

Figure S1. Flowchart of the trial

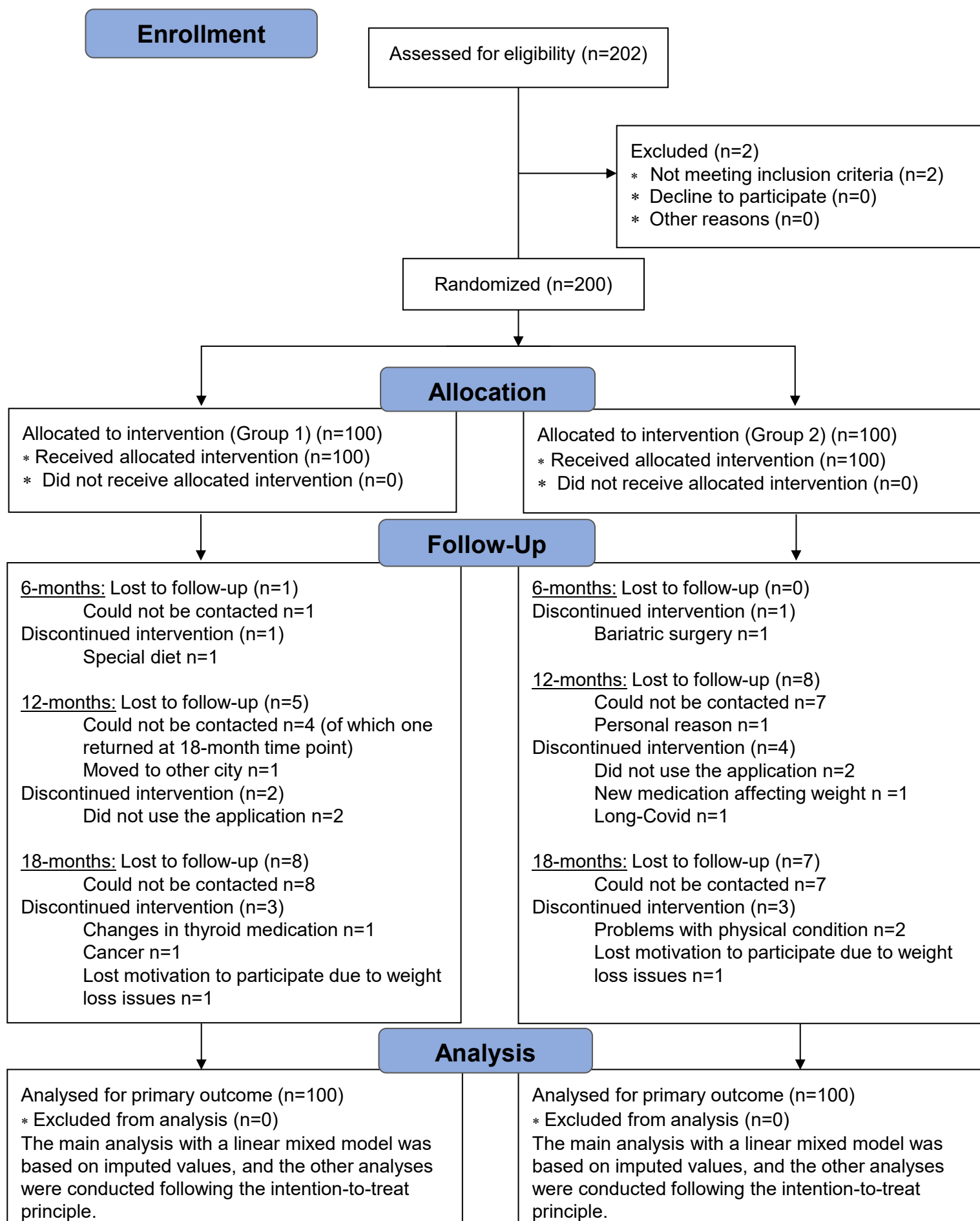


Table S1. The effect sizes of changes in eating behavior after 6, 12, and 18 months.

	After 6 months			After 12 months			After 18 months		
	Group 1 (n=100)	Group 2 (n=100)		Group 1 (n=100)	Group 2 (n=100)		Group 1 (n=100)	Group 2 (n=100)	
Cognitive restraint	0.59 ^a	-0.16 ^a	0.88 ^b	0.48 ^a	0.40 ^a	0.24 ^b	0.32 ^a	0.41 ^a	0.04 ^b
Uncontrolled eating	-0.68 ^a	-0.21 ^a	-0.38 ^b	-0.68 ^a	-0.53 ^a	-0.12 ^b	-0.71 ^a	-0.62 ^a	-0.10 ^b
Emotional eating	-0.52 ^a	-0.21 ^a	-0.39 ^b	-0.43 ^a	-0.30 ^a	-0.25 ^b	-0.71 ^a	-0.33 ^a	-0.27 ^b
Binge eating	-0.67 ^a	-0.12 ^a	-0.58 ^b	-0.66 ^a	-0.46 ^a	-0.25 ^b	-0.59 ^a	-0.53 ^a	-0.13 ^b

^aCohen’s d from baseline to each timepoint within the group

^bCohen’s d from baseline to each timepoint between the groups