

Supplementary Materials

EDE-Q Modified for the Digital Programme

The modification to the Eating Disorder Examination–Questionnaire (EDE-Q; Fairburn & Beglin, 2008) in the digital programme does not affect calculation of the EDE-Q global and subscale scores. The wording of questions 13, 14, and 15 in the EDE-Q in the digital programme have been modified. The reason for this is to include a measure of subjective binge eating, which refers to episodes of loss of control over eating when the amount of food consumed is not objectively large. The original EDE-Q does not tell us about subjective binge eating; however, the modifications to questions 13–15 tell us about frequency of subjective binge eating without additional burden.