**Online supplementary material for Brockmeyer et al. *Sudden gains in cognitive behavioural therapy and focal psychodynamic therapy for anorexia nervosa: Findings from the ANTOP study***

**Further descriptive analyses of sudden gains (SG):**

37 patients experienced a single gain, 26 experienced 2 gains, 15 experienced 3 gains, 16 experienced 4 gains, and 6 experienced 5 gains. SGs occurred during any time of treatment, most commonly after sessions 3 and 8 (13 times), 13 (14 times), and 22 (12 times).

**Reversals of SG:**

Twelve of the 100 patients with a SG reversed the gain at some time during treatment. However, eight of these patients had a higher BMI at end-of-treatment than at the time of the SG, and). two had a higher BMI at follow-up than at the time of the SG (thus, for these patients the reversal was only temporary and the SG was fully maintained later). Finally, two patients had a lower BMI at end-of-treatment and at follow-up as compared to the time of the SG and also as compared to baseline. CBT-E and FPT did not differ regarding the proportion of reversals (p=.564).