

Definition of abstinence in studies included in the review as well as abstinence rates and results of significance test wherever data was available ^a

Study	Definition of abstinence	Abstinence Rates		
		Posttreatment	Follow-up 1	Follow-up 2
Computer- and Internet-based Unguided Self-help				
Bara-Carril et al [42]	Not at all		Binging: 12.8% Vomiting: 46.2%	
Schmidt et al [43]	Being free of bingeing, vomiting and laxative misuse over the previous 28 days	CD-ROM: 12.0% WL: 10.0%	CD-ROM: 13.0% WL: 20.0%	
Computer- and Internet-based Guided Self-help				
Huon [45]	Symptom free	Contact cured: 23.3% Contact improved: 16.6% Program only: 16.6% Untreated: 0.0%	Contact cured: 23.3% Contact improved: 20.0% Program only: 16.6% Untreated: 6.6%	Contact cured: 46.6% Contact improved: 33.3% Program only: 16.6% Untreated: 6.6%
Sánchez-Ortiz et al [48]	No objective binges, episodes of vomiting and laxative use in the past month	iCBT: 25.8% WL: 13.9%	iCBT: 39.1% WL: 20.7%	
Ljotsson et al [49]	Patients with no episodes of objective binge eating and purging during the last 28 days	Treatment: 37.0% Control: 15.0%	Treatment: 44.0%	
Carrard et al [50]	Abstainers no longer suffered from binges or episodes of vomiting	17.2%	17.2%	
Fernández-Aranda et al [53]	Abstinence from bingeing and purging for a minimum of at least two consecutive weeks	Binging: (p<.05) IBT: 32.3% WL: 3.2% Vomiting: (p<.05) IBT: 32.3% WL: 0.0% Binging+vomiting: (p<.05) IBT: 22.6% WL: 0.0%		
Carrard et al [54]	No symptoms anymore	23.0%		
Pretorius et al [57]	Free of bingeing, vomiting, and laxative use	6.0%	12.0%	
Wagner	Abstinent from binge eating and	Adolescents: 44.4% (n.s.)	Adolescents: 55.0% (n.s.)	

et al [58]	compensatory behavior or no fulfillment of DSM-IV criteria	Adults: 38.7%	Adults: 62.5%		
Internet-based Therapist-delivered Treatment					
Robinson & Serfaty [60]	Absence of an eating disorders diagnosis	eBT: 22.2% SDW: 14.7% (vs. eBT n.s.) WL: 0.0% (vs. eBT p<.05)			
Simpson et al [61]	Symptom free	66.7%			
Mitchell et al [62]	None of these behaviors (binge eating, purging: vomiting, laxative abuse, diuretic abuse) in the previous 28 days	Binging: (n.s.) F2F-CBT: 50.0% TV-CBT: 50.0% Vomiting: (n.s.) F2F-CBT: 36.4% TV-CBT: 30.6% Binging+purging: (n.s.) F2F-CBT: 28.8% TV-CBT: 27.4%	(n.s.)	Binging: (n.s.) F2F-CBT: 50.8% TV-CBT: 48.4% Vomiting: (n.s.) F2F-CBT: 33.3% TV-CBT: 22.6% Binging+purging: (n.s.) F2F-CBT: 25.8% TV-CBT: 21.0%	(n.s.) Binging: (n.s.) F2F-CBT: 53.3% TV-CBT: 46.8% Vomiting: (n.s.) F2F-CBT: 34.8% TV-CBT: 25.8% Binging+purging: (n.s.) F2F-CBT: 28.8% TV-CBT: 22.6%
Eating Disorder Symptoms/Subthreshold Eating Disorders					
Ruwaard et al [74]	Abstinence (ie, a frequency of 0)	Binging: (n.s.) Online: 37.0% Biblio.: 14.0% WL: 14.0% Purging: (p<.05) Online: 39.0% Biblio.: 8.0% WL: 8.0%	(n.s.)	Binging: (n.s.) Online: 40.0% Biblio.: 34.0% Purging: (n.s.) Online: 39.0% Biblio.: 30.0%	
Jacobi et al [75]	Abstinent from all symptoms of disordered eating (restrictive eating, binge eating and any compensatory behaviors)	SB+: 45.1% Control: 19.2%		SB+: 45.1% Control: 26.9%	(p<.05)
Mobile/SMS Text Messaging					
Robinson et al [84]	Binge and vomit free over the previous month	29.4%			
Bauer et al [85]	Absence of binge eating and compensatory behaviors for a minimum of 4 weeks	SMS: 37.8% TAU: 18.1%	(p<.05)		

^a Biblio. = Bibliotherapy, CD-ROM = Compact Disc Read Only Memory, DSM = Diagnostic and Statistical Manual of Mental Disorders, eBT = Email bulimia therapy, F2F-CBT = Face-to-face cognitive behavioral therapy, IBT = Internet-based therapy, iCBT = Internet-based cognitive behavioral therapy, n.s. = not statistically significant, SB+ = Student Bodies

adapted for subthreshold eating disorders, SDW = Self-directed writing, SMS = Short Message Service, TAU = Treatment as usual, TV-CBT = Telemedicine cognitive behavioral therapy, WL = Waiting list.