**Supplementary Table S5. Summary of Psychological Treatments for Eating Disorders**

|  | **Anorexia Nervosa** | **Bulimia Nervosa** | **Binge-Eating Disorder** |
| --- | --- | --- | --- |
| **Age Group** | Tx | Source | Tx | Source | Tx | Source |
|  **Well Established Treatments**  |
| Adolescents | **FBT** | Systematic reviews & meta-analyses (Couturier, Kimber, & Szatmari, 2013; Lock, 2015; Watson & Bulik, 2013)RCTs (Eisler et al., 2000; Eisler, Simic, Russell, & Dare, 2007; Lock et al., 2010; Lock, Agras, Bryson, & Kraemer, 2005; Robin et al., 1999; Russell, Szmukler, Dare, & Eisler, 1987)  | **None** |  | **None** |  |
| Adults | **None** |  | **CBT- I\*\*** | Systematic reviews & meta-analyses (Costa & Melnik, 2016; Grilo, Reas, & Mitchell, 2016; Hay, Bacaltchuk, Stefano, & Kashyap, 2009; Mitchell, Agras, & Wonderlich, 2007; Palavras, Hay, Filho, & Claudino, 2017; Shapiro et al., 2007; Wilson, Wilfley, Agras, & Bryson, 2010)RCTs (Agras, Walsh, Fairburn, Wilson, & Kraemer, 2000; Chen et al., 2003; Fairburn et al., 1995; Fairburn et al., 1991; Fairburn, Jones, Peveler, Hope, & O’Connor, 1993; Mitchell et al., 2011; Poulsen et al., 2014; Wonderlich et al., 2014) | **CBT-I** | Systematic reviews & meta-analyses (Brownley et al., 2016; Brownley, Berkman, Sedway, Lohr, & Bulik, 2007; Costa & Melnik, 2016; Palavras et al., 2017)RCTs (Dingemans, Spinhoven, & van Furth, 2007; Grilo, Masheb, Wilson, Gueorguieva, & White, 2011; Hilbert et al., 2012; Peterson, Mitchell, Crow, Crosby, & Wonderlich, 2009; Peterson, Mitchell, & Engbloom, 1998; Tasca et al., 2006) |
|  |  | **IPT** | Reviews (Costa & Melnik, 2016; Hay et al., 2009)RCTs (Fairburn et al., 1995; Fairburn et al., 1993) | **IPT-G** | Systematic review (Wilson et al., 2010)RCTs (Hilbert et al., 2012; Wilfley et al., 2002) |
| **Possibly Efficacious Treatments** |
| AdolescentsAdolescents (cont.) | **FT-S** | RCTs (Agras et al., 2014; Godart et al., 2012) | **CBT** | RCTs (Stefini et al., 2017) | **CBT-Int-GSH** | RCTs (Jones et al., 2008) |
| **IO** | RCTs (Lock et al., 2010) | **CBT-GSH** | RCTs (Schmidt et al., 2007) | **IPT** | RCT (Tanofsky-Kraff et al., 2014)Pilot study (Tanofsky-Kraff et al., 2010)Case report & series (Tanofsky-Kraff et al., 2007; Tanofsky-Kraff, Shomaker, Young, & Wilfley, 2016) |
|  |  | **FBT** | RCTs (le Grange, Crosby, Rathouz, & Leventhal, 2007; le Grange, Lock, Agras, Bryson, & Jo, 2015) |  |  |
|  |  | **PD** | RCTs (Stefini et al., 2017) |  |  |
| Adults | **CBT-E-I** | RCTs (Dalle Grave, Calugi, Conti, Doll, & Fairburn, 2013; Zipfel et al., 2014) | **CBT-G** | RCTs (Chen et al., 2003; Katzman et al., 2010) | **BT\*\*\*** | RCTs (Grilo et al., 2011) |
| **FPT** | RCTs (Wild et al., 2009; Zipfel et al., 2014) | **CBT-GSH** | RCTs (Bailer et al., 2004; Banasiak, Paxton, & Hay, 2005; Ghaderi & Scott, 2003) | **CBT- GSH** | RCTs (Carrard et al., 2011; Carter & Fairburn, 1998; Ghaderi & Scott, 2003; Grilo & Masheb, 2005) |
| **MANTRA** | RCTs (Schmidt et al., 2012, 2015) | **CBT-Int** | RCTs (Mitchell et al., 2008; Sánchez-Ortiz et al., 2011)Pilot study (Shapiro et al., 2010) | **DBT** | RCTs (Telch, Agras, & Linehan, 2001)Pilot study (Chen, Matthews, Allen, Kuo, & Linehan, 2008) |
| **SSCM** | RCTs (Schmidt et al., 2012, 2015) | **ICAT** | RCTs (Wonderlich et al., 2014) | **DBT-G** | RCTs (Safer & Jo, 2010)Pilot study (Telch, Agras, & Linehan, 2000) |
|  |  | **PP** | RCTs (Poulsen et al., 2014) |  |  |
| **Experimental Treatments** |
| AdolescentsAdolescents (cont.) | **CBT-E- I** | Case series (Dalle Grave, Calugi, Doll, & Fairburn, 2013) | **CBT-E-I** | Case series (Lock, 2005) | **DBT** | Case series & reports(Safer, Couturier, & Lock, 2007; Salbach-Andrae, Bohnekamp, Pfeiffer, Lehmkuhl, & Miller, 2008) |
| **CT** | RCTs (Lock et al., 2013) – no differences between clinical outcomes.  | **DBT** | Pilot study (Fischer & Peterson, 2015) |  |  |
| **CRT** | Pilot studies (Herbrich et al., 2017; van Noort, Kraus, Pfeiffer, Lehmkuhl, & Kappel, 2016)Case reports (Cwojdzińska, Markowska-Regulska, & Rybakowski, 2008; Giombini, Turton, Turco, Nesbitt, & Lask, 2016) | **SP-I** | RCTs (le Grange et al., 2007) |  |  |
| **CRT-G** | Pilot studies (Pretorius et al., 2012; Wood, Al-Khairulla, & Lask, 2011) |  |  |  |  |
| **DBT** | Case series (Salbach-Andrae et al., 2008) |  |  |  |  |
| **ACT** | Case series (Berman, Boutelle, & Crow, 2009) |  |  |  |  |
| Adults | **C-TX** | Open trial (Baucom et al., 2017; Watson & Bulik, 2013)Case report (Kirby, Fischer, Raney, Baucom, & Bulik, 2016) | **DBT** | Pilot study (Chen et al., 2008) | **A-BBT** | Pilot study (Juarascio et al., 2017) |
| **CRT** | Pilot Study (Mac Neil et al., 2016) Case reports & series (Abbate-Daga, Buzzichelli, Marzola, Amianto, & Fassino, 2012; Pitt, Lewis, Morgan, & Woodward, 2010; Tchanturia et al., 2008; Tchanturia, Davies, & Campbell, 2007) | **SVG as an adjunct to CBT**  | Pilot study (Fernandez-Aranda et al., 2015) |  |  |
| **CRT-G** | Pilot study (Genders & Tchanturia, 2010) |  |  |  |  |

TX: Treatment; RCTs: Randomized Control Trials; Treatment Abbreviations: BT: Behavioral Therapy; CBT-E-I: Individual Enhanced Cognitive Behavioral Therapy; CBT-G: Group Cognitive Behavioral Therapy; CBT-GSH: Cognitive Behavioral Therapy - Guided Self Help; CBT-I: Individual Cognitive Behavioral Therapy; CBT-Int: Cognitive Behavioral Therapy Internet or Telemedicine; CBT-Int-GSH: Cognitive Behavioral Therapy Internet or Telemedicine Guided Self-Help; CRT: Cognitive Remediation Therapy ; CRT-G: Group Cognitive Remediation Therapy; CT: Cognitive Training; C-TX: Couples-Based Treatment; DBT: Dialectical Behavioral Therapy; DBT-G: Dialectical Behavioral Therapy; FPT: Focal Psychodynamic Therapy; FBT: Family Based Treatment; FT-S: Family Therapy - Systematic; ICAT: Integrative Cognitive- Affective Therapy; IPT: Interpersonal Psychotherapy; IO: Insight Oriented; MANTRA: Maudsley Model of Anorexia Nervosa Treatment for Adults; PP: Psychoanalytic Psychotherapy; PD: Psychodynamic Treatments; SP-I: Supportive Psychotherapy Individual; SSCM: Specialist Supportive Clinical Management; SVG Serious video games.

\*Summary includes treatments for loss of control eating, a key symptom of binge eating found in children.

\*\*Includes CBT-BN (Christopher G. Fairburn & Cooper, 1989; Latner & Wilson, 2000)

\*\*\*Support for weight loss in patients with BED

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