

## Within- and between-group effect sizes and confidence intervals for included studies (posttreatment and follow-up) <sup>a</sup>

Study	Symptoms	Within-group effect size Baseline – Posttreatment [lower CI; upper CI]	Within-group effect size Baseline – Follow-up 1 Baseline – Follow-up 2 [lower CI; upper CI]	Between-group effect size Posttreatment [lower CI; upper CI]	Between-group effect size Follow-up 1 Follow-up 2 [lower CI; upper CI]
<b>Computer- and Internet-based Unguided Self-help</b>					
Bara-Carril et al [42]	Binging		<b>0.75 [0.23; 1.26]</b>		
	Vomiting		<b>0.63 [0.12; 1.14]</b>		
Schmidt et al [43]	ED psychopathology				
	Binging				
	Vomiting				
Johnston et al [44]	ED psychopathology (EDE Global)	<u>CD-ROM</u> : 0.28 [-0.16; 0.71] <u>WL</u> : 0.27 [-0.15; 0.69]	<u>CD-ROM</u> : 0.35 [-0.10; 0.81] <u>WL</u> : <b>0.51 [0.04; 0.97]</b>	0.09 [-0.37; 0.54]	0.22 [-0.30; 0.73]
	Binging				
	Vomiting				
Sánchez-Ortiz et al [48]	ED psychopathology (BITE Total)	<u>Therapy</u> : 0.17 [-0.27; 0.61] <u>Control</u> : 0.25 [-0.21; 0.71]	<u>Therapy</u> : 0.23 [-0.21; 0.67] <u>Control</u> : 0.17 [-0.28; 0.63]	0.16 [-0.29; 0.61]	0.03 [-0.42; 0.48]
	Binging	<u>iCBT</u> : <b>0.79 [0.31; 1.26]</b> <u>WL</u> : 0.31 [-0.17; 0.79]	<u>iCBT</u> : <b>1.05 [0.54; 1.57]</b> <u>WL</u> : <b>0.73 [0.20; 1.27]</b>	-0.40 [-0.88; 0.09]	<b>-0.59 [-1.15; -0.03]</b>
	Vomiting	<u>iCBT</u> : <b>0.49 [0.02; 0.95]</b> <u>WL</u> : 0.22 [-0.26; 0.70]	<u>iCBT</u> : <b>0.75 [0.25; 1.25]</b> <u>WL</u> : <b>0.56 [0.03; 1.08]</b>	-0.33 [-0.82; 0.15]	-0.40 [-0.96; 0.15]
Ljottson et al [49]	ED psychopathology (EDE Global)	<u>iCBT</u> : <b>1.27 [0.77; 1.77]</b> <u>WL</u> : 0.47 [-0.01; 0.95]	<u>iCBT</u> : <b>1.73 [1.16; 2.29]</b> <u>WL</u> : <b>0.90 [0.36; 1.44]</b>	<b>-1.23 [-1.76; -0.71]</b>	<b>-0.97 [-1.54; -0.39]</b>
	Binging	<u>Treatment</u> : <b>1.42 [0.88; 1.96]</b> <u>Control</u> : 0.17 [-0.65; 0.31]		<b>-0.67 [-1.17; -0.18]</b>	
	Vomiting	<b>Purging</b> <u>Treatment</u> : 0.60 [-0.11; 1.09] <u>Control</u> : -0.22 [-0.70; 0.26]		<b>Purging</b> <b>-2.06 [-2.66; -1.47]</b>	
Nevonen et al [52]	ED psychopathology (EDE-Q Global)	<u>Treatment</u> : <b>1.04 [0.52; 1.55]</b> <u>Control</u> : 0.10 [-0.38; 0.57]		<b>-1.13 [-1.65; -0.61]</b>	
	Binging		0.30 [-0.20; 0.80]		
	Vomiting		0.46 [-0.04; 0.96]		
Carrard et al [54]	ED psychopathology				
	Binging	<b>0.64 [0.33; 0.95]</b>			
	Vomiting	<b>0.82 [0.50; 1.14]</b>			
	ED psychopathology				

Wagner et al [55]	Binging	<u>INT-GSH</u> : 0.24 [-0.09; 0.57] <u>BIB-GSH</u> : 0.32 [-0.07; 0.70]	<u>INT-GSH</u> : 0.33 [-0.01; 0.66] <u>BIB-GSH</u> : 0.31 [-0.08; 0.69]	0.03 [-0.33; 0.39]	-0.03 [-0.39; 0.33] -0.13 [-0.49; 0.23]
	Vomiting	<u>INT-GSH</u> : <b>0.35 [0.02; 0.69]</b> <u>BIB-GSH</u> : 0.35 [-0.03; 0.74]	<u>INT-GSH</u> : <b>0.39 [0.06; 0.73]</b> <u>BIB-GSH</u> : <b>0.39 [0.00; 0.78]</b>	0.14 [-0.22; 0.50]	0.14 [-0.22; 0.50] -0.04 [-0.40; 0.32]
	ED psychopathology (EDI-2 Total)	<u>INT-GSH</u> : <b>0.50 [0.17; 0.84]</b> <u>BIB-GSH</u> : <b>0.49 [0.10; 0.87]</b>	<u>INT-GSH</u> : <b>0.72 [0.38; 1.06]</b> <u>BIB-GSH</u> : <b>0.61 [0.22; 1.00]</b>	-0.03 [-0.38; 0.33]	-0.13 [-0.48; 0.23] -0.06 [-0.42; 0.29]
Leung et al [56]	Binging	0.28 [-0.07; 0.63]			
	Vomiting	-0.01 [-0.35; 0.34]			
	ED psychopathology (EDE-Q Global)	<b>0.64 [0.29; 0.99]</b>			
Pretorius et al [57]	Binging	<b>4.41 [3.82; 5.01]</b>	<b>4.39 [3.82; 4.96]</b>		
	Vomiting	<b>3.54 [3.03; 4.06]</b>	<b>3.96 [3.43; 4.49]</b>		
	ED psychopathology (EDE Global)	<b>7.05 [6.19; 7.91]</b>	<b>5.46 [4.79; 6.13]</b>		
Wagner et al [58]	Binging	<u>Adults</u> : 0.37 [-0.05; 0.79] <u>Adolescents</u> : 0.31 [-0.39; 1.01]	<u>Adults</u> : <b>0.66 [0.23; 1.09]</b> <u>Adolescents</u> : 0.26 [-0.43; 0.96]	-0.49 [-1.07; 0.09]	<b>-0.60 [-1.18; -0.02]</b> -0.25 [-0.82; 0.32]
	Vomiting	<u>Adults</u> : 0.30 [-0.11; 0.72] <u>Adolescents</u> : 0.55 [-0.16; 1.26]	<u>Adults</u> : <b>0.44 [0.02; 0.85]</b> <u>Adolescents</u> : 0.51 [-0.19; 1.21]	-0.22 [-0.79; 0.35]	-0.38 [-0.95; 0.20] -0.26 [-0.83; 0.31]
	ED psychopathology (EDI-2 Total)	<u>Adults</u> : <b>0.75 [0.33; 1.17]</b> <u>Adolescents</u> : 0.61 [-0.15; 1.36]	<u>Adults</u> : <b>1.37 [0.92; 1.82]</b> <u>Adolescents</u> : <b>0.77 [0.00; 1.53]</b>	0.01 [-0.58; 0.61]	-0.28 [-0.88; 0.32] -0.10 [-0.69; 0.50]
<b>Internet-based Therapist-delivered Treatment</b>					
Robinson & Serfaty [59]	Binging		<u>Adults</u> : <b>1.02 [0.59; 1.44]</b> <u>Adolescents</u> : <b>0.79 [0.02; 1.56]</b>		
	Vomiting				
	ED psychopathology	<b>BITE severity</b>			

	(BITE)	0.41 [-0.17; 1.00]			
		<b>BITE symptoms</b>			
		0.56 [-0.03; 1.15]			
Mitchell et al [62]	Binging	<u>TV-CBT: 0.62 [0.22; 1.03]</u> <u>F2F-CBT: 0.80 [0.39; 1.21]</u>	<u>TV-CBT: 0.60 [0.19; 1.02]</u> <u>F2F-CBT: 0.73 [0.30; 1.15]</u>	0.21 [-0.23; 0.65]	0.12 [-0.35; 0.58]  0.28 [-0.27; 0.82]
	Vomiting	<u>TV-CBT: 0.87 [0.46; 1.28]</u> <u>F2F-CBT: 1.07 [0.65; 1.49]</u>	<u>TV-CBT: 0.31 [-0.15; 0.76]</u> <u>F2F-CBT: 0.62 [0.15; 1.09]</u> <u>TV-CBT: 0.88 [0.46; 1.31]</u> <u>F2F-CBT: 0.92 [0.49; 1.35]</u>	0.34 [-0.10; 0.78]	0.12 [-0.35; 0.58]  0.41 [-0.14; 0.96]
	ED psychopathology		<u>TV-CBT: 0.50 [0.05; 0.96]</u> <u>F2F-CBT: 0.90 [0.42; 1.37]</u>		
<b>Internet-based Relapse Prevention</b>					
Fichter et al [63, 64]	Binging				
	Vomiting				
	ED psychopathology (EDI-2 Total, BMI)	<b>EDI-2 Total</b> <u>RP: -0.34 [-0.61; -0.07]</u> <u>TAU: -0.57 [-0.84; -0.30]</u>	<b>BMI</b> <u>RP: -0.44 [-0.74; -0.14]</u> <u>TAU: -0.30 [-0.55; -0.04]</u>	<b>EDI-2 Total</b> -0.27 [-0.53; 0.00]	<b>BMI</b> 0.15 [-0.12; 0.43]
		<b>BMI</b> <u>RP: -0.18 [-0.48; 0.11]</u> <u>TAU: 0.06 [-0.20; 0.31]</u>		<b>BMI</b> 0.21 [-0.04; 0.47]	
Mezei et al [65]	Binging	0.06 [-0.46; 0.58]			
	Vomiting	0.12 [-0.41; 0.64]			
	ED psychopathology (EDE-Q Global)	0.28 [-0.25; 0.81]			
<b>Body Image and Eating Disorder Prevention</b>					
Gollings & Paxton [66]	Body dissatisfaction (BSQ)	<u>Int.: 0.97 [0.31; 1.62]</u> <u>F2F: 0.73 [0.07; 1.39]</u>	<u>Int.: 0.96 [0.31; 1.62]</u> <u>F2F: 0.92 [0.25; 1.59]</u>	-0.27 [-0.90; 0.36]	-0.11 [-0.74; 0.52]
Paxton et al [67]	Body dissatisfaction (BSQ)	<u>Int.: 0.58 [0.12; 1.05]</u> <u>F2F: 1.19 [0.72; 1.65]</u> <u>Del.: 0.16 [-0.29; 0.62]</u>		<u>Int. vs. F2F:</u> 0.32 [-0.13; 0.76]	
				<u>Int. vs. Del.:</u> -0.53 [-1.00; -0.07]	

Stice et al [68, 69]	Thin-ideal internalization (IBSS-R)	<u>eBody</u> : <b>0.69 [0.03; 1.34]</b> <u>Body</u> : <b>0.75 [0.29; 1.21]</b> <u>Brochure</u> : 0.08 [-0.54; 0.70] <u>Video</u> : 0.21 [-0.31; 0.73]	<u>eBody</u> : 0.24 [-0.40; 0.88] <u>Body</u> : <b>0.89 [0.42; 1.35]</b> <u>Brochure</u> : 0.42 [-0.21; 1.04] <u>Video</u> : 0.37 [-0.15; 0.89]  <u>eBody</u> : 0.33 [-0.31; 0.97] <u>Body</u> : <b>0.78 [0.32; 1.24]</b> <u>Brochure</u> : <b>0.81 [0.16; 1.45]</b> <u>Video</u> : <b>0.57 [0.04; 1.09]</b>	<u>eBody vs. Body</u> : -0.18 [-0.73; 0.37] <u>eBody vs. Brochure</u> : <b>-0.84 [-1.49; -0.18]</b> <u>eBody vs. Video</u> : -0.55 [-1.14; 0.04]	<u>eBody vs. Body</u> : 0.34 [-0.21; 0.89] <u>eBody vs. Brochure</u> : -0.14 [-0.77; 0.49] <u>eBody vs. Video</u> : 0.03 [-0.55; 0.61]  <u>eBody vs. Body</u> : 0.23 [-0.32; 0.78] <u>eBody vs. Brochure</u> : 0.05 [-0.58; 0.68] <u>eBody vs. Video</u> : 0.10 [-0.48; 0.68]
Serdar et al [70]	Thin-ideal internalization (IBSS-R)	<u>Online</u> : 0.18 [-0.09; 0.44] <u>F2F</u> : 0.24 [-0.02; 0.51] <u>Ass.</u> : 0.09 [-0.17; 0.35]		<u>Online vs. F2F</u> : 0.05 [-0.21; 0.32] <u>Online vs. Ass.</u> : -0.23 [-0.49; 0.03]	
Zabinski et al [71]	ED psychopathology (EDE-Q Global)	<u>Int.</u> : <b>0.75 [0.23; 1.27]</b> <u>Control</u> : 0.03 [-0.48; 0.53]	<u>Int.</u> : <b>0.58 [0.06; 1.10]</b> <u>Control</u> : -0.04 [-0.55; 0.46]	-0.25 [-0.75; 0.26]	-0.36 [-0.87; 0.15]
Ohlmer et al [72]	ED psychopathology (EDE-Q Global)	<b>0.82 [0.34; 1.30]</b>	<b>0.74 [0.26; 1.21]</b>		
Heinicke et al [73]	Body dissatisfaction (BSQ)	<u>Int.</u> : <b>0.59 [0.12; 1.07]</b> <u>Del.</u> : -0.04 [-0.50; 0.42]		<b>-0.70 [-1.18; -0.23]</b>	
<b>Eating Disorder Symptoms/Subthreshold Eating Disorders</b>					
Ruwaard et al [74]	Binging	<u>Online</u> : <b>1.05 [0.55; 1.55]</b> <u>Biblio.</u> : 0.16 [-0.31; 0.63] <u>WL</u> : 0.31 [-0.17; 0.78]	<u>Online</u> : <b>1.00 [0.50; 1.50]</b> <u>Biblio.</u> : 0.28 [-0.20; 0.75]	<u>Online vs. Biblio.</u> : <b>-0.70 [-1.18; -0.21]</b> <u>Online vs. WL</u> : -0.43 [-0.90; 0.05]	<u>Online vs. Biblio.</u> : <b>-0.43 [-0.82; -0.04]</b>
	Vomiting ED psychopathology (EDE-Q Global)	<u>Online</u> : <b>1.18 [0.67; 1.68]</b> <u>Biblio.</u> : <b>0.54 [0.07; 1.02]</b> <u>WL</u> : 0.34 [-0.13; 0.82]	<u>Online</u> : <b>1.10 [0.60; 1.60]</b> <u>Biblio.</u> : <b>1.03 [0.54; 1.53]</b>	<u>Online vs. Biblio.</u> : -0.37 [-0.84; 0.10] <u>Online vs. WL</u> :	<u>Online vs. Biblio.</u> : 0.14 [-0.33; 0.61]

Jacobi et al [75]	Binging	<b>SB+:</b> 0.77 [0.37; 1.17] <b>Control:</b> 0.00 [-0.38; 0.38]	<b>SB+:</b> 1.00 [0.59; 1.41] <b>Control:</b> 0.20 [-0.19; 0.58]	<b>-0.50 [-0.97; -0.02]</b> -0.29 [-0.67; 0.10]	<b>-0.43 [-0.82; -0.04]</b>
	Vomiting	<b>SB+:</b> 0.28 [-0.11; 0.67] <b>Control:</b> -0.13 [-0.52; 0.25]	<b>SB+:</b> 0.14 [-0.25; 0.53] <b>Control:</b> -0.31 [-0.69; 0.08]	-0.21 [-0.60; 0.18]	-0.33 [-0.72; 0.06]
	ED psychopathology (EDE-Q Global)	<b>SB+:</b> 0.62 [0.23; 1.02] <b>Control:</b> 0.30 [-0.09; 0.69]	<b>SB+:</b> 0.99 [0.58; 1.41] <b>Control:</b> 0.20 [-0.19; 0.59]	-0.10 [-0.48; 0.29]	<b>-0.50 [-0.89; -0.11]</b>
<b>Motivation</b> Hötzel et al [76]	Binging				
	Vomiting	<b>Intervention:</b> 0.06 [-0.21; 0.33] <b>Control:</b> 0.07 [-0.20; 0.33]		-0.22 [-0.49; 0.05]	
	Motivation (SOCQ-ED Item 6)	<b>Intervention:</b> -0.37 [-0.65; -0.10] <b>Control:</b> 0.02 [-0.24; 0.29]		0.13 [-0.14; 0.40]	
Leung et al [77]	Binging	0.37 [-0.04; 0.78]	0.11 [-0.30; 0.52]		
	Vomiting	-0.03 [-0.44; 0.38]	0.17 [-0.24; 0.58]		
	Motivation	<b>Giving up binging</b> -0.06 [-0.48; 0.37]	<b>Giving up binging</b> -0.28 [-0.71; 0.14]		
	<b>Giving up vomiting</b>	<b>Giving up vomiting</b>			
	0.02 [-0.40; 0.45]	-0.01 [-0.43; 0.41]			
<b>Carers/Parents</b> Binford Hopf et al [78]	ED symptom impact (EDSIS Total)	<b>1.18 [0.23; 2.13]</b>			
Grover et al [79]	Anxiety and depression (HADS Total)	<b>0.70 [0.11; 1.28]</b>	<b>0.78 [0.16; 1.40]</b>		
Hoyle et al [81]	High-expressed emotion (LEE)	<b>QAO-NoG:</b> 0.16 [-0.50; 0.81] <b>QAO-G:</b> 0.34 [-0.32; 1.00]	<b>QAO-NoG:</b> -0.08 [-0.73; 0.58] <b>QAO-G:</b> 0.49 [-0.17; 1.16]	0.50 [-0.16; 1.16]	<b>0.94 [0.25; 1.63]</b>
Bruning Brown et al [82]	Parental attitudes and criticism (PACS)	<b>Critical to others</b> <b>Intervention:</b> 0.65 [0.04; 1.26] <b>Control:</b> 0.00 [-0.40; 0.40]		<b>Critical to others</b> -0.27 [-0.63; 0.08]	
		<b>Healthy outlook</b> <b>Intervention:</b> -0.74 [-1.35; -0.13] <b>Control:</b> -0.16 [-0.56; 0.25]		<b>Healthy outlook</b> 0.29 [-0.35; 0.93]	

**Mobile/SMS Text Messaging**

Shapiro et al [83]	Binging	<b>0.90 [0.15; 1.66]</b>	
	Vomiting	<b>Purging</b> 0.72 [-0.02; 1.45]	<b>Purging</b> 0.70 [-0.05; 1.45]
	ED psychopathology (EDI-2 Total)	<b>1.26 [0.48; 2.05]</b>	<b>1.76 [0.90; 2.61]</b>
Robinson et al [84]	Binging	-0.20 [-0.84; 0.44]	
	Vomiting	0.16 [-0.48; 0.80]	
	ED psychopathology		
Bauer et al [85]	Binging		
	Vomiting		
	ED psychopathology		
Cardi et al [86]	Binging	0.13 [-0.38; 0.65]	
	Vomiting	0.44 [-0.08; 0.96]	
	ED psychopathology (EDE-Q Global)	0.43 [-0.09; 0.95]	

<sup>a</sup> Ass. = Assessment only, BIB-GSH = Conventional guided bibliotherapy, Biblio. = Bibliotherapy, BITE = Bulimic Investigatory Test-Edinburgh, BMI = Body-Mass-Index, BSQ = Body Shape Questionnaire, CBT = Cognitive behavioral therapy, CD-ROM = Compact Disc Read Only Memory, CI = Confidence Interval, Del. = Delayed treatment group, ED = Eating Disorder, EDE = Eating Disorder Examination, EDE-Q = Eating Disorder Examination Questionnaire, EDI-2 = Eating Disorder Inventory-2, EDSIS = Eating Disorder Symptom Impact Scale, F2F = Face-to-face, HADS = Hospital Anxiety and Depression Scale, IBSS-R = Ideal-Body Stereotype Scale-Revised, iCBT = Internet-based cognitive behavioral therapy, Int. = Intervention group, INT-GSH = Internet-based guided self-help, LEE = Level of Expressed Emotion Scale, OAO-G = Overcoming Anorexia Online with Guidance, OAO-NoG = Overcoming Anorexia Online No Guidance, PACS = Parental Attitudes and Criticism Scale, RP = Relapse Prevention, SB+ = Student Bodies adapted for subthreshold EDs, SOCQ-ED = Stages of Change Questionnaire for Eating Disorders, TAU = Treatment as usual, TV-CBT = Telemedicine cognitive behavioral therapy, WL = Waiting list, Boldface data show CIs not covering zero.