

Data supplement

Table DS1 Medians with interquartile ranges of outcome variables by group and time point

Variable	CD-ROM		Waiting list	
	<i>n</i>	Median (IQR)	<i>n</i>	Median (IQR)
Objective binge episodes ^a				
Baseline	49	12.0 (14.0)	48	9.0 (25.5)
3 months	41	3.0 (14.0)	40	6.0 (29.0)
7 months	30	4.3 (9.0)	30	3.0 (20.0)
Episodes of vomiting ^a				
Baseline	49	14.0 (19.0)	48	13.5 (32.5)
3 months	41	7.5 (16.5)	40	15.0 (19.0)
7 months	31	4.0 (12.0)	30	5.5 (12.0)

a. Over previous 28 days.

Table DS2 Mean (s.d.) of outcome variables by group and time point

Variable	CD-ROM		Waiting list	
	<i>n</i>	Mean (s.d.)	<i>n</i>	Mean (s.d.)
Eating Disorder Examination–Global				
Baseline	49	3.47 (1.17)	49	3.30 (1.11)
3 months	35	3.11 (1.47)	39	3.00 (1.11)
7 months	30	3.00 (1.56)	29	2.68 (1.40)
<i>Eating Disorder Examination sub-scales</i>				
Dietary restraint				
Baseline	49	3.45 (1.29)	48	3.34 (1.43)
3 months	36	2.80 (1.61)	39	2.87 (1.32)
7 months	30	2.78 (1.79)	29	2.48 (1.53)
Eating				
Baseline	49	2.81 (1.49)	48	2.61 (1.26)
3 months	36	2.25 (1.50)	39	1.96 (1.38)
7 months	30	2.22 (1.77)	29	1.76 (1.36)
Shape concern				
Baseline	49	4.07 (1.42)	48	4.03 (1.34)
3 months	35	3.58 (1.75)	39	3.84 (1.34)
7 months	29	3.35 (1.89)	29	3.46 (1.77)
Weight concern				
Baseline	49	3.65 (1.45)	48	3.29 (1.37)
3 months	36	3.38 (1.56)	39	3.18 (1.34)
7 months	29	3.19 (1.99)	29	3.06 (1.74)

Table DS3 Threshold/remission and abstinence rates by group and time point

Variable	CD-ROM		Waiting list	
	<i>N</i>	<i>n</i> (%)	<i>N</i>	<i>n</i> (%)
Below DSM–IV threshold/remission rates ^a				
Baseline ^b	49	8 (16)	48	11 (22.9)
3 months	41	16 (39)	40	10 (25.0)
7 months	31	14 (45)	30	11 (36.7)
Abstinence rates ^c				
Baseline ^d	49	3 (6)	48	0 (0)
3 months	41	5 (12)	40	4 (10)
7 months	31	4 (13)	30	6 (20)

a. Remission was defined as being below DSM–IV threshold (i.e. bingeing, vomiting and laxative misuse present less than twice a week) over the previous 28 days.
b. Due to the inclusion of eating disorder not otherwise specified, some patients were below DSM–IV threshold prior to starting treatment.
c. Abstinence was defined as being free of bingeing vomiting and laxative misuse over the previous 28 days.
d. Three patients were abstinent from bingeing, vomiting and laxative misuse, but had other clinically significant eating symptoms and compensatory behaviours.