

Data supplement

Table DS1 Change in eating disorder associated psychopathology measured by the Eating Disorder Inventory (EDI-2) over time regarding internet-based guided self-help (INT-GSH, $n = 70$) and guided bibliotherapy (BIB-GSH, $n = 53$), after last-observation-carried-forward imputation^a

EDI-2 subscales	Mean (s.d.)						ANOVA, $F (P)$				
	T_0 (baseline)	T_1 (month 4)	T_2 (month 7)	T_3 (month 18)	Interaction	Group	Time	Contrasts, time ^c	Linear	Quadratic	Cubic
Drive for thinness											
INT-GSH group	11.64 (6.23)	8.40 (6.14)	7.30 (6.40)	7.90 (6.23)	0.39 (0.533)	0.00 (0.988)	30.74 (<0.001)	$T_0 > T_1, T_2, T_3$	36.1 (<0.001)	39.8 (<0.001)	0.8 (0.371)
BIB-GSH group	11.17 (5.52)	8.63 (6.76)	7.74 (6.53)	7.77 (6.43)				$T_1 > T_2$			
Bulimia											
INT-GSH group	9.83 (4.68)	6.20 (5.04)	5.29 (5.25)	5.26 (4.89)	0.91 (0.341)	0.32 (0.570)	46.91 (<0.001)	$T_0 > T_1 > (T_2 = T_3)$	68.2 (<0.001)	47.4 (<0.001)	2.8 (0.097)
BIB-GSH group	9.49 (4.30)	6.92 (5.63)	6.07 (5.79)	5.92 (5.74)							
Body dissatisfaction											
INT-GSH group	11.99 (8.73)	9.73 (8.41)	8.40 (7.87)	9.22 (8.42)	0.44 (0.508)	0.26 (0.609)	13.73 (<0.001)	$T_0 > T_1, T_2, T_3$	11.4 (0.001)	23.1 (<0.001)	0.1 (0.809)
BIB-GSH group	12.19 (7.03)	10.06 (7.28)	9.58 (7.29)	10.19 (8.02)				$T_1 > T_2$			
Ineffectiveness											
INT-GSH group	6.61 (5.63)	5.20 (5.84)	4.63 (5.23)	5.32 (5.75)	0.26 (0.612)	0.00 (0.985)	11.16 (0.001)	$T_0 > (T_1 = T_2 = T_3)$	9.1 (0.003)	21.5 (<0.001)	0.1 (0.797)
BIB-GSH group	6.83 (4.75)	5.32 (5.24)	4.74 (5.04)	4.94 (5.43)							
Perfectionism											
INT-GSH group	7.13 (3.97)	5.83 (4.14)	5.37 (4.07)	5.79 (4.18)	1.56 (0.214)	0.03 (0.853)	9.36 (0.003)	$T_0 > (T_1 = T_2 = T_3)$	11.0 (0.001)	13.4 (<0.001)	0.0 (0.895)
BIB-GSH group	6.64 (4.17)	6.20 (4.51)	5.91 (4.50)	5.89 (4.45)							
Interpersonal distrust											
INT-GSH group	4.46 (4.42)	3.54 (3.76)	3.19 (3.59)	3.69 (3.87)	0.47 (0.493)	0.46 (0.498)	11.58 (0.001)	$T_0 > T_1, T_2, T_3$	8.2 (0.005)	21.8 (<0.001)	0.0 (0.840)
BIB-GSH group	5.20 (5.02)	4.19 (4.84)	3.55 (4.48)	3.87 (4.66)				$T_1 > T_2$			
Interoceptive awareness											
INT-GSH group	9.10 (5.34)	6.19 (5.41)	5.37 (5.36)	5.14 (4.79)	0.69 (0.409)	0.01 (0.916)	28.17 (<0.001)	$T_0 > (T_1 = T_2 = T_3)$	28.6 (<0.001)	35.9 (<0.001)	6.9 (0.010)
BIB-GSH group	8.89 (5.43)	5.74 (6.00)	5.66 (5.39)	5.87 (6.10)							
Maturity fears											
INT-GSH group	5.24 (4.74)	4.47 (4.55)	3.69 (4.09)	3.71 (4.09)	0.72 (0.397)	0.31 (0.578)	8.72 (0.004)	$T_0 > T_1, T_2, T_3$	9.9 (0.002)	13.0 (<0.001)	0.3 (0.561)
BIB-GSH group	4.55 (3.99)	3.81 (3.97)	3.50 (4.07)	3.70 (4.53)				$T_1 > T_2$			
Ascetism											
INT-GSH group	6.17 (3.85)	4.44 (3.53)	4.14 (3.53)	4.21 (3.47)	1.77 (0.186)	0.001 (0.978)	20.32 (<0.001)	$T_0 > (T_1 = T_2 = T_3)$	22.6 (<0.001)	24.2 (<0.001)	10.1 (0.002)
BIB-GSH group	5.68 (3.41)	4.26 (3.87)	4.74 (3.89)	4.36 (3.47)							
Impulse regulation											
INT-GSH group	5.67 (4.83)	4.80 (5.17)	3.31 (4.53)	3.36 (4.52)	1.57 (0.213)	0.00 (0.960)	19.73 (<0.001)	$T_0 > T_1 > (T_2 = T_3)$	31.0 (<0.001)	17.5 (<0.001)	0.3 (0.607)
BIB-GSH group	5.64 (5.05)	4.13 (5.10)	4.02 (5.19)	3.51 (4.28)							
Social insecurity											
INT-GSH group	5.49 (3.78)	4.47 (3.62)	4.25 (3.82)	4.80 (4.11)	1.01 (0.316)	0.73 (3.95)	12.82 (<0.001)	$T_0 > T_1, T_2, T_3$	6.6 (0.011)	33.4 (<0.001)	0.2 (0.685)
BIB-GSH group	6.45 (3.55)	5.19 (3.99)	4.58 (3.75)	4.94 (4.32)				$T_2 > T_3$			
Total score											
INT-GSH group	83.33 (38.81)	63.27 (41.06)	54.94 (39.92)	58.42 (38.46)	0.43 (0.514)	0.10 (0.753)	39.44 (<0.001)	$T_0 > T_1, T_2, T_3$	47.3 (<0.001)	51.2 (<0.001)	1.2 (0.275)
BIB-GSH group	82.72 (32.33)	64.39 (42.55)	60.07 (41.25)	60.98 (43.35)				$T_1 > T_2$			

a. Results in bold are significant at 0.05 level.
b. Metric for polynomial contrasts taking into account the different interval between phases (0, 4, 7, 18).
c. Multiple comparison with Bonferroni's correction.