

Within- and between-group effect sizes and confidence intervals for included studies (posttreatment and follow-up) ^a

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]
Computer- and Internet-based Unguided Self-help					
Bara-Carril et al [42]	Binging Vomiting ED psychopathology		0.75 [0.23; 1.26] 0.63 [0.12; 1.14]		
Schmidt et al [43]	Binging Vomiting 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> : 0.51 [0.04; 0.97]	0.09 [-0.37; 0.54]	0.22 [-0.30; 0.73]
Johnston et al [44]	Binging Vomiting 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]
Computer- and Internet-based Guided Self-help					
Sánchez-Ortiz et al [48]	Binging Vomiting ED psychopathology (EDE Global)	<u>iCBT</u> : 0.79 [0.31; 1.26] <u>WL</u> : 0.31 [-0.17; 0.79] <u>iCBT</u> : 0.49 [0.02; 0.95] <u>WL</u> : 0.22 [-0.26; 0.70] <u>iCBT</u> : 1.27 [0.77; 1.77] <u>WL</u> : 0.47 [-0.01; 0.95]	<u>iCBT</u> : 1.05 [0.54; 1.57] <u>WL</u> : 0.73 [0.20; 1.27] <u>iCBT</u> : 0.75 [0.25; 1.25] <u>WL</u> : 0.56 [0.03; 1.08] <u>iCBT</u> : 1.73 [1.16; 2.29] <u>WL</u> : 0.90 [0.36; 1.44]	-0.40 [-0.88; 0.09] -0.33 [-0.82; 0.15] -1.23 [-1.76; -0.71]	-0.59 [-1.15; -0.03] -0.40 [-0.96; 0.15] -0.97 [-1.54; -0.39]
Ljottson et al [49]	Binging Vomiting ED psychopathology (EDE-Q Global)	<u>Treatment</u> : 1.42 [0.88; 1.96] <u>Control</u> : 0.17 [-0.65; 0.31] Purging <u>Treatment</u> : 0.60 [-0.11; 1.09] <u>Control</u> : -0.22 [-0.70; 0.26] <u>Treatment</u> : 1.04 [0.52; 1.55] <u>Control</u> : 0.10 [-0.38; 0.57]		-0.67 [-1.17; -0.18] Purging -2.06 [-2.66; -1.47] -1.13 [-1.65; -0.61]	
Nevonen et al [52]	Binging Vomiting ED psychopathology		0.30 [-0.20; 0.80] 0.46 [-0.04; 0.96]		
Carrard et al [54]	Binging Vomiting ED psychopathology	0.64 [0.33; 0.95] 0.82 [0.50; 1.14]			

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> : 0.35 [0.02; 0.69] <u>BIB-GSH</u> : 0.35 [-0.03; 0.74]	<u>INT-GSH</u> : 0.50 [0.16; 0.83] <u>BIB-GSH</u> : 0.43 [0.04; 0.82] <u>INT-GSH</u> : 0.39 [0.06; 0.73] <u>BIB-GSH</u> : 0.39 [0.00; 0.78]	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> : 0.50 [0.17; 0.84] <u>BIB-GSH</u> : 0.49 [0.10; 0.87]	<u>INT-GSH</u> : 0.56 [0.23; 0.90] <u>BIB-GSH</u> : 0.54 [0.15; 0.93] <u>INT-GSH</u> : 0.72 [0.38; 1.06] <u>BIB-GSH</u> : 0.61 [0.22; 1.00] <u>INT-GSH</u> : 0.64 [0.30; 0.98] <u>BIB-GSH</u> : 0.57 [0.18; 0.96]	-0.03 [-0.38; 0.33]	-0.13 [-0.48; 0.23] -0.06 [-0.42; 0.29]
Leung et al [56]	Binging Vomiting ED psychopathology (EDE-Q Global)	0.28 [-0.07; 0.63] -0.01 [-0.35; 0.34] 0.64 [0.29; 0.99]			
Pretorius et al [57]	Binging Vomiting ED psychopathology (EDE Global)	4.41 [3.82; 5.01] 3.54 [3.03; 4.06] 7.05 [6.19; 7.91]	4.39 [3.82; 4.96] 3.96 [3.43; 4.49] 5.46 [4.79; 6.13]		
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> : 0.66 [0.23; 1.09] <u>Adolescents</u> : 0.26 [-0.43; 0.96]	-0.49 [-1.07; 0.09]	-0.60 [-1.18; -0.02] -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> : 0.55 [0.12; 0.97] <u>Adolescents</u> : 0.63 [-0.08; 1.33] <u>Adults</u> : 0.44 [0.02; 0.85] <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> : 0.75 [0.33; 1.17] <u>Adolescents</u> : 0.61 [-0.15; 1.36]	<u>Adults</u> : 1.37 [0.92; 1.82] <u>Adolescents</u> : 0.77 [0.00; 1.53] <u>Adults</u> : 1.02 [0.59; 1.44] <u>Adolescents</u> : 0.79 [0.02; 1.56]	0.01 [-0.58; 0.61]	-0.28 [-0.88; 0.32] -0.10 [-0.69; 0.50]
Internet-based Therapist-delivered Treatment					
Robinson & Serfaty [59]	Binging				
	Vomiting				
	ED psychopathology	BITE severity			

	(BITE)	0.41 [-0.17; 1.00]			
		BITE symptoms 0.56 [-0.03; 1.15]			
Mitchell et al [62]	Binging	<u>TV-CBT</u> : 0.62 [0.22; 1.03] <u>F2F-CBT</u> : 0.80 [0.39; 1.21]	<u>TV-CBT</u> : 0.60 [0.19; 1.02] <u>F2F-CBT</u> : 0.73 [0.30; 1.15]	0.21 [-0.23; 0.65]	0.12 [-0.35; 0.58]
					0.28 [-0.27; 0.82]
	Vomiting	<u>TV-CBT</u> : 0.87 [0.46; 1.28] <u>F2F-CBT</u> : 1.07 [0.65; 1.49]	<u>TV-CBT</u> : 0.31 [-0.15; 0.76] <u>F2F-CBT</u> : 0.62 [0.15; 1.09] <u>TV-CBT</u> : 0.88 [0.46; 1.31] <u>F2F-CBT</u> : 0.92 [0.49; 1.35]	0.34 [-0.10; 0.78]	0.12 [-0.35; 0.58]
			<u>TV-CBT</u> : 0.50 [0.05; 0.96] <u>F2F-CBT</u> : 0.90 [0.42; 1.37]		0.41 [-0.14; 0.96]
Internet-based Relapse Prevention					
Fichter et al [63, 64]	ED psychopathology				
	Binging				
	Vomiting				
	ED psychopathology (EDI-2 Total, BMI)	EDI-2 Total <u>RP</u> : -0.34 [-0.61; -0.07] <u>TAU</u> : -0.57 [-0.84; -0.30]	BMI <u>RP</u> : -0.44 [-0.74; -0.14] <u>TAU</u> : -0.30 [-0.55; -0.04]	EDI-2 Total -0.27 [-0.53; 0.00]	BMI 0.15 [-0.12; 0.43]
		BMI <u>RP</u> : -0.18 [-0.48; 0.11] <u>TAU</u> : 0.06 [-0.20; 0.31]		BMI 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]			
Body Image and Eating Disorder Prevention					
Gollings & Paxton [66]	Body dissatisfaction (BSQ)	<u>Int.</u> : 0.97 [0.31; 1.62] <u>F2F</u> : 0.73 [0.07; 1.39]	<u>Int.</u> : 0.96 [0.31; 1.62] <u>F2F</u> : 0.92 [0.25; 1.59]	-0.27 [-0.90; 0.36]	-0.11 [-0.74; 0.52]
Paxton et al [67]	Body dissatisfaction (BSQ)	<u>Int.</u> : 0.58 [0.12; 1.05] <u>F2F</u> : 1.19 [0.72; 1.65] <u>Del.</u> : 0.16 [-0.29; 0.62]		<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> 0.69 [0.03; 1.34] <u>Body:</u> 0.75 [0.29; 1.21] <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> 0.89 [0.42; 1.35] <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> 0.78 [0.32; 1.24] <u>Brochure:</u> 0.81 [0.16; 1.45] <u>Video:</u> 0.57 [0.04; 1.09]	<u>eBody vs. Body:</u> -0.18 [-0.73; 0.37] <u>eBody vs. Brochure:</u> -0.84 [-1.49; -0.18] <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] Ohlmer et al [72] Heinicke et al [73]	ED psychopathology (EDE-Q Global) ED psychopathology (EDE-Q Global) Body dissatisfaction (BSQ)	<u>Int.:</u> 0.75 [0.23; 1.27] <u>Control:</u> 0.03 [-0.48; 0.53] 0.82 [0.34; 1.30] <u>Int.:</u> 0.59 [0.12; 1.07] <u>Del.:</u> -0.04 [-0.50; 0.42]	<u>Int.:</u> 0.58 [0.06; 1.10] <u>Control:</u> -0.04 [-0.55; 0.46] 0.74 [0.26; 1.21]	-0.25 [-0.75; 0.26]	-0.36 [-0.87; 0.15]
Eating Disorder Symptoms/Subthreshold Eating Disorders					
Ruwaard et al [74]	Binging	<u>Online:</u> 1.05 [0.55; 1.55] <u>Biblio.:</u> 0.16 [-0.31; 0.63] <u>WL:</u> 0.31 [-0.17; 0.78]	<u>Online:</u> 1.00 [0.50; 1.50] <u>Biblio.:</u> 0.28 [-0.20; 0.75]	<u>Online vs. Biblio.:</u> -0.70 [-1.18; -0.21] <u>Online vs. WL:</u> -0.43 [-0.90; 0.05]	<u>Online vs. Biblio.:</u> -0.43 [-0.82; -0.04]
	Vomiting ED psychopathology (EDE-Q Global)	<u>Online:</u> 1.18 [0.67; 1.68] <u>Biblio.:</u> 0.54 [0.07; 1.02] <u>WL:</u> 0.34 [-0.13; 0.82]	<u>Online:</u> 1.10 [0.60; 1.60] <u>Biblio.:</u> 1.03 [0.54; 1.53]	<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]

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

Mobile/SMS Text Messaging

Shapiro et al [83]	Binging	0.90 [0.15; 1.66]	
	Vomiting	Purging 0.72 [-0.02; 1.45]	Purging 0.70 [-0.05; 1.45]
	ED psychopathology (EDI-2 Total)	1.26 [0.48; 2.05]	1.76 [0.90; 2.61]
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]	

^a 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.