

Supplementary Table 1. Characteristics of Included Studies

Author/Year	Country	N	Setting/ Study Type	mAge	% F	% Obesity/ Overwt	mBMI/ BMI%/zBMI	Measure (s)	Modifications	M (SD) *at baseline
Ajibewa et al. 2020 (1)	USA	161	Community Observational Cross- sectional	16.7 ± 1.7	65%	100%	mBMI: 31.4 ± 6.1 %BMI95: 93.9 ± 4.3	EAT-26 dieting subscale		EAT-26 F: 5.8 ± 0.6 M: 4.02 ± 0.6
Albayrak et al. 2019 (2)	Germany	111	Clinical Non-RCT intervention Longitudinal	11.1 ±1.97	49.5%	100%	mBMI: 29.42 ± 4.26 zBMI: 2.49 ± 0.41	EPI-C EDI-2 bulimia scale		EPIC-C DR: 21.8 ± 4.8 EE: 6.6 ± 3.7 ExE: 10.2 ± 4.3 EDI-2 bulimia 10.2 ± 4.5 *completer data
Anderson et al. 2020 (3)	USA	135	Clinical Obervational Cross- sectional	12.6 ± 2.6	53.3%	100%	zBMI: 2.6 ± 0.4	ChEAT		ChEAT Body/wt concern: 4.8 3.6 Dieting: 3.0 ± 3.6 Food Preoc: 1.0 ± 1.9 Total: 13.1 ± 9.4
Antunes et al. 2009 (4)	Brazil	66	Clinical Non-RCT Intervention Longitudinal	16.6 ± 1.9	62%	100%	mBMI: 35.6 ± 4.2	BES		BES F: 15.5 ± 7.4 M: 14.6 ± 9.2
Bishop- Gilyard et al. 2011 (5)	USA	82	Clinical RCT Longitudinal	14.1 ± 1.2	67%	100%	mBMI: 37.9 ± 3.8	TFEQ		TFEQ: Hunger: 4.7 ± 0.36 Disinhibiti: 6.4 ± 0.37 Restraint: 9.5 ± 0.40

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Bomberg et al. 2024 (6)	USA	282	Clinical Non-RCT Intervention Longitudinal	12.7 ± 3.1	61%	100%	mBMI: 36.5 ± 7.6 %BMI 95 = 144 ± 26	CEBQ+ Single items for presence of BE, loss of control, night eating, general hunger		CEBQ FR: 3.5 ± 1.2 EO overeating: 2.8 ± 1.0 Enjoy food: 4.1 ± 0.8 SR: 2.1 ± 0.6
Braden et al. 2014 (7)	USA	117	Clinical Observational Cross-sectional	10.3 ± 1.3	54.7%	100%	%BMI: 97.3 ± 2.44	CEBQ - Emotional overeating scale		CEBQ EO 2.75 ± 0.75
Braet et al. 2007 (8)	Belgium	498	Clinical Observational Cross-sectional	10.1 ± 2.3	63%	75.7%	mBMI: 26.4 ± 4.5	DEBQ-C		DEBQ-C Emotional eating: 1.93 External eating: 2.79 Restraint: 2.74 *7-9 year olds
Braet et al. 2009 (9)	Belgium	Study 1: 200 Study 2: 120	Clinical Observational Cross-sectional	12.7 ± 1.8 12.7 ± 2.3	60.5% 66%	100%	Mean adjusted BMI: 171.7% ± 26.7 Mean adjusted BMI: 179.5% ± 28.6	DEBQ-C EDI-2		DEBQ-C Emotional eating: 1.91 External eating: 2.79 Restraint: 2.52 EDI-2 Bulimia: 1.86 Drive for thin: 4.54 BD: 13.13 *Study 1 no internalizing sympt.
Braet et al. 2012 (10)	Belgium	138	Community Observational Cross-sectional	12.8 ± 2.3	54%	100%	mBMI: 26.0 ± 4.1 Mean adjusted BMI = 143.3% ± 7.0	DEBQ -C ChEDE-Q		DEBQ-C Emotional eating: 1.97 External eating: 2.67 Restraint: 2.44 ChEDE-Q EC: 0.27 SC: 1.81 WC: 1.92 DR: 0.70

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Carriere et al. 2019 (11)	France	115	Clinical Observational Cross-sectional	14.9 ± 1.9	69%	100%	zBMI: 3.4 ± 0.9	BES	Validated for adolescents	BES 15.9 ± 9.2
Chamay-Weber et al. 2017 (12)	Switzerland	94	Clinical Observational Cross-sectional	Md: 14 Range: 12-18	59.6%	100%	> BMI 97% percentile	ADO-BES		ADO-BES 22.3% met BED criteria
Croker et al. 2011 (13)	UK	66	Clinical Observational Cross-sectional	10.3	68%	100% *clinical sample only	BMI SDS: 3.3 ± 0.6	CEBQ	Satiety responsiveness and slowness in eating scales were combined	CEBQ Food resp. 3.6 ± 0.9 Emot. overeat 2.9 ± 0.9 Enjoy food 4.3 ± 0.6 Desire to drink 3.2 ± 1.1 Emotional under-eating 2.3 ± 0.6 Food fuss. 2.8 ± 0.9 Satiety resp. 2.1 ± 0.5
Czepczor-Bernat et al. 2020 (14)	Poland	141	Community Observational Cross-sectional	12.7 ± 2.8	53.9%	100% *obese sample	mBMI: 27.32 ± 5.3 BMIz: 2.34 ± 0.96	TFEQ-R-13 ED in Youth Questionnaire		NR NR
Darling et al. 2020 (15)	USA	170	Clinical Observational Cross-sectional	14.8 ± 1.8	62%	100%	%BMI _{p95} : 142.2 ± 32.9	EDE-Q		EDE-Q Global: 2.28 ± 1.2

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Decaluwe & Braet 2004 (16)	Belgium	139	Clinical Observational Cross-sectional	12.8 ± 1.8	58.3%	100%	Mean adjusted BMI: 172.3 ± 255.6	ChEDE-Q		ChEDE-Q DR: 1.21 ± 1.0 EC: 1.39 ± 1.06 WC: 2.76 ± 1.28 SC: 2.73 ± 1.51
Decaluwe et al. 2003 (17)	Belgium	126	Clinical Observational Cross-sectional	13.0 ± 2.0	59.5%	100%	mBMI: 31.0 ± 5.0 Mean adjusted BMI: 172 (26)	ChEDE-Q	A Dutch version of the EDE-Q was designed for use in younger populations	ChEDE-Q Binge (n=46): DR: 1.19 ± 1.04 EC: 1.99 ± 1.06 WC: 3.26 ± 1.20 SC: 3.34 ± 1.37 Non-binge (n= 80): DR: 1.25 ± .96 EC: 1.06 ± .88 WC: 2.53 ± 1.25 SC: 2.39 ± 1.49
Decker et al. 2022 (18)	USA	222	Clinical Non-RCT Intervention Longitudinal	16.9 (1.4) Surgical 16.1 (1.4) Non-surgical	79.9% 81.9%	100%	mBMI: 51.6 (8.4) 46.8 (6.1)	EDE-BSV	OOE, OBE, grazing items on the QEWP	OOE: 11%, 10% OBE: 30%, 11% Grazing: 50%, 40%
Demir et al. 2021 (19)	Turkey	351	Community Observational Cross-sectional	10.74 ± 1.79	46.4%	49.2%	29.6% overwt 19.6% obesity	CTFEQ r17		Child TFEQ Uncontrolled Eating: 15.8 ± 5.36 EE: 18.8 ± 7.39 CR: 7.91 ± 2.96
Eddy et al. 2007 (20)	USA	122	Clinical Observational Cross-sectional	11.95 ± 2.3	55.7%	100%	mBMI: 33.8 ± 7.1 BMIz: 2.39 ± 0.33 BMI%: 98.8 ± 1.3	DEBQ emotional eating scale Bulimia Modeling Scale EDI-II perfectionism scale		DEBQ EES 1.78 ± 0.83 NR NR

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Eichen et al. 2022 (21)	USA	290	Clinical Observational Cross-sectional	10.52 ± 1.44	67%	100%	mBMI: 26.3 ± 3.7 BMIz: 1.98 ± .36	EAH EDE-Q LOC item	Child report of self, parent report of self, and parent report of child on EAH	EAH child-self: 1.8 ± 0.6 child-parent: 2.5 ± 0.7 EDE-Q LOC: 33%
Esen Oksuzoglu et al. 2024 (22)	Turkey	145	Clinical Observational Cross-sectional	14-15 years	51.5%	68.9%	38% had a BMI 85%– 94% (OW group) 31% had a BMI% ≥ 95% (OB group)	EDE-Q EES-CA DEBQ		EDE-Q Global: 2.0 ± 2.3 (OB) 0.9 ± 2.3 (OW) EES-CA Total: 52.0 ± 34.0 (OB) 52.0 ± 45.0 (OW) DEBQ Total: 85 ± 46 (OB) 77 ± 40 (OW)
Fanton et al. 2022 (23)	Brazil	102	Clinical Observational Cross-sectional	13.4 ± 2.1	49%	100%	mBMI: 29.6 ± 6.8 BMIz: 2.4 ± 0.7	BES		BES 11.1 ± 7.7
Fidelex et al. 2015 (24)	Brazil	183	Clinical Non-RCT intervention Longitudinal	15.4 ± 1.6	71.3%	100%	mBMI: 34.7 ± 4.0	BITE BES EAT-26		BITE 13.5 ± 5.3 BES 13.7 ± 7.6 EAT-26 19.2 ± 8.9 *completer data
Filgueiras et al. 2019 (25)	Brazil	139	Community Observational Cross-sectional	9.6 ± 0.66	46.8%	100%	mBMIz: 1.94 ± .67	YFAS-C	An interviewer read each question while the children followed the reading in their own questionnaires. The lines were alternated with white and gray to make it easier for the children to follow the line and not mark the answer to the wrong question.	YFAS-C 24% met criteria for FA Symptom score: 3.9

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Franklin et al. 2019 (26)	USA	70	Clinical Observational Cross-sectional	13.6 ± 2.7	57%	100%	mBMI: 36.9 ± 8.5 %BMI95: 139.3 ± 28.8	CBBEQ		CBBEQ 9.9 (5.8)
Goldschmidt et al. 2007 (27)	USA	35	Clinical Observational Cross-sectional	13.8 ± 1.6	71.4%	100%	mBMI: 35.3 ± 7.1	Youth EDE-Q		YEDE-Q Restraint: 1.15 ± 1.09 EC: .94 ± .97 WC 1.92 ± 1.35 SC: 2.19 ± 1.65 Global: 1.55 ± 1.03
Goossens et al. 2007 (28)	Belgium	196	Clinical Observational Cross-sectional	12.7 ± 1.7	61.2%	100%	Mean-adj. BMI: 171.6% ± 26.7	DEBQ-child		DEBQ-C External eat.: 2.79 ± 0.68 Restraint: 2.53 ± 0.75 Emot. eat: 1.89 ± 0.74 * *no LOC group (n=161)
Goossens et al. 2009 (29)	Belgium	77	Community Observational Cross-sectional	13.7 ± 2.3	62.2%	100%	zBMI: 1.69 ± 34	DEBQ Emotional Eating scale		DEBQ EE 2.15 ± 0.81* *non-treatment seeking sample
Goossens et al. 2011(30)	Belgium	56	Clinical Non-RCT intervention Longitudinal	17.86 ± 1.9	68%	100%	Mean-adj. BMI: 153.01 ± 24.5 mBMI: 31.5 ± 4.8	EDI-2		EDI-BD 45.1 ± 8.5 EDI-Bulimia 16.7 ± 7.5* EDI-Drive thinness 22.95 ± 7.19 *Completer sample
Gow et al. 2016 (31) Ho et al. 2013 (32)	Australia	111	Clinical RCT Longitudinal	Md: 13.2	60%	100%	BMIz: 2.36 ± .29 mBMI95: 132.3 ± 21.1	EPI-C		EPI-C (md) External eat. (md): 1.7 Emotion. eat. (md): 1.5 Restraint: 2.6 ± 0.62 Parent. press.: 2.0 ± .8

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Henfridsson et al. 2022 (33) Jarvholm et al. 2020 (34)	Sweden	85	Clinical Non-RCT intervention Longitudinal	16.5 ± 1.2	67%	100%	mBMI: 45.5 ± 6.0	BES TFEQ-R21		BES 15.0 TFEQ-R21: Emotional eat.: 39.7 Uncontrol. eating: 44.9 Cognitive Restr: 39.5 *MBS sample
Isnard et al. 2003 (35)	France	102	Clinical Observational Cross-sectional	14.0 ± 1.2	66%	100%	mBMI: 36.4 ± 5.6	BES		BES 17% had moderate to severe BE (BES score ≥ 18.0)
Jansen et al. 2007 (36)	Netherlands	38	Clinical Observational Cross-sectional	11.3 ± 1.4	79%	100%	mBMI%: 94.49 ± 5.81	ChEDE-Q	28 boxes were used to represent each day and children colored the relevant number of boxes. Definition of LOC, BE, eating in secret, intense exercise, large amount of food given.	ChEDE-Q DR 1.2 ± 0.85 EC: 0.47 ± 0.55 WC: 1.62 ± 1.05 SC: 1.29 ± 1.05 SC
Kang Sim et al. 2019 (37)	USA	147	Clinical RCT Longitudinal	10.4	66%	100%	mBMIz: 2.0 ± 0.34	EES-C		EES-C 14.77 ± 15.51
Kass et al. 2017 (38)	USA	241	Clinical Non-RCT intervention Cross-sectional	9.9 ± 1.3	63%	100%	mBMI%95: 97.9 ± 2.5	YEDE-Q		YEDE-Q (7 items) DR: 2.06 ± 1.54 S/W overeval.: 1.92 ± 1.64 BD: 2.36 ± 1.95
Kelmanson 2023 (39)	Russia	94	Clinical Observational Cross-sectional	14.9 ± 1.7	32%	100%	mBMI: 34.7 ± 6.5 BMIz: 3.0 ± 0.7	DEBQ		DEBQ Restraint: 3.1 ± 0.8 Emotional: 2.2 ± 0.8 External: 2.9 ± 0.7

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Kim et al. 2023 (40)	Korea	233	Community Observational Cross-sectional	11.4 ± 1.6	30.9%	100%	mBMI: 28.3 ± 3.9 BMIz: 2.65 ± 0.85	DEBQ-C YFAS-C		DEBQ-C Restraint: 1.92 ± 0.38 Emotional: 1.37 ± 0.49 External: 2.01 ± 0.45 YFAS-C Symptom count: 1.59 ± 1.5 Met FA criteria: 17%
Klemencic et al. 2021 (41)	Slovenia	19	Clinical Non-RCT intervention Longitudinal	17.2 ± 1.24	63%	100%	mBMI: 3.71 ± 0.31	EDE-Q		EDE-Q DR: 1.59 ± 0.94 EC: 1.18 ± 1.20 WC: 3.22 ± 1.22 SC: 3.25 ± 1.45
Lin et al. 2021 (42)	Iran	1186	Community Observational Cross-sectional	15.5 ± 1.9	44 %	100 %	zBMI: 2.5 ± 1.0 mBMI: 28.4 ± 4.2	YFAS-C EDE-Q BES EAT-26 CIA		YFAS-C 2.69 ± 1.5 (symptom count) 12.1% met FA criteria EDE-Q 1.78 ± 0.99 BES 12.7 ± 5.9 EAT-26 24.3 ± 11.0 CIA 7.53 ± 6.2
Lourenco et al. 2008 (43)	Brazil	128	Clinical Observational Cross-sectional	10.77 ± 2.04	75%	100%	mBMI: 29.15 ± 4.98 BMIz: 2.28 ± 0.46	BES		BES 15.0 (range: 2-34) 39% moderate or severe BE (BES score ≥ 18.0)
Mack et al. 2024 (44)	Germany	60	Clinical Non-RCT intervention Longitudinal	13.0 ± 1.9	53.3%	100%	BMI z-score: 2.5 ± 0.6	EWI-C		EWI-C median [IQR]: Hunger level and susceptibility to food cues: 47 [21–67] Importance and impact of eating on

										sense of well-being: 42 [24–62] Eating as a means of coping with emotional stress: 71 [41–89] Concerns about eating: 90 [78–96] Diet. restr.: 65 [47–82] Attitudes to healthy nutrition: 75 [52–81] Fear of wt: 79 [46–92]
Madowitz et al. 2014 (45)	USA	117	Community Observational Cross-sectional	10.42 ± 1.35	53 %	100%	mBMI: 27.2 ± 4.6 zBMI: 2.06 ± 0.39	EAH	Parent and child report	NR
Maiano et al. 2019 (46)	Canada	156	Community Observational Cross-sectional	16.31 ± .85	48%	100%	76.3% overwt 23.7% obesity	EAT-26		NR
Manzano et al. 2021 (47)	USA	148	Community Observational Cross-sectional	10.38 ± 1.3	67%	100%	mBMI: 26.3 ± 3.6 zBMI: 2.00 ± 0.34	CEBQ EAH		Factor 1 : 3.56 ± 0.45 Factor 2 : 3.07 ± 0.25 Factor 3 : 2.4 ± 0.80 NR
Manzano et al. 2023 (48)	USA	111	Clinical Non-RCT intervention Cross-sectional	10.6 1.62	70%	100%	mBMI%: 96.4% mBMI: 25.9 ± 3.6	CEBQ-Food responsiveness FCQ-T PFS-child	2 FCQ-T items removed due to reading level concerns	CEBQ-FR 4.03 ± 0.76 FCQ-T 2.60 ± 0.93 C-PFAS 2.47 ± 0.95

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Martin-Garcia et al. 2016 (49)	Spain	192	Community Observational Cross-sectional	11.8 ± 1.9	54%	72%	mBMI: 29.2 ± 3.4 OB group 24.1 ± 2.1 OW group	TFEQ-R21C		TFEQ-R21C range, low to high tertiles: Uncontrolled Eating: 1.47-2.87 Cognitive Restraint: 1.97-3.27 Emotional Eating: 1.05-2.11
Meule et al. 2015 (50)	Germany	50	Clinical Observational Cross-sectional	16.5 ± 1.84	62 %	100%	mBMI: 36.8 ± 6.2 zBMI: 2.27 ± 0.42	YFAS EDE-Q FCQ-T		YFAS 3.38 ± 2.11 symptom count 38% meet FA criteria EDE-Q DR: 2.08 ± 1.43 EC: 1.99 ± 1.38 WC: 3.5 ± 1.3 SC: 3.8 ± 1.5 FCQ-T 107.9 ± 37.9
Mirch et al. 2006 (51)	USA	60	Community Observational Cross-sectional	10.4 ± 1.4	55 %	100%	BMIz: 2.6 ± 0.2	TFEQ QEWP-A BE item		TFEQ Restraint: 7.4 ± 4.9 Hunger: 5.3 ± 11.8 Disinhib: 5.7 ± 3.5 *non-BE (n=50)
Molitor et al. 2021 (52)	USA	280	Clinical Observational Cross-sectional	14.5 ± 1.62	60%	100%	mBMI: 37.4 ± 7.9	AEBQ		AEBQ Hunger: 2.69 ± 0.74 EU: 2.6 ± 0.84 FR: 2.92 ± 0.82 EO: 2.60 ± 0.99 Enjoy: 3.84 ± 0.70 SR: 2.50 ± 0.68 FF: 2.89 ± 0.97 Slowness: 2.41 ± 0.73

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Nigam et al. 2025 (53)	USA	814	Clinical Observational Cross-sectional	9.05 (8.9, 9.2)	57%	100%	zBMI score: 3.05 (3.0, 3.1)	CEBQ		CEBQ Food responsiveness: 3.4 (3.3, 3.5) Enjoyment Food: 4.17 (4.1, 4.2) EO: 2.56 (2.5, 2.6) Desire to drink: 3.03 (3.0, 3.1) SR: 2.26 (2.2, 2.3) Slowness in eating: 2.19 (2.1, 2.3) EU: 2.47 (2.4, 2.5) Food: 2.8 (2.7, 2.9)
Obregon Rivos et al. 2018 (54)	Chile	258	Community Observational Cross-sectional	11.4 ± 1.6	44%	60%	BMIZ: 1.2 ± 1.0 mBMI: 23.1 ± 4.8	EAH CEBQ TFEQ-19	All questions answered by mothers	*means reported by FTO genotype, sex, nutritional status
Ooi et al. 2022 (55)	Singapore	52	Clinical Observational Cross-sectional	14.1	40.4%	100%	mBMI: 35.9 (32.1–41.3)	TFEQ-R18		TFEQ-R18 (md) Restraint: 15.0 Emot. eat.: 6.0 Uncontrolled: 21.0 *n=40 MUO group
Pasold et al. 2014 (56)	USA	102	Clinical Observational Cross-sectional	12-17 (range)	64 %	100 %	>99 th percentile: 71.6%	BES		BES 14.0 ± 9.3 33% ≥ BES score over 18.0
Prunell-Castane et al. 2023 (57)	Spain	108	Clinical Observational Cross-sectional	14.83 ± 1.99	49%	61 %	BMIZ: 1.95 ± 0.3	TFEQ-R18		TFEQ/R18 Emotional Eating: 4.86 ± 1.83 Uncontrolled eating: 17.0 ± 5.22

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Ramvalho et al. 2022 (58)	Portugal	202	Clinical Observational Cross-sectional	15.1 ± 1.65	61 %	100%	BMIz: 2.41 ± 0.75	IES-2 ChEAT Rep(eat)-Q		IES-2 3.28 ± 0.53 NR NR
Ranzenhofer et al. 2008 (59)	USA	220	Clinical Observational Cross-sectional	11.6 ± 4.5 *OW data	59.6%	100%	BMIz: 2.2 ± .6	ChEAT TFEQ	Read aloud to children aged < 7 yrs or as needed. Alternative definitions were provided for words and statements that were not understood	ChEAT Body/wt concern: 3.2 ± 3.1 Dieting: 1.8 ± 2.2 Food preoccup: NR Eating concern: NR Total: 9.9 ± 7.4
Russo et al. 2011 (60)	Australia	108	Clinical Observational Cross-sectional	14.31 ± 1.57	55%	100%	72% had a BMI ≥ 30.0	EDI-3		EDI-3 BD: 23.7 ± 9.2 Bulimia: 3.9 ± 4.3 Drive Thinness: 9.6 ± 6.7
Sanchez et al. 2016 (61)	Chile	1058	Community Observational Cross-sectional	F: 8.72 ± 0.4 M: 8.77 ± 0.4	41.9%	F: 49.8% M: 52.6%	BMI-z scores : F: 2.50 ± 0.4 M: 2.72 ± 0.6	CEBQ		CEBQ Pro-intake/anti-intake subscales ratio: F: 1.54 M: 1.56 *OB group
Santos et al. 2011 (62)	Chile	126	Clinical Observational Cross-sectional	F: 8.9 ± 1.7 M: 9.3 ± 1.7	50%	100%	BMI z scores: F: 3.7 ± 0.9 M: 4.6 ± 1.4	CEBQ		CEBQ Pro-intake/anti-intake subscales ratio: 1.77 *OB group
Santos et al. 2021 (63)	USA	103	Clinical Observational Cross-sectional	13.3 ± 2.83	51.5%	100%	mBMI: 35.7 ± 6.27 zBMI: 2.45 ± .29	EBQ		EBQ NR

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Sarvestani et al. 2009 (64)	Iran	60	Clinical Non-RCT intervention (quasi) Longitudinal	13.5 ± 0.97	100%	100%	mBMI: 29.55 ± 3.42	DEBQ		DEBQ Emotional eating 1.98 ± 0.63 External eating 3.02 ± 0.75 Restrained eating 3.01 ± 0.75 *data reported for experimental grp
Schulte et al. 2018 (65)	USA	181	Clinical Observational Cross-sectional	13.75 ± 1.35	67.4%	100%	mBMI: 38.2 ± 7.5 BMI%: 98.89 ± 1.05	YFAS-C YEDE-Q		YFAS-C 2.11 ± 1.75 (symptom count) 10.5% met FA criteria
Shapiro et al. 2007 (66)	USA	55	Community Observational Cross-sectional	8.7 ± 2.2	60%	100%	mBMI percentile: F: 96.0 ± 7.6% M: 94.8 ± 13.7%	C-BEDS		C-BEDS 29% met BED criteria
Smith et al. 2020 (67)	USA	38	Community Observational Cross-sectional	11.21 ± 1.91	55.3%	100%	zBMI: 2.07 ± 0.50	DEBQ-C		DEBQ-C Emotional: 8.26 ± 2.1 External: 10.4 ± 2.65 Restraint: 13.6 ± 3.1
Steinberg et al. 2004 (68)	USA	263	Community Observational Cross-sectional	9.7 ± 1.9	53.6%	54% > 85th %	BMI-SD: 1.7 ± 2.4	ChEAT QEWP-A QEWP-P		ChEAT No DE: 7.4 ± 6.1 OE: 7.4 ± 4.3 BE: 9.0 ± 5.2
Sysko et al. 2011 (69)	USA	101	Clinical Observational Cross-sectional	15.8 ± 1.1	72.3%	100%	mBMI: 47.23 ± .88	EDE-Q QEWP BE		EDE-Q 40.5% OBE 26.2 SBE QEWP 25% BE

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Tanofsky-Kraff et al. 2006 (70)	USA	146	Community Observational Cross-sectional	8.5 (8.3-8.7)	53.6%	50%	zBMI: 1.6	ChEAT QEWPA	Read aloud if needed	ChEAT 6-7 yrs: 9.7 ± 8.7 8-9 yrs: 9.5 ± 7.3 10-12 yrs: 8.6 ± 5.2 QEWPA 24 to 42% reported BE
Theuwis et al. 2009 (71)	Belgium	65 *OW sample	Clinical Observational Cross-sectional	10.92 ± 2.14	63.1%	100%	mBMI: 29.09 ± 8.05	ChEAT DEBQ EDI-II ChEDE-Q		ChEAT 15.1 ± 8.7 DEBQ NR EDI-II NR ChEDE-Q NR
Vander Wal & Thompson, 2004 (72)	USA	139	Community Observational Cross-sectional	Grades 4 and 5	100%	49.9%	18.5% OW 31.4% OB	ChEAT	Items read aloud if needed	ChEAT ED: 26.7 ± 6.3 No ED: 7.5 ± 5.3
Vanderwalle et al. 2018 (73)	Belgium	110	Clinical Non-RCT intervention Longitudinal	13.6 ± 1.6	57.3%	100%	m % > ideal 186.85 ± 27.5 BMI z-score: 2.33 ± 0.31	DEBQ-Child		DEBQ-C Emotional eating: 1.97 ± 0.78
Verbiest et al. 2021 (74)	Belgium	100	Clinical Observational Cross-sectional	12.7 ± 1.6	51%	100%	madjusted BMI: 194.5 ± 30.8	SSES DEBQ ChEDE-Q		SSES Total: 27.5 ± 7.9 DEBQ Emotional eating 28.5 ± 13 External eating 29.8 ± 8.4 Restrained eating 22.5 ± 7.5 ChEDE-Q Global: 1.9 ± 1.0

Author/Year	Country	N	Setting/Type	mAge	% F	% Obesity/ Overwt	mBMI/ BMI%/zBMI	Measure (s)	Modifications	M (SD) *at baseline
Vervoort et al. 2022 (75)	Belgium	572	Clinical Non-RCT intervention Longitudinal	13.4 ± 2.4	49%	100%	madjusted BMI: 187.8 ± 30.9	DEBQ-C		DEBQ-C Emotional Eating: 53.0 ±12.3 External eating: 52.3 ± 11.9
Welling et al. 2022 (76)	Netherlands	83	Clinical Observational Longitudinal	11.2 ± 4.6	52%	100%	mBMI SDS: 3.8 ± 1.0	DEBQ-C		DEBQ-C Restrained eating: 59.5 ± 3.3 Emotional eating: 58.0 ± 3.3 External eating: 68.2 ± 3.2
Yilmaz et al. 2021 (77)	Turkey	123	Clinical Observational Cross- sectional	15.0 ± 1.9	57.0%	52.9%	mBMI-SDS: 2.5 ± 0.5	TFEQ-18		TFEQ Uncontrolled eating: 40.8 ± 19.6 Emotional eating: 39.9 ± 36.3 * OB group

Note: ADO-BED = Adolescent Binge Eating Disorder Questionnaire; BES= Binge Eating Screener; BITE = Bulimic Inventory Test; CBBEQ = Children's Brief Binge Eating Questionnaire; TFEQ = Three Factor Eating Questionnaire; SSES= Salzburg Stress Eating; ChEAT= Child Eating Attitudes Test; EAH = Eating in the Absence of Hunger Questionnaire; CEBQ = Child Eating Behavior Questionnaire; EES-C= Emotional Eating Scale for Children; CBEDS = Children's Binge Eating Disorder Scale; CIA = Clinical Impairment Assessment; DEBQ = Dutch Eating Behavior Questionnaire; EDE-Q = Eating Disorder Examination-Questionnaire; IES = Intuitive Eating Scale; EAT-26 = Eating Attitudes Test-26 items; FCQ-T = Food Cravings Questionnaire-Trait; PFS= Power of Food Scale; Y-EDE-Q = Youth Eating Disorder Examination-Questionnaire; ChEDE-Q = Child Eating Disorder Examination-Questionnaire; RePEAT-Q = Repetitive Eating Questionnaire; YFAS = Yale Food Addiction Scale; QEWP = Questionnaire for Eating and Weight Problems; EDI = Eating Disorder Inventory; EPI-C = Eating Patterns Inventory-Child Version. See Appendix 3 for list of abbreviations. Observational studies included community studies, psychometric studies, retrospective cohorts and clinical studies of wait-listed or treatment-seeking samples analyzed at baseline only. Intervention studies included randomized controlled trials (RCTs) and non-RCT studies, e.g., treatment delivered and outcomes assessed.

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