

Acceptability questionnaire

	Items	N	Median	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
1	How satisfied are you with the treatment?	15	5	Not satisfied at all 1 (8)	Mostly dissatisfied 1 (8)	Somewhat satisfied -	Mostly satisfied 4 (27)	Satisfied 7 (47)	Very satisfied 2 (14)
2	To what extent do you feel things have changed in a positive direction?	15	3	Not at all 2 (13)	Small extent 3 (20)	Some extent 6 (40)	Quiet a lot 2 (13)	A lot 1 (7)	Very much 1 (7)
4	To what extent do you feel things have changed in a negative direction?	15	1	Not at all 8 (53)	Small extent 3 (20)	Some extent 1 (7)	Quit a lot 2 (13)	A lot 1 (7)	Very much -
6	How appropriate do you feel the treatment was for your problems?	15	5	Completely inappropriate 1 (7)	Mostly inappropriate 1 (7)	Somewhat inappropriate 1 (7)	Somewhat appropriate 3 (20)	Mostly appropriate 8 (53)	Completely appropriate 1 (7)
7	How demanding did you find the treatment?	15	4	Far too demanding 1 (7)	Very demanding 2 (13)	Demanding 4 (27)	Somewhat demanding 7 (47)	Not very demanding 1 (7)	Minimally demanding -
8	To what extent did you feel you were able to meet the demands of the treatment?	15	3	Not at all 1 (7)	Small extent 2 (13)	Some extent 5 (33)	Fairly well 7 (47)	Without difficulty -	Could be more demanding -
9	Did you gain more knowledge about eating disorders?	14	1	No 1 (7)	Yes 9 (60)	Unsure 4 (27)	-	-	-
10	If a friend needed similar help, would you recommend this treatment?	15	3	Definitely not 1 (7)	Probably not 2 (13)	Probably yes 8 (53)	Definitely yes 4 (27)	-	-
11	How did the technical aspects work?	15	4	Very poorly -	Poorly 1 (7)	Neither good nor poorly -	Good 10 (67)	Very good 4 (27)	-
12	Was there too much or too little text?	15	2	Too little -	Just right 9 (60)	Too much 2 (13)	Good 3 (20)	Very good 1 (7)	-
13	How actively did you engage with the self-reflections/ exercises?	15	2	Did none -	Did a few 10 (67)	Worked frequently 4 (27)	Worked often 1 (7)	Completed all -	-
14	Would you have benefited equally from the treatment without the weekly therapist sessions?	15	3	Done better -	Done equally 5 (33)	Done slightly worse 7 (47)	Done much worse 3 (20)	-	-

Note. Items 3, 5 and 15 had open-ended response and are summarised in text.

