

Variable	group difference T0/T1	group difference	Time effect in IMPULS group T0/T1	Time effect in Control Group T0/T1	Time effect in IMPULS group T0/T2	Time effect in Control Group T0/T2
<i>Primary outcome:</i> Binge eating episodes in the past four weeks, logarithmised values	-.08 (-.31 to .16)	-.19 (-.32 to -.06)	-.36 (-.49 to -.23)	-.28 (-.48 to -.09)	-.26 (-.36 to -.16)	-.65 (-.15 to .02)
<i>Primary outcome:</i> Binge eating episodes in the past four weeks, original values	-3.27 (-8.72 to 2.18)	-3.22 (-6.24 to -.20)	-6.94 (-10.17 to -3.71)	-3.67 (-8.06 to .72)	-3.78 (-5.99 to -1.57)	-.56 (-2.62 to 1.49)
Abstinence rate*	.37 (-.89 to 1.64)	-1.33 (-2.61 to -.06)	-	-	-	-
Clinically relevant change*	-.95 (-1.96 to .05)	-1.08 (-2.09 to -.07)	-	-	-	-
Deterioration rate*	1.37 (-.29 to 3.03)	.81 (-.51 to 2.12)	-	-	-	-
Binge eating days in the past four weeks	-2.26 (-6.69 to 2.16)	-2.42 (-4.80 to -.04)	-5.66 (-7.91 to -3.41)	-3.39 (-7.21 to .42)	-2.92 (-4.51 to -1.34)	-.50 (-2.27 to 1.27)
Binge eating episodes in month 2, logarithmised values	-.03 (-.29 to .24)	-.10 (-.23 to .03)	-.25 (-.40 to -.09)	-.22 (-.44 to .00)	-.24 (-.33 to -.16)	-.15 (-.25 to -.05)
Binge eating episodes in month 2, original values	-.43 (-6.59 to 5.73)	-.91 (-3.70 to 1.88)	-5.22 (-9.11 to -1.33)	-4.79 (-9.57 to -.01)	-3.87 (-5.62 to -2.11)	-2.96 (-5.13 to -.78)
Binge eating days in month 2	.78 (-3.70 to 5.26)	-.55 (-2.68 to 1.58)	-3.25 (-5.61 to -.89)	-4.03 (-7.84 to -.22)	-2.61 (-3.82 to -.31)	-2.06 (-3.82 to -.31)
Binge eating episodes in month 3, logarithmised values	.00 (-.30 to .30)	-.08 (-.20 to .04)	-.22 (-.42 to -.02)	-.22 (-.44 to -.00)	-.25 (-.33 to -.17)	-.17 (-.26 to -.08)
Binge eating episodes in month 3, original values	-.09 (-7.38 to 7.20)	-.29 (-3.33 to 2.76)	-5.88 (-11.02 to -.73)	-5.79 (-10.95 to -.62)	-3.98 (-6.00 to -1.97)	-3.70 (-5.98 to -1.42)
Binge eating days in month 3	.57 (-4.20 to 5.34)	.00 (-1.92 to 1.92)	-3.22 (-5.74 to -.70)	-3.79 (-7.83 to .26)	-2.50 (-3.56 to -1.44)	-2.50 (-4.10 to -.90)
BMI (kg/m <sup>2</sup> )	.14 (-.67 to .94)	.14 (-.41 to .69)	.07 (-.34 to .48)	-.07 (-.076 to .63)	-.20 (-.56 to .16)	-.34 (-.75 to .08)
EDE total score	-.26 (-.61 to .09)	-.09 (-.28 to .10)	-.48 (-.75 to -.21)	-.22 (-.45 to .01)	-.26 (-.41 to -.12)	-.17 (-.29 to -.05)
EDE-Q total score	-.39 (-.70 to -.08)	-.19 (-.40 to .01)	-.62 (-.86 to -.39)	-.23 (-.43 to -.03)	-.34 (-.51 to -.17)	-.15 (-.27 to -.03)
DEBQ total score	-.18 (-.37 to .02)	-.15 (-.27 to -.04)	-.33 (-.46 to -.20)	-.15 (-.29 to -.02)	-.29 (-.38 to -.19)	-.13 (-.20 to -.07)
DEBQ external eating	-.36 (-.68 to -.04)	-.26 (-.43 to -.09)	-.52 (-.71 to -.34)	-.16 (-.43 to .10)	-.37 (-.50 to -.24)	-.11 (-.23 to .00)
BDI II total score	-3.71 (-6.60 to 0.26)	-3.18 (-5.14 to -1.22)	-4.01 (-6.51 to -1.51)	-.84 (-3.19 to 1.52)	-2.87 (-4.46 to -1.27)	.32 (-.83 to 1.46)
BIS-15 total score	-.35 (-3.09 to 2.39)	-.15 (-1.43 to 1.13)	-.95 (-2.70 to .80)	-.60 (-2.73 to 1.53)	-.40 (-1.44 to .63)	-.26 (-1.04 to .53)
BIS total score	-.13 (-.33 to .08)	.03 (-.09 to .15)	-.08 (-.22 to .06)	.04 (-.11 to .20)	-.05 (-.13 to .03)	-.07 (-.16 to .01)
BAS total score	-.06 (-.10 to .08)	-.02 (-.09 to .05)	-.07 (-.17 to .04)	-.01 (-.10 to .08)	-.04 (-.09 to .00)	-.02 (-.07 to .03)

**Notes.** All values adjusted for baseline (T0), not adjusted for multiple comparisons.

Abstinence rate, no BE episodes in the past four weeks; BAS, Behavioral Activation System; BIS, Behavioral Inhibition System; BIS-15, Barratt Impulsiveness Scale (short version); BDI II, Beck Depression Inventory (second version); BMI, Body Mass Index; Clinically relevant change, min. 50% reduction of BE episodes in the past four weeks; DEBQ, Dutch Eating Behaviour Questionnaire; Deterioration rate, min. 50% increase of BE episodes in the past four weeks; EDE, Eating Disorder Examination Interview; EDE-Q, Eating Disorder Examination Questionnaire; T0, baseline, T1, end of 8-week intervention; T2, end of 3-month post-intervention follow-up.

\* no time effects per group computed as data was analysed with logistic regressions instead of generalised estimating equations due to constant values at baseline.