

Supplemental Table 1: Self-monitoring, behavioral, and written homework assignments by treatment condition

Self-Monitoring		Behavioral Homework		Written Homework	
MABT	CBT	MABT	CBT	MABT	CBT
All eating episodes <ul style="list-style-type: none"> <li>• Time</li> <li>• Food consumed</li> <li>• Location</li> <li>• Loss of control</li> </ul>	All eating episodes <ul style="list-style-type: none"> <li>• Time</li> <li>• Food consumed</li> <li>• Location</li> <li>• Loss of control</li> </ul>	Eating regular meals and snacks (3 meals and 1-3 snacks per day)	Eating regular meals and snacks (3 meals and 1-3 snacks per day)	Identifying pros and cons of eating disorder behaviors	Reflection on and personalization of CBT treatment model
		Avoid at-home weighing	Avoid at-home weighing	Recording of distressing internal experiences (thoughts, emotions) and behavioral response to these experiences	Identification of alternative activities to implement
All compensatory behaviors (e.g., vomiting, laxative/diuretic misuse, driven exercise)	All compensatory behaviors (e.g., vomiting, laxative/diuretic misuse, driven exercise)	Practicing urge management strategies (urge surfing, alternative activities)	Practicing urge management strategies (urge surfing, alternative activities)	Identification of alternative activities to implement	Identifying pros and cons of changing eating disorder behaviors
		Implement plan to reduce compensatory behaviors	Implement plan to reduce compensatory behaviors	Values clarity pie chart exercise and reflection on valued life domains. Identification of barriers to living a valued life	Overvaluation of shape and weight pie chart exercise
Emotions that occur during eating episodes and compensatory behaviors	Context and comments relevant to eating episodes and compensatory behaviors	Engage in values-consistent activities	Implement changes to eating style to formalize eating episodes	Short- and long-term goals to build up valued life domains	Identification of and monitoring engagement in other domains of self-evaluation
		Implement alternative emotion regulation strategies to cope with	Increase engagement in other domains of self-evaluation	Identifying triggers for binge eating episodes and identifying alternative	Tracking of shape checking and comparison making

		emotional triggers for binge eating episodes		emotion regulation strategies	
Context and comments relevant to eating episodes and compensatory behaviors		Reduce lingering dietary restriction (e.g., increasing portion sizes and macronutrient variety of meals)	Reduce engagement in shape checking behaviors by implementing identified strategies	Monitoring the relative efficacy of emotion regulation strategies Developing food exposure hierarchy and plan for at-home food exposures	Identifying triggers for shape checking and identifying strategies to reduce shape checking and comparison making
		At-home food exposures	Dietary rule break experiments	Tracking use of dropping the rope when having negative internal experiences	
				Identifying high risk for relapse situations and developing a relapse prevention plan	Completion of binge analysis and proactive problem solving