



This is a repository copy of *A systematic review and meta-analysis of a 10-session cognitive behavioural therapy for non-underweight eating disorders*.

White Rose Research Online URL for this paper:

<https://eprints.whiterose.ac.uk/206090/>

Version: Supplemental Material

---

**Article:**

Keegan, E. [orcid.org/0000-0002-2108-1407](https://orcid.org/0000-0002-2108-1407), Waller, G. [orcid.org/0000-0001-7794-9546](https://orcid.org/0000-0001-7794-9546) and Wade, T.D. [orcid.org/0000-0003-4402-770X](https://orcid.org/0000-0003-4402-770X) (2022) A systematic review and meta-analysis of a 10-session cognitive behavioural therapy for non-underweight eating disorders. *Clinical Psychologist*, 26 (3). pp. 241-254. ISSN 1328-4207

<https://doi.org/10.1080/13284207.2022.2075257>

---

This is an Accepted Manuscript of an article published by Taylor & Francis in *Clinical Psychologist* on 15/06/2022, available online:

<http://www.tandfonline.com/10.1080/13284207.2022.2075257>.

**Reuse**

Items deposited in White Rose Research Online are protected by copyright, with all rights reserved unless indicated otherwise. They may be downloaded and/or printed for private study, or other acts as permitted by national copyright laws. The publisher or other rights holders may allow further reproduction and re-use of the full text version. This is indicated by the licence information on the White Rose Research Online record for the item.

**Takedown**

If you consider content in White Rose Research Online to be in breach of UK law, please notify us by emailing [eprints@whiterose.ac.uk](mailto:eprints@whiterose.ac.uk) including the URL of the record and the reason for the withdrawal request.



[eprints@whiterose.ac.uk](mailto:eprints@whiterose.ac.uk)  
<https://eprints.whiterose.ac.uk/>

## Supplementary Table 1

### Within Group Intent-to-Treat and Completer Effect Sizes for Continuous Variables

	Intent-to-treat Hedge's g (95% CI)	Completer Hedge's g (95% CI)	Measure
<i>Eating disorder</i>			
<i>psychopathology</i>			
Birtwell et al. (2021)		-2.10 (-2.75, -1.44)	EDE-Q global
Moore, Hinde et al. (2021)	-1.42 (-1.80, -1.04)	-1.61 (-2.07, -1.15)	EDE-Q global
Moore, Turner et al. (2021)	-1.50 (-1.74, -1.26)	-1.60 (-1.94, -1.27)	EDE-Q global
Pellizzer et al. (2019a)	-1.90 (-2.40, -1.41)	-2.25 (-2.97, -1.54)	EDE-Q global
Pellizzer et al. (2019b)	-2.18 (-3.07, -1.29)	-2.27 (-3.58, -0.96)	EDE-Q global
Waller et al. (2018)	-1.57 (-1.94, -1.20)	-1.55 (-1.96, -1.14)	EDE-Q global
Tatham et al. (2020)	-1.26 (-1.55, -0.97)	-1.45 (-1.85, -1.04)	EDE-Q global
Wade et al. (2021)	-1.69 (-2.13, -1.26)	-2.05 (-2.70, -1.41)	EDE-Q global
Rose et al. (2021)	-1.04 (-1.48, -0.59)	-1.96 (-2.73, -1.19)	EDE-Q global
Russell (2020)		-2.03 (-3.41, -0.64)	EDE-Q global
<i>Clinical impairment</i>			
Pellizzer et al. (2019a)	-1.57 (-2.05, -1.10)	-1.89 (-2.59, -1.20)	CIA
Pellizzer et al. (2019b)	-2.01 (-2.85, -1.18)	-2.08 (-3.27, -0.89)	CIA
Tatham et al. (2020)	-0.87 (-1.24, -0.51)	-0.33 (-0.75, 0.09)	CIA
Wade et al. (2021)	-1.31 (-1.63, -0.99)	-1.58 (-2.03, -1.12)	CIA
Rose et al. (2021)	-0.78 (-1.14, -0.41)	-1.35 (-1.91, -0.80)	CIA
<i>Depression</i>			
Birtwell et al. (2021)		-1.00 (-1.41, -0.58)	PHQ-9
Moore, Hinde et al. (2021)	-0.82 (-1.07, -0.56)	-0.83 (-1.12, -0.54)	PHQ-9
Pellizzer et al. (2019a)	-0.88 (-1.32, -0.43)	-0.66 (-1.19, 0.13)	DASS-21
Pellizzer et al. (2019b)	-1.02 (-1.32, -0.73)	-0.92 (-1.31, -0.54)	DASS-21
Waller et al. (2018)	-1.00 (-1.31, -0.70)	-1.51 (-1.94, -1.08)	PHQ-9
Wade et al. (2021)	-0.69 (-0.92, -0.46)	-0.71 (-1.01, -0.41)	DASS-21
Rose et al. (2021)	-0.60 (-0.91, -0.29)	-1.08 (-1.52, -0.63)	PHQ-9
<i>Anxiety</i>			
Birtwell et al. (2021)		-0.72 (-0.97, -0.47)	GAD-7
Moore, Hinde et al. (2021)	-0.56 (-0.81, -0.30)	-0.60 (-0.89, -0.32)	GAD-7
Pellizzer et al. (2019a)	-0.36 (-0.55, 0.17)	-0.42 (-0.66, 0.17)	DASS-21
Pellizzer et al. (2019b)	-0.83 (-1.21, -0.44)	-0.89 (-1.43, -0.35)	DASS-21
Waller et al. (2018)	-0.40 (-0.63, -0.16)	-1.08 (-1.40, -0.77)	GAD-7
Wade et al. (2021)	-0.68 (-1.01, -0.34)	-0.75 (-1.19, -0.31)	DASS-21

Notes: EDE-Q Global = eating disorder examination questionnaire global score; CIA = clinical impairment assessment; PHQ-9 = patient health questionnaire; GAD-7 = generalised anxiety disorder questionnaire; DASS-21 = depression, anxiety, and stress scale short form.

## Supplementary Table 2

### Effect Sizes for Count and Binary Variables

	Effect size (95% CI)	Measure
<i>Weekly objective bingeing frequency</i>		
Birtwell et al. (2021)	-0.82 (-1.39, -0.25)	ED-15
Moore, Hinde et al. (2021)	-1.80 (-2.31, -1.29)	Food diaries
Moore, Turner et al. (2021)	-1.13 (-1.47, -0.79)	Food diaries
Pellizzer et al. (2019a)	-1.33 (-1.87, -0.79)	Food diaries
Pellizzer et al. (2019b)	-0.93 (-1.71, -0.14)	Food diaries
Waller et al. (2018)	-1.41 (-1.80, -1.03)	Food diaries
Wade et al. (2021)	-0.75 (-1.30, -0.21)	ED-15
Rose et al. (2021)	-1.20 (-1.79, -0.62)	ED-15
<i>Weekly vomiting frequency</i>		
Birtwell et al. (2021)	-0.38 (-0.93, 0.18)	ED-15
Moore, Turner et al. (2021))	-0.83 (-1.16, -0.50)	Food diaries
Pellizzer et al. (2019a)	-0.74 (-1.24, -0.24)	Food diaries
Pellizzer et al. (2019b)	-0.63 (-1.40, 0.13)	Food diaries
Waller et al. (2018)	-0.85 (-1.21, -0.49)	Food diaries
Wade et al. (2021)	-0.55 (-1.09, -0.02)	ED-15
Rose et al. (2021)	-1.28 (-1.87, -0.69)	ED-15
<i>Good outcome (%)</i>		
Birtwell et al. (2021)	56.00 (36.60, 73.70)	Post-Tx EDE-Q <2.77
Moore, Hinde et al. (2021)	70.73 (55.20, 82.60)	Post-Tx EDE-Q <2.77
Moore, Turner et al. (2021)	47.44 (36.70, 58.50)	Post-Tx EDE-Q <2.77
Pellizzer et al. (2019a)	81.25 (64.10, 91.30)	Post-Tx EDE-Q <2.77
Pellizzer et al. (2019b)	76.92 (47.80, 92.40)	Post-Tx EDE-Q <2.77
Waller et al. (2018)	64.06 (51.70, 74.80)	Post-Tx EDE-Q <2.77
Tatham et al. (2020)	51.61 (34.50, 68.30)	Post-Tx EDE-Q <2.77
Wade et al. (2021)	62.96 (43.80, 78.80)	Post-Tx EDE-Q <2.77
Rose et al. (2021)	76.92 (57.20, 89.20)	Post-Tx EDE-Q <2.77
Russell (2020)	77.78 (42.10, 94.40)	Post-Tx EDE-Q <2.77
<i>Dropout (%)</i>		
Birtwell et al. (2021)	44.44 (30.80, 59.00)	<10 CBT-T sessions
Moore, Hinde et al. (2021)	22.64 (13.30, 35.80)	<10 CBT-T sessions
Moore, Turner et al. (2021)	43.88 (35.90, 52.20)	<10 CBT-T sessions
Pellizzer et al. (2019a)	38.46 (26.30, 52.20)	<10 CBT-T sessions
Pellizzer et al. (2019b)	50.00 (31.70, 68.30)	<10 CBT-T sessions
Waller et al. (2018)	31.18 (22.60, 41.30)	<10 CBT-T sessions
Tatham et al. (2020)	43.64 (31.20, 56.90)	<10 CBT-T sessions
Wade et al. (2021)	41.30 (28.10, 55.90)	<10 CBT-T sessions
Rose et al. (2021)	35.00 (21.90, 50.80)	<10 CBT-T sessions
Russell (2020)	43.75 (22.50, 67.60)	<10 CBT-T sessions

Notes. For count variables (weekly objective bingeing and vomiting frequencies), effect sizes are presented as Hedge's *g* for completers. For binary variables (good outcome and dropout), effect sizes are presented as percentages. ED-15 = eating disorder-15; Tx = treatment; EDE-Q = eating disorder examination questionnaire.

### Supplementary Table 3

*Within Group Intent to Treat Effect Sizes for Eating Disorder Psychopathology from*

*Pre-Treatment to Follow-up*

	Effect size (95% CI)	Follow-up period
Moore, Hinde et al. (2021)	-1.44 (-1.79 to -1.10)	3 months
Pellizzer et al. (2019a)	-1.80 (-2.15 to -1.46)	3 months
Pellizzer et al. (2019b)	-2.07 (-2.55 to -1.59)	3 months
Waller et al. (2018)	-1.44 (-1.70 to -1.17)	3 months
Tatham et al. (2020)	-1.17 (-1.50 to -0.83)	6 months
Wade et al. (2021)	-1.76 (-2.26 to -1.26)	3 months

*Notes:*  $r$  = the correlation between the EDE-Q at pre-treatment and follow-up. Effect sizes are presented as Hedge's  $g$ . CI = confidence interval.