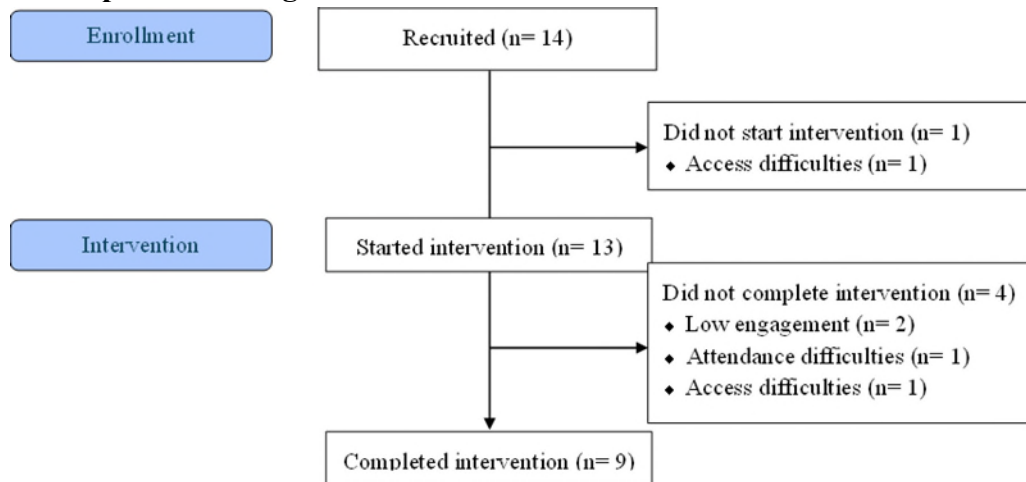


## Aim2Change Results Summary for ISRCTN16607863

### 1. Participant flow diagram



### 2. Baseline Characteristics

	Enrolled ppts ( <i>n</i> = 14)	Completed ppts ( <i>n</i> = 9)
Variable	<i>f</i> /M (SD)	<i>f</i> /M (SD)
Female	6	4
Age	14.9 (1.58)	14.6 (1.54)
IMD	4.9 (3.16)	5.2 (3.31)
Neurodiversity	2	1
Prescribed GLP-1 Agonist	7	6
Psychological therapy experience	8	5

IMD = Indices of multiple deprivation; M = Mean; Ppts = participants; SD = Standard Deviation.

### 3. Outcome measures

Themes	Codes informing theme	Description
<b>Theoretical understanding</b>	Identification and relevance of DNA-V; understanding and relevance of metaphors; assimilation of concepts	Participants' ability to understand the theory underpinning DNA-V approach and research team identifying examples and metaphors to facilitate delivery of the therapy
<b>Delivery and receipt of therapy</b>	Alignment with therapy aims; openness and receptivity to therapy; focus of sessions; structure and format of sessions; parental involvement; written materials and workbook; continuity and coherence of sessions; uniqueness of the contribution of therapy	Concurrence with aims of the study i.e. co-development. Issues with the structure and format of individual sessions, openness to therapist and suggested approaches / strategies. Practicalities – online or in-person
<b>View of strategies and engagement</b>	Putting strategies into practice; usefulness of strategies and metaphor; proposed changes to future sessions; satisfaction with session; continuity and coherence of sessions	Extent to which strategies and metaphors are received by participants and they feel able to, or have already been, put into practice. Evaluating understanding of strategies in context of perceived usefulness and how they relate to their own behaviour
<b>Real world benefits of co-development process</b>	Reported benefits of attending therapy sessions; view of therapy coming to an end	Self-reported positive outcomes associated with psychological strength and intrinsic motivation, both behavioural (e.g. eating behaviour, setting and appraising goals) relational / social (i.e. communication) outcomes

### 4. Adverse events

There were no adverse events associated with this study.