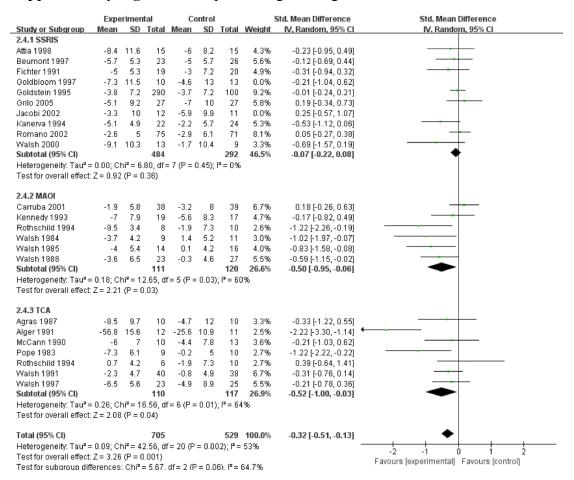


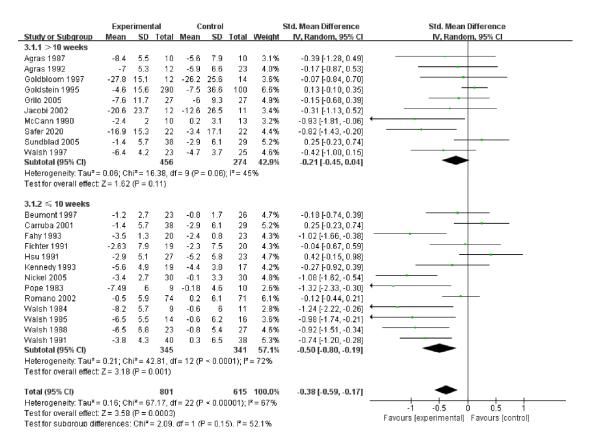
## Supplementary Fig. S1 Forest plot of wight change.



Supplementary Fig. S2 Forest plot of depression scores.

	Events	Total	Events	Total	Weight	M-H, Random, 95% Cl	M-H, Random, 95% Cl
2.5.1 SSRIS							
Attia 1998	4	15	4	16	6.4%	1.09 [0.22, 5.45]	
FBNCSG 1992	11	129	8	129	10.6%	1.41 [0.55, 3.63]	_ <b>+•</b>
Fichter 1997	19	37	5	35	9.1%	6.33 [2.01, 19.91]	
Goldstein 1995	32	296	6	102	10.9%	1.94 [0.79, 4.78]	+
Grilo 2005	6	27	4	27	7.5%	1.64 [0.41, 6.64]	<b>-</b>
Kanerva 1994	0	24	1	26	2.2%	0.35 [0.01, 8.93]	
Romano 2002	2	76	3	74	5.4%	0.64 [0.10, 3.94]	
Wood 1993	11	296	8	102	10.6%	0.45 [0.18, 1.16]	
Subtotal (95% CI)		900		511	62.8%	1.35 [0.71, 2.58]	
Total events	85		39				
Heterogeneity: Tau <sup>2</sup>	= 0.41: Chi <sup>2</sup>	= 14.31	. df = 7 (F	<sup>o</sup> = 0.0:	5); <b> </b> ² = 519	%	
Test for overall effect	t: Z = 0.91 (F	P = 0.36	) i				
2.5.2 MAOI							
Carruba 2001	4	38	5	39	7.5%	0.80 [0.20, 3.24]	
Kennedy 1993	2	19	1	17	3.4%	1.88 [0.16, 22.83]	
Walsh 1984	2	9	3	11	4.6%	0.76 [0.10, 5.96]	
Walsh 1985	10	20	0	18	2.6%	37.00 [1.96, 697.35]	→
Walsh 1988	9	31	1	31	4.3%	12.27 [1.45, 104.10]	
Subtotal (95% CI)		117		116	22.4%	2.81 [0.64, 12.35]	
	27		10				
Total events	27		10				
Total events Heterogeneity: Tau <sup>2</sup> :		= 9.76,		= 0.04)	; I² = 59%		
	= 1.63; Chi <sup>z</sup>		df = 4 (P	= 0.04)	; I² = 59%		
Heterogeneity: Tau <sup>2</sup> Test for overall effect	= 1.63; Chi <sup>z</sup>		df = 4 (P	= 0.04)	); <b>I</b> ² = 59%		
Heterogeneity: Tau <sup>2</sup> : Test for overall effect <b>2.5.3 TCA</b>	= 1.63; Chi <sup>a</sup> t: Z = 1.37 (F	P = 0.17	df = 4 (P				
Heterogeneity: Tau <sup>2</sup> : Test for overall effect <b>2.5.3 TCA</b> Alger 1991	= 1.63; Chi <sup>2</sup> t: Z = 1.37 (F 0	° = 0.17	df = 4 (P ) 1	11	2.1%	0.28 [0.01, 7.62]	
Heterogeneity: Tau <sup>2</sup> : Test for overall effect <b>2.5.3 TCA</b> Alger 1991 Pope 1983	= 1.63; Chiª t: Z = 1.37 (F 0 2	P = 0.17 12 11	df = 4 (P ) 1 1	11 11	2.1% 3.3%	0.28 (0.01, 7.62) 2.22 (0.17, 28.86)	
Heterogeneity: Tau <sup>2</sup> : Test for overall effect <b>2.5.3 TCA</b> Alger 1991 Pope 1983 Walsh 1991	= 1.63; Chi <sup>2</sup> t: Z = 1.37 (F 0	P = 0.17 12 11 41	df = 4 (P ) 1	11 11 39	2.1% 3.3% 2.6%	0.28 (0.01, 7.62) 2.22 (0.17, 28.86) 11.90 (0.64, 222.90)	
Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI)	= 1.63; Chiª t: Z = 1.37 (F 0 2 5	P = 0.17 12 11	df = 4 (P ) 1 0	11 11	2.1% 3.3%	0.28 (0.01, 7.62) 2.22 (0.17, 28.86)	
Heterogeneity: Tau <sup>2</sup> : Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events	= 1.63; Chi <sup>a</sup> t: Z = 1.37 (F 0 2 5 7	P = 0.17 12 11 41 64	df = 4 (P ) 1 1 0 2	11 11 39 <b>61</b>	2.1% 3.3% 2.6% <b>8.0</b> %	0.28 [0.01, 7.62] 2.22 [0.17, 28.86] 11.90 [0.64, 222.90] <b>2.18 [0.30, 16.01]</b>	
Heterogeneity: Tau <sup>2</sup> : Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> :	= 1.63; Chi <sup>=</sup> t: Z = 1.37 (F 2 5 7 = 0.91; Chi <sup>=</sup>	P = 0.17 12 11 41 64 2 = 2.82,	df = 4 (P ) 1 1 0 2 df = 2 (P	11 11 39 <b>61</b>	2.1% 3.3% 2.6% <b>8.0</b> %	0.28 [0.01, 7.62] 2.22 [0.17, 28.86] 11.90 [0.64, 222.90] <b>2.18 [0.30, 16.01]</b>	
Heterogeneity: Tau <sup>2</sup> : Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events	= 1.63; Chi <sup>=</sup> t: Z = 1.37 (F 2 5 7 = 0.91; Chi <sup>=</sup>	P = 0.17 12 11 41 64 2 = 2.82,	df = 4 (P ) 1 1 0 2 df = 2 (P	11 11 39 <b>61</b>	2.1% 3.3% 2.6% <b>8.0</b> %	0.28 [0.01, 7.62] 2.22 [0.17, 28.86] 11.90 [0.64, 222.90] <b>2.18 [0.30, 16.01]</b>	
Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> Test for overall effect	= 1.63; Chi <sup>=</sup> t: Z = 1.37 (F 2 5 = 0.91; Chi <sup>=</sup> t: Z = 0.77 (F	P = 0.17 12 11 41 64 2 = 2.82,	df = 4 (P ) 1 1 0 2 df = 2 (P	11 11 39 <b>61</b>	2.1% 3.3% 2.6% <b>8.0</b> %	0.28 [0.01, 7.62] 2.22 [0.17, 28.86] 11.90 [0.64, 222.90] <b>2.18 [0.30, 16.01]</b>	
Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.4 antiepileptic di	= 1.63; Chi <sup>=</sup> t: Z = 1.37 (F 2 5 = 0.91; Chi <sup>=</sup> t: Z = 0.77 (F <b>rug</b>	P = 0.17 12 11 41 64 2 = 2.82, P = 0.44	df = 4 (P ) 1 1 0 2 df = 2 (P	11 11 39 <b>61</b> = 0.24)	2.1% 3.3% 2.6% <b>8.0%</b> ; I <sup>2</sup> = 29%	0.28 [0.01, 7.62] 2.22 [0.17, 28.86] 11.90 [0.64, 222.90] <b>2.18 [0.30, 16.01]</b>	
Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.4 antiepileptic di Hoopes 2003	= 1.63; Chi <sup>#</sup> t: Z = 1.37 (F 2 5 5 = 0.91; Chi <sup>#</sup> t: Z = 0.77 (F rug 1	P = 0.17 12 11 41 64 P = 0.44 31	df = 4 (P ) 1 1 0 df = 2 (P ) 0	11 11 39 <b>61</b> = 0.24)	2.1% 3.3% 2.6% <b>8.0</b> % ); I <sup>2</sup> = 29% 2.2%	0.28 (0.01, 7.62) 2.22 (0.17, 28.86) 11.90 (0.64, 222.90) <b>2.18 (0.30, 16.01)</b> 3.30 (0.13, 83.97)	
Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.4 antiepileptic di Hoopes 2003 Safer 2020	= 1.63; Chi <sup>=</sup> t: Z = 1.37 (F 2 5 = 0.91; Chi <sup>=</sup> t: Z = 0.77 (F <b>rug</b>	P = 0.17 12 11 41 64 P = 0.44 31 22	df = 4 (P ) 1 1 0 2 df = 2 (P	11 11 39 <b>61</b> = 0.24) 33 22	2.1% 3.3% 2.6% <b>8.0</b> % ;   <sup>2</sup> = 29% 2.2% 4.6%	0.28 (0.01, 7.62) 2.22 (0.17, 28.86) 11.90 (0.64, 222.90) <b>2.18 (0.30, 16.01)</b> 3.30 (0.13, 83.97) 1.00 (0.13, 7.81)	
Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.4 antiepileptic di Hoopes 2003 Safer 2020 Subtotal (95% CI)	= 1.63; Chi <sup>a</sup> t: Z = 1.37 (F 2 5 7 = 0.91; Chi <sup>a</sup> t: Z = 0.77 (F rug 1 2	P = 0.17 12 11 41 64 P = 0.44 31	df = 4 (P ) 1 1 0 df = 2 (P ) 2	11 11 39 <b>61</b> = 0.24)	2.1% 3.3% 2.6% <b>8.0</b> % ); I <sup>2</sup> = 29% 2.2%	0.28 (0.01, 7.62) 2.22 (0.17, 28.86) 11.90 (0.64, 222.90) <b>2.18 (0.30, 16.01)</b> 3.30 (0.13, 83.97)	
Heterogeneity: Tau <sup>2</sup> : Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> : Test for overall effect 2.5.4 antiepileptic dh Hoopes 2003 Safer 2020 Subtotal (95% CI) Total events	= 1.63; Chi <sup>a</sup> t: Z = 1.37 (F 2 5 7 = 0.91; Chi <sup>a</sup> t: Z = 0.77 (F r <b>ug</b> 1 2 3	P = 0.17 12 11 41 64 P = 0.44 31 22 53	df = 4 (P ) 1 1 0 df = 2 (P ) 0 2 2	11 11 39 <b>61</b> = 0.24) 33 22 <b>55</b>	2.1% 3.3% 2.6% 8.0% ;  ² = 29% 2.2% 4.6% 6.8%	0.28 (0.01, 7.62) 2.22 (0.17, 28.86) 11.90 (0.64, 222.90) <b>2.18 (0.30, 16.01)</b> 3.30 (0.13, 83.97) 1.00 (0.13, 7.81)	
Heterogeneity: Tau <sup>2</sup> : Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> : Test for overall effect 2.5.4 antiepileptic di Hoopes 2003 Safer 2020 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> :	= 1.63; Chi <sup>a</sup> t: Z = 1.37 (F 2 5 7 = 0.91; Chi <sup>a</sup> t: Z = 0.77 (F rug 1 2 3 = 0.00; Chi <sup>a</sup>	P = 0.17 12 11 41 64 P = 0.82, P = 0.44 31 22 53 F = 0.37,	df = 4 (P ) 1 1 0 df = 2 (P ) 0 2 df = 1 (P	11 11 39 <b>61</b> = 0.24) 33 22 <b>55</b>	2.1% 3.3% 2.6% 8.0% ;  ² = 29% 2.2% 4.6% 6.8%	0.28 (0.01, 7.62) 2.22 (0.17, 28.86) 11.90 (0.64, 222.90) <b>2.18 (0.30, 16.01)</b> 3.30 (0.13, 83.97) 1.00 (0.13, 7.81)	
Heterogeneity: Tau <sup>2</sup> : Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> : Test for overall effect 2.5.4 antiepileptic dh Hoopes 2003 Safer 2020 Subtotal (95% CI) Total events	= 1.63; Chi <sup>a</sup> t: Z = 1.37 (F 2 5 7 = 0.91; Chi <sup>a</sup> t: Z = 0.77 (F rug 1 2 3 = 0.00; Chi <sup>a</sup>	P = 0.17 12 11 41 64 P = 0.82, P = 0.44 31 22 53 F = 0.37,	df = 4 (P ) 1 1 0 df = 2 (P ) 0 2 df = 1 (P	11 11 39 <b>61</b> = 0.24) 33 22 <b>55</b>	2.1% 3.3% 2.6% 8.0% ;  ² = 29% 2.2% 4.6% 6.8%	0.28 (0.01, 7.62) 2.22 (0.17, 28.86) 11.90 (0.64, 222.90) <b>2.18 (0.30, 16.01)</b> 3.30 (0.13, 83.97) 1.00 (0.13, 7.81)	
Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> Compassion Company Safer 2020 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> Test for overall effect	= 1.63; Chi <sup>a</sup> t: Z = 1.37 (F 2 5 7 = 0.91; Chi <sup>a</sup> t: Z = 0.77 (F rug 1 2 3 = 0.00; Chi <sup>a</sup>	P = 0.17 12 11 41 64 2 = 2.82, P = 0.44 31 22 53 2 = 0.37, P = 0.70	df = 4 (P ) 1 1 0 df = 2 (P ) 0 2 df = 1 (P	11 11 39 <b>61</b> = 0.24) 33 22 <b>55</b> = 0.54)	2.1% 3.3% 2.6% <b>8.0</b> % ;   <sup>2</sup> = 29% 4.6% <b>6.8</b> % ;   <sup>2</sup> = 0%	0.28 (0.01, 7.62) 2.22 (0.17, 28.86) 11.90 (0.64, 222.90) <b>2.18 (0.30, 16.01)</b> 3.30 (0.13, 83.97) 1.00 (0.13, 7.81) <b>1.41 (0.25, 7.99)</b>	
Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.4 antiepileptic di Hoopes 2003 Safer 2020 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> Test for overall effect Total (95% CI)	= 1.63; Chi <sup>2</sup> t: Z = 1.37 (F 2 5 7 = 0.91; Chi <sup>2</sup> t: Z = 0.77 (F 1 2 3 = 0.00; Chi <sup>2</sup> t: Z = 0.39 (F	P = 0.17 12 11 41 64 P = 0.82, P = 0.44 31 22 53 F = 0.37,	df = 4 (P ) 1 1 0 df = 2 (P ) 0 2 2 df = 1 (P	11 11 39 <b>61</b> = 0.24) 33 22 <b>55</b> = 0.54)	2.1% 3.3% 2.6% 8.0% ;  ² = 29% 2.2% 4.6% 6.8%	0.28 (0.01, 7.62) 2.22 (0.17, 28.86) 11.90 (0.64, 222.90) <b>2.18 (0.30, 16.01)</b> 3.30 (0.13, 83.97) 1.00 (0.13, 7.81)	
Heterogeneity: Tau <sup>2</sup> Test for overall effect 2.5.3 TCA Alger 1991 Pope 1983 Walsh 1991 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> Compassion Company Safer 2020 Subtotal (95% CI) Total events Heterogeneity: Tau <sup>2</sup> Test for overall effect	= 1.63; Chi <sup>2</sup> t: Z = 1.37 (F 2 5 7 = 0.91; Chi <sup>2</sup> t: Z = 0.77 (F rug 1 2 3 = 0.00; Chi <sup>2</sup> t: Z = 0.39 (F	P = 0.17 12 11 41 64 2 = 2.82, P = 0.44 31 22 53 2 = 0.37, P = 0.70 1134	df = 4 (P ) 1 1 0 df = 2 (P ) 0 2 df = 1 (P ) 53	11 11 39 61 = 0.24; 33 22 55 = 0.54; 743	2.1% 3.3% 2.6% 8.0% ;  ² = 29% 2.2% 4.6% 6.8% ;  ² = 0% 100.0%	0.28 [0.01, 7.62] 2.22 [0.17, 28.86] 11.90 [0.64, 222.90] <b>2.18 [0.30, 16.01]</b> 3.30 [0.13, 83.97] 1.00 [0.13, 7.81] <b>1.41 [0.25, 7.99]</b> <b>1.61 [0.96, 2.70]</b>	

Supplementary Fig. S3 Forest plot of dropouts due to adverse events.



## Supplementary Fig. S4 Forest plot of binge-eating episodes (10 weeks as the

## boundary).

	Ехре	Experimental			Control		Std. Mean Difference		Std. Mean Difference	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% Cl	IV, Random, 95% Cl	
3.2.1 >10 weeks										
Goldbloom 1997	-27.6	27.7	12	-32.8	29.8	14	3.0%	0.17 [-0.60, 0.95]		
Goldstein 1995	-4.6	17.2	290	-1.6	22.6	100	34.3%	-0.16 [-0.39, 0.07]		
Jacobi 2002	-15.9	27.5	12	-13.1	33.5	11	2.7%	-0.09 [-0.91, 0.73]		
Walsh 1997	-25.9	12.5	23	-17.8	16.5	25	5.3%	-0.54 [-1.12, 0.04]		
Subtotal (95% CI)			337			150	45.3%	-0.18 [-0.38, 0.02]		
Heterogeneity: Tau <sup>2</sup> :	= 0.00; C	hi² = 2.	39, df=	: 3 (P =	0.50);	l <sup>2</sup> = 0%				
Test for overall effect	: Z = 1.77	7 (P = 0	08)							
3.2.2 ≤10 weeks										
Beumont 1997	-7.6	6.4	23	-5	5.6	26	5.5%	-0.43 [-1.00, 0.14]		
Carruba 2001	-0.4	6.4	38	-1.5	7.9	39	8.9%	0.15 [-0.30, 0.60]		
Fahy 1993	-3.3	1.5	20	-3.2	1.5	23	5.0%	-0.07 [-0.66, 0.53]		
Hsu 1991	-3.9	6.1	27	-6.4	17.9	23	5.7%	0.19 [-0.37, 0.75]		
Kennedy 1993	-7.6	11.7	19	-1.8	6.4	17	4.0%	-0.59 [-1.26, 0.08]		
Romano 2002	-1.2	6.4	74	0.32	7.5	71	16.7%	-0.22 [-0.54, 0.11]		
Walsh 1991	-3	13.6	40	0.3	17.1	38	9.0%	-0.21 [-0.66, 0.23]		
Subtotal (95% Cl)			241			237	54.7%	-0.15 [-0.33, 0.03]		
Heterogeneity: Tau <sup>2</sup> :	= 0.00; C	hi² = 6.	07, df=	= 6 (P =	0.41);	l² = 1%				
Test for overall effect	: Z = 1.60	) (P = 0	1.11)							
Total (95% CI)			578			387	100.0%	-0.16 [-0.30, -0.03]	•	
Heterogeneity: Tau <sup>2</sup>	= 0.00; C	hi <b>=</b> 8.	51, df=	= 10 (P =	= 0.58)	$  ^{2} = 0$	Х.		-1 -0.5 0 0.5	
Test for overall effect	: Z = 2.38	3 (P = 0	1.02)							
Test for subaroup dir	fferences	: Chi⁼∍	= 0.05.	df = 1 (F	<sup>o</sup> = 0.8	3), I <b>*</b> =	0%		Favours [experimental] Favours [control]	

Supplementary Fig. S5 Forest plot of vomiting episodes (10 weeks as the boundary).