

## Supplemental Table 1

Great! Now, in your own words, please tell us what you're struggling with:

We have a couple of quick questions to get started.

On a scale from 1 (not very motivated) to 5 (very motivated), how do you feel about improving your body image?

On a scale from 1 (very bad) to 5 (very good), how do you feel about your body image?

These next questions will help us understand how you're doing and where you're starting from...

Do you ever make yourself sick (induce vomiting) because you feel uncomfortably full?

Do you worry you have lost control over how much you eat?

Have you recently lost more than one stone (approx 15lbs) in a three month period?

Do you believe yourself to be fat when others say you are too thin?

5. Would you say that food dominates your life?

Check out the list below. We call these the \*3 Cs\*. Each can have a negative impact on your body image.

Comparisons (my body vs others')

Conversations about bodies (my own, or someone else's)

Consumption of harmful social media

Which do you think is most common?

Do you find that you \*compare\* your body image negatively to other people?

Before we go on, please write down a few things that make you feel good about yourself.

Now, what do you think about these statements?

\*Thinness = Attractiveness\*

\*Attractiveness = Happiness\*

Can you think of people who you find attractive who are happy and who are not thin?

OK, let's test your knowledge so far...

OK, so what can you do if someone starts talking about these things (bodies, dieting, etc)?

**Social media promotes something called the \*thin body ideal\*. It's everywhere.**

**But why is it so common? Why do social media companies focus on this?**

**Quick recap. What's a myth that suggests you have to be thin to be happy?**

**What's a trend that says you have to exclude certain foods to be healthy?**

**Last one... What do we call it when someone only posts pictures they think they look good in?**

**Challenge!**

**Which will be the biggest challenge for you to eat 3 meals and 2-3 snacks a day?**

**Want to go back and check another concern you may have?**

**OK, so what's your plan to eat regularly? Write down some ideas in 1-2 sentences**

**How often do you continue to eat when you no longer feel hungry? (Never, rarely or often?)**

**\*Final Step:\* Please answer these last questions so we can see how you're doing**

**On a scale from 1 (not very motivated) to 5 (very motivated), how do you feel about improving your body image?**

**On a scale from 1 (very bad) to 5 (very good), how do you feel about your body image?**

**Congrats! You did it! 🎉 🎉 🎉**

*Supplemental Table 1 – This table outlines some of the questions and comments made at each step of the program and responses to these questions make up the data used for analysis in the study.*

## Supplementary Figure 1

### *Positive Feedback*

“that's the best experience I've ever had <33”

“this was great thank you so much”

“Nothing y'all's need to improve on this course helped me out a bit.”

“Koko makes a hard topic become simple and easy to understand. Hopefully there will be more pictures or some audio to motivate us.”

“Thank you! this really helped <3”

“No need to improve anything this help me alot about my body thank you”

“I think this course is great, it's helped a little bit with how I feel about my body, tho I know if I keep thinking the way the course suggests I could feel better about it. I'm gonna start trying to eat healthier too”

“no, this bot made me feel extremely safe and loved. :) <3”

“This is amazing, I actually feel so much better 🌟🌟”

“This was very helpful in a time of need. Thsnk you”

“idk it was surprisingly good. I din't have much hope in the start but I feel better.”

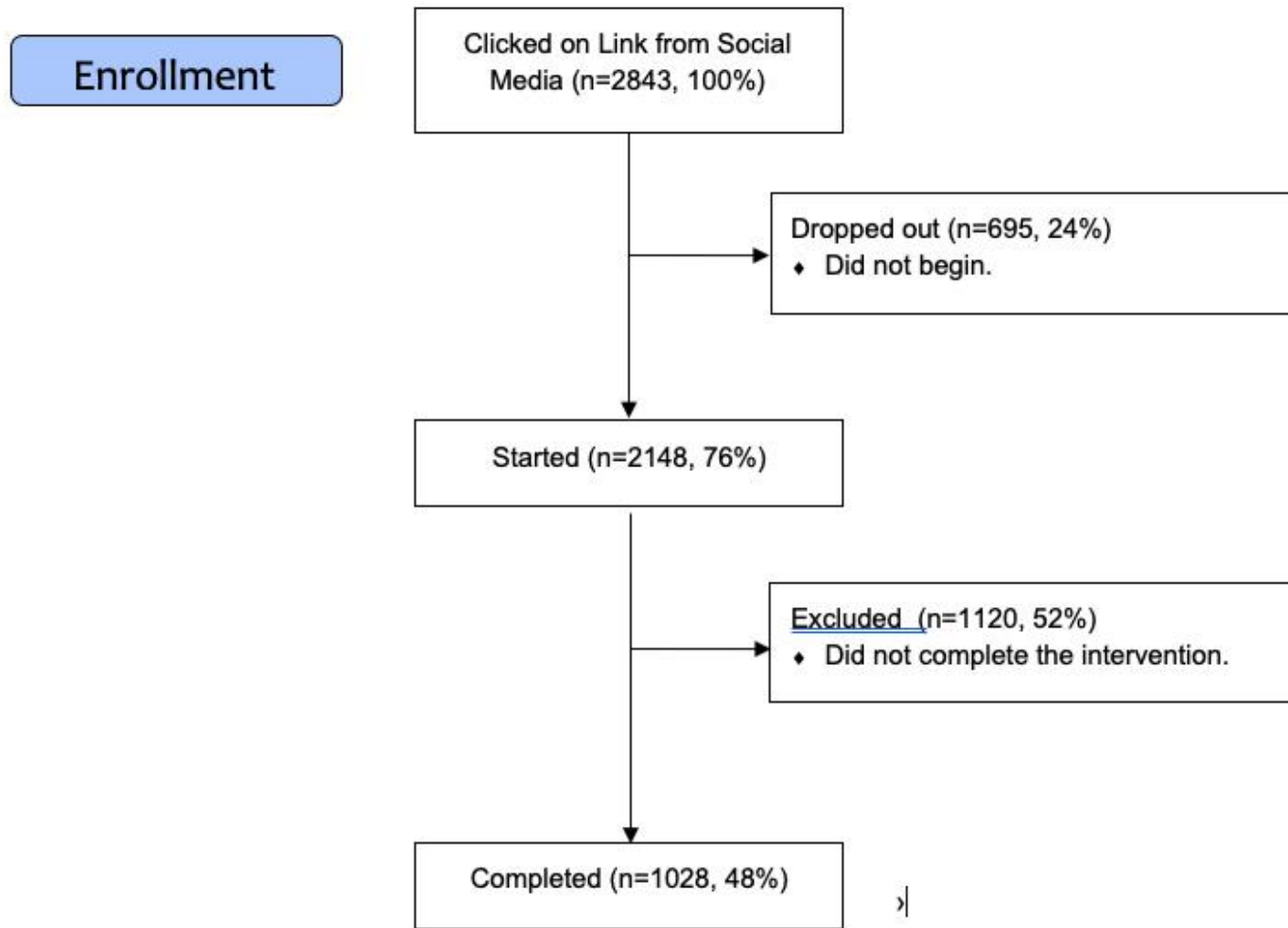
### *Negative Feedback*

“no one is going to read all that, and even if they did, its what we hear everyday about our body, it doesnt help”

“this is stupid im sorry. thanks for trying”

*Supplemental Figure 1.* This figure shows representative examples of positive and negative feedback for the program. Often times, the feedback was just “no” or “nothing” indicating that the user did not have any feedback for the program.

Supplementary Figure 2



*Supplementary Figure 2. Consort style diagram showing the dropout of participants through the recruitment process for a future iteration of the study. \*Note these do not represent the numbers analyzed but rather analogous numbers for future iterations of the same study.*