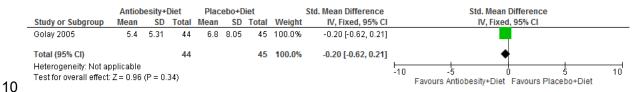
5 Figure 1687: No longer meets generalized anxiety disorder DSM-IV criteria



7 Figure 1688: No longer meets major depressive disorder DSM-IV criteria



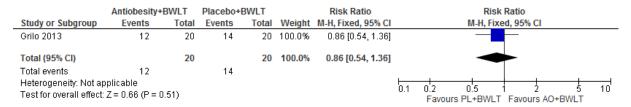
9 Figure 1689: Quality of Life



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 1690: Remission (ITT)



5

6 Figure 1691: BMI

			Placebo+BWLT			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 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 L+BWLT	10

7

8 Figure 1692: EDE Global

	Antiobe	Antiobesity+BWLT			o+BV	VLT		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 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]			ł		
Heterogeneity: Not ap Test for overall effect:	•	P = 0.14	1)						-10	-5 Favours AO+BWLT	0 Favours PL	5 +BWLT	10

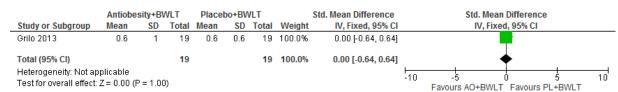
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10 Figure 1693: EDE Dietary Restraint

	Antiobe	Antiobesity+BWLT			bo+BV	VLT		Std. Mean Difference		Std. Mean Difference			
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

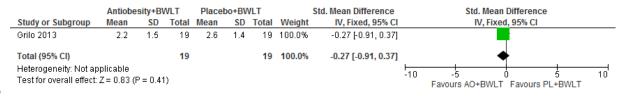
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12 Figure 1694: EDE Eating Concern

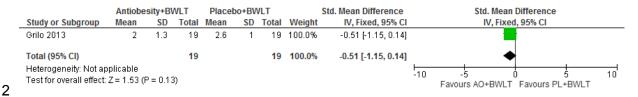


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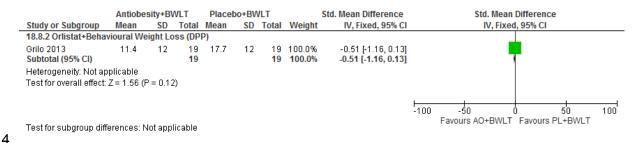
14 Figure 1695: EDE Shape Concern



1 Figure 1696: EDE Weight Concern

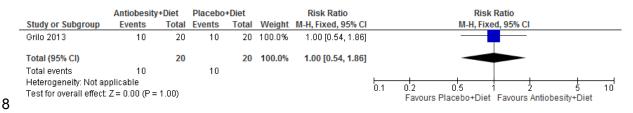


3 Figure 1697: Depression



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

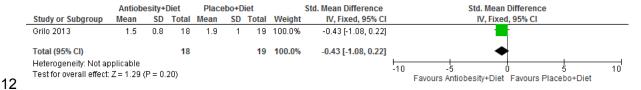
7 Figure 1698: Remission



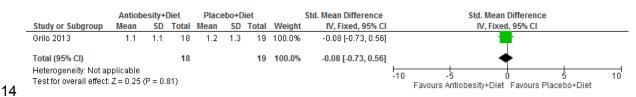
9 Figure 1699: BMI

	Antiobe	esity+[Diet	Plac	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	18 63)			19	100.0%	0.16 [-0.49, 0.81]	-10 -5 0 5 10 Favours Antiobesity+Diet Favours Placebo+Diet

11 Figure 1700: EDE Global



13 Figure 1701: EDE Dietary Restraint



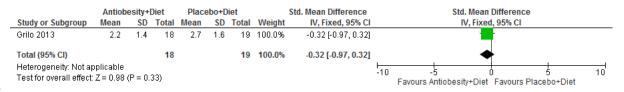
1 Figure 1702: EDE Eating Concern

	Antiobe	Antiobesity+Diet Mean SD Total			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	0.6	0.6	18	1.2	1.4	19	100.0%	-0.54 [-1.20, 0.12]	· ·
Total (95% CI) Heterogeneity: Not ag	oplicable		18			19	100.0%	-0.54 [-1.20, 0.12]	
Test for overall effect:	Z=1.61 ((P = 0.1	11)						-10 -5 0 5 10 Favours Antiobesity+Diet Favours Placebo+Diet

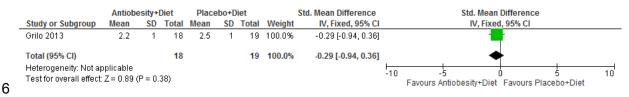
3 Figure 1703: EDE Shape Concern

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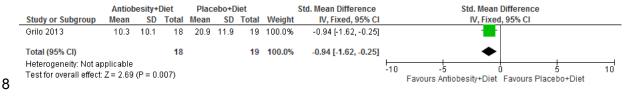
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5 Figure 1704: EDE Weight Concern



7 Figure 1705: Depression



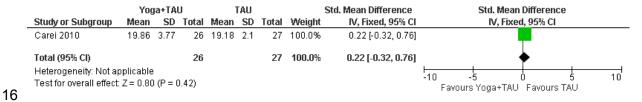
M.70 Clinical question: Do physical interventions, such as

- 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 Yoga and TAU vs TAU in young people with eating disorders at end of treatment

15 Figure 1706: BMI



1 Figure 1707: 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)			26			27	100.0%	0.05 [-0.49, 0.59]	\rightarrow
Heterogeneity: Not ap Test for overall effect:			0.85)						-10 -5 0 5 10 Favours Yoga+TAU Favours TAU

3 Figure 1708: EDE-weight 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	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]	\
Heterogeneity: Not ap Test for overall effect:	•		0.60)						-10 -5 0 5 10 Favours Yoga+TAU Favours TAU

5 Figure 1709: EDE-shape concern

	Yog	Yoga+TAU			Yoga+TAU TAU			ga+TAU TAU 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						
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]	•						
Heterogeneity: Not ap Test for overall effect			0.61)						-10 -5 0 5 10 Favours Yoga+TAU Favours TAU						

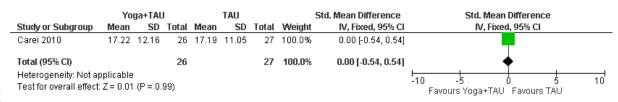
7 Figure 1710: EDE-eating concern

	Yog	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	1.44	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]	\(\big 			
Heterogeneity: Not ap Test for overall effect:			0.76)						-10 -5 0 5 10 Favours Yoga+TAU Favours TAU			

9 Figure 1711: EDE-dietary restraint

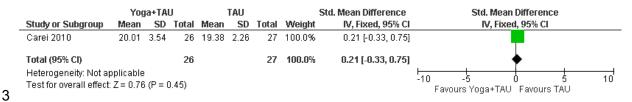
	Yog	Yoga+TAU			TAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carei 2010	1.66	1.37	26	2.02	1.81	27	100.0%	-0.22 [-0.76, 0.32]	-
Total (95% CI)			26			27	100.0%	-0.22 [-0.76, 0.32]	•
Heterogeneity: Not ap Test for overall effect:			0.42)						-10 -5 0 5 10 Favours Yoga+TAU Favours TAU

11 Figure 1712: Depression

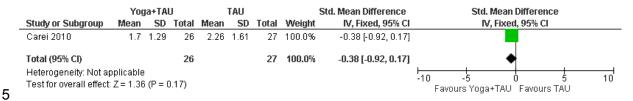


M.7.1.21 Yoga and TAU vs TAU in young people with eating disorders at follow up

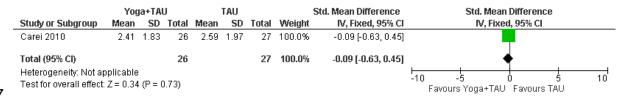
2 Figure 1713: BMI



4 Figure 1714: EDE-global



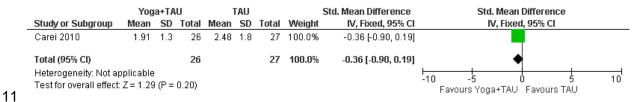
6 Figure 1715: EDE-weight concern



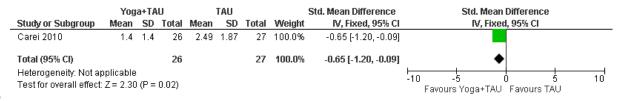
8 Figure 1716: EDE-shape concern

	Yog	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]	◆
Heterogeneity: Not ap Test for overall effect:	•		0.20)						-10 -5 0 5 10 Favours Yoga+TAU Favours TAU

10 Figure 1717: EDE-eating concern



12 Figure 1718: EDE-dietary restraint



1 Figure 1719: Depression

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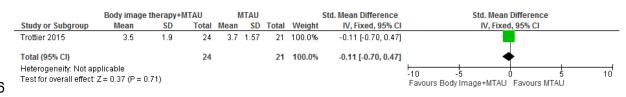
13

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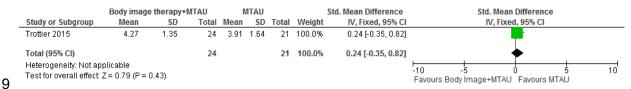
	Yoga+TAU				TAU			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Carei 2010	16.61	12.62	26	17.75	12.72	27	100.0%	-0.09 [-0.63, 0.45]	
Total (95% CI)			26			27	100.0%	-0.09 [-0.63, 0.45]	. •
Heterogeneity: Not applicable Test for overall effect: Z = 0.32 (P = 0.75)									-10 -5 0 5 10 Favours Yoga+TAU Favours TAU

M.7.1.33 Graded body image exposure therapy and maintenance TAU versus maintenance TAU 4 in adults with any eating disorder at end of treatment

5 Figure 1720: EDE-weight concern



8 Figure 1721: EDE-shape concern

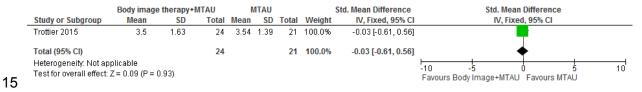


M.7.1.40 Graded body image exposure therapy and maintenance TAU versus maintenance TAUin adults with any eating disorder at follow up

12 Figure 1722: EDE-weight concern

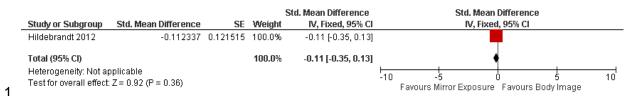
		Body image	therapy+N	ITAU	N	ЛТAU			Std. Mean Difference	Std. Mean I	Difference		
	Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI		
	Trottier 2015	3.6	1.58	24	3.25	1.84	21	100.0%	0.20 [-0.39, 0.79]				
	Total (95% CI)			24			21	100.0%	0.20 [-0.39, 0.79]		•		
;	Heterogeneity: Not ap Test for overall effect:		0.50)							-10 -5 Favours Body Image+MTAU	5 Favours MTAU	10	

14 Figure 1723: EDE-shape concerns

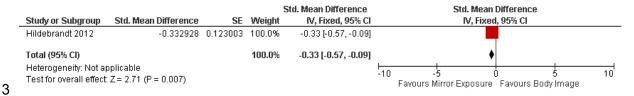


M.7.1.57 Acceptance-based mirror exposure therapy and TAU versus non-directive body image therapy and TAU in adults with any eating disorder at end of treatment

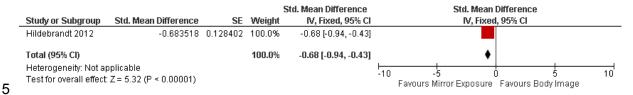
19 Figure 1724: EDE-Q-dietary restraint



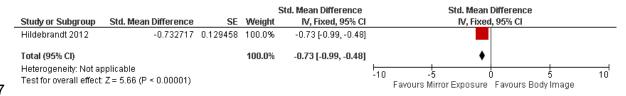
2 Figure 1725: EDE-Q-eating concern



4 Figure 1726: EDE-Q-shape concern



6 Figure 1727: EDE-Q-weight concern

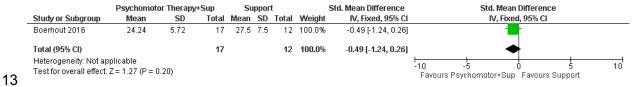


M.7.1.68 Psychomotor therapy and supportive contact versus supportive contact in adults with 9 any eating disorder at end of treatment

10 Figure 1728: Self-Expression and Control Scale-anger in

	Psychomoto	г Therapyч	Sup	Su	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 1729: Self-Expression and Control Scale-anger out



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 1730: 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 1731: VAS-restrict

	Rea	l rTM	S	Sha	m rTM	IS		Std. Mean Difference		Std. N	lean Differer	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% C	I	
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 Fav	-5 ours Real r	0 TMS Favour	5 's Sham rTMS	10

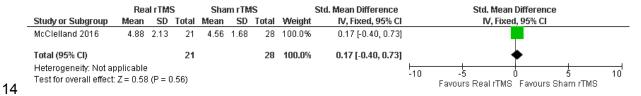
9 Figure 1732: VAS-feeling full

	Rea	ıl rTM	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, 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	m rTMS	10

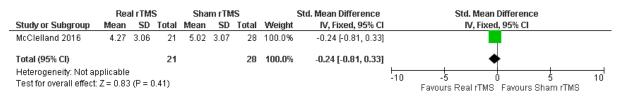
11 Figure 1733: VAS-feeling fat

	Rea	al rTMS	S	Sha	m rTM	IS		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	
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:			0.02)						-10	-5 0 Favours Real rTMS Favou	5 irs Sham rTMS	10

13 Figure 1734: VAS-mood



15 Figure 1735: VAS-hunger



1 Figure 1736: VAS-urge to eat

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	Rea	al rTM:	S	Shar	n rTN	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]	•
Heterogeneity: Not ap Test for overall effect:	•		0.57)						-10 -5 0 5 10 Favours Real rTMS Favours Sham rTMS

3 Figure 1737: VAS-urge to binge eat

	Rea	al rTM	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	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 0 5 11 Favours Real rTMS Favours Sham rTMS

5 Figure 1738: VAS-urge to be sick/purge

	Rea	al rTM:	S	Shar	n rTN	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	1.1	2.03	21	2.6	3.2	28	100.0%	-0.53 [-1.11, 0.04]	•	
Total (95% CI)			21			28	100.0%	-0.53 [-1.11, 0.04]	•	
Heterogeneity: Not ap Test for overall effect			0.07)					<u>-</u>	10 -5 0 5 Favours Real rTMS Favours Sham rTMS	10

M.7.47 Real repetitive transcranial magnetic stimulation vs 'sham' repetitive 8 transcranial magnetic stimulation in adults with anorexia nervosa at follow up

9 Figure 1739: VAS-restrict

	Rea	al rTM:	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	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 ap Test for overall effect:			0.07)						-10	-5 Favours Real rTMS	 0 Favours Sha	+ 5 am rTMS	10

11 Figure 1740: VAS-feeling full

	Rea	al rTM:	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	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]	5]	
Total (95% CI)			21			28	100.0%	-0.65 [-1.23, -0.06]	5] ◆	
Heterogeneity: Not ap Test for overall effect:			0.03)						-10 -5 0 5 1 Favours Real rTMS Favours Sham rTMS	10

13 Figure 1741: VAS-feeling fat

	Rea	al rTM:	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:			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 1742: Depression

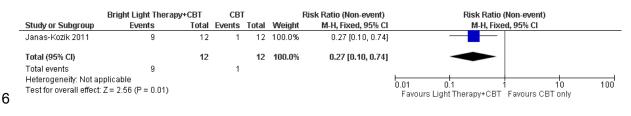
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	Bright Ligh	t Therapy	+CBT		CBT			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Janas-Kozik 2011	10.67	1.61	12	13.58	3.09	12	100.0%	-1.14 [-2.01, -0.27]	-
Total (95% CI)			12			12	100.0%	-1.14 [-2.01, -0.27]	•
Heterogeneity: Not ap Test for overall effect:		0.01)							-10 -5 0 5 10 Favours Light Therapy+CBT Favours CBT only

5 Figure 1743: Remission of depression



M.7.68 Warming therapy and refeeding versus refeeding in adult inpatients with

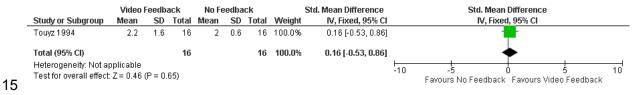
9 anorexia nervosa

10 Figure 1744: BMI - change scores

	Warming The	егару + Ке	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)			10			11	100.0%	0.02 [-0.84, 0.87]	,
Heterogeneity: Not ap Test for overall effect:	•	97)							-10 -5 0 5 10 Favours No WT + Refeed Favours WT + Refeed

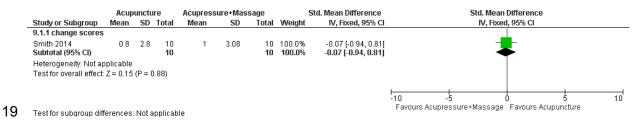
M.7.72 Video feedback and TAU versus TAU in young people with anorexia nervosa at a end of treatment

14 Figure 1745: BMI – change scores



M.7.86 Acupuncture and TAU versus acupressure, massage and TAU in adults with anorexia nervosa

18 Figure 1746: BMI - change scores

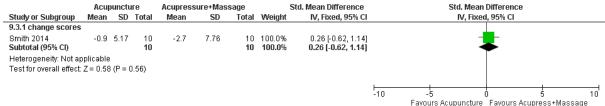


1 Figure 1747: EDI-3-bulimia

	Acu	puncti	ге	Acupress	ure+Mas	sage	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	
9.2.1 change scores	;									
Smith 2014 Subtotal (95% CI)	-3.7	5.03	10 10	-6.8	7.9	10 10	100.0% 100.0 %	0.45 [-0.44, 1.34] 0.45 [-0.44, 1.34]		
Heterogeneity: Not ap Test for overall effect			0.32)							
									-10 -5 0 5 Favours Acupuncture Favours Acupress+Massage	10

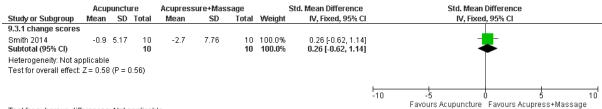
Test for subgroup differences: Not applicable

3 Figure 1748: EDI-3-drive for thinness



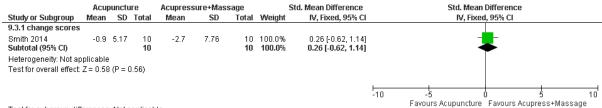
Test for subgroup differences: Not applicable

5 Figure 1749: EDI-3-body dissatisfaction



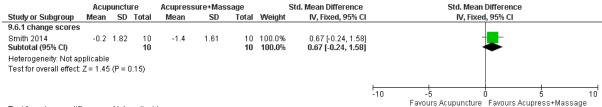
Test for subgroup differences: Not applicable

7 Figure 1750: EDE-Q-global



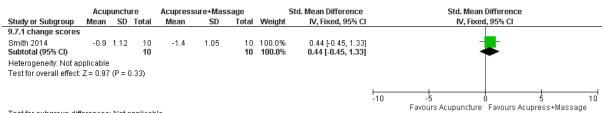
Test for subgroup differences: Not applicable

9 Figure 1751: EDE-Q-dietary restraint



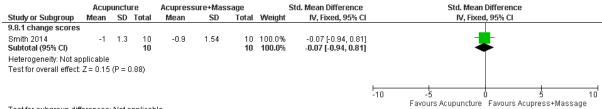
10 Test for subgroup differences: Not applicable

11 Figure 1752: EDE-Q-eating concern



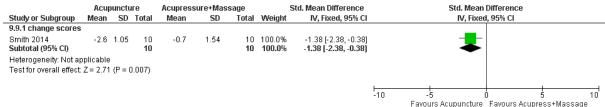
Test for subgroup differences: Not applicable

1 Figure 1753: EDE-Q-weight concern



Test for subgroup differences: Not applicable

3 Figure 1754: EDE-Q-shape concern



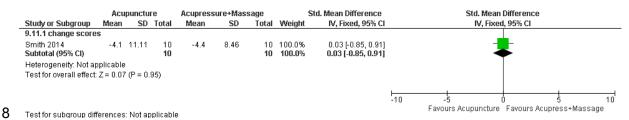
Test for subgroup differences: Not applicable

5 Figure 1755: General psychopathology

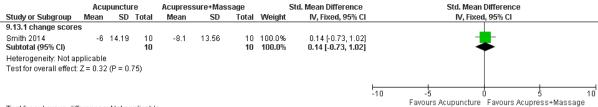
	Acu	punctu	ге	Acupres	sure+Mas	sage	:	Std. Mean Difference		Std. N	lean Differenc	е	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV,	Fixed, 95% CI		
Smith 2014	-15.4	35.93	10	-16.5	26.07	10	100.0%	0.03 [-0.84, 0.91]			-		
Total (95% CI)			10			10	100.0%	0.03 [-0.84, 0.91]			•		
Heterogeneity: Not ap Test for overall effect			94)						-10	-5 Favours Acupund	0 ture Favours	5 Acupress+Ma:	10 ssage

7 Figure 1756: Depression

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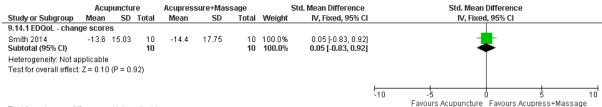


9 Figure 1757: Stress



10 Test for subgroup differences: Not applicable

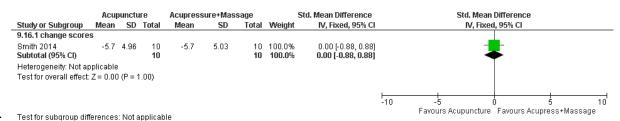
11 Figure 1758: Quality of life



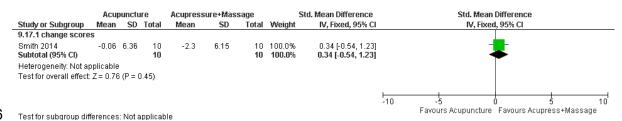
1 Figure 1759: EDQoL-psychological

	Acuj	puncti	иге	Acupress	sure+Mas	sage	!	Std. Mean Difference		Std. M	lean Difference)	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, I	Fixed, 95% CI		
9.15.1 change score	es												
Smith 2014 Subtotal (95% CI)	-5.6	5.73	10 10	-4.8	7.49	10 10	100.0% 100.0 %	-0.11 [-0.99, 0.76] - 0.11 [-0.99, 0.76]			#		
Heterogeneity: Not a Test for overall effect			0.80)										
									-10	-5	0	<u>-</u>	10
Test for subgroup dit	fferences	: Not a	applicat	ole						Favours Acupunc	ture Favours A	cupress+Mas	sage

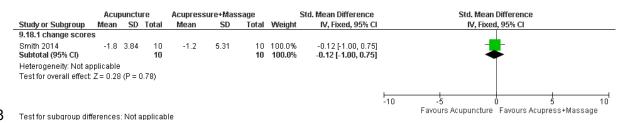
3 Figure 1760: EDQoL-physical/cognitive



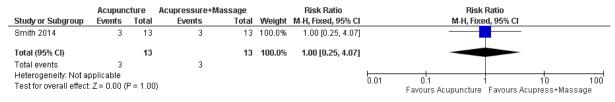
5 Figure 1761: EDQoL-financial



7 Figure 1762: EDQoL-work/school



9 Figure 1763: 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 1764: BMI

	Resistance	Training +	TAU	1	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, 959	6 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

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5 Figure 1765: General physical functioning

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	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

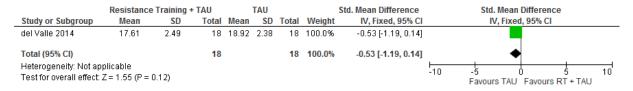
8 Figure 1766: General mental functioning

	Resistance 1	Fraining +	TAU	1	ΓAU		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
del Valle 2010	55.4	6.1	11	53.5	8.1	11	100.0%	0.25 [-0.58, 1.09]	=
Total (95% CI) Heterogeneity: Not app Test for overall effect: 2		55)	11			11	100.0%	0.25 [-0.58, 1.09]	-10 -5 0 5 10 Favours TAU Favours RT + TAU

9

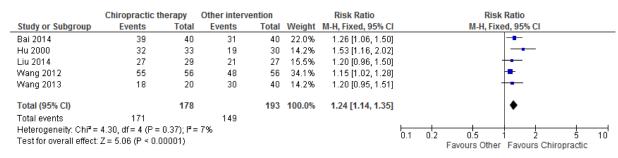
M.7.100 Resistance training and TAU vs TAU in young people with anorexia nervosa-11 restricting at follow up

12 Figure 1767: BMI



M.7.111 Chiropractic therapy versus any other intervention in children and young 2 people with anorexia nervosa

3 Figure 1768: Efficacy (Recovered or significantly improved)



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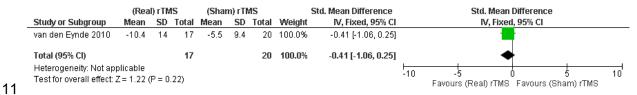
M.7.125 Physical interventions for bulimia nervosa

M.7.12.16 Repetitive transcranial magnetic stimulation versus placebo in adults with bulimia 7 nervosa at end of treatment

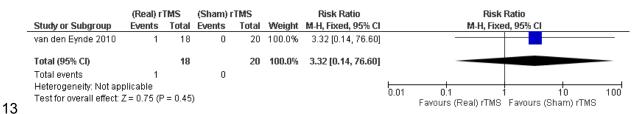
8 Figure 1769: Food Craving Questionnaire - raw scores

	(Rea	l) rTN	IS	(Sha	m) rTf	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]		1	-		
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

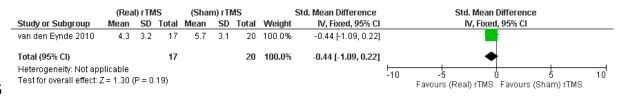
10 Figure 1770: Food Craving Questionnaire - change scores



12 Figure 1771: Withdrawn due to adverse events



14 Figure 1772: VAS-urge to eat

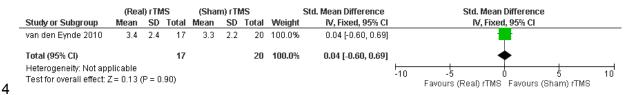


1 Figure 1773: VAS-mood

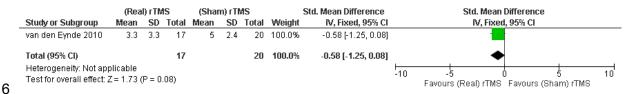
	(Rea	l) rTM	IS	(Shan	n) rTf	vis .		Std. Mean Difference		Std. Mean Differ	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95%	CI	
van den Eynde 2010	5.7	1.9	17	5	1.7	20	100.0%	0.38 [-0.27, 1.03]		-		
Total (95% CI)			17			20	100.0%	0.38 [-0.27, 1.03]		•		
Heterogeneity: Not app Test for overall effect: 2		(P = 0	.25)						-10	-5 Favours (Real) rTMS Favo	5 ours (Sham) rTMS	10

3 Figure 1774: VAS-tension

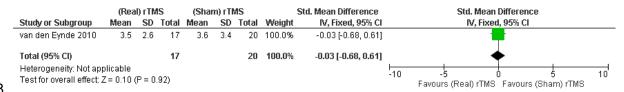
2



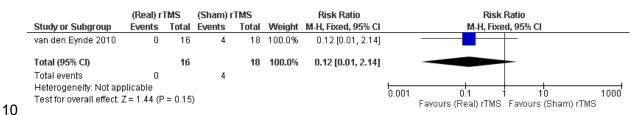
5 Figure 1775: VAS-hunger



7 Figure 1776: VAS-urge to binge eat



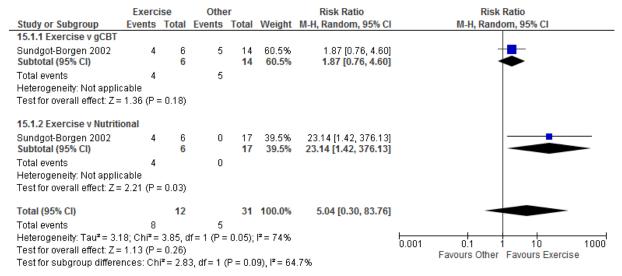
9 Figure 1777: Number of people who binged 24 hours after treatment



M.7.12.21 Aerobic exercise versus any other intervention in adults with bulimia nervosa at follow 2 up

3 Figure 1778: Recovery from bulimia

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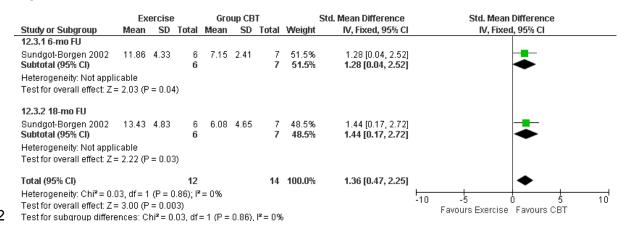
12

- 6 Heterogeneity detected at i²=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 1779: Satisfied EDNOS criteria

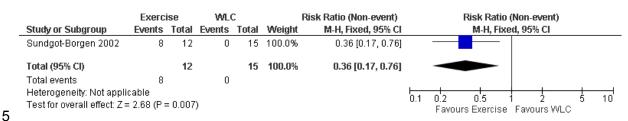
	Exerc	ise	Othe	·Γ		Risk Ratio		Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 95% CI
12.2.1 Exercise v gCBT								
Sundgot-Borgen 2002 Subtotal (95% CI)	1	6 6	2	14 14	32.3% 32.3 %	1.17 [0.13, 10.55] 1.17 [0.13, 10.55]		
Total events Heterogeneity: Not applic	1 able		2					
Test for overall effect: Z=	0.14 (P	= 0.89)						
12.2.2 Exercise v Nutrio	nal							
Sundgot-Borgen 2002 Subtotal (95% CI)	0	6 6	4	17 17	67.7% 67.7 %	0.29 [0.02, 4.64] 0.29 [0.02, 4.64]		
Total events Heterogeneity: Not applic	0 able		4					
Test for overall effect: Z=	0.88 (P =	= 0.38)						
Total (95% CI)		12		31	100.0%	0.57 [0.11, 3.06]		
Total events	1		6					
Heterogeneity: Chi² = 0.6	4, df = 1	(P = 0.4)	$(2); I^2 = 0$	%			0.001	0.1 1 10 1000
Test for overall effect: Z=	0.66 (P =	= 0.51)					0.001	Favours Other Favours Exercise
Test for subgroup differe	nces: Ch	$i^2 = 0.6$	0. df = 1 (P = 0.4	(4), $ 2 = 09$	X ₆		T GYOGIS ONICE T GYOGIS EXCICISE

1 Figure 1780: EDI-drive for thinness

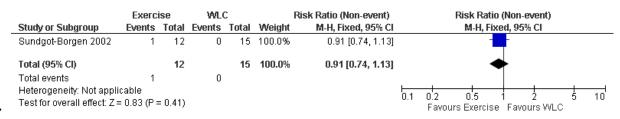


M.7.12.33 Aerobic exercise versus wait list control in adults with bulimia nervosa at follow up

4 Figure 1781: Recovery from bulimia

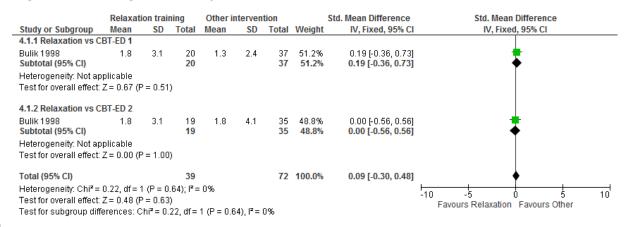


6 Figure 1782: Satisfied EDNOS criteria

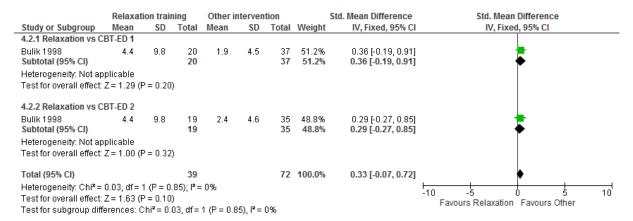


M.7.12.48 Relaxation training versus any other intervention in adults with bulimia nervosa at end 9 of treatment

10 Figure 1783: Binge frequency



1 Figure 1784: Vomit frequency



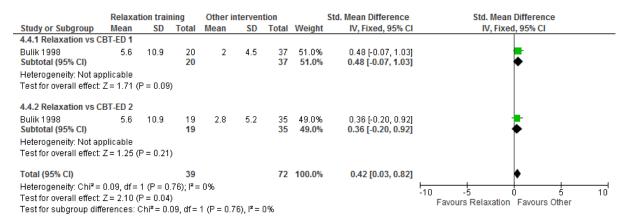
2

3 Figure 1785: Laxative use frequency

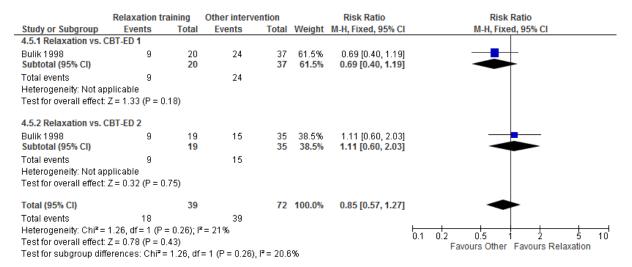
	Relaxati	on trai	ning	Other is	nterven	tion	9	Std. Mean Difference	Std. N	Aean Differen	ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV,	Fixed, 95% C	l .	
4.3.1 Relaxation vs C	BT-ED 1											
Bulik 1998 Subtotal (95% CI)	1.2	3.7	20 20	0.1	0.5	37 37	50.8% 50.8%	0.49 [-0.06, 1.04] 0.49 [-0.06, 1.04]		•		
Heterogeneity: Not ap	plicable											
Test for overall effect:	Z=1.74 (F	e 0.08)									
4.3.2 Relaxation vs C	BT-ED 2											
Bulik 1998 Subtotal (95% CI)	1.2	3.7	19 19	0.5	2.4	35 35	49.2% 49.2 %	0.24 [-0.32, 0.80] 0.24 [-0.32, 0.80]		‡		
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: Chi²=	0.40, df = 1	I(P=0)	.53); l² =	0%					-10 -5			10
Test for overall effect:	Z = 1.82 (F	P = 0.07)						-10 -5 Favours Relaxa	U ation Favour	e Other	10
Test for subgroup diffe	erences: C	hi² = 0.	40, df=	1 (P = 0.5)	3), I²=	0%			ravours Relaxa	anon ravour	5 Ouiei	

4

5 Figure 1786: Purge frequency

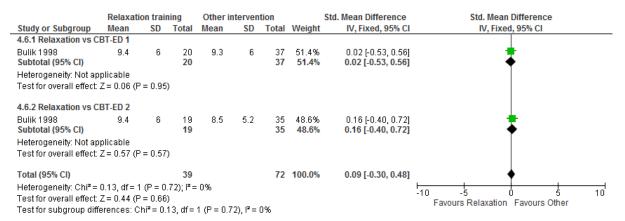


1 Figure 1787: No binge or purge episodes for 2 weeks



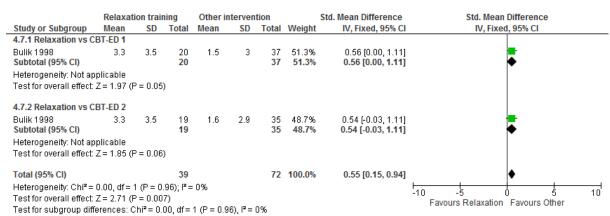
2

3 Figure 1788: EDI-drive for thinness



4

5 Figure 1789: EDI-bulimia



1 Figure 1790: EDI-body dissatisfaction

	Relaxati	on train	ing	Other in	nterven	tion		Std. Mean Difference	Std. Me	an Differenc	e	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fix	ked, 95% CI		
4.8.1 Relaxation vs CE	BT-ED 1											
Bulik 1998 Subtotal (95% CI)	12.3	7.8	20 20	10.8	8.9	37 37	51.2% 51.2%	0.17 [-0.37, 0.72] 0.17 [-0.37, 0.72]		‡		
Heterogeneity: Not app	olicable											
Test for overall effect: 2	Z= 0.62 (F	r = 0.53	1									
4.8.2 Relaxation vs CE	BT-ED 2											
Bulik 1998 Subtotal (95% CI)	12.3	7.8	19 19	12.1	8.2	35 35	48.8% 48.8 %	0.02 [-0.53, 0.58] 0.02 [-0.53, 0.58]		‡		
Heterogeneity: Not app	olicable											
Test for overall effect: 2	Z = 0.09 (F	r = 0.93	1									
Total (95% CI)			39			72	100.0%	0.10 [-0.29, 0.49]		•		
Heterogeneity: Chi² = (0.14, df = 1	I(P=0.	71); l² =	0%					-10 -5			
Test for overall effect: 2	Z = 0.51 (F	P = 0.61)						-10 -5 Favours Relaxation	U on Favoure	Other	10
Test for subgroup diffe	rences: C	$hi^2 = 0.$	14, df=	1 (P = 0.7)	$(1), I^2 = 0$	0%			Favours Relaxation	JII FAVOUIS	Outer	

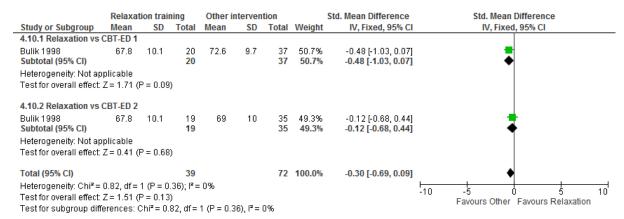
2

3 Figure 1791: Depression

	Relaxati	on train	ning	Other in	nterven	tion	S	Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
4.9.1 Relaxation vs C	BT-ED 1									
Bulik 1998 Subtotal (95% CI)	6.7	6	20 20	2.6	3.1	37 37	49.0% 49.0 %	0.93 [0.36, 1.51] 0.93 [0.36, 1.51]	•	
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	6.7	6	19	4.9	6	35	51.0%	0.30 [-0.27, 0.86]	 	
Subtotal (95% CI)			19			35	51.0%	0.30 [-0.27, 0.86]	*	
Heterogeneity: Not ap	plicable									
Test for overall effect:	Z = 1.03 (F	= 0.30)							
Total (95% CI)			39			72	100.0%	0.61 [0.21, 1.01]	•	
Heterogeneity: Chi ^z =	2.44, df = 1	(P = 0)	.12);	59%					140 t	
Test for overall effect:	Z = 2.98 (F	= 0.00	3)						-10 -5 0 5 Favours Relaxation Favours Othe	10
Test for subgroup diff	erences: C	hi² = 2.	44, df=	1 (P = 0.1	2), l² =	59.0%			ravours Relaxation Favours Othe	J

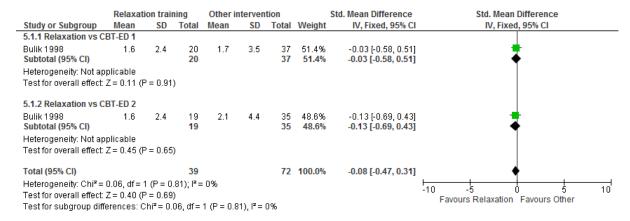
4

5 Figure 1792: Global functioning



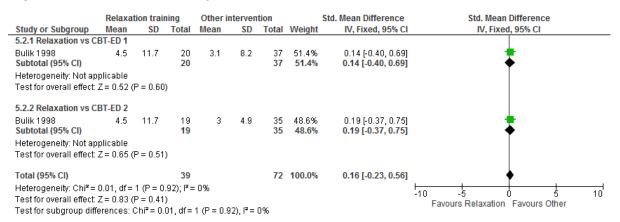
M.7.12.51 Relaxation training versus any other intervention in adults with bulimia nervosa at 2 follow up

3 Figure 1793: Binge frequency



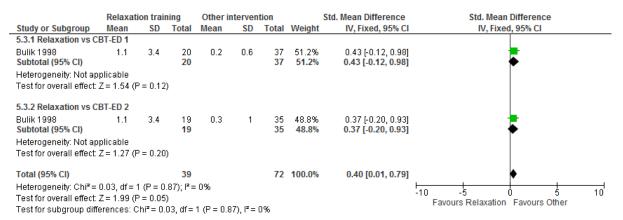
4

5 Figure 1794: Vomit frequency

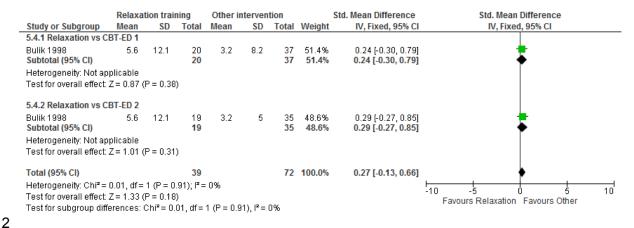


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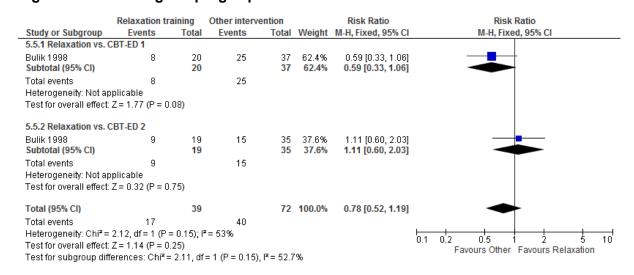
7 Figure 1795: Laxative use frequency



1 Figure 1796: Purge frequency

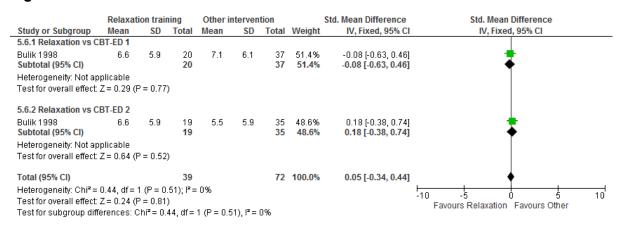


3 Figure 1797: No binge or purge episodes for 2 weeks



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5 Figure 1798: EDI-drive for thinness



1 Figure 1799: 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% C	I	
5.7.1 Relaxation vs Cl	BT-ED 1											
Bulik 1998 Subtotal (95% CI)	3.1	4.9	20 20	2.6	4.6	37 37	51.3% 51.3%	0.10 [-0.44, 0.65] 0.10 [-0.44, 0.65]		‡		
Heterogeneity: Not ap	plicable											
Test for overall effect: :	Z = 0.38 (F	P = 0.71)									
5.7.2 Relaxation vs Cl	BT-ED 2											
Bulik 1998 Subtotal (95% CI)	3.1	4.9	19 19	3.1	4.9	35 35	48.7% 48.7 %	0.00 [-0.56, 0.56] 0.00 [-0.56, 0.56]		‡		
Heterogeneity: Not ap	plicable											
Test for overall effect:	Z = 0.00 (F	9 = 1.00)									
Total (95% CI)			39			72	100.0%	0.05 [-0.34, 0.44]		+		
Heterogeneity: Chi² = 1 Test for overall effect: . Test for subgroup diffe	Z= 0.27 (F	r = 0.79)		'9), l² = l	0%			-10 -5 Favours Re	0 Iaxation Favou	5 rs Other	10

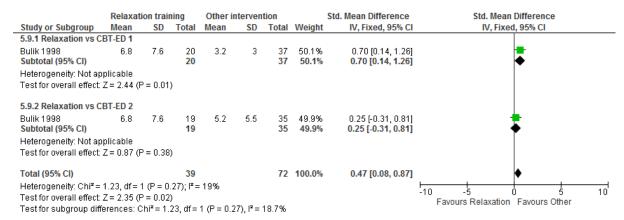
2

3 Figure 1800: EDI-body dissatisfaction

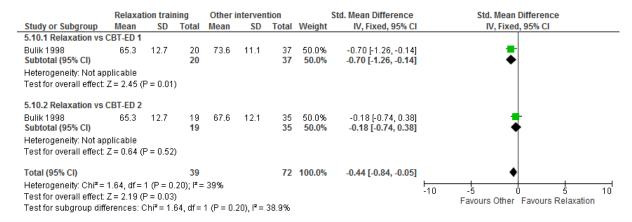
	Relaxati	on train	ning	Other i	nterven	tion	S	Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
5.8.1 Relaxation vs C	BT-ED 1									
Bulik 1998 Subtotal (95% CI)	13.3	9.2	20 20	12.2	8.4	37 37	51.4% 51.4 %	0.12 [-0.42, 0.67] 0.12 [-0.42, 0.67]	‡	
Heterogeneity: Not ap	plicable								Ī	
Test for overall effect:	Z= 0.45 (P	°= 0.65)							
5.8.2 Relaxation vs C	BT-ED 2									
Bulik 1998 Subtotal (95% CI)	13.3	9.2	19 19	11.3	9.3	35 35	48.6% 48.6%	0.21 [-0.35, 0.77] 0.21 [-0.35, 0.77]	‡	
Heterogeneity: Not ap										
Test for overall effect:	Z= 0.74 (P	9 = 0.46)							
Total (95% CI)			39			72	100.0%	0.17 [-0.22, 0.56]	+	
Heterogeneity: Chi²=	0.05, df = 1	I(P=0)	.83); l ² =	:0%					-10 -5 0 5	10
Test for overall effect:	Z = 0.84 (P	9 = 0.40)						Favours Relaxation Favours Other	10
Test for subgroup diffe	erences: C	$hi^2 = 0.$	05, df=	1 (P = 0.8)	33), I ² = I	3%			Tavours Relaxation Favours Other	

4

5 Figure 1801: Depression



1 Figure 1802: Global functioning



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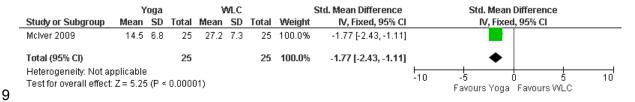
M.7.134 Physical interventions for binge eating disorder

M.7.13.15 Yoga versus wait list control in adults with binge eating disorder

6 Figure 1803: BMI

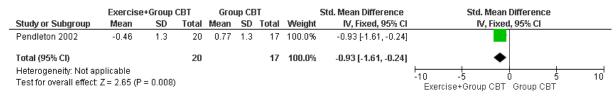
	Y	oga		٧	VLC			Std. Mean Difference		Std. Me	an Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95% C	1	
McIver 2009	34.7	6.4	25	32.7	6.7	25	100.0%	0.30 [-0.26, 0.86]					
Total (95% CI)			25			25	100.0%	0.30 [-0.26, 0.86]			•		
Heterogeneity: Not ap Test for overall effect:			0.29)						-10	-5 Favours Yog	0 ga Favou	5 rs WLC	10

8 Figure 1804: Binge Eating Scale

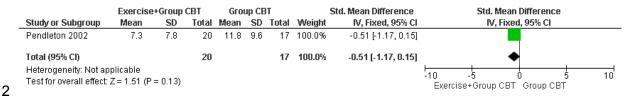


M.7.13.20 Aerobic exercise and group CBT-ED versus group CBT-ED in adults with binge eating disorder at end of treatment

12 Figure 1805: BMI -change scores



1 Figure 1806: 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 1807: BMI -change scores

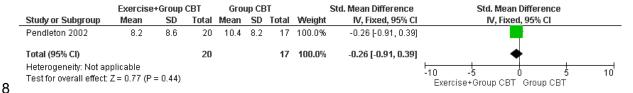
	Exercise	Exercise+Group CBT									Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI			
Pendleton 2002	-0.75	2.4	20	1.33	2	17	100.0%	-0.91 [-1.60, -0.23]				
Total (95% CI)			20			17	100.0%	-0.91 [-1.60, -0.23]	*			
Heterogeneity: Not ap Test for overall effect:		= 0.009))						-10 -5 0 5 10 Exercise+Group CBT Group CBT			

7 Figure 1808: Depression

6

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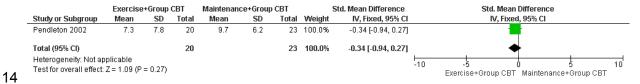


M.7.13.49 Aerobic exercise and group CBT-ED versus group CBT-ED and maintenance in adults 10 with binge eating disorder at end of treatment

11 Figure 1809: 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]	
Total (95% CI) 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 1810: 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 1811: BMI –change scores

	Exercise	+Group	CBT	Maintena	nce+Group	CBT		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		
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: 2		= 0.55)							-10 Exe	-5 ercise+Group CBT	0 Maintenance∗	5 Group CBT	10

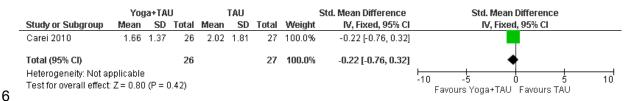
1 Figure 1812: Depression

2

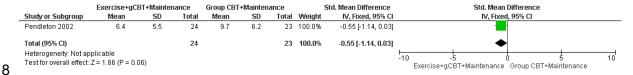
	Exercise	+Group	CBT	Maintenan	ce+Group	CBT	5	Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Pendleton 2002	8.2	8.6	20	8	7.7	23	100.0%	0.02 [-0.58, 0.62]	-
Total (95% CI) Heterogeneity: Not app Test for overall effect: 2		= 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 1813: BMI -change scores



7 Figure 1814: Depression

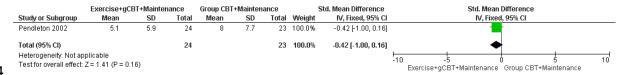


M.7.13.79 Aerobic exercise, group CBT-ED and maintenance versus group CBT-ED and 10 maintenance in adults with binge eating disorder at follow up

11 Figure 1815: BMI -change scores

	Exercise+gCB	T+Mainte	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, Fixe	d, 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 - Exercise+qC	 5 :BT+Maintenance	0 Group CBT+Ma	† 5 intenance	10

13 Figure 1816: 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 1817: 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 31	0.0179	0.01	30 30	100.0% 100.0%	-0.11 [-0.61, 0.39] - 0.11 [-0.61, 0.39]		•		
Heterogeneity: Not ap Test for overall effect		(P = 0.	67)									
									-10	-5 0	1 5	10
										Favours HRT	Favours DHFA	

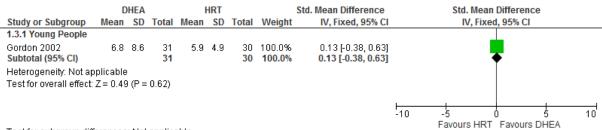
9 Test for subgroup differences: Not applicable

10 Figure 1818: Change in lumbar spine BMD

	DHEA 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 31	0.0095	0.01	30 30	100.0% 100.0 %	-0.49 [-1.00, 0.02] - 0.49 [-1.00, 0.02]		•	
Heterogeneity: Not ap Test for overall effect:	•	(P = 0.	06)						-10	-5 0 5 Favours HRT Favours DHEA	10

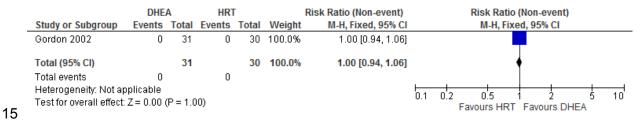
11 Test for subgroup differences: Not applicable

12 Figure 1819: Change in weight



13 Test for subgroup differences: Not applicable

14 Figure 1820: Dropout due to side-effects



16 Figure 1821: Regular menstruation

	DHE	Α	HR	Γ		Risk Ratio			Risk	Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	d, 95% (CI	
1.7.1 Adolescents												
Gordon 2002 Subtotal (95% CI)	18	31 31	24	30 30	100.0% 100.0%	0.73 [0.51, 1.03] 0.73 [0.51, 1.03]			-			
Total events Heterogeneity: Not a Test for overall effect		(P = 0.0	24 07)									
							0.1	0.2	0.5 Favours HRT	Favour	5 S DHEA	10

M.8.1.22 Dehydroepiandrosterone (DHEA) and combined oral contraceptive pill (COC)

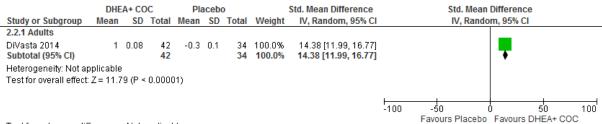
3 compared with placebo in adults with anorexia nervosa at end of treatment

4 Figure 1822: Change in femoral neck bone strength index

	DHEA+ COC			Pla	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 42	0.5	0.12	33 33	100.0% 100.0 %	-0.95 [-1.43, -0.47] - 0.95 [-1.43, -0.47]		•	
Heterogeneity: Not ap Test for overall effect:			0.0001))							
									-10	-5 0	5 10
										Favours Placebo Favours D	HEA+ COC

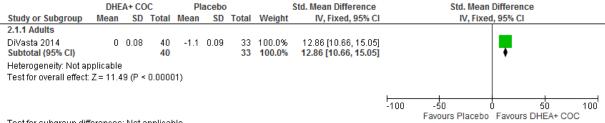
Test for subgroup differences: Not applicable

6 Figure 1823: Change in femoral neck BMD



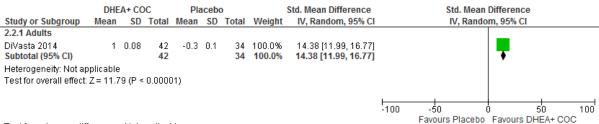
Test for subgroup differences: Not applicable

8 Figure 1824: Change in femoral shaft BMD



Test for subgroup differences: Not applicable

10 Figure 1825: Change in femoral shaft bone strength BMD

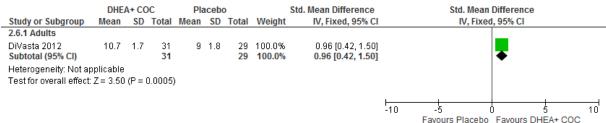


11 Test for subgroup differences: Not applicable

12 Figure 1826: Change in weight

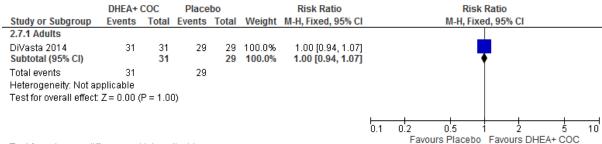
Study or Subgroup	DHE	A+ CC	C	Pla	acebo	0	S	td. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
2.5.1 Adults											
DiVasta 2012 Subtotal (95% CI)	2.3	0.4	31 31	1.9	0.4		100.0% 100.0 %	0.99 [0.45, 1.53] 0.99 [0.45, 1.53]			
Heterogeneity: Not ap Test for overall effect:			0.0003)							
						-10	-5 0 5	10			

2 Figure 1827: Change in BMI



3 Test for subgroup differences: Not applicable

4 Figure 1828: Amenorrheic



5 Test for subgroup differences: Not applicable

7

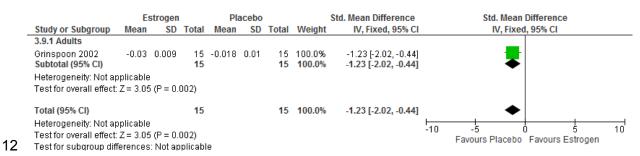
8

6 Figure 1829: Dropout due to side-effects

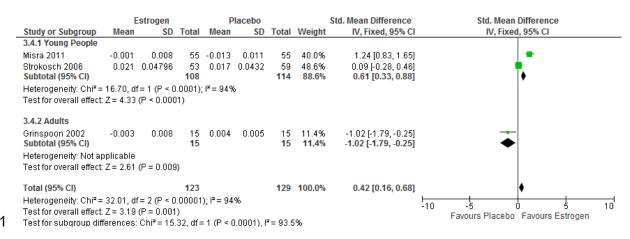
DHEA+ COC Risk Ratio (Non-event) Placebo Risk Ratio (Non-event) Weight Study or Subgroup Events Total Events Total M-H, Fixed, 95% CI M-H, Fixed, 95% CI DiVasta 2012 0 31 29 100.0% 1.00 [0.94, 1.07] Total (95% CI) 29 100.0% 1.00 [0.94, 1.07] Total events 0 0 Heterogeneity: Not applicable 0.2 0.5 10 Test for overall effect: Z = 0.00 (P = 1.00) Favours placebo Favours DHEA+ COC

M.8.1.39 Estrogen compared with placebo in young people or adults with anorexia nervosa at 10 end of treatment

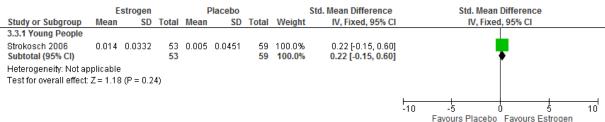
11 Figure 1830: Change in total body BMD in adults



13 Figure 1831: Change in total hip BMD in young people and adults



2 Figure 1832: Change in femoral neck BMD in young people



3 Test for subgroup differences: Not applicable

5

8

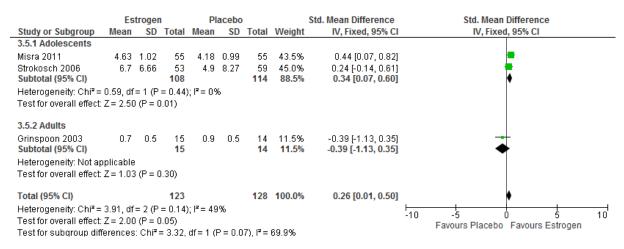
4 Figure 1833: Change in lumbar spine BMD in young people

	E	Estrogen Moan SD Total			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 o Favoi	5 urs Estrog	10 en

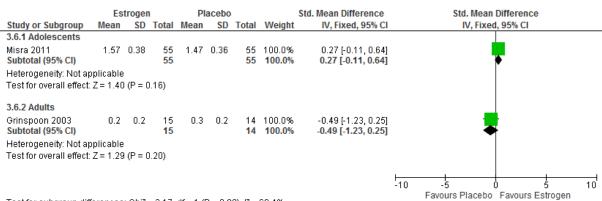
6 Figure 1834: Change in lumbar spine BMD in adults



9 Figure 1835: Change in weight in young people and adults

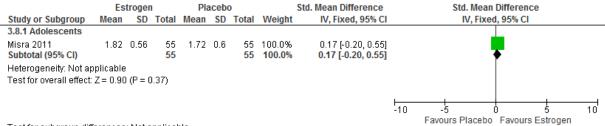


2 Figure 1836: Change in BMI in young people and adults



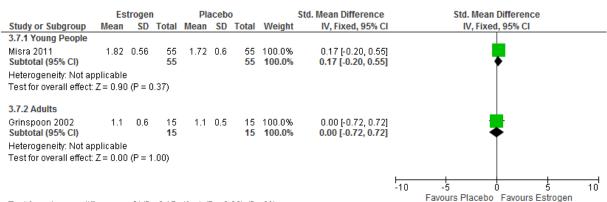
3 Test for subgroup differences: Chi² = 3.17, df = 1 (P = 0.08), I² = 68.4%

4 Figure 1837: Change in fat mass in young people



5 Test for subgroup differences: Not applicable

6 Figure 1838: Change in lean mass in young people and adults

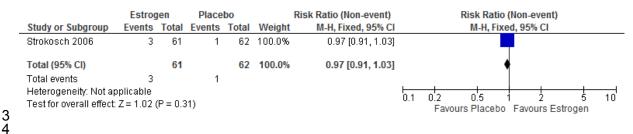


7 Test for subgroup differences: $Chi^2 = 0.17$, df = 1 (P = 0.68), $I^2 = 0\%$

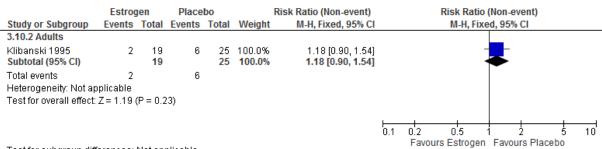
8 Figure 1839: Regular menstruation in young people

	Estrogen		Place	bo	F	Risk Ratio (Non-event)		Risk R	atio (Non-e	event)		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H,	Fixed, 959	6 CI		
3.11.1 Young People												
Misra 2011 Subtotal (95% CI)	0	55 55	5	55 55	100.0% 100.0%	1.10 [1.00, 1.20] 1.10 [1.00, 1.20]			•			
Total events Heterogeneity: Not ap Test for overall effect:		(P = 0.0	5 (4)									
							0.1	0.2 0.5 Favours Estro	1_	2	5	10

2 Figure 1840: Dropout due to side-effects in young people



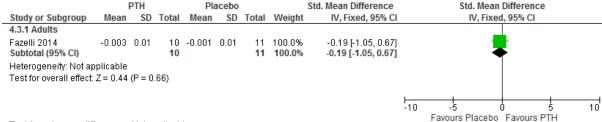
5 Figure 1841: Remission in adults



Test for subgroup differences: Not applicable

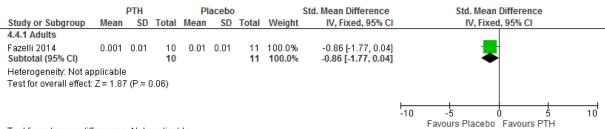
M.8.1.47 Parathyroid hormone therapy (PTH) compared with placebo in adults with anorexia 8 nervosa at end of treatment

9 Figure 1842: Change in total hip BMD



10 Test for subgroup differences: Not applicable

11 Figure 1843: Change in femoral neck BMD

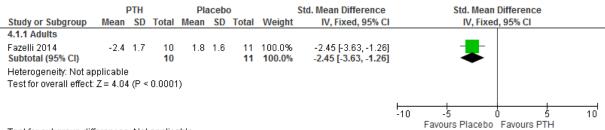


12 Test for subgroup differences: Not applicable

13 Figure 1844: Change in anteroposterior spine BMD

		PTH		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	
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	(P < 0	0.00001	1)								
									-10	-5	1 5	10
T16									Favours Placebo	Favours PTH		

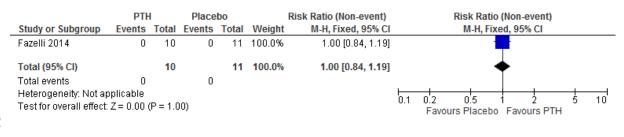
2 Figure 1845: Change in weight



3 Test for subgroup differences: Not applicable

4

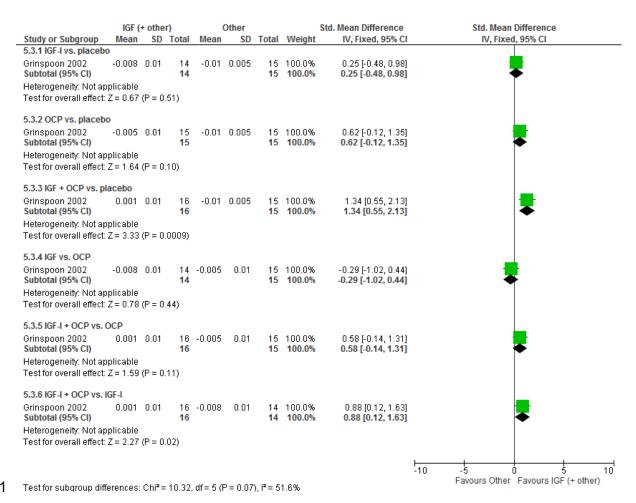
5 Figure 1846: Dropout due to side-effects



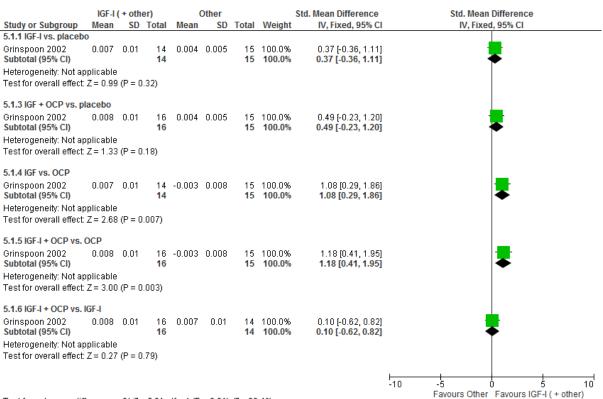
6 7

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 1847: Change in radial BMD



2 Figure 1848: Change in total hip BMD



3 Test for subgroup differences: Chi² = 5.91, df = 4 (P = 0.21), I² = 32.4%

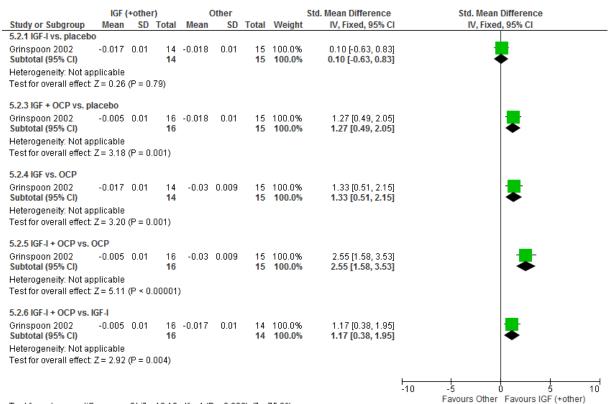
4 Figure 1849: Change in anteroposterior spine BMD

Study or Subgroup Mean SD Total Mean SD Total Weight IV, Fixed, 95% Cl IV, Fixed, 95%		IGF (+	+ Other)		O	ther			Std. Mean Difference	Std. Mean Difference
Grinspoon 2002	<u> </u>		SD T	otal	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Subtotal (95% CI) 14 15 100.0% 1.17 [0.37, 1.96] Heterogeneity. Not applicable Test for overall effect: Z = 2.87 (P = 0.004) 5.4.3 IGF + OCP vs. placebo Grinspoon 2002 0.015 0.01 16 -0.009 0.01 15 100.0% 2.34 [1.40, 3.28] Subtotal (95% CI) 16 15 100.0% 2.34 [1.40, 3.28] Heterogeneity. Not applicable Test for overall effect: Z = 4.87 (P < 0.00001) 5.4.4 IGF vs. OCP Grinspoon 2002 0.003 0.01 14 -0.003 0.01 15 100.0% 0.58 [-0.16, 1.33] Subtotal (95% CI) 14 15 100.0% 0.58 [-0.16, 1.33] Heterogeneity. Not applicable Test for overall effect: Z = 1.53 (P = 0.13) 5.4.5 IGF-I + OCP vs. OCP Grinspoon 2002 0.015 0.01 16 -0.003 0.01 15 100.0% 1.75 [0.91, 2.60] Subtotal (95% CI) 16 15 100.0% 1.75 [0.91, 2.60] Heterogeneity. Not applicable Test for overall effect: Z = 4.07 (P < 0.0001) 5.4.6 IGF-I + OCP vs. IGF-I Grinspoon 2002 0.015 0.01 16 0.003 0.01 14 100.0% 1.17 [0.38, 1.95] Heterogeneity. Not applicable Test for overall effect: Z = 2.92 (P = 0.004)	5.4.1 IGF-I vs. placebo)								
Test for overall effect: Z = 2.87 (P = 0.004) 5.4.3 IGF + OCP vs. placebo Grinspoon 2002		0.003	0.01		-0.009	0.01				
Grinspoon 2002 0.015 0.01 16 -0.009 0.01 15 100.0% 2.34 [1.40, 3.28] Subtotal (95% CI) 16 15 100.0% 2.34 [1.40, 3.28] Heterogeneity: Not applicable Test for overall effect: Z = 4.87 (P < 0.00001) 5.4.4 IGF vs. OCP Grinspoon 2002 0.003 0.01 14 -0.003 0.01 15 100.0% 0.58 [-0.16, 1.33] Subtotal (95% CI) 14 15 100.0% 0.58 [-0.16, 1.33] Heterogeneity: Not applicable Test for overall effect: Z = 1.53 (P = 0.13) 5.4.5 IGF-I + OCP vs. OCP Grinspoon 2002 0.015 0.01 16 -0.003 0.01 15 100.0% 1.75 [0.91, 2.60] Heterogeneity: Not applicable Test for overall effect: Z = 4.07 (P < 0.0001) 5.4.6 IGF-I + OCP vs. IGF-I Grinspoon 2002 0.015 0.01 16 0.003 0.01 14 100.0% 1.17 [0.38, 1.95] Subtotal (95% CI) 16 14 100.0% 1.17 [0.38, 1.95] Heterogeneity: Not applicable Test for overall effect: Z = 2.92 (P = 0.004)		•	(P = 0.0	04)						
Subtotal (95% CI) 16 15 100.0% 2.34 [1.40, 3.28] Heterogeneity: Not applicable Test for overall effect: Z = 4.87 (P < 0.00001) 5.4.4 IGF vs. OCP Grinspoon 2002 0.003 0.01 14 -0.003 0.01 15 100.0% 0.58 [-0.16, 1.33] Subtotal (95% CI) 14 15 100.0% 0.58 [-0.16, 1.33] Heterogeneity: Not applicable Test for overall effect: Z = 1.53 (P = 0.13) 5.4.5 IGF-I + OCP vs. OCP Grinspoon 2002 0.015 0.01 16 -0.003 0.01 15 100.0% 1.75 [0.91, 2.60] Heterogeneity: Not applicable Test for overall effect: Z = 4.07 (P < 0.0001) 5.4.6 IGF-I + OCP vs. IGF-I Grinspoon 2002 0.015 0.01 16 0.003 0.01 14 100.0% 1.17 [0.38, 1.95] Subtotal (95% CI) 16 14 100.0% 1.17 [0.38, 1.95] Heterogeneity: Not applicable Test for overall effect: Z = 2.92 (P = 0.004)	5.4.3 IGF + OCP vs. pla	acebo								
Test for overall effect: Z = 4.87 (P < 0.00001) 5.4.4 IGF vs. OCP Grinspoon 2002		0.015	0.01		-0.009	0.01				
Grinspoon 2002 0.003 0.01 14 -0.003 0.01 15 100.0% 0.58 [-0.16, 1.33] Subtotal (95% CI) 14 15 100.0% 0.58 [-0.16, 1.33] Heterogeneity: Not applicable Test for overall effect: Z = 1.53 (P = 0.13) 5.4.5 IGF-I + OCP vs. OCP Grinspoon 2002 0.015 0.01 16 -0.003 0.01 15 100.0% 1.75 [0.91, 2.60] Subtotal (95% CI) 16 15 100.0% 1.75 [0.91, 2.60] Heterogeneity: Not applicable Test for overall effect: Z = 4.07 (P < 0.0001) 5.4.6 IGF-I + OCP vs. IGF-I Grinspoon 2002 0.015 0.01 16 0.003 0.01 14 100.0% 1.17 [0.38, 1.95] Subtotal (95% CI) 16 14 100.0% 1.17 [0.38, 1.95] Heterogeneity: Not applicable Test for overall effect: Z = 2.92 (P = 0.004)			(P < 0.0	0001)					
Subtotal (95% CI) 14 15 100.0% 0.58 [-0.16, 1.33] Heterogeneity: Not applicable Test for overall effect: Z = 1.53 (P = 0.13) 5.4.5 IGF-I + OCP vs. OCP Grinspoon 2002 0.015 0.01 16 -0.003 0.01 15 100.0% 1.75 [0.91, 2.60] Subtotal (95% CI) 16 15 100.0% 1.75 [0.91, 2.60] Heterogeneity: Not applicable Test for overall effect: Z = 4.07 (P < 0.0001) 5.4.6 IGF-I + OCP vs. IGF-I Grinspoon 2002 0.015 0.01 16 0.003 0.01 14 100.0% 1.17 [0.38, 1.95] Subtotal (95% CI) 16 14 100.0% 1.17 [0.38, 1.95] Heterogeneity: Not applicable Test for overall effect: Z = 2.92 (P = 0.004)	5.4.4 IGF vs. OCP									
Test for overall effect: Z = 1.53 (P = 0.13) 5.4.5 IGF-I + OCP vs. OCP Grinspoon 2002		0.003	0.01		-0.003	0.01				
Grinspoon 2002 0.015 0.01 16 -0.003 0.01 15 100.0% 1.75 [0.91, 2.60] Subtotal (95% CI) 16 15 100.0% 1.75 [0.91, 2.60] Heterogeneity: Not applicable Test for overall effect: Z = 4.07 (P < 0.0001) 5.4.6 IGF-I + OCP vs. IGF-I Grinspoon 2002 0.015 0.01 16 0.003 0.01 14 100.0% 1.17 [0.38, 1.95] Subtotal (95% CI) 16 14 100.0% 1.17 [0.38, 1.95] Heterogeneity: Not applicable Test for overall effect: Z = 2.92 (P = 0.004)		•	(P = 0.1	3)						
Subtotal (95% CI) 16 15 100.0% 1.75 [0.91, 2.60] Heterogeneity: Not applicable Test for overall effect: Z = 4.07 (P < 0.0001) 5.4.6 IGF-I + OCP vs. IGF-I Grinspoon 2002 0.015 0.01 16 0.003 0.01 14 100.0% 1.17 [0.38, 1.95] Subtotal (95% CI) 16 14 100.0% 1.17 [0.38, 1.95] Heterogeneity: Not applicable Test for overall effect: Z = 2.92 (P = 0.004)	5.4.5 IGF-I + OCP vs. (OCP								
Test for overall effect: Z = 4.07 (P < 0.0001) 5.4.6 IGF-I + OCP vs. IGF-I Grinspoon 2002		0.015	0.01		-0.003	0.01				
Grinspoon 2002 0.015 0.01 16 0.003 0.01 14 100.0% 1.17 [0.38, 1.95] Subtotal (95% CI) 16 14 100.0% 1.17 [0.38, 1.95] Heterogeneity: Not applicable Test for overall effect: Z = 2.92 (P = 0.004)		•	(P < 0.0	001)						
Subtotal (95% CI) 16 14 100.0% 1.17 [0.38, 1.95] Heterogeneity: Not applicable Test for overall effect: Z = 2.92 (P = 0.004)	5.4.6 IGF-I + OCP vs. I	GF-I								
Test for overall effect: Z = 2.92 (P = 0.004)		0.015	0.01		0.003	0.01				
-10 -5 0 5		•		04)						
-10 -5 Ó 5										
Equation Other Following ICE (+ C										-10 -5 0 5 1 Favours Other Favours IGF (+ Other)

Test for subgroup differences: $Chi^2 = 9.54$, df = 4 (P = 0.05), $I^2 = 58.1\%$

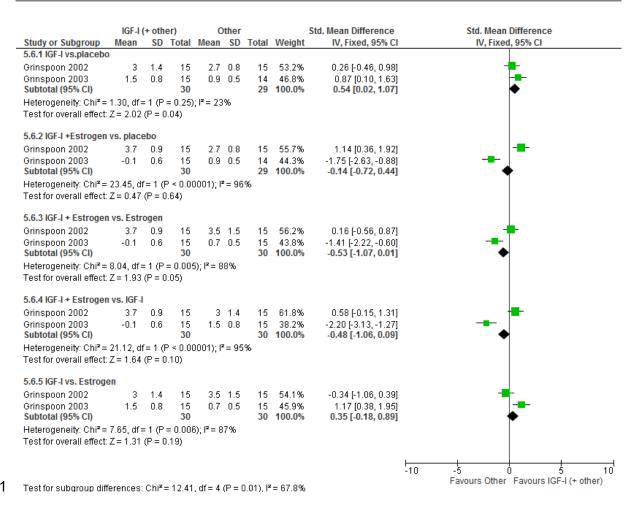
2

3 Figure 1850: Change in total body BMD

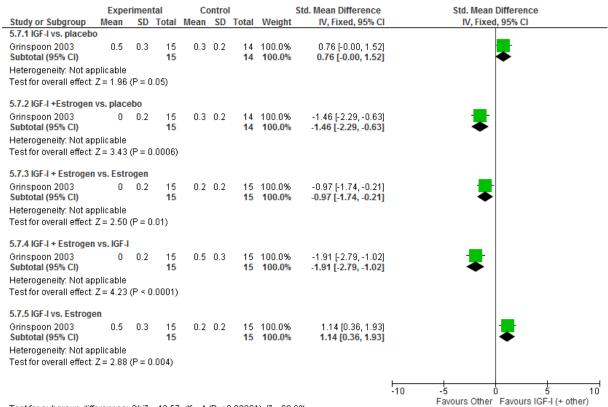


4 Test for subgroup differences: $Chi^2 = 16.19$, df = 4 (P = 0.003), $I^2 = 75.3\%$

5 Figure 1851: Change in weight



2 Figure 1852: Change in BMI



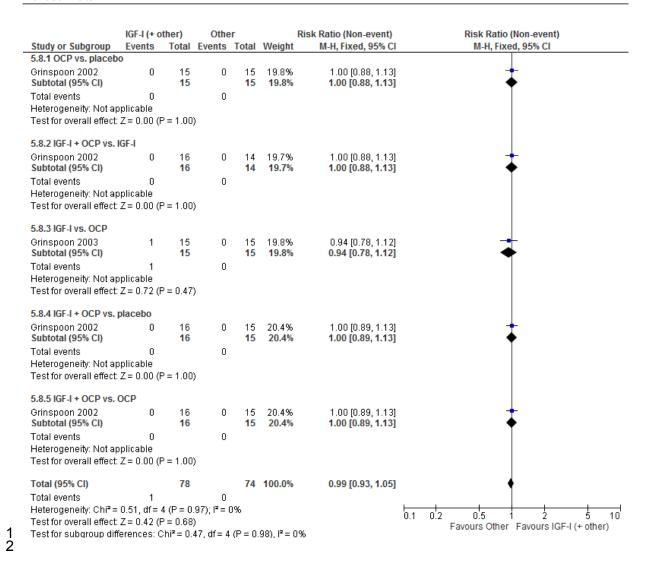
3 Test for subgroup differences: Chi² = 43.57, df = 4 (P < 0.00001), I² = 90.8%

4 Figure 1853: Change in lean mass

	IGF-I ()ther			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>
Grinspoon 2002 Gubtotal (95% CI)	2	0.6	14 14	1.1	0.5	15 15	100.0% 100.0%	1.59 [0.74, 2.44] 1.59 [0.74, 2.44]	📮
Heterogeneity: Not ap Test for overall effect:		(P = 0	.0003)						
5.5.3 IGF + OCP vs. p	lacebo								
Grinspoon 2002 Subtotal (95% CI)	2.3	0.5	16 16	1.1	0.5		100.0% 100.0%	2.34 [1.40, 3.28] 2.34 [1.40, 3.28]	🔹
Heterogeneity: Not ap Test for overall effect:		(P < 0	.00001)					
5.5.4 IGF vs. OCP									
Grinspoon 2002 Subtotal (95% CI)	2	0.6	14 14	1.1	0.6		100.0% 100.0%	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								
Grinspoon 2002 Subtotal (95% CI)	2.3	0.5	16 16	1.1	0.6	15 15	100.0% 100.0%	2.12 [1.22, 3.03] 2.12 [1.22, 3.03]	
Heterogeneity: Not ap Test for overall effect:		(P < 0	.00001)					
5.5.6 IGF-I + OCP vs.	IGF-I								
Grinspoon 2002 Subtotal (95% CI)	2.3	0.5	16 16	2	0.6		100.0% 100.0 %	0.53 [-0.20, 1.26] 0.53 [-0.20, 1.26]	
Heterogeneity: Not ap Test for overall effect:		(P = 0	.15)					. , .	
		,							
									-10 -5 0 5

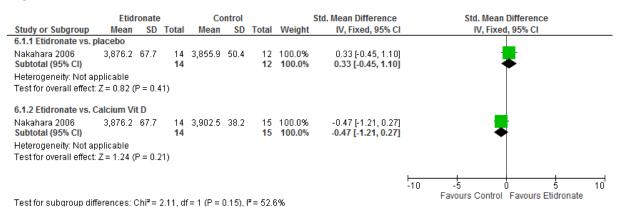
¹ Test for subgroup differences: $Chi^2 = 11.65$, df = 4 (P = 0.02), $I^2 = 65.7\%$

2 Figure 1854: 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 1855: Tibia SOS (speed of sound) in adults

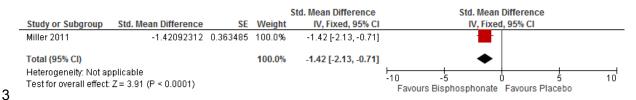


7 Figure 1856: Change in tibia Z score in adults

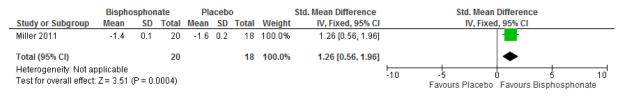
	Etic	Ironat	е	C	ontrol		9	Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI	
6.2.1 Etidronate vs. p	placebo										
Nakahara 2006 Subtotal (95% CI)	-0.98	0.48	14 14	-1.28	0.42	12 12	100.0% 100.0%	0.64 [-0.15, 1.43] 0.64 [-0.15, 1.43]			
Heterogeneity: Not ap	pplicable	!									
Test for overall effect	Z= 1.58	(P = 0	0.11)								
6.2.2 Etidronate vs. (Calcium	Vit D									
Nakahara 2006 Subtotal (95% CI)	-0.98	0.48	14 14	-0.87	0.4	15 15	100.0% 100.0 %	-0.24 [-0.97, 0.49] - 0.24 [-0.97, 0.49]			
Heterogeneity: Not a	pplicable	!									
Test for overall effect	: Z= 0.65	6 (P = 0	0.52)								
									-10	-5 0 5	10
Toot for outparoup dif	¥	. Obiz.	- 2.57	ae	0 - 0 4	43 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 1857: Change in total hip BMD in adults

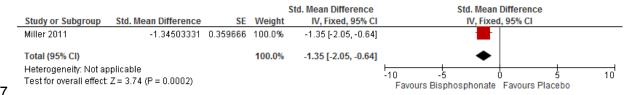


4 Figure 1858: Change in anteroposterior lumbar spine Z BMD in adults

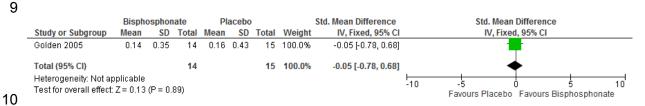


6 Figure 1859: Change in lateral spine BMD in adults

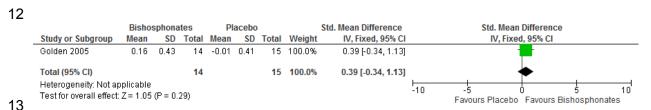
5



8 Figure 1860: Change in lumbar spine BMD Z score in young people



11 Figure 1861: Change in femoral neck BMD Z score in young people



14 Figure 1862: Change in trochanter BMD Z score in young people

1

3

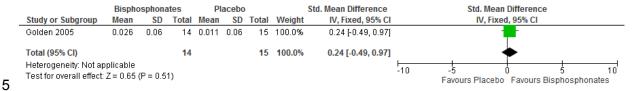
9

	Bisphosphonates			PI	acebo			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	
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	14 0001)			15	100.0%	4.60 [3.13, 6.07]	-10	-5 Favours Placebo	0 5 Favours Bisph	10 osphonates

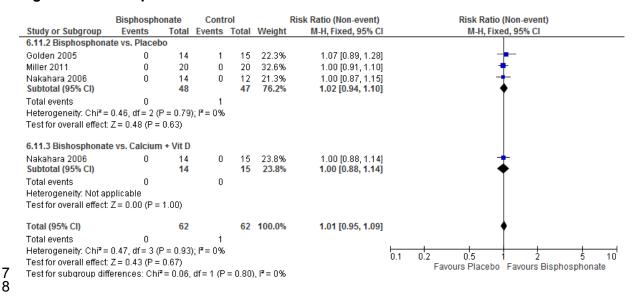
2 Figure 1863: Change in wards triangle BMD Z score in young people

	Bisphosphonates			PI	acebo)		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		
Golden 2005	0.045 0.05 14 0.011 0.07 1				15	100.0%	0.54 [-0.20, 1.28]			-			
(100.0%	0.54 [-0.20, 1.28]			•					
	Heterogeneity: Not applicable Test for overall effect: Z = 1.42 (P = 0.15)								-10	-5 Favours Pla	0 cebo Favours	5 s Bisphospho	10 onates

4 Figure 1864: Change in total hip BMD Z score in young people



6 Figure 1865: Dropout due to side-effects



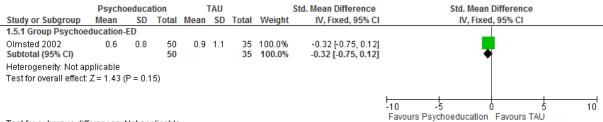
10 Clinical question: Does any intervention for an eating disorder need to be modified in the presence of common long-term health conditions?

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 1866: Bingeing

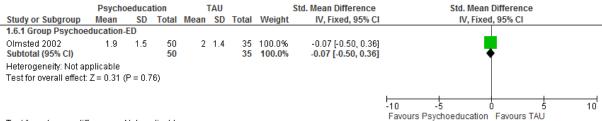
	Psycho	Psychoeducation		TAU				Std. Mean Difference	Std. Mean Difference			ice	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% C	I	
1.1.1 Group Psychoe	education-	ED											
Olmsted 2002 Subtotal (95% CI)	1	2.9	50 50	1.4	3.4	35 35		-0.13 [-0.56, 0.31] - 0.13 [-0.56, 0.31]			•		
Heterogeneity: Not ap Test for overall effect:		P = 0.5	i6)										
									-10	-5	0	5	10
T+6	v		-111-1 -						Favou	rs Psychoeducation	Favour	's TAU	

2 Figure 1867: EDE-eating concern



Test for subgroup differences: Not applicable

4 Figure 1868: EDE-shape concern



Test for subgroup differences: Not applicable

6 Figure 1869: EDE-weight concern

	Psycho	educa	ition		TAU			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	
1.7.1 Group Psychoe	education-	ED									
Olmsted 2002 Subtotal (95% CI)	1.5	1.3	50 50	1.7	1.4	35 35	100.0% 100.0%	-0.15 [-0.58, 0.28] - 0.15 [-0.58, 0.28]			
Heterogeneity: Not ap Test for overall effect		P = 0.5	50)								
									-10 -5 0 Favours Psychoeducation	5 Favours TAU	10

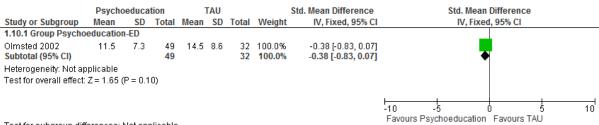
Test for subgroup differences: Not applicable

8 Figure 1870: 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	d, 95% CI		
1.3.1 Group Psychoe	education-	ED								_			
Olmsted 2002 Subtotal (95% CI)	1	1.2	50 50	1.4	1.2	35 35	100.0% 100.0%	-0.33 [-0.77, 0.10] - 0.33 [-0.77, 0.10])		
Heterogeneity: Not a Test for overall effect		P = 0.1	4)										
									-10 Eavour	-5 -5 Psychoaducation	0 Favours T	5	10

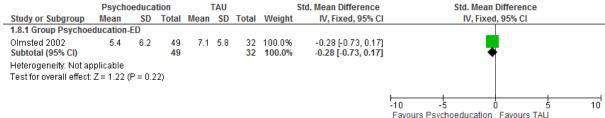
Test for subgroup differences: Not applicable

10 Figure 1871: EDI-body dissatisfaction



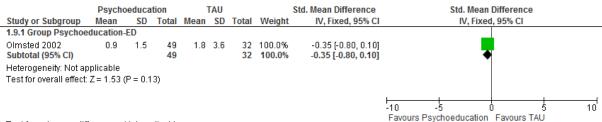
11 Test for subgroup differences: Not applicable

1 Figure 1872: EDI-drive for thinness



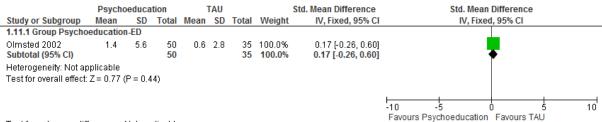
Test for subgroup differences: Not applicable

3 Figure 1873: EDI-bulimia



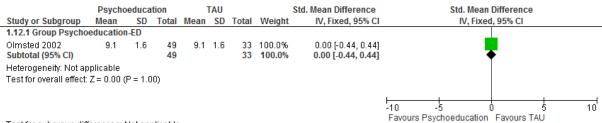
Test for subgroup differences: Not applicable

5 Figure 1874: Insulin omission days



Test for subgroup differences: Not applicable

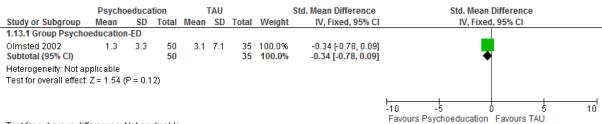
7 Figure 1875: HbA1c level (%)



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 1876: Bingeing

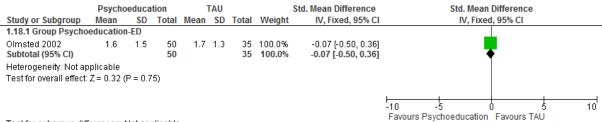


Test for subgroup differences: Not applicable

13 Figure 1877: EDE-eating concern

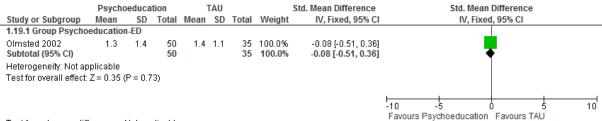
	Psycho	educa	tion	TAU				Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
1.17.1 Group Psycho	education	1-ED											
Olmsted 2002 Subtotal (95% CI)	0.5	0.7	50 50	0.7	0.9	35 35	100.0% 100.0 %	-0.25 [-0.69, 0.18] - 0.25 [-0.69, 0.18]		•			
Heterogeneity: Not ap Test for overall effect:		P = 0.2	(6)										
Tact for cubaroun dif	foroncoc:	Not on	olicabla						-10 Favours	-5 (Psychoeducation) Favours TAl	5 J	10

2 Figure 1878: EDE-shape concern



Test for subgroup differences: Not applicable

4 Figure 1879: EDE-weight concern



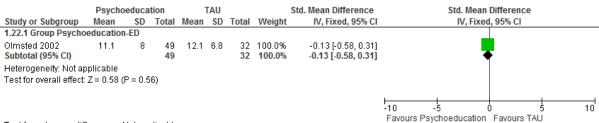
Test for subgroup differences: Not applicable

6 Figure 1880: 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	ı-ED											
Olmsted 2002 Subtotal (95% CI)	1	1.1	50 50	1	1.2	35 35		0.00 [-0.43, 0.43] 0.00 [-0.43, 0.43]		•			
Heterogeneity: Not ap Test for overall effect:		P = 1.0	00)										
									-10 - Favours Psy	5 C choeducation	Favours TAL	5 J	10

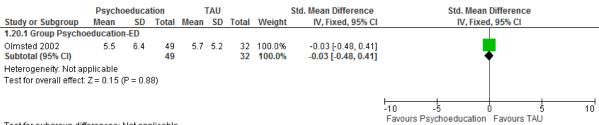
Test for subgroup differences: Not applicable

8 Figure 1881: EDI-body dissatisfaction



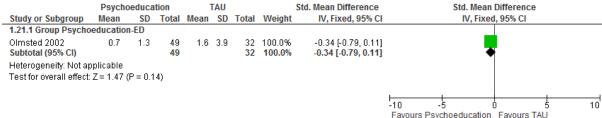
Test for subgroup differences: Not applicable

10 Figure 1882: EDI-drive for thinness



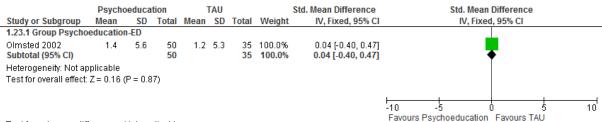
11 Test for subgroup differences: Not applicable

1 Figure 1883: EDI-bulimia



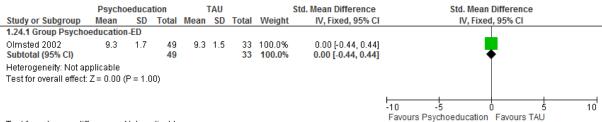
2 Test for subgroup differences: Not applicable

3 Figure 1884: Insulin omission days



4 Test for subgroup differences: Not applicable

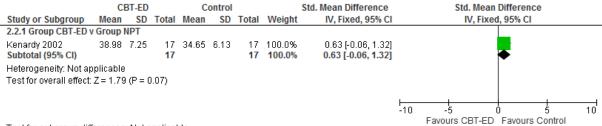
5 Figure 1885: HbA1c (%)



6 Test for subgroup differences: Not applicable

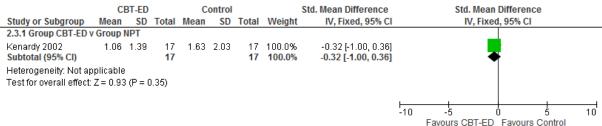
M.8.2.37 Group CBT-ED compared with another treatment for adults with type II diabetes and 8 disturbed eating at end of treatment

9 Figure 1886: BMI



10 Test for subgroup differences: Not applicable

11 Figure 1887: Bingeing

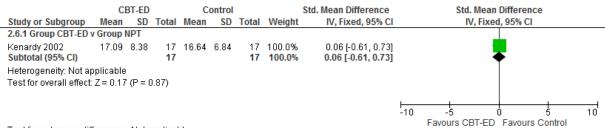


12 Test for subgroup differences: Not applicable

13 Figure 1888: Quality of life

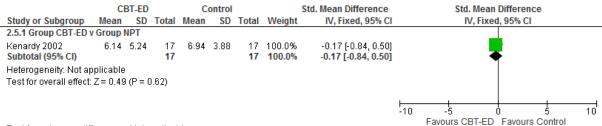
	C	CBT-ED Control						Std. Mean Difference		Std. Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI	1	
2.7.1 Group CBT-ED	v Group	NPT								_			
Kenardy 2002	42	12.8	17	42.02	13.24	17	100.0%	-0.00 [-0.67, 0.67]					
Subtotal (95% CI)			17			17	100.0%	-0.00 [-0.67, 0.67]		•	▶		
Heterogeneity: Not a	pplicable	!											
Test for overall effect	Z = 0.00) (P = 1	1.00)										
									-10	-5	$\overline{}$		10
										Favours Control	Favour	s CBT-ED	

2 Figure 1889: EDI-body dissatisfaction



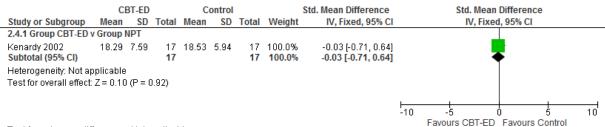
3 Test for subgroup differences: Not applicable

4 Figure 1890: EDI-drive for thinness



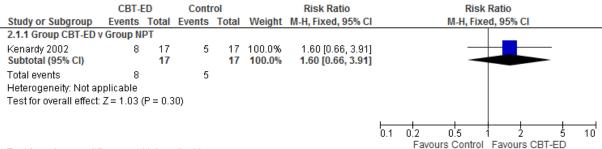
5 Test for subgroup differences: Not applicable

6 Figure 1891: EDI-bulimia



7 Test for subgroup differences: Not applicable

8 Figure 1892: Remission



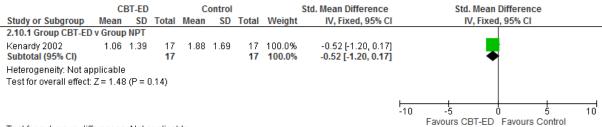
9 Test for subgroup differences: Not applicable

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 1893: BMI

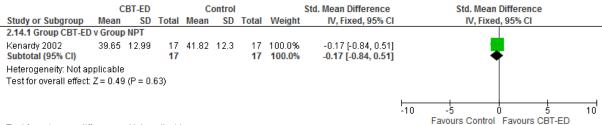
	CI	BT-ED		C	ontrol			Std. Mean Difference		Std. Mean Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 959	6 CI	
2.9.1 Group CBT-ED	v Group I	NPT										
Kenardy 2002 Subtotal (95% CI)	38.52	7.28	17 17	34.29	5.62	17 17	100.0% 100.0%	0.64 [-0.06, 1.33] 0.64 [-0.06, 1.33]				
Heterogeneity: Not as	plicable											
Test for overall effect:	Z=1.80	(P = 0	0.07)									
									-10	-5 0	5	10
T16										Favours CBT-ED Fav	ours Control	

2 Figure 1894: Bingeing



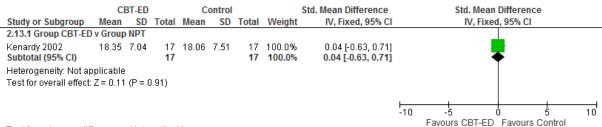
3 Test for subgroup differences: Not applicable

4 Figure 1895: Quality of life



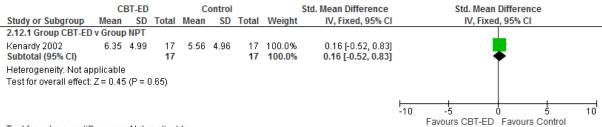
5 Test for subgroup differences: Not applicable

6 Figure 1896: EDI-body dissatisfaction



7 Test for subgroup differences: Not applicable

8 Figure 1897: EDI-drive for thinness

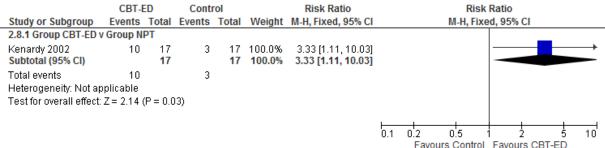


9 Test for subgroup differences: Not applicable

10 Figure 1898: EDI-bulimia

	C	CBT-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		
2.11.1 Group CBT-EI	D v Group	NPT									_		
Kenardy 2002 Subtotal (95% CI)	18.35	7.04	17 17	18.53	6.04	17 17	100.0% 100.0 %	-0.03 [-0.70, 0.65] - 0.03 [-0.70, 0.65]		•			
Heterogeneity: Not a	pplicable												
Test for overall effect	t: Z = 0.08	(P = 0	0.94)										
									-10	- 1 	<u> </u>	10	
										Favours CBT-ED	Favours Control		

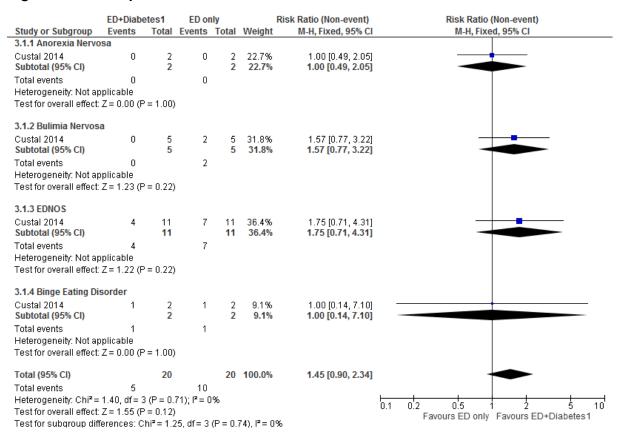
2 Figure 1899: Remission



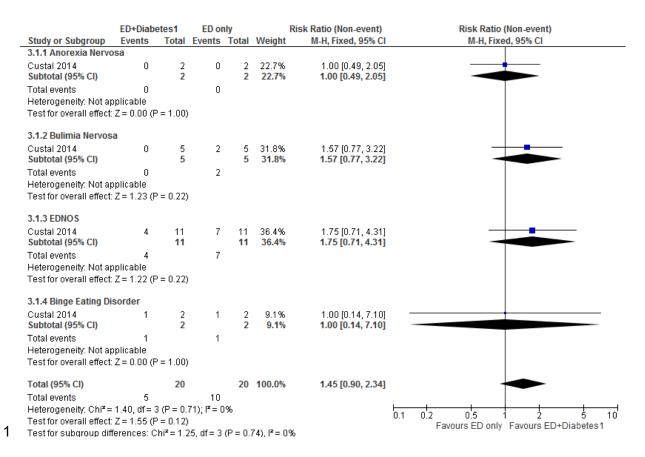
3 Test for subgroup differences: Not applicable

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 1900: Dropouts

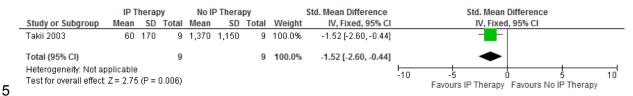


8 Figure 1901: Remission (partial or full)

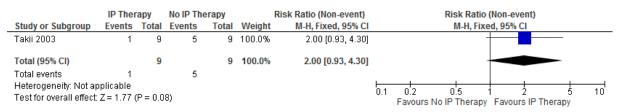


M.8.2.62 Integrated inpatient therapy compared with no integrated inpatient therapy in those 3 with bulimia nervosa and type I diabetes at end of treatment

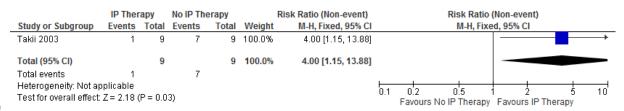
4 Figure 1902: Caloric value of bingeing



6 Figure 1903: Insulin omission



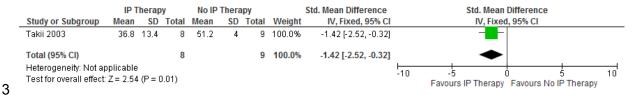
8 Figure 1904: Inappropriate compensatory behaviours to prevent weight gain



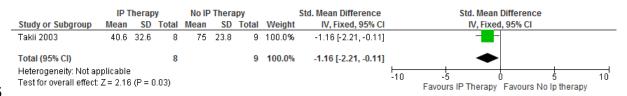
10 Figure 1905: General psychopathology

	IP Therapy No IP Therapy					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		
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 ap Test for overall effect:			0.02)						-10	Favou	5 Irs IP Therapy	0 Favours No II	5 Therapy	10

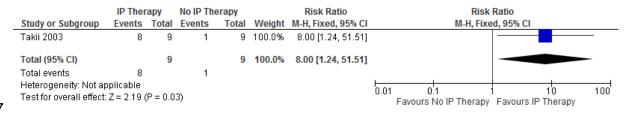
2 Figure 1906: Depression



4 Figure 1907: EDI-total



6 Figure 1908: Remission

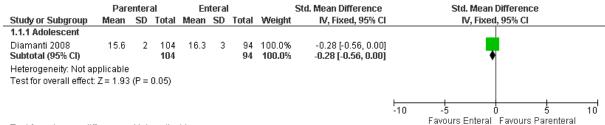


- 8 Clinical question: Does the setting (inpatient, outpatient or other specific setting) and
- 9 different ways of coordinating, transitioning and integrating care for treating eating
- 10 disorders produce benefits/harms in people with eating disorders?

M.8.31 Low body weight and malnutrition

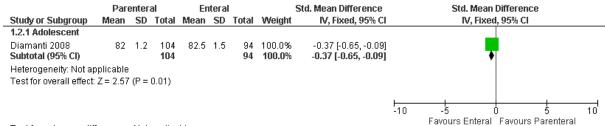
M.8.3.12 Parenteral and enteral nutrition versus enteral nutrition in young people with anorexia nervosa at end of treatment

14 Figure 1909: BMI



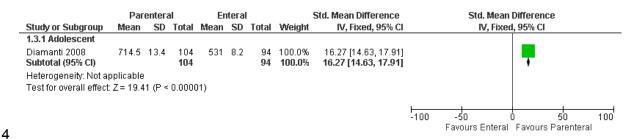
15 Test for subgroup differences: Not applicable

1 Figure 1910: Percentage of ideal body weight

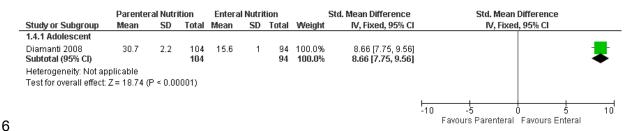


2 Test for subgroup differences: Not applicable

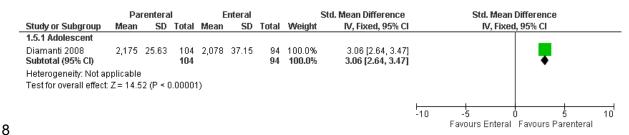
3 Figure 1911: Weight gain (g/week)



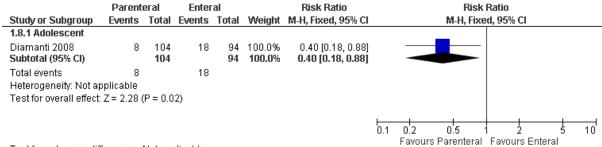
5 Figure 1912: Length of treatment (days)



7 Figure 1913: Maximum energy intake (kcal/day)

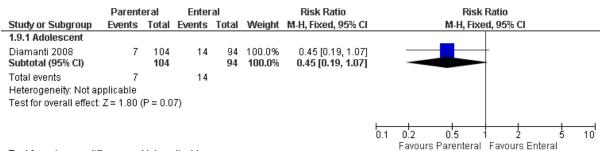


9 Figure 1914: Number of people experiencing abdominal pain



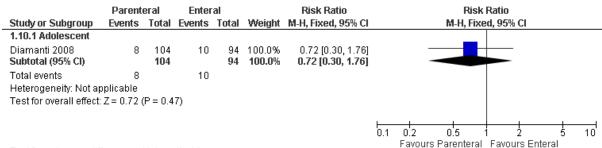
10 Test for subgroup differences: Not applicable

1 Figure 1915: Number of people experiencing bloating



2 Test for subgroup differences: Not applicable

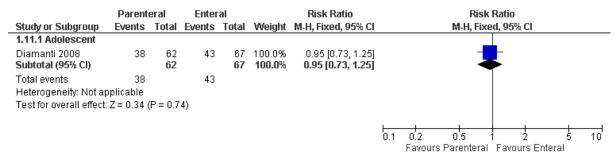
3 Figure 1916: Number of people experiencing constipation



4 Test for subgroup differences: Not applicable

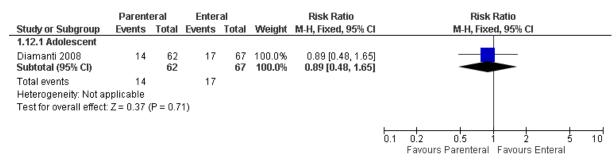
M.8.3.25 Parenteral and enteral nutrition versus enteral nutrition in young people with anorexia 6 nervosa at follow up

7 Figure 1917: Number of people recovered after nutritional rehabilitation

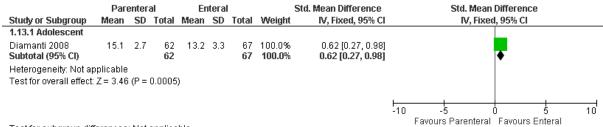


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9 Figure 1918: Number of people rehospitalized



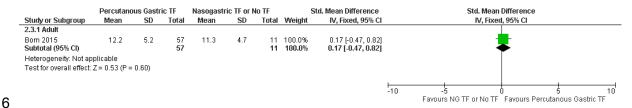
1 Figure 1919: Length of second rehospitalization



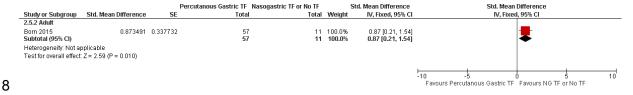
2 Test for subgroup differences: Not applicable

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 1920: Weight gain (kg)

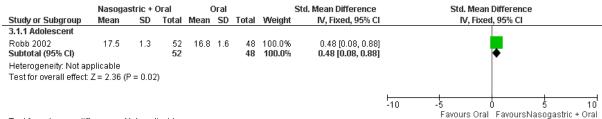


7 Figure 1921: Length of treatment (days)



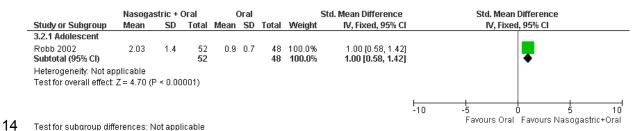
M.8.3.49 Nasogastric tube and oral refeeding diet versus oral refeeding diet for malnourished 10 young people with anorexia nervosa

11 Figure 1922: BMI



12 Test for subgroup differences: Not applicable

13 Figure 1923: BMI - change scores



1 Figure 1924: Weight (kg)

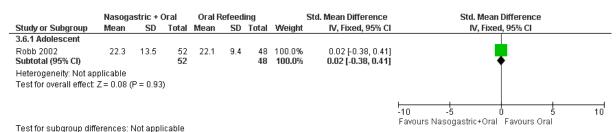
	Nasoga	Nasogastric + Oral Oral F Mean SD Total Mean			Refeed	ing		Std. Mean Difference		Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI
3.3.1 Adolescent										
Robb 2002 Subtotal (95% CI)	46.5	5.1	52 52	44.8	7.4	48 48	100.0% 100.0 %	0.27 [-0.13, 0.66] 0.27 [-0.13, 0.66]		•
Heterogeneity: Not ap	plicable									
Test for overall effect:	Z = 1.33 (F	P = 0.18	3)							
									-10	-5 0 5 10
										Favours Oral Refeeding Favours Nasogastric+Oral

2 Test for subgroup differences: Not applicable

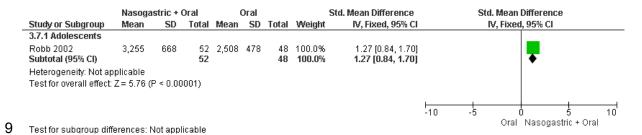
3 Figure 1925: Weight gain (kg)

	Nasogas	stric +	Oral	Oral F	Refeed	ling		Std. Mean Difference		Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95% CI
3.4.1 Adolescent										
Robb 2002 Subtotal (95% CI)	5.4	4	52 52	2.4	1.8	48 48	100.0% 100.0 %	0.95 [0.53, 1.36] 0.95 [0.53, 1.36]		
Heterogeneity: Not ap Test for overall effect:		P < 0.00	1001)							
									-10	-5 0 5 1
Test for subgroup dif	ferences: N	Int anni	icable							Favours Oral Refeeding Favours Nasogastric+Oral

6 Figure 1926: Length of hospitalization (days)

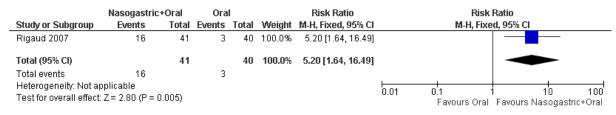


8 Figure 1927: Maximum caloric intake (kcal/day)

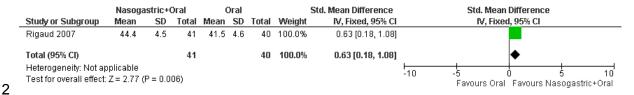


M.8.3.50 Nasogastric and oral refeeding diet versus oral refeeding diet for malnourished adults with anorexia nervosa at end of treatment

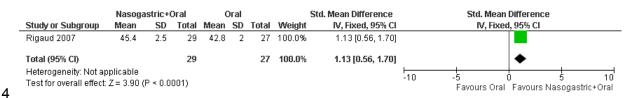
12 Figure 1928: Number of people achieving BMI of 18.5 kg/m2 or more



1 Figure 1929: Weight (kg)



3 Figure 1930: Weight (kg) – anorexia nervosa-restricting subtype



5 Figure 1931: 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]		•	
Heterogeneity: Not ap Test for overall effect:		P = 0.0	09)						-10 -5 Favours Oral) 5 Favours Nasogas	10 stric+Oral

7 Figure 1932: Weight gain (g/day)

	Nasogastric+Oral Mean SD Tota		Oral	()ral			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	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]		•	
Heterogeneity: Not ap Test for overall effect:		(P < 0.	00001)						-10 -5 Favours Ora	0 5 I Favours Naso	10 gastric+Oral

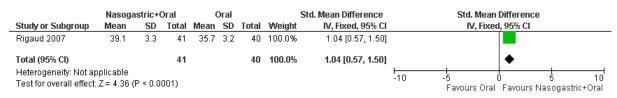
9 Figure 1933: Length of relapse-free period

	Nasoga	stric+	Oral	- (Oral			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	
Rigaud 2007	34.3	8.2	41	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]		*	
Heterogeneity: Not ap Test for overall effect:		o < 0.0	001)						-10 -5 Favours Oral	0 5 Favours Nas	5 10 ogastric+Oral

11 Figure 1934: Change in extracellular fluids (kg)

	Nasoga	astric+(Oral		ОгаІ			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 .	
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]	•			
Heterogeneity: Not ap Test for overall effect:	•	I (P ≤ 0.	00001)						-10 -5 Favours Nasogastr	0 ic+Oral Favour	5 s Oral	10

13 Figure 1935: Creatinine urinary output (mg/day)



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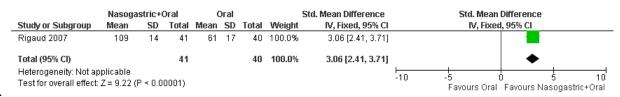
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1 Figure 1936: Fat free mass (kg)

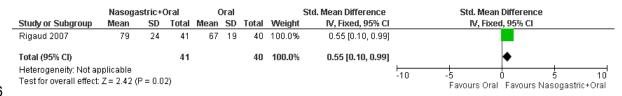
2

	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	39.1	3.3	41	35.7	3.2	40	100.0%	1.04 [0.57, 1.50]	•
Total (95% CI)			41			40	100.0%	1.04 [0.57, 1.50]	.
Heterogeneity: Not ap Test for overall effect:		o.0 > c	001)						-10 -5 0 5 10 Favours Oral Favours Nasogastric+Oral

3 Figure 1937: Fat free mass gain (g/day)



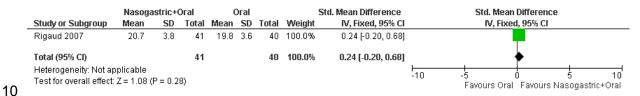
5 Figure 1938: Fat mass gain (g/day)



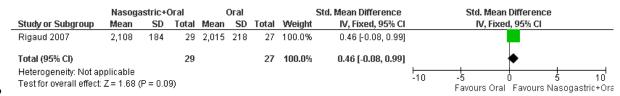
7 Figure 1939: Added sugar (g/day)

	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]	•
Heterogeneity: Not ap Test for overall effect:		P = 0.0:	5)						-10 -5 0 5 10 Favours Oral Favours Nasogastric+Oral

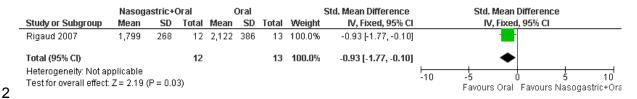
9 Figure 1940: Added fat (g/day)



11 Figure 1941: Energy intake – anorexia nervosa-restricting subtype



1 Figure 1942: 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 1943: Weight (kg) – anorexia nervosa-restricting 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, 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]	•
Heterogeneity: Not ap Test for overall effect:		P = 0.0	005)						-10 -5 0 5 10 Favours Oral Favours Nasogastric+Oral

7 Figure 1944: Weight (kg) - anorexia nervosa-binge purge 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	46.2	2.9	12	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 ap Test for overall effect:		P = 0.0	07)						-10 -5 0 Favours Oral	5 Favours Naso	10 gastric+Oral

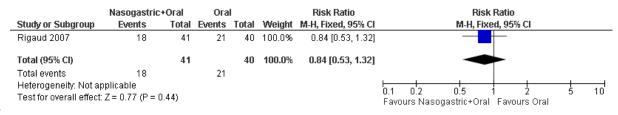
9 Figure 1945: Energy intake (kcal/day) - anorexia nervosa-restricting subtype

	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, Fixe	d, 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 = 0.99	9)						-10 -5 Favours Oral	o 5 Favours Nasc	10 ogastric+Oral

11 Figure 1946: Energy intake (kcal/day) - anorexia nervosa-binge purge subtype

	Nasoga	stric+(Oral		Oral			Std. Mean Difference		Std	Mean Differe	ence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IN.	/, Fixed, 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 Favour	 0 s Oral Favou	5 Irs Nasogast	10 ric+Oral

13 Figure 1947: Number of people relapsed

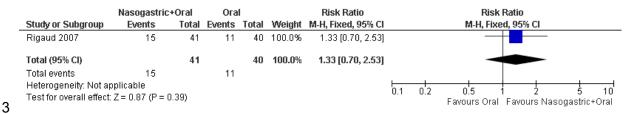


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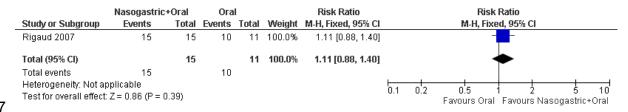
1 Figure 1948: Number of people achieving BMI of 18.5 kg/m2 and adequate energy intake



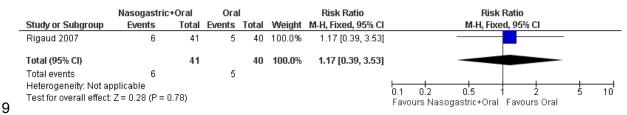
4 Figure 1949: EDI-total

	Nasogastric+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 ap Test for overall effect	•	P = 0.4	9)						-10 -5 0 5 10 Favours Nasogastric+Oral Favours Oral

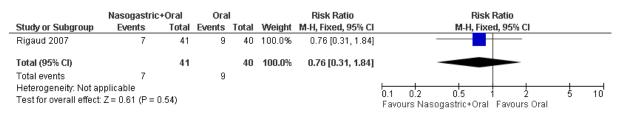
6 Figure 1950: Number of people resumed menses



8 Figure 1951 : Number of people taking antidepressants

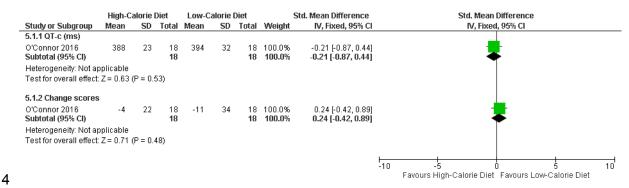


10 Figure 1952: Number of people taking antixiolyitcs

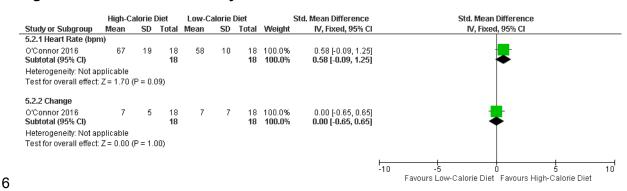


M.8.3.71 High-calorie refeeding diet versus low-calorie refeeding diet for malnourished young 2 people with anorexia nervosa

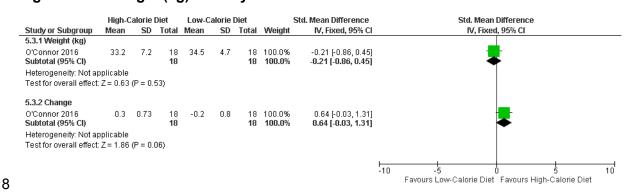
3 Figure 1953: QT-corrected interval at 4 days



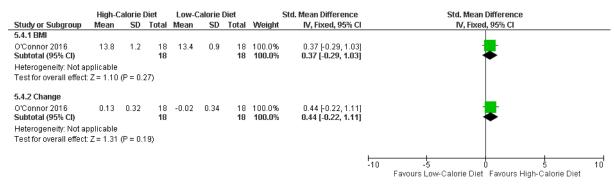
5 Figure 1954: Heart rate at 4 days



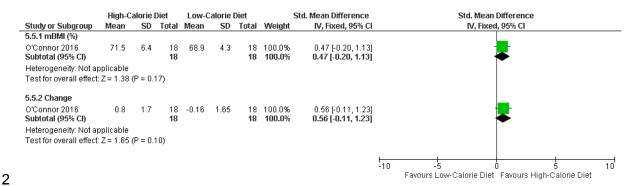
7 Figure 1955: Weight (kg) at 4 days



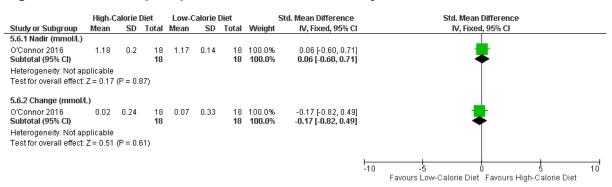
9 Figure 1956: BMI at 4 days



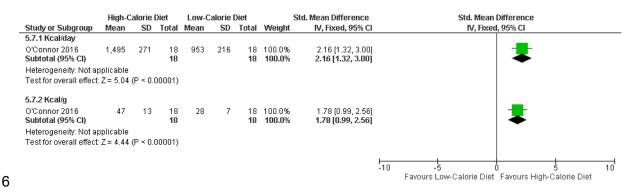
1 Figure 1957: mBMI (%) at 4 days



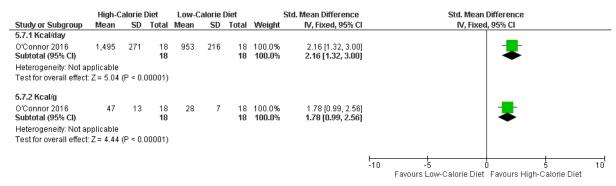
3 Figure 1958: Serum phosphate concentration at 4 days



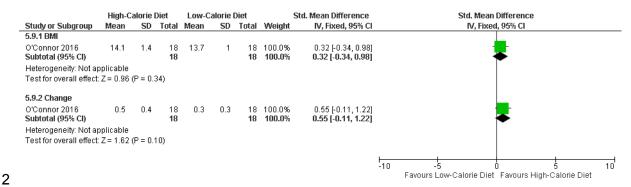
5 Figure 1959: Energy Intake at 4 days



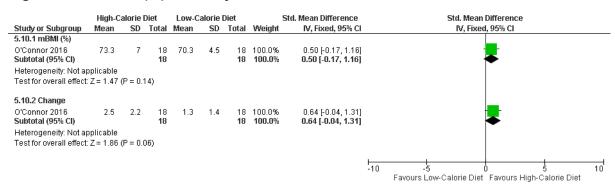
7 Figure 1960: Weight (kg) at 10 days



1 Figure 1961: BMI at 10 days



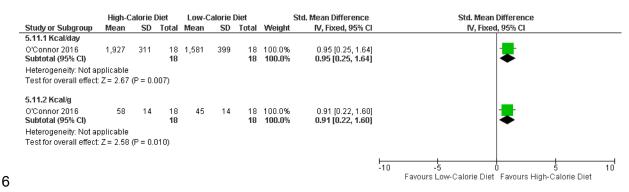
3 Figure 1962: mBMI (%) at 10 days



5 Figure 1963: Energy intake at 10 days

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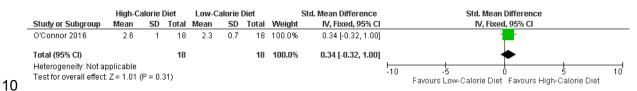
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7 Figure 1964: Glucose (mmol/L) at 10 days

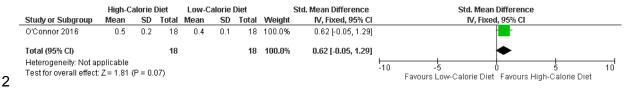
	High-C	-Calorie Diet Low-Calorie Diet				Diet		Std. Mean Difference		Std. Mean Difference				
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV	, Fixed, 95% C	1		
O'Connor 2016	4.1	0.5	18	3.9	0.5	18	100.0%	0.39 [-0.27, 1.05]			-			
Total (95% CI)			18			18	100.0%	0.39 [-0.27, 1.05]			•			
Heterogeneity: Not ap Test for overall effect:		(P = 0.1	25)						-10	-5 Favours Low-Calori	0 e Diet Favou	5 rs High-Calorie Die	10 et	

9 Figure 1965: Insulin (mmol/L) at 10 days

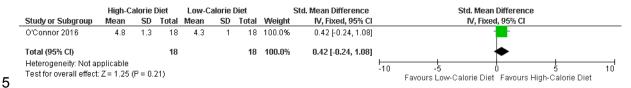


1 Figure 1966: HOMA at 10 days

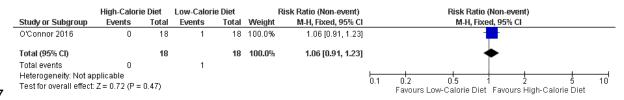
3



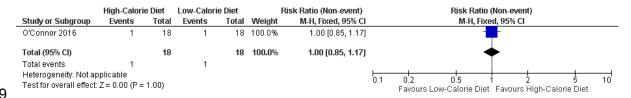
4 Figure 1967: White blood cell count (x 109/L)



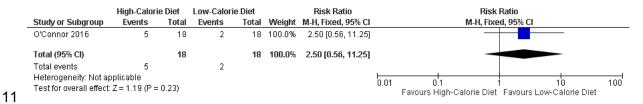
6 Figure 1968: Adverse events in first 4 days



8 Figure 1969: Oral phosphate supplementation due to low PO

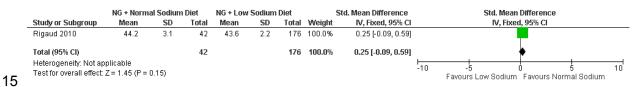


10 Figure 1970: Number of people experiencing hypophosphatemia in first 2 days



M.8.3.82 Normal-sodium nasogastric and oral refeeding diet versus low-sodium diet for adult anorexia nervosa

14 Figure 1971: Weight (kg)



1 Figure 1972: BMI

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		NG + Norma	ıl Sodiun	n Diet	NG + Low	v Sodium I	Diet		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% (1	
	Rigaud 2010	16.2	1.6	42	16.4	1.5	176	100.0%	-0.13 [-0.47, 0.21]					
	Total (95% CI)			42			176	100.0%	-0.13 [-0.47, 0.21]			•		
)	Heterogeneity: Not app Test for overall effect: 2	•	0.45)							-10	-5 Favours Low Soc	0 lium Favou	5 rs Normal Sod	10 lium

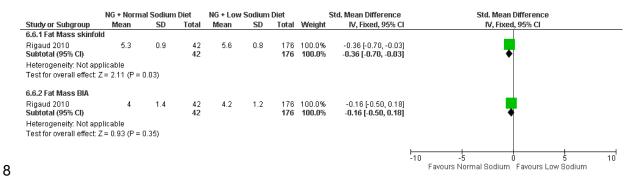
3 Figure 1973: Fat Free Mass (kg; skinfold)

	NG + Norma	NG + Normal Sodium Diet			NG + Low Sodium Diet			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	38.9	2.5	42	38.1	1.8	176	100.0%	0.41 [0.07, 0.75]	5]
Total (95% CI)			42			176	100.0%	0.41 [0.07, 0.75]	•
Heterogeneity: Not ap Test for overall effect:	•	0.02)							-10 -5 0 5 10 Favours Low Sodium Favours Normal Sodium

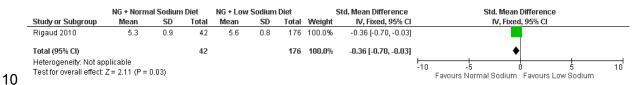
5 Figure 1974: Active Fat Free Mass (kg)

	NG + Normal Sodium Diet			NG + Low	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				39.4	2.7	176	100.0%	-0.32 [-0.66, 0.02]	•
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

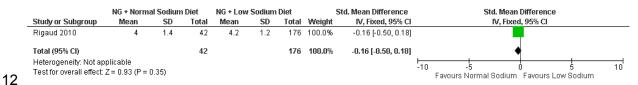
7 Figure 1975: Fat Mass (kg; skinfold and BIA)



9 Figure 1976: Fat Mass (kg; skinfold)



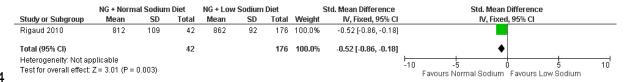
11 Figure 1977: Fat Mass (kg; BIA)



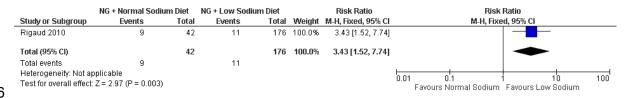
1 Figure 1978: Energy Input (kcal/day)

	NG + Norm	NG + Normal Sodium Diet			v Sodium	Diet		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	2,684 186 42		SD Total Mean SD Total		Weight	IV, Fixed, 95% CI	I IV, Fixed, 95% CI		
Rigaud 2010	2,684	186	42	2,647	192	176	100.0%	0.19 [-0.14, 0.53]	1	
Total (95% CI) Heterogeneity: Not app		n 26)	42			176	100.0%	0.19 [-0.14, 0.53]	-10 -5 0 5 10	d 0
restroi overali ellect. 2	Test for overall effect: Z = 1.12 (P = 0.26)								Favours Low Sodium Favours Normal Sodium	

3 Figure 1979: Energy input from tube feeding (kcal/day)



5 Figure 1980: Number of people experiencing edema of legs



M.8.3.97 Cardiac dysfunction

2

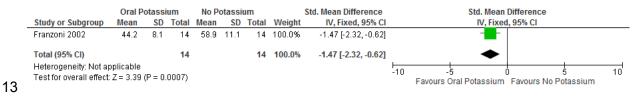
M.8.48 Oral potassium supplementation versus no supplementation for cardiac

9 dysfunction in female adult anorexia nervosa

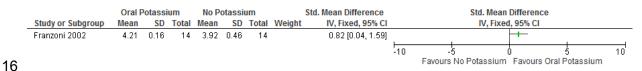
10 Figure 1981: QT-c dispersion (ms)

		Oral Potassium Mean SD Total			No Po	otassi	um		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		
	Franzoni 2002	41.3	9.7	14	53.7	13.4	14	100.0%	-1.03 [-1.83, -0.23]		-			
	Total (95% CI)			14			14	100.0%	-1.03 [-1.83, -0.23]		•			
1	Heterogeneity: Not ap Test for overall effect:	•	P = 0.	01)						-10 -5 Favours Or	al Potassium) Favours No Po	5 otassium	10

12 Figure 1982: QT dispersion (ms)



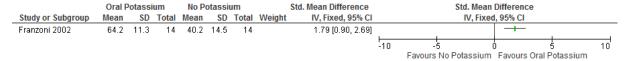
15 Figure 1983: Serum potassium (mmol I-1)



17

14

1 Figure 1984: 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

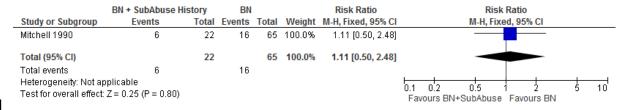
7 bulimia nervosa without history of substance abuse at follow up

8 Figure 1985: Remission (ITT)

	BN + SubAbuse H	istory	tory BN			Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	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]	*
Total events	15		44				
Heterogeneity: Not ap	plicable						0.1 0.2 0.5 1 2 5 10
Test for overall effect: Z = 0.04 (P = 0.97)							Favours BN Favours BN+Sub Abuse

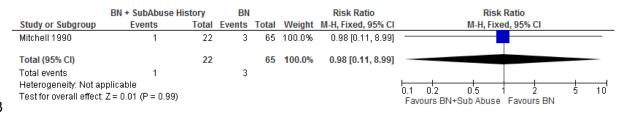
9

10 Figure 1986: Treatment failures



11

12 Figure 1987: Hospitalised for substance dependency



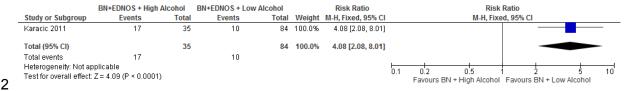
13

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

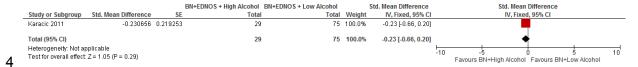
16 Figure 1988: EDE-global score >1 SD above community norm

	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	d, 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]				<u> </u>			
Total events	13		27										
Heterogeneity: Not ap Test for overall effect:							0.1	0.2 Favours BN	0.5 I + High Alcohol	Favours E	N + Low Alc	5 ohol	10

1 Figure 1989: Number of people engaging in excessive drinking



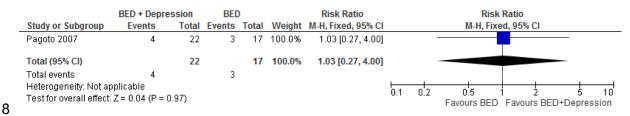
3 Figure 1990: EDE-global score at 60 weeks follow up



M.9.1.35 Diabetes prevention program for people with binge eating disorder with major 6 depressive disorder versus binge eating disorder only

, and the second second great great

7 Figure 1991: Number of people achieving goal of 7% or more weight loss



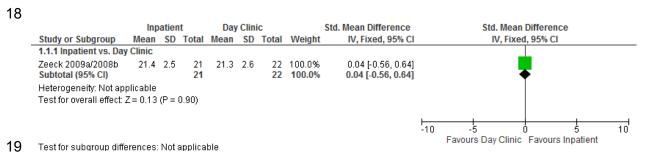
M.109 Clinical question: Does the setting (inpatient, outpatient or

- 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

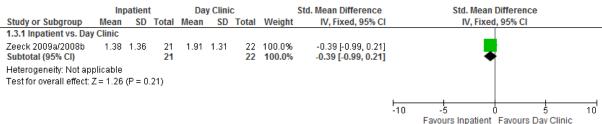
17 Figure 1992: BMI



20 Figure 1993: Bingeing

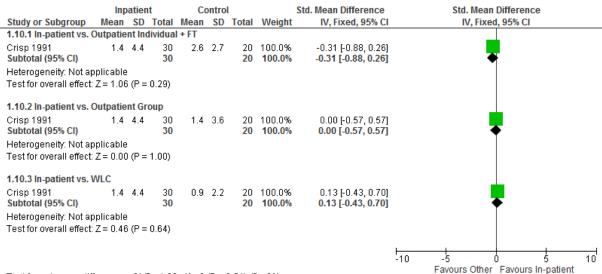
	Inpatient			•				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
1.2.1 Inpatient vs. Day	Clinic								
Zeeck 2009a/2008b Subtotal (95% CI)	1.05	1.02	21 21	1.5	0.96	22 22	100.0% 100.0 %		•
Heterogeneity: Not appl Test for overall effect: Z									
Total (95% CI) 21 Heterogeneity: Not applicable Test for overall effect: Z = 1.44 (P = 0.15) Test for subgroup differences: Not applicable			lo.		22	100.0%	-0.45 [-1.05, 0.16]	-10 -5 0 5 10 Favours Inpatient Favours Day Clinic	

2 Figure 1994: Vomiting



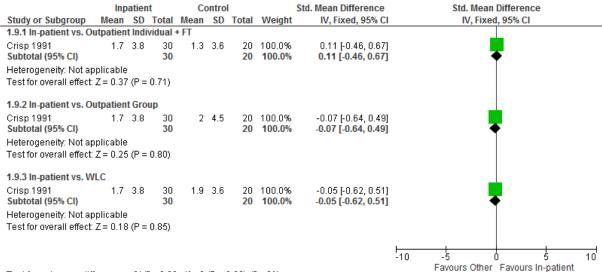
3 Test for subgroup differences: Not applicable

4 Figure 1995: Change in Morgan-Russell social economic adjustment



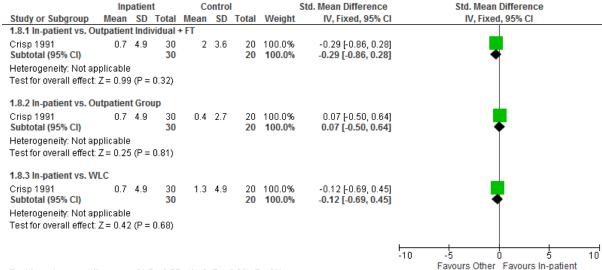
5 Test for subgroup differences: $Chi^2 = 1.23$, df = 2 (P = 0.54), $I^2 = 0\%$

6 Figure 1996: Change in Morgan-Russell sexual adjustment



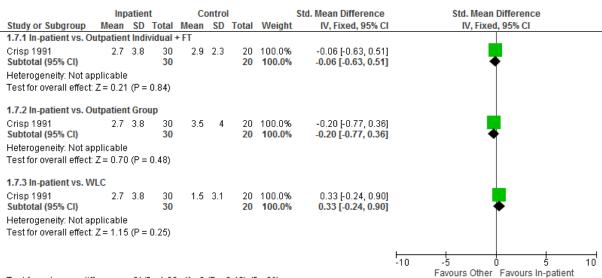
7 Test for subgroup differences: Chi² = 0.23, df = 2 (P = 0.89), I² = 0%

1 Figure 1997: Change in Morgan-Russell mental state



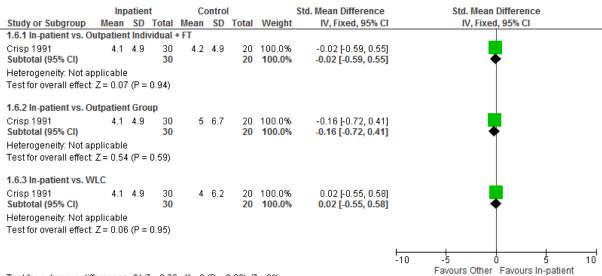
Test for subgroup differences: $Chi^2 = 0.77$, df = 2 (P = 0.68), $I^2 = 0\%$

3 Figure 1998: Change in Morgan-Russell nutrition score



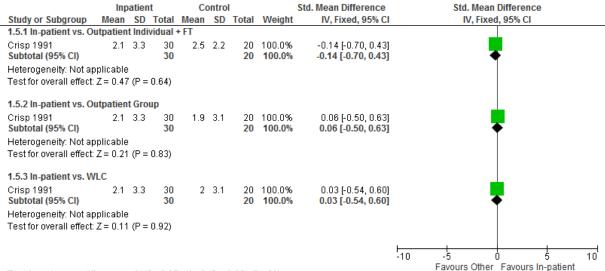
4 Test for subgroup differences: Chi² = 1.83, df = 2 (P = 0.40), I² = 0%

5 Figure 1999: Change in Morgan-Russell menstruation score



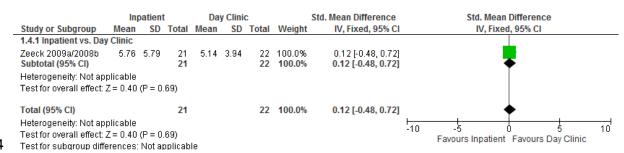
6 Test for subgroup differences: Chi² = 0.20, df = 2 (P = 0.90), I² = 0%

1 Figure 2000: Change in global Morgan-Russell score

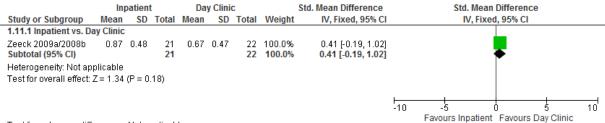


Test for subgroup differences: $Chi^2 = 0.27$, df = 2 (P = 0.88), $I^2 = 0\%$

3 Figure 2001: EDI-bulimia



5 Figure 2002: Global severity index



6 Test for subgroup differences: Not applicable

7 Figure 2003: Remission

8 Inpatient Day Clinic Risk Ratio Risk Ratio Events Total Events Total Weight M-H, Fixed, 95% CI Study or Subgroup M-H, Fixed, 95% CI 1.12.1 Inpatient vs. Day Clinic Zeeck 2009a/2008b 28 100.0% 1.81 [0.60, 5.50] Subtotal (95% CI) 27 28 100.0% 1.81 [0.60, 5.50] Total events Heterogeneity: Not applicable Test for overall effect: Z = 1.05 (P = 0.29)

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 2004: BMI in young people and adults

0.1 0.2

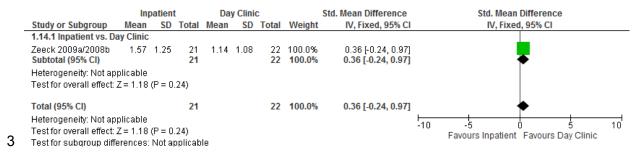
0.5

Favours Day clinic Favours Inpatient

	atien	atient		Control		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	
1.13.1 Inpatient vs. Specia	list Outp	atien	t_Adul	ts							
Gowers 2007 Subtotal (95% CI)	18.7	2.8	52 52	18.7	2.1	50 50	100.0% 100.0%	0.00 [-0.39, 0.39] 0.00 [-0.39, 0.39]		.	
Heterogeneity: Not applicat											
Test for overall effect: $Z = 0$.	.UU (P = 1	1.00)									
1.13.2 Inpatient vs. Genera	l Outpat	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 applicat	ble										
Test for overall effect: $Z = 1$.	.26 (P = I	0.21)									
1.13.3 Inpatient vs. Day par	tient_Yo	ung F	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 applicat	ble										
Test for overall effect: $Z = 0$.	.54 (P = I	0.59)									
									———		
									-10 -5	0 5	. 1
									Favours O	utpatient Favours In-patier	nt

1 Test for subgroup differences: $Chi^2 = 0.83$, df = 2 (P = 0.66), $I^2 = 0\%$

2 Figure 2005: Bingeing



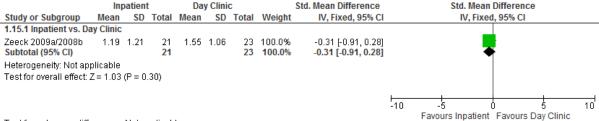
4 Figure 2006: Regular menstruation

5

6

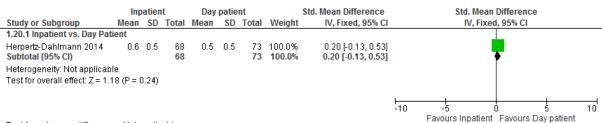
	Inpatie	**				Risk Ratio	Risk Ratio						
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		ľ	Л-H, Fixe	ed, 95% (CI		
Herpertz-Dahlmann 2014	12	75	16	81	100.0%	0.81 [0.41, 1.60]		_					
Total (95% CI)		75		81	100.0%	0.81 [0.41, 1.60]		-		_			
Total events	. 12		16							١.			
Heterogeneity: Not applicab Test for overall effect: Z = 0.		54)					0.1	0.2 0 Favours Day	.5 patient	Favour	2 s Inpatien	5 t	10

7 Figure 2007: Vomiting



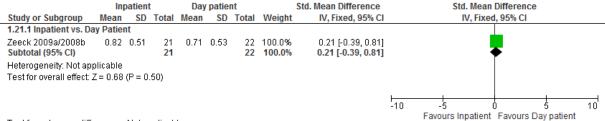
8 Test for subgroup differences: Not applicable

9 Figure 2008: Global severity index in young people



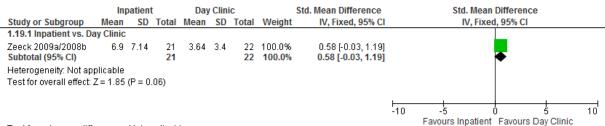
10 Test for subgroup differences: Not applicable

1 Figure 2009: Global severity index in adults



2 Test for subgroup differences: Not applicable

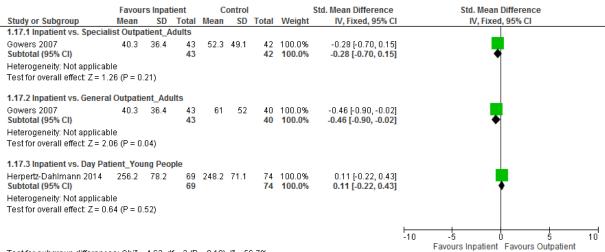
3 Figure 2010: EDI-bulimia



4 Test for subgroup differences: Not applicable

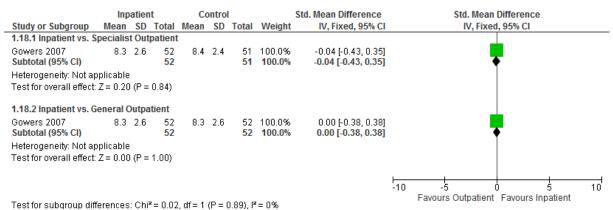
5 Figure 2011: EDI-total in young people and adults

6



7 Test for subgroup differences: $Chi^2 = 4.62$, df = 2 (P = 0.10), $I^2 = 56.7\%$

8 Figure 2012: Morgan-Russell total outcome



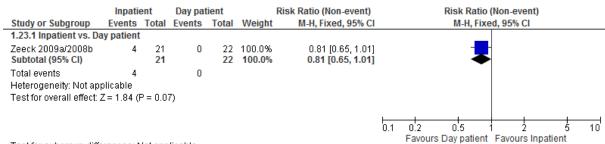
0 1001101 04041040 4III.0101000. 0111 = 0.02; 41 = 1 (1 = 0.00); 1 = 0.0

10 Figure 2013: Readmission for young people

	Inpatio	ent	Day pat	ient		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							<u> </u>
Herpertz-Dahlmann 2014 Subtotal (95% CI)	19	75 75	13	86 86	100.0% 100.0 %	1.68 [0.89, 3.16] 1.68 [0.89, 3.16]		
Total events Heterogeneity: Not applicab Test for overall effect: Z = 1.		11)	13					
							0.1	0.2 0.5 1 2 5 10

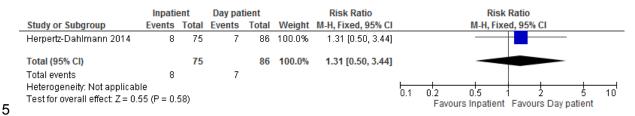
1 Test for subgroup differences: Not applicable

2 Figure 2014: Readmission for adults



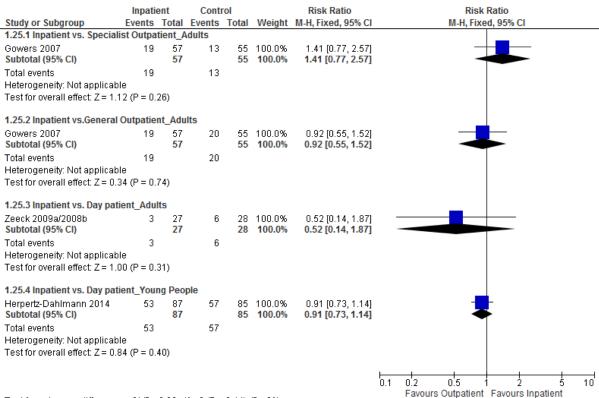
3 Test for subgroup differences: Not applicable

4 Figure 2015: Serious adverse events



6 Figure 2016: Remission in young people and adults

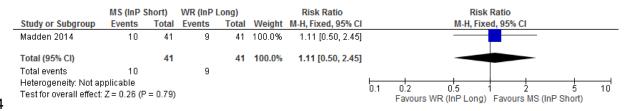
7



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 2017: 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 2018: Change in EDE-global score

	MS (I	nP Sho	ort)	WR (I	nP Lo	ng)		Std. Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% 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]		•			
Total (95% CI) Heterogeneity: Not ap Test for overall effect:			36			33	100.0%	-0.12 [-0.59, 0.36]	-10	-5 0 5	——————————————————————————————————————		
restior overall ellect.	Z = 0.40	(F = U	.03)							Favours MS (InP Short) Favours WR (InP Long)		

10 Figure 2019: Hospital readmission

	MS (I	nP Sh	ort)	WR (I	InP Lo	ng)		Std. Mean Difference		Std. Mea		
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 2020: Remission

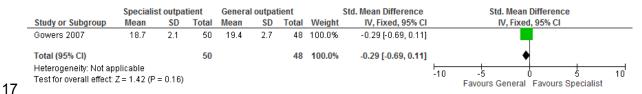
9

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 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 2021: BMI



18 Figure 2022: EDI-total

	Speciali	st outpa	tient	Genera	l outpat	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
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]	•
Heterogeneity: Not ap Test for overall effect:	•	o = 0.44)							-10 -5 0 5 10 Favours Specialist Favours General

1 2 Figure 2023: Morgan-Russell: Total outcome

	Specialist outpatient			ent General outpatient				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	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 Ge	ό neral Favo	5 ours Speci	10 alist

4 Figure 2024: Subsequent readmission

	Specialist outpa	atient	General outp	oatient	Risk Ratio			Risk Ratio				
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	d, 95% CI		
Gowers 2007	17	55	15	55	100.0%	1.13 [0.63, 2.03]			_			
Total (95% CI)		55		55	100.0%	1.13 [0.63, 2.03]				>		
Total events	17		15									
Heterogeneity: Not ap Test for overall effect:		3)					0.1	0.2 Favou	0.5 1 urs Specialist	2 Favours	5 General	10

6 Figure 2025: Remission

3

5



M.10.1.69 Inpatient group compared with outpatient for adults with bulimia nervosa at follow-up

10 Figure 2026: Bingeing

	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	, 95% CI		
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]			•	•		
Heterogeneity: Not ap Test for overall effect:	•		0.80)						-10	Favo	5 (urs Inpatient) Favours Ou	5 tpatient	10

12 Figure 2027: Purging

	Inp	atien	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, 95% (CI	
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 Inp	0 atient Favou	5 urs Outpatier	10 nt

14 Figure 2028: Depression

	Inp	atier	nt	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:			32 0.56)			39	100.0%	0.14 [-0.33, 0.61] -10	-5 0 5 10 Favours Inpatient Favours Outpatient

13

1 Figure 2029: Bulimic severity score

	Inp	atien	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, 95%	CI	
Jagger 1996	3	2.6	28	3.2	3.1	39	100.0%	-0.07 [-0.55, 0.42]			•		
Total (95% CI)			28			39	100.0%	-0.07 [-0.55, 0.42]			•		
Heterogeneity: Not ap Test for overall effect:	•		0.78)						-10	-5 Favours Inp	0 atient Favou	5 urs Outpatie	10 ent

3 Figure 2030: Remission

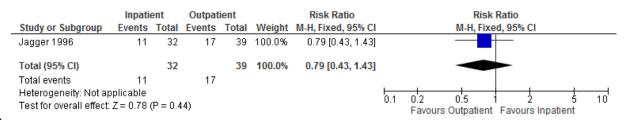
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M.10.1.75 Specialist outpatient compared with group outpatient for adults with bulimia nervosa 6 at end of treatment

7 Figure 2031: Bingeing

	Speciali	st outpa	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, Fixe	d, 95% CI	
Durand 2003	14.9	18.9	34	15	17.4	34	100.0%	-0.01 [-0.48, 0.47]			
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		o = 0.98)	34			34	100.0%	-0.01 [-0.48, 0.47]	I I I I I I I I I I I I I I I I I I I	0 5 Favours GP Out	5 10 patient

9 Figure 2032: Vomiting

	Specialist outpatient			GP O	itpatie	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	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:		e = 0.98)							-10 - Favours Spe	5 cialist outpatient) Favours GP Out	5 10 tpatient

11 Figure 2033: Depression

	Specialist outpatient Mean SD Total			GP O	ıtpati	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	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]		•	•	
Heterogeneity: Not ap Test for overall effect:		e = 0.78)							-10 -5 Favours Speci	0 alist outpatient	Favours GP Out	5 10 patient

13 Figure 2034: EDE-eating concern

	Specialist outpatient			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	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]		•	•	
Heterogeneity: Not ap Test for overall effect:		= 0.74)							-10 - Favours Spe	l 5 cialist outpatient) Favours GP Out	5 10 patient

15 Figure 2035: EDE-shape concern

	Specialist outpatient			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, Fixe	d, 95% CI		
Durand 2003	3	1.3	34	2.9	1.3	34	100.0%	0.08 [-0.40, 0.55]					
Total (95% CI)	olicable		34			34	100.0%	0.08 [-0.40, 0.55]			•		
Heterogeneity: Not applicable Test for overall effect: Z = 0.31 (P = 0.75)									-10 Favours Spe	-'5 ecialist outpatient	0 Favours GP 0	5 utpatient	10

1 Figure 2036: EDE-weight concern

	Specialist outpatient Mean SD Total			GP O	itpatie	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	2.9	1.3	34	2.5	1.5	34	100.0%	0.28 [-0.20, 0.76]	<u> </u>	
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		= 0.25)	34			34	100.0%	0.28 [-0.20, 0.76]	-10 -5 0 5 Favours Specialist outpatient Favours GP Outpatient	10

3 Figure 2037: EDE-restraint

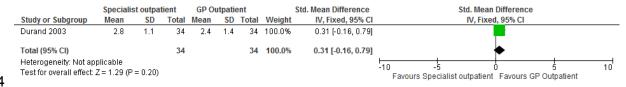
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5 Figure 2038: EDE-total

	Specialist outpatient			GP Ou	itpatie	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	2.6	1	34	2.4	1.2	34	100.0%	0.18 [-0.30, 0.66]	
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		= 0.46)	34			34	100.0%	0.18 [-0.30, 0.66]	-10 -5 0 5 10 Favours Specialist outpatient Favours GP Outpatient

7 Figure 2039: Bulimic investigatory test

	Specialist outpatient Mean SD Total			GP Ou	tpatie	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	20.5	23.9	20	20.3	27	28	100.0%	0.01 [-0.57, 0.58]			-		
Total (95% CI) Heterogeneity: Not ap Test for overall effect:		= 0.98)	20			28	100.0%	0.01 [-0.57, 0.58]	-10 - Favours Spe	5 cialist outpatient) Favours GP O	5 utpatient	10

9 Figure 2040: Work leisure life questionnaire

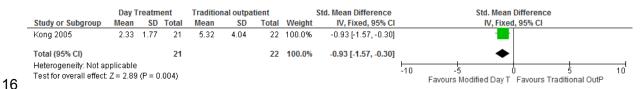
	Specialist outpatient			GP O	ıtpati	ent		Std. Mean Difference	Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI	
Durand 2003	2.2	0.6	34	2.2	0.4	34	100.0%	0.00 [-0.48, 0.48]	•	
						34	100.0%	0.00 [-0.48, 0.48]	-10 -5 5 5 Favours Specialist 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 2041: BMI

	Day Treatment Traditional outpatient							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 applicable Test for overall effect. $Z = 1.48$ ($P = 0.14$)								- -	10 Favours	-5 Traditional OutP	0 Favours Modif	5 ied Day T	10

15 Figure 2042: Bingeing



17 Figure 2043: Purging

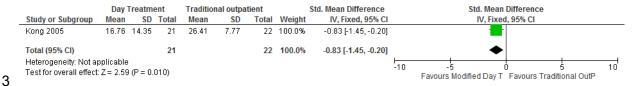
	Day Treatment			Tradition	al outpat	tient	!	Std. Mean Difference		Std. Mean	Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI	
Kong 2005	0.62	1.28	21	4.32	4	22	100.0%	-1.21 [-1.87, -0.56]		-		
Total (95% CI)			21			22	100.0%	-1.21 [-1.87, -0.56]		•		
Heterogeneity: Not applicable Test for overall effect: Z = 3.62 (P = 0.0003)									-10	-5 Favours Modified Day T	0 5 Favours Traditional O	10 outP

2 Figure 2044: Depression

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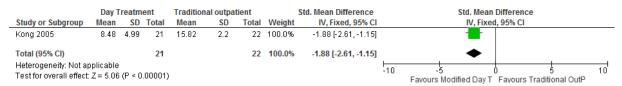
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4 Figure 2045: EDI-body dissatisfaction

	Day Treatment Mean SD Total			Tradition	nal outpa	tient	9	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		
Kong 2005	12.38	7.9	21	20.5	5.13	22	100.0%	-1.20 [-1.86, -0.55]		-			
Total (95% CI) Heterogeneity: Not app Test for overall effect: 2		(P = 0	21 .0003)			22	100.0%	-1.20 [-1.86, -0.55]	-10	-5 Favours Modified Day T	0	tional OutP	10

6 Figure 2046: EDI-drive for thinness



8 Figure 2047: EDI-bulimia

	Day Treatment Traditional outpatie							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		
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 ap Test for overall effect:			.0001)						-100	-50 Favours Modified Day T) Favours Trad	50 itional OutP	100

10 Figure 2048: 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 2049: BMI

	In	patien	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	I, 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]		-		
Total (95% CI)			149			30	100.0%	-0.55 [-0.99, -0.10]		•		
Heterogeneity: Chi² = Test for overall effect		,); I ^z = 09	6				-10	-5 Favours Day patient	Favours Inpa	10 tient

1 Figure 2050: Bingeing



5



4 Figure 2051: 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]			♦		
Heterogeneity: Not ap Test for overall effect			0.76)						-10	-5 Favours Day Patier	0 It Favours In	5 patient	10

6 Figure 2052: Vomiting



8 Figure 2053: Laxative use



10 Figure 2054: Excessive exercise

	Inpati	ent	Day par	tient		Risk Ratio		Risk Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H, Fixed, 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]		-		
Total events	41		7							
Heterogeneity: Not ap Test for overall effect:	•	(P = 0.1	5)				0.1	0.2 0.5 1 2 Favours Inpatient Favours	5 Day patient	10

12 Figure 2055: 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% (
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	15)				0.1	0.2 Fav	0.5 ours Inpatient	Favour	2 S Day patie	i 5 ent	10

M.10.2.21 Inpatient care compared with day patient for adults with anorexia nervosa at follow-up

2 Figure 2056: BMI

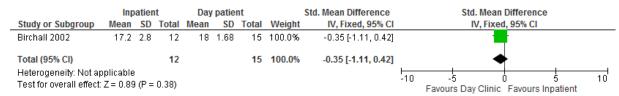
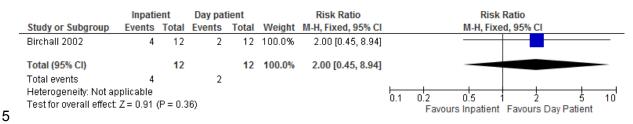


Figure 2057: Readmission



M.10.2.36 Inpatient care compared outpatient for adults with anorexia nervosa at follow-up

7 Figure 2058: BMI

8

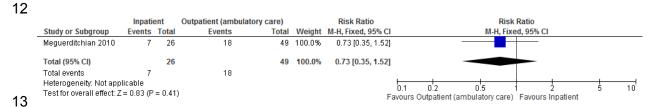
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	In	patient		Outpatient	(ambulator)	care)		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	I, 95% CI		
Meguerditchian 2010	18.4	2.975	46	19.2	7.25	97	100.0%	-0.13 [-0.48, 0.22]					
Total (95% CI)			46			97	100.0%	-0.13 [-0.48, 0.22]		4			
Heterogeneity: Not app Test for overall effect: Z		P = 0.47	7)					F	-10 avours Outpatient	-5 ((ambulatory care)) Favours Inpatien	it	10

9 Figure 2059: Readmission

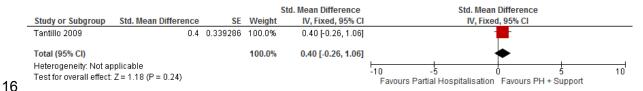
	Inpatie	ent	Outpatient (ambulato	ry care)		Risk Ratio		I	Risk Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI		M-H,	Fixed, 95% CI			
Meguerditchian 2010	19	46	15	97	100.0%	2.67 [1.50, 4.77]			_			
Total (95% CI)		46		97	100.0%	2.67 [1.50, 4.77]			-			
Total events	19		15									
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 0	Favours Inpat	ent Favours	2 Outpatient (am	bulat	

11 Figure 2060: Remission

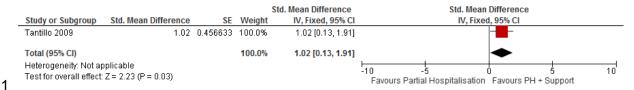


M.10.2.44 Inpatient care compared outpatient for adults with anorexia nervosa at follow-up

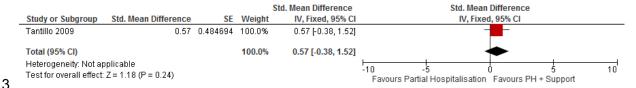
15 Figure 2061: Difference in body mass index



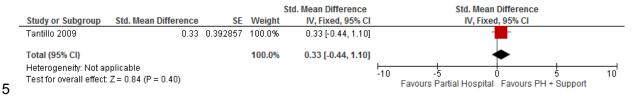
17 Figure 2062: Difference in weight gain



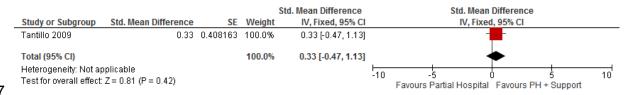
2 Figure 2063: Difference in purging



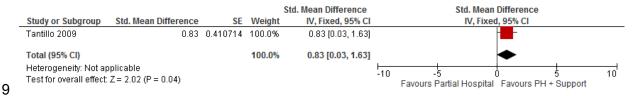
4 Figure 2064: Difference in EDE-eating concern



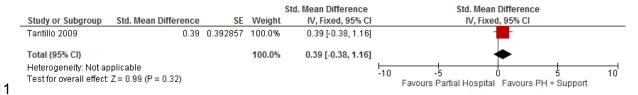
6 Figure 2065: Difference in EDE-shape concern



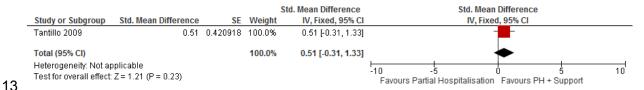
8 Figure 2066: Difference in EDE-weight concern



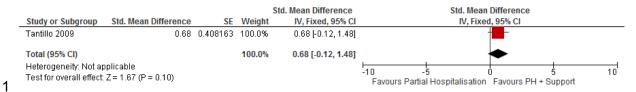
10 Figure 2067: Difference in EDE-restraint



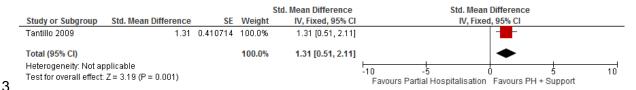
12 Figure 2068: Difference in EDI-body dissatisfaction



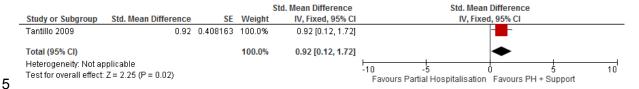
14 Figure 2069: Difference in EDI-drive for thinness



2 Figure 2070: Difference in EDI-bulimia



4 Figure 2071: 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

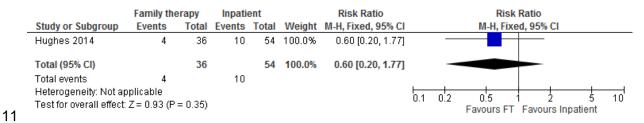
8 Figure 2072: Readmission

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	Family the	егару	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 2073: Readmission >3 times



M.10.2.62 Day patient compared with inpatient care for adults with bulimia nervosa at end of treatment

14 Figure 2074: 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 2075: EDI-body dissatisfaction

	Day	Day patient Inpatient					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
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]	*
Heterogeneity: Not a Test for overall effect			0.36)					!	-10 -5 0 5 10 Favours Day patient Favours Inpatient

2 Figure 2076: EDI-drive for thinness

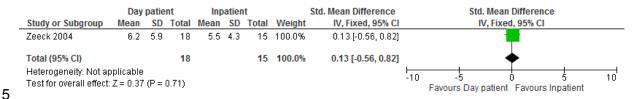
	Day	patie	nt	Inp	atier	nt		Std. Mean Difference		Std. Me	an Differer	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ced, 95% C	1	
Zeeck 2004	9.7	5.6	18	10.9	5.1	18	100.0%	-0.22 [-0.87, 0.44]			-		
Total (95% CI)			18			18	100.0%	-0.22 [-0.87, 0.44]			*		
Heterogeneity: Not ap Test for overall effect:			0.51)						-10 F	-5 Favours Day patie	0 nt Favour	5 s Inpatient	10

4 Figure 2077: EDI-bulimia

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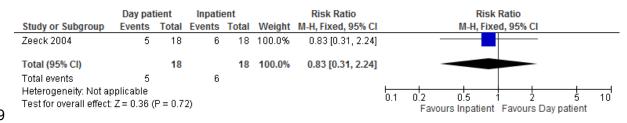
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6 Figure 2078: Symptom checklist

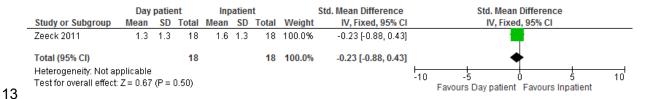
	Day	patie	nt	Inp	atier	ıt		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% CI		
Zeeck 2004	1	0.7	17	1.2	0.8	17	100.0%	-0.26 [-0.94, 0.42]		•			
Total (95% CI)			17			17	100.0%	-0.26 [-0.94, 0.42]					
Heterogeneity: Not ap Test for overall effect:			0.45)						-10	-5 Favours Day patient	o Favours In	5 patient	10

8 Figure 2079: Remission



M.10.2.70 Day patient compared with inpatient care for adults with bulimia nervosa at end of treatment

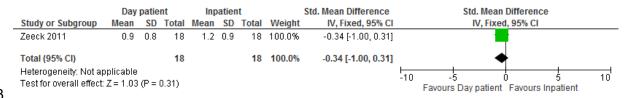
12 Figure 2080: Bingeing



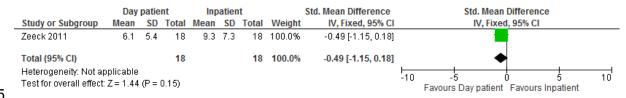
14 Figure 2081: Vomiting

	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]	*
Heterogeneity: Not ap Test for overall effect			0.53)						-10 -5 0 5 10 Favours Day patient Favours Inpatient

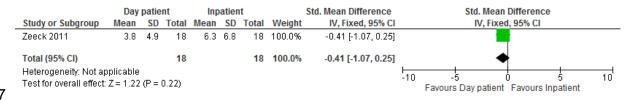
2 Figure 2082: Depression



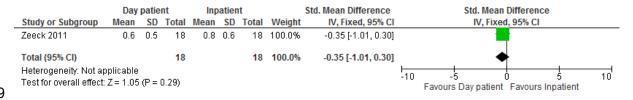
4 Figure 2083: EDI-drive for thinness



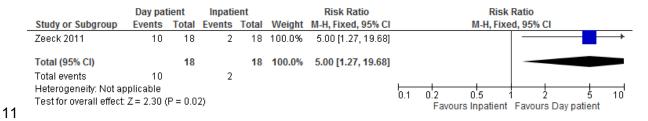
6 Figure 2084: EDI-bulimia



8 Figure 2085: Global severity index SCL-90R

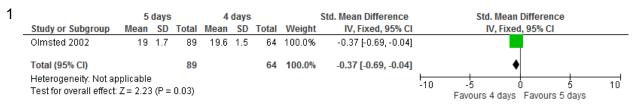


10 Figure 2086: Remission



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 2087: BMI



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3 Figure 2088: Bingeing



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5 Figure 2089: Vomiting

	5	days		4	days			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	
Olmsted 2002	4.8	11.1	248	7.1	10.8	111	100.0%	-0.21 [-0.43, 0.02]					
Total (95% CI)			248			111	100.0%	-0.21 [-0.43, 0.02]			•		
Heterogeneity: Not a Test for overall effect			0.07)						-10	-5 Favours 5 d	0 days Favoi	5 urs 4 days	10

6

7 Figure 2090: Depression

	5	days		4	days		!	Std. Mean Difference		Std. Mean	Difference	<u>.</u>	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	1, 95% CI		
Olmsted 2002	14.1	11.4	301	22.7	13	107	100.0%	-0.73 [-0.95, -0.50]					
Total (95% CI)			301			107	100.0%	-0.73 [-0.95, -0.50]		•			
	i5% CI) 301 geneity: Not applicable overall effect: Z = 6.28 (P < 0.00001)								-10	-5 Favours 5 days	Favours 4	5 4 days	10

8

9 Figure 2091: 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

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11 Figure 2092: EDI-drive for thinness

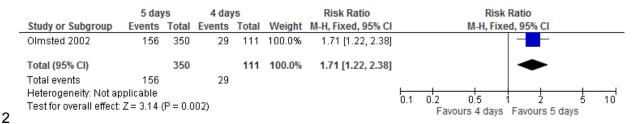
	5	days		4	days		9	Std. Mean Difference		Std. Me	an Diffe	rence	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95%	i CI	
Olmsted 2002	8.6	6.2	350	12.5	5.9	111	100.0%	-0.64 [-0.85, -0.42]					
Total (95% CI)			350			111	100.0%	-0.64 [-0.85, -0.42]			•		
Heterogeneity: Not ap Test for overall effect	•		0.0000	01)					-10	-5 Favours 5 da	0 /s Favo	5 ours 4 days	10

12

13 Figure 2093: EDI-bulimia

	5	days		4	days			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Olmsted 2002	1.8	3.2	350	3.6	4.8	111	100.0%	-0.49 [-0.71, -0.28]	•
Total (95% CI)			350			111	100.0%	-0.49 [-0.71, -0.28]	. •
Heterogeneity: Not ap Test for overall effect:			0.0000	01)					-10 -5 0 5 10 Favours 5 days Favours 4 days

1 Figure 2094: Remission



M.10.2.93 Individual CHAMS compared with outpatient CAMHS for adults with any eating 4 disorder at follow-up

5 Figure 2095: BMI

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	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	18.3	4.2	33	19	4.1	24	100.0%	-0.17 [-0.69, 0.36]					
Total (95% CI) Heterogeneity: Not ap Test for overall effect:	•		33 0.54)			24	100.0%	-0.17 [-0.69, 0.36]	-10	-5 Favours Outpatien	0 t Favours II	5 npatient	10

7 Figure 2096: EDI-body dissatisfaction

	Inp	atier	nt	Out	patie	nt		Std. Mean Difference		Std. Mear	Differer	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% C	1	
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 Inpatien	0 Favoui	5 rs Outpatient	10

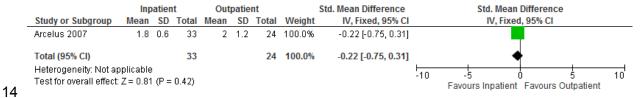
9 Figure 2097: EDI-drive for thinness

	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 2098: 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 2099: Global severity checklist



15 Figure 2100: Self-esteem

	Inp	atier	nt	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, 95% CI
Arcelus 2007	5.9	0.7	33	3.7	0.7	24	100.0%	3.10 [2.31, 3.89]	-
Total (95% CI)			33			24	100.0%	3.10 [2.31, 3.89]	.
Heterogeneity: Not ap Test for overall effect:	•		0.0000	01)					-10 -5 0 5 10 Favours Outpatient Favours Inpatient

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 2101: Bingeing

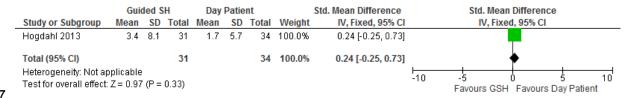
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	Guid	ded S	Н	Day	Patie	nt		Std. Mean Difference		Std. Mean	Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed	, 95% CI		
Hogdahl 2013	2.5	1.5	32	2.3	1.2	34	100.0%	0.15 [-0.34, 0.63]					
Total (95% CI)			32			34	100.0%	0.15 [-0.34, 0.63]		•	>		
Heterogeneity: Not ap Test for overall effect:			0.55)						-10	-5 C Favours GSH	Favours Da	1 5 ay Patie	10 ent

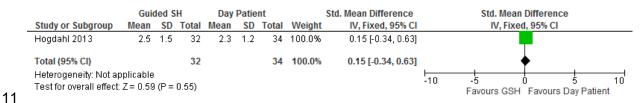
6 Figure 2102: Exercise



8 Figure 2103: Vomiting

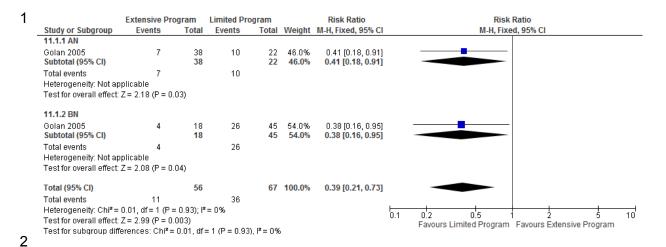
	Guid	ded S	Н	Day	Patie	nt		Std. Mean Difference		Std. Mean	Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixe	d, 95% C		
Hogdahl 2013	3.4	8.1	31	1.7	5.7	34	100.0%	0.24 [-0.25, 0.73]					
Total (95% CI)			31			34	100.0%	0.24 [-0.25, 0.73]			•		
Heterogeneity: Not ap Test for overall effect:			0.33)						-10	-5 Favours GSH	0 Favou	5 rs Day Pa	10 atient

10 Figure 2104: EDE-total



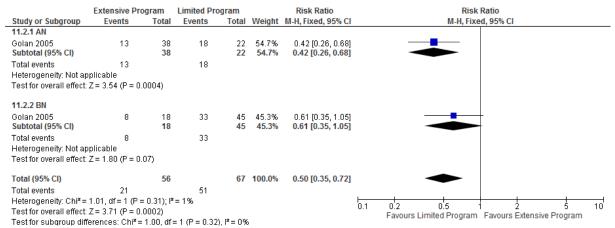
M.10.2.112 Extensive programme compared with a limited programme for adults with anorexia nervosa or bulimia nervosa at end of treatment and follow-up

14 Figure 2105: Remission



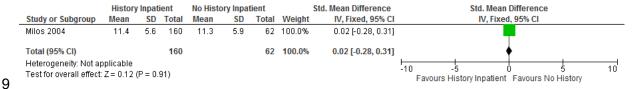
3 Figure 2106: Remission follow-up





M.10.2.126 History of inpatient care compared no history for adults with any eating disorder at 7 end of treatment

8 Figure 2107: EDI-body dissatisfaction



10 Figure 2108: EDI-drive for thinness

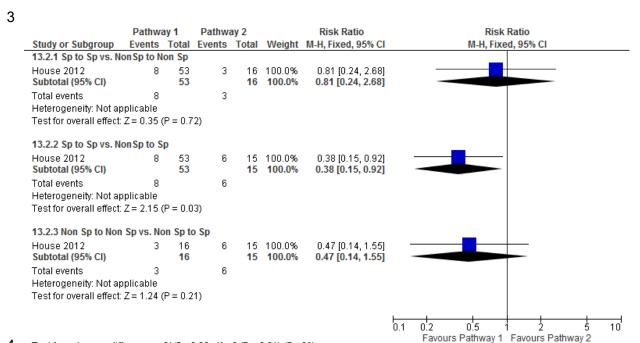
	History Inpatient			No History Inpatient				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Milos 2004	8	5.6	160	7.6	6	62	100.0%	0.07 [-0.22, 0.36]	•
Total (95% CI)			160			62	100.0%	0.07 [-0.22, 0.36]	,
Heterogeneity: Not ap Test for overall effect	•	(P = 0.	64)						-10 -5 0 5 10 Favours History Inpatient Favours No History

12 Figure 2109: EDI-bulimia

	History	Inpat	ient	No History Inpatient				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)			160			62	100.0%	-0.18 [-0.48, 0.11]		. •			
Heterogeneity: Not ap Test for overall effect:		(P = 0.	22)						-10 Favours H	-5 listory Inpatient	0 Favours No H	5 listory	10

M.10.2.131 Specialist (Sp) compared with non-specialist (Non-Sp) assessment and treatment

2 Figure 2110: Admitted to inpatient treatment



4 Test for subgroup differences: Chi² = 0.99, df = 2 (P = 0.61), I^2 = 0%

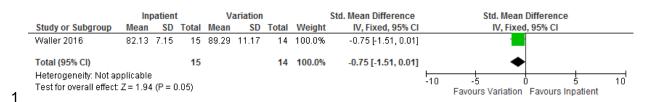
5 Figure 2111: Continuity of care

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: $Chi^2 = 4.25$, df = 2 (P = 0.12), $I^2 = 52.9\%$

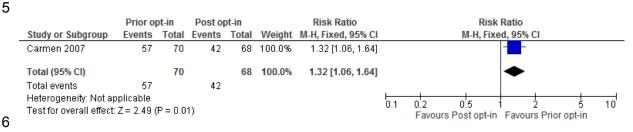
M.10.2.148 Inpatient compared with a variation in outpatient (day, hospital, outpatient) in adults 9 with anorexia nervosa at the end of treatment

10 Figure 2112: Percentage of average body weight

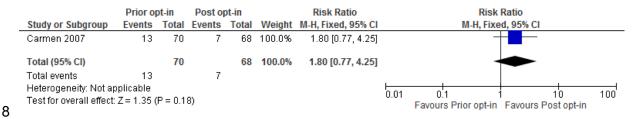


M.10.2.152 Prior to opt-in compared with opt-in for adults with any eating disorder at the end of treatment

4 Figure 2113: Percentage attended first appointment



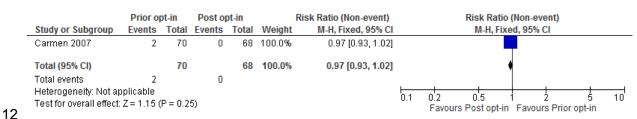
7 Figure 2114: Overall attrition rate



9 Figure 2115: Did not attend first appointment



11 Figure 2116: Cancellations



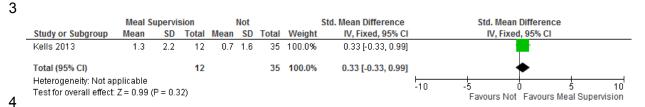
M.10.2.163 Meal supervision compared with no supervision (not) for adults with any eating disorder at the end of treatment

15 Figure 2117: Length of hospital stay

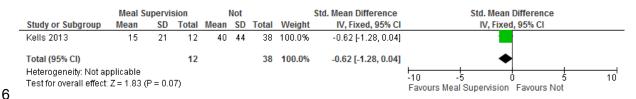
	Meal Supervision				Not			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
Kells 2013	8.4	7.5	13	5.9	3.5	38	100.0%	0.51 [-0.13, 1.15]	
Total (95% CI)			13			38	100.0%	0.51 [-0.13, 1.15]	.
Heterogeneity: Not ap Test for overall effect		P = 0.1	2)						-10 -5 0 5 10 Favours Meal Supervision Favours Not

2 Figure 2118: Weight gain

1



5 Figure 2119: Bradycardia

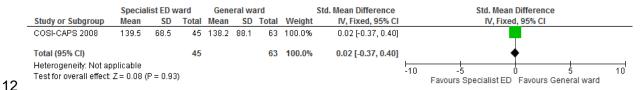


M.10.2.177 Eating disorder specialist inpatient care compared with general inpatient care for 8 adults with anorexia nervosa at the end of treatment

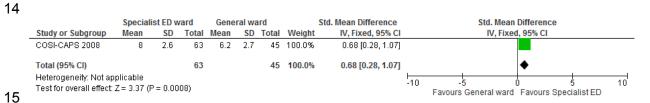
9 Figure 2120: BMI

	Speciali	Specialist ED ward			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:	1001)						-10	Favours	5 General ward	0 Favours Spe	5 cialist ED	10		

11 Figure 2121: Length of hospital stay



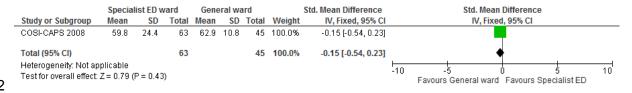
13 Figure 2122: Morgan-Russell assessment



16 Figure 2123: General health

	Specialist ED ward			Gene	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:		° = 0.33	63			45	100.0%	0.19 [-0.19, 0.57]	-10	Favours	5 Specialist ED	0 Favours Gene	+ 5 eral ward	10

1 Figure 2124: 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 2125: Recovery (Number of people achieving 95% or more expected body weight)

	FBT->IF	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]			-	-			
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 2126: BMI

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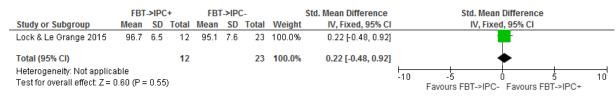
	FBT->IPC+		FBT	->IP(-		Std. Mean Difference		Std. Mean Diffe	erence			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fixed, 95	5% CI		
Lock & Le Grange 2015	19.3	0.9	12	18.9	1.6	23	100.0%	0.28 [-0.42, 0.98]		-			
Total (95% CI) Heterogeneity: Not applica	able		12			23	100.0%	0.28 [-0.42, 0.98]	<u> </u>	•	<u> 1</u>		
Test for overall effect: Z = (0.44)						-10	-5 U Favours FBT->IPC- Fa	5 ×vours FBT->	IPC+	10

14 Figure 2127: Percentage of expected body weight

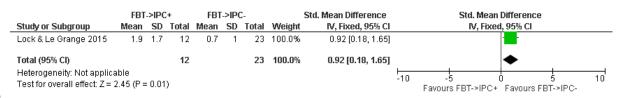
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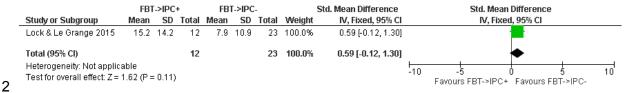
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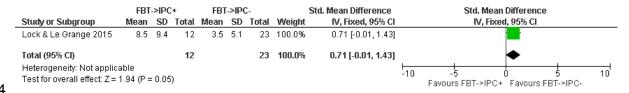
17 Figure 2128: EDE-global



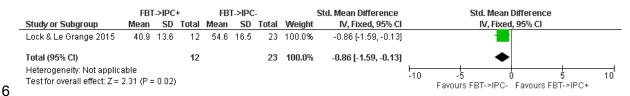
1 Figure 2129: Depression



3 Figure 2130: Yale-Brown-Cornell Eating Disorder Scale



5 Figure 2131: Service user experience



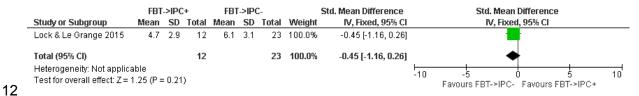
7 Figure 2132 : Number of family-based treatment sessions attended

	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 applicable Test for overall effect: Z = 2.45 (P = 0.01)									10 -5 0 Favours FBT->IPC- Far	— † 5 vours FBT->IPC	10

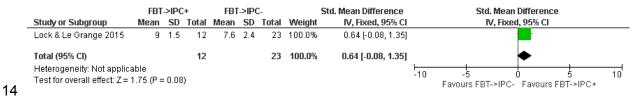
9 Figure 2133: Treatment Suitability and Patient Expectancy-child suitability

	FBT->IPC+		FBT	->IP(C-		Std. Mean Difference		Std. Mea	n Diffei	rence		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fix	ed, 95%	i 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 applicable Test for overall effect: $Z = 1.07$ (P = 0.29)								-10	-5 Favours FBT->IP(0 Favo	5 ours FBT->IPC+	10

11 Figure 2134: Treatment Suitability and Patient Expectancy-child expectancy



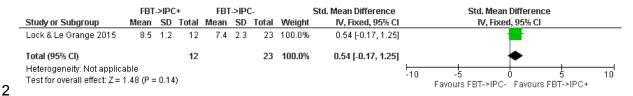
13 Figure 2135: Treatment Suitability and Patient Expectancy-mother suitability



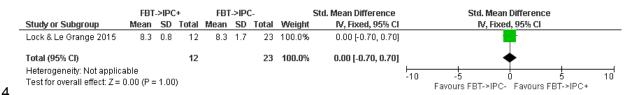
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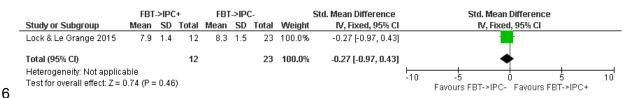
1 Figure 2136: Treatment Suitability and Patient Expectancy-mother expectancy



3 Figure 2137: Treatment Suitability and Patient Expectancy-father suitability

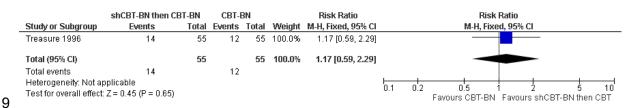


5 Figure 2138: Treatment Suitability and Patient Expectancy-father expectancy

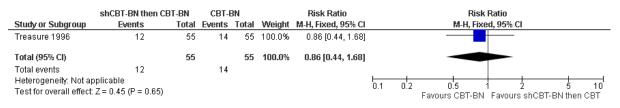


M.11.27 Bulimia nervosa

M.11.2.18 Self-help manual then CBT-ED versus CBT-ED in adults with bulimia nervosa



10 Figure 2139: Remission at follow up (ITT)

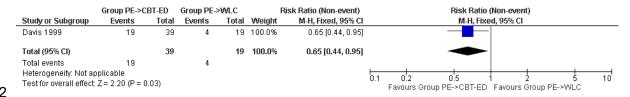


M.11.2.22 Group psychoeducation then CBT-ED versus group psychoeducation in adults with bulimia nervosa

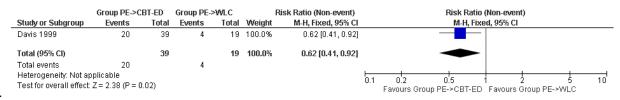
14 Figure 2140: Remission (ITT)

	Group PE->CBT-ED Group PE->W			>WLC		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:		1.03)					0.1 0.2 0.5 1 2 5 10 Favours Group PE->CBT-ED Favours Group PE->WLC

1 Figure 2141: Remission from bingeing (ITT)



3 Figure 2142: Remission from purging (ITT)



5 Figure 2143: Binge frequency

	Group P	E->CBT	BT-ED Group PE->WLC			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]	•
Heterogeneity: Not ap Test for overall effect:		9 = 0.06)						-10 -5 0 5 10 Favours Group PE->CBT-ED Favours Group PE->WLC

7 Figure 2144: Purge frequency

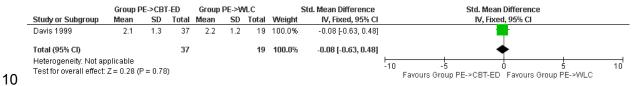
6

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	Group P	E->CB1	Γ-ED	Group	PE->V	VLC		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		
Davis 1999	4.8	9	37	12.3	13.2	19	100.0%	-0.70 [-1.27, -0.13]	•	F		
Total (95% CI)			37			19	100.0%	-0.70 [-1.27, -0.13]	•	•		
Heterogeneity: Not ap Test for overall effect:		P = 0.02	!)						-10 -5 Favours Group PE->CBT-ED	0 Favours Grou	5 ip PE->WLC	10

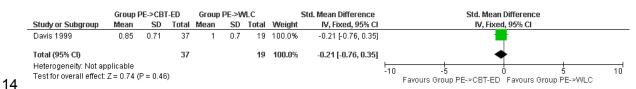
9 Figure 2145: EDE-global



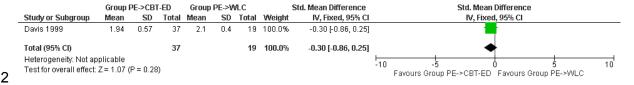
11 Figure 2146: Depression

	Group	PE->CB	Γ-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	i, 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]	•	\	
Heterogeneity: Not ap Test for overall effect: 2		(P = 0.55	6)						-10 -5 Favours Group PE->CBT-ED	+ + + + + + + + + + + + + + + + + + +	10 ->WLC

13 Figure 2147: General psychopathology

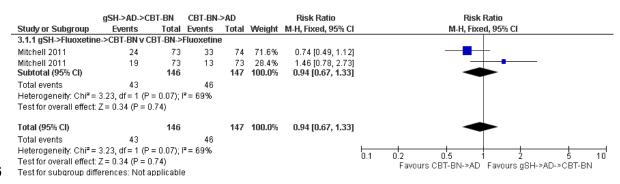


1 Figure 2148: General functioning

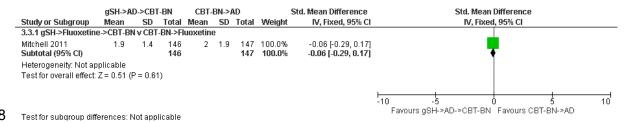


M.11.2.33 Guided self-help then antidepressant then CBT-ED versus CBT-ED then antidepressant in adults with bulimia nervosa

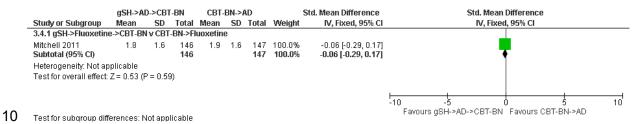
5 Figure 2149: Remission (ITT)



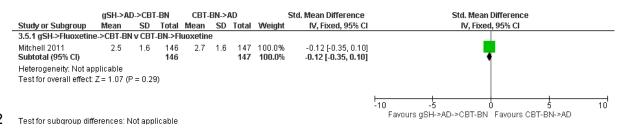
7 Figure 2150: EDE-global



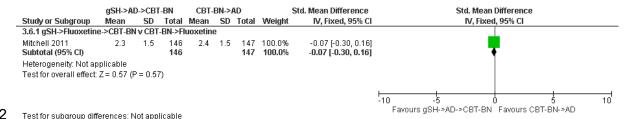
9 Figure 2151: EDE-dietary restraint



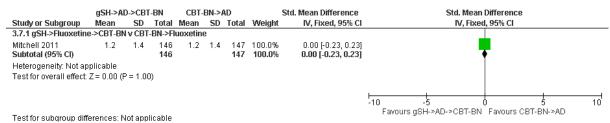
11 Figure 2152: EDE-shape concern



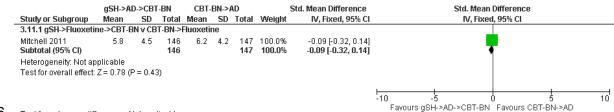
1 Figure 2153: EDE-weight concern



3 Figure 2154: EDE-eating concern

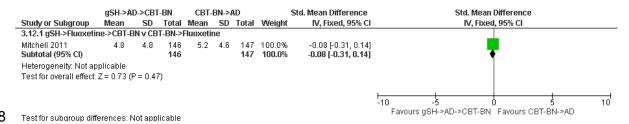


5 Figure 2155: Yale-Brown-Cornell Eating Disorder Scale-preoccupation

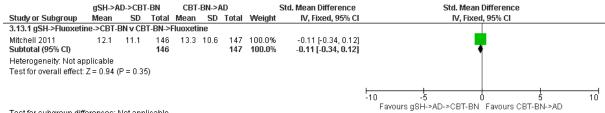


Test for subgroup differences: Not applicable

7 Figure 2156: Yale-Brown-Cornell Eating Disorder Scale-ritual

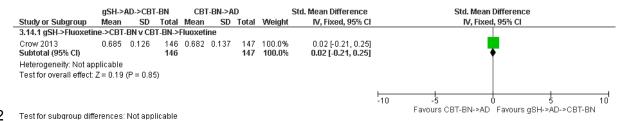


9 Figure 2157: Depression



10 Test for subgroup differences; Not applicable

1 Figure 2158: 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

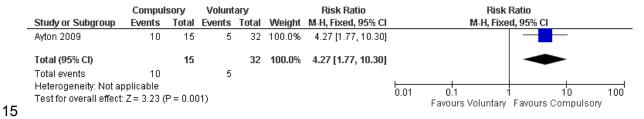
10 Figure 2159: BMI at discharge

	Compulsory		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]	<u> </u>
Total (95% CI)			15			32	100.0%	0.69 [0.06, 1.32]	•
Heterogeneity: Not ap Test for overall effect:			0.03)					- -	10 -5 0 5 10 Favours Voluntary Favours Compulsory

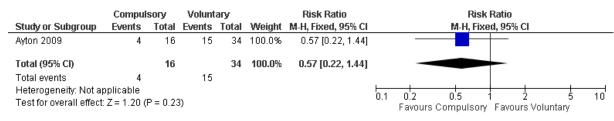
12 Figure 2160: Morgan-Russell Outcome-average (change scores)

Compulsory				Voluntary			!	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]				
Total (95% CI)			15			32	100.0%	0.53 [-0.09, 1.16]	•			
Heterogeneity: Not a Test for overall effect			0.09)					<u>⊢</u> -10) -5 0 5 10 Favours Voluntary Favours Compulsory			

14 Figure 2161: Regular menstruation

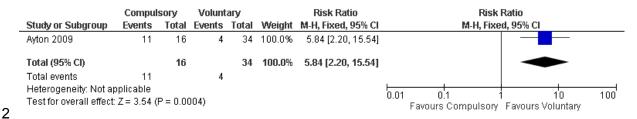


16 Figure 2162: Disengaged from family therapy

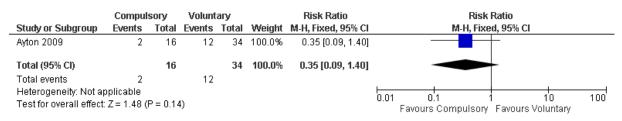


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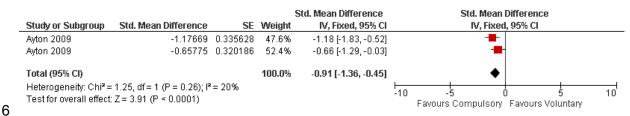
1 Figure 2163: Required nasogastric feeding



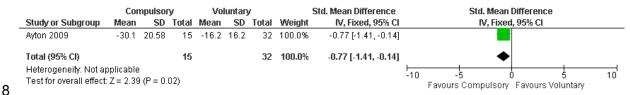
3 Figure 2164: Prematurely discharged



5 Figure 2165: General functioning (change scores)



7 Figure 2166: 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 2167: >90% weight for height ratio 12-mo after discharge - young people

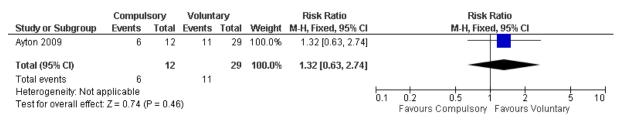
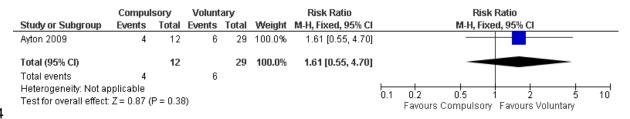
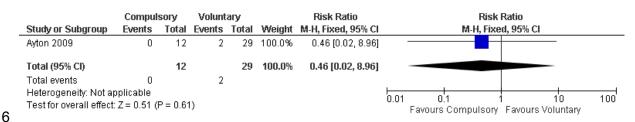


Figure 2168: Intermediate outcome (Clinically underweight and either receiving ongoing OP treatment or prematurely disengaged with services) 12-mo after discharge



5 Figure 2169: Patient deaths 12-mo after discharge



7 Figure 2170: Readmitted to hospital 12-mo after discharge

	Compulsory			агу		Risk Ratio	Risk Ratio						
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI			M-H, Fixe	d, 95% C	Cl		
Ayton 2009	2	12	10	29	100.0%	0.48 [0.12, 1.89]	_						
Total (95% CI)		12		29	100.0%	0.48 [0.12, 1.89]	-						
Total events	2		10										
Heterogeneity: Not ap Test for overall effect		P = 0.30	0)				0.1	0.2 Favours	0.5 Compulsory	1 : Favour	l 2	5	10

M.12.1.39 Compulsory treatment versus voluntary treatment in adults with any eating disorder at discharge from hospital

11 Figure 2171: BMI

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	Compulsory Voluntary					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				
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 applicable Test for overall effect: Z = 0.41 (P = 0.68)									-10	-5 Favours Volun	0 tary Favou	5 rs Compu	10 Isory

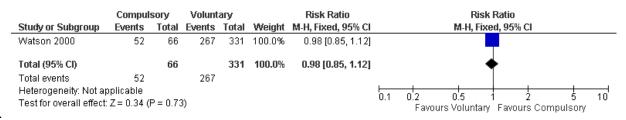
14 Figure 2172: Weight gain (lbs)

	Compulsory Voluntary			/		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	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]	.
Heterogeneity: Not applicable Test for overall effect: Z = 2.45 (P = 0.01)									-10 -5 0 5 10 Favours Voluntary Favours Compulsory

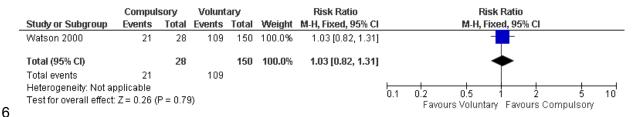
1 Figure 2173: Rate of weight gain (lbs/week)

	Compulsory			Vol	Voluntary Std. Mean Differe			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	2.6	2.5	66	2.2	2.2	331	100.0%	0.18 [-0.09, 0.44]	•
Total (95% CI)			66			331	100.0%	0.18 [-0.09, 0.44]	•
Heterogeneity: Not applicable Test for overall effect: Z = 1.31 (P = 0.19)								<u> </u> -10	5 10 Favours Voluntary Favours Compulsory

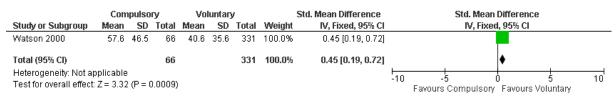
3 Figure 2174: Number of people achieving >85% average body weight or BMI>18 kg/m²



5 Figure 2175: Number of people achieving >85% average body weight

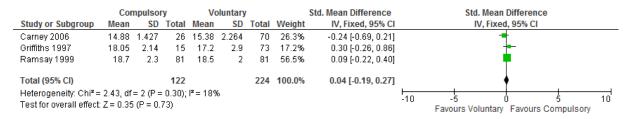


7 Figure 2176: Length of hospital stay (days)



M.12.1.49 Compulsory treatment versus voluntary treatment in adults with anorexia nervosa at 10 discharge

11 Figure 2177: BMI



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1 Figure 2178: Weight gain

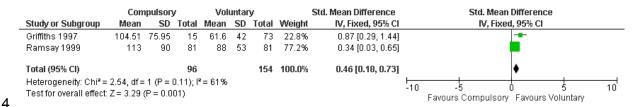
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	Compulsory Voluntary				Std. Mean Difference		Std. Mean Difference						
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI		IV, Fi	xed, 95% Cl		
Carney 2006	4.96	6.56	26	3.66	5.26	70	100.0%	0.23 [-0.22, 0.68]					
Total (95% CI)			26			70	100.0%	0.23 [-0.22, 0.68]			•		
Heterogeneity: Not applicable Test for overall effect: Z = 0.99 (P = 0.32)								-10 F	-5 Favours Volunt	0 ary Favours	5 Compulsory	10	

3 Figure 2179: Length of hospital stay (days)



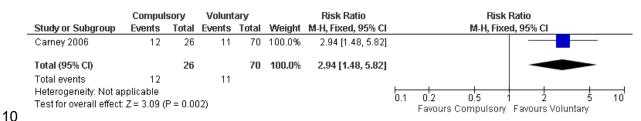
5 Figure 2180: Number of people experiencing refeeding syndrome

	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 applicable Test for overall effect: Z = 2.24 (P = 0.03)							0.1	0.2 Favours	0.5 Compulsory	1 2 Favours	l I 2 5 s Voluntary	i	10

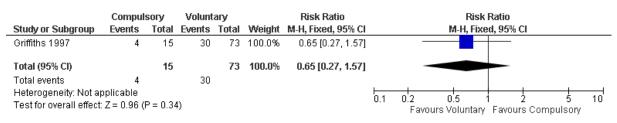
7 Figure 2181: Number of people on locked ward

	Compulsory Voluntary				Risk Ratio	Risk Ratio				
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fix	ed, 95% Cl		
Carney 2006	11	26	1	70	100.0%	29.62 [4.02, 218.18]			_	
Total (95% CI)		26		70	100.0%	29.62 [4.02, 218.18]			-	
Total events	11		1							
Heterogeneity: Not applicable Test for overall effect: Z = 3.33 (P = 0.0009)							0.001 0.1 Favours Compulsory	1 10 / Favours Voluntary	1000	

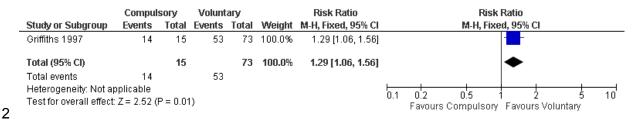
9 Figure 2182: Number of people requiring tube feeding



11 Figure 2183: Number of people achieving target weight

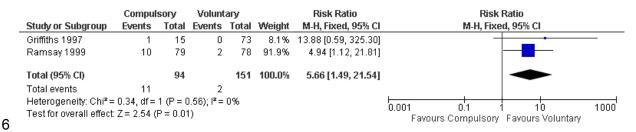


1 Figure 2184: Number of people requiring >1 specialist medical consultation



M.12.1.53 Compulsory treatment versus voluntary treatment in adults with anorexia nervosa at follow up

5 Figure 2185: Patient deaths



7 Figure 2186: Patient deaths at 20 years follow up

