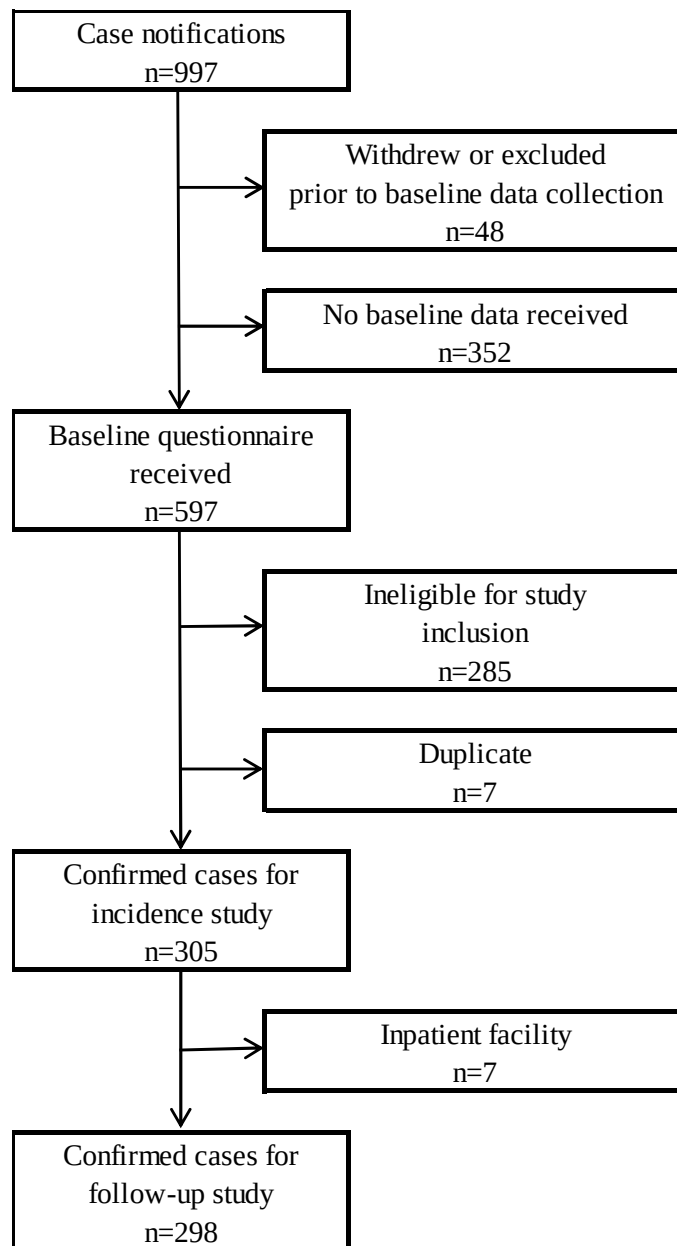


Participant Flow



Baseline Characteristics

Characteristics of participants in specialist eating disorders services versus generic child and adolescent mental health services

	Main analysis			
	Specialist		Generic	
	N	Mean (SD) or %	N	Mean (SD) or %
Age – mean	192	15.09 (1.60)	106	14.84 (1.66)
Age – category				
Children (8 to 12)	18	9.38%	17	16.04%
Adolescents (13 to 17)	174	90.63%	89	83.96%
Gender				
Female	176	91.67%	97	91.51%
Male	16	8.33%	9	8.49%
Ethnicity				
Any White	174	91.58%	95	94.06%
Other	16	8.42%	6	5.94%
Clinical status				
% <i>m</i> BMI	191	82.70 (11.11)	105	83.60 (9.90)
CGAS	174	43.22 (14.40)	99	47.86 (13.29)
HoNOSCA	45	21.04 (8.43)	16	14.88 (5.77)

NB: Not all percentages add up to 100% due to rounding

Outcome Measures

Service use between baseline and 12-month follow-up

Service	Specialist (n=137)		Generic (n=50)	
	Mean (SD)	% using	Mean (SD)	% using
Inpatient admissions	0.54 (1.06)	28.47%	0.60 (1.20)	30.00%
Inpatient nights	31.75 (80.03)	28.47%	30.78 (68.65)	30.00%
Paediatric – NHS	2.18 (9.28)	15.33%	4.72 (12.96)	20.00%
Eating disorders – NHS	5.56 (37.72)	2.92%	0.28 (1.98)	2.00%
Eating disorders – Independent	14.28 (57.93)	8.76%	12.84 (49.89)	8.00%
Psychiatry – NHS	5.38 (24.47)	6.57%	11.58 (39.42)	12.00%
Psychiatry – Independent	1.39 (12.43)	2.19%	1.36 (9.62)	2.00%
Other – NHS	0.53 (6.15)	1.46%	0.00 (0.00)	0.00%
Outpatient attendances	29.98 (17.70)	98.54%	27.14 (32.62)	96.00%
Paediatric	0.07 (0.34)	5.11%	0.98 (2.46)	28.00%
Eating disorders	27.11 (18.11)	92.70%	14.58 (32.07)	56.00%
Psychiatry	2.80 (8.94)	17.52%	11.58 (13.55)	68.00%
Day patient attendances	4.61 (16.60)	10.95%	0.86 (5.66)	4.00%
Paediatric	0.00 (0.00)	0.00%	0.06 (0.42)	2.00%
Eating disorders	4.25 (16.13)	10.22%	0.80 (5.66)	2.00%
Psychiatry	0.37 (4.27)	0.73%	0.00 (0.00)	0.00%

1 **Total cost per participant between baseline and 12-month follow-up**

	Specialist	Generic	Unadjusted*		Adjusted*†	
Service	Mean £ (SD)	Mean £ (SD)	Mean difference (95% CI)	p-value	Mean difference (95% CI)	p-value
Baseline to 6 months	n=147	n=73				
Inpatient	11105 (28877)	11179 (29050)				
Outpatient	4764 (2866)	4310 (3975)				
Day-patient	947 (3468)	299 (1708)				
Total	16817 (28469)	15789 (28184)	1028 (-6979 to 9036)	0.801	-3586 (-11999 to 4827)	0.402
Six to 12 months	n=137	n=50				
Inpatient	8153 (24763)	8224 (20894)				
Outpatient	3103 (3058)	3279 (5775)				
Day-patient	306 (1703)	44 (310)				
Total	11562 (24905)	11547 (22133)	14 (-7875 to 7903)	0.997	-2785 (-11241 to 5670)	0.516
Baseline to 12 months	n=137	n=50				

Inpatient	19462 (49946)	19755 (44677)				
Outpatient	7955 (4722)	7470 (8499)				
Day-patient	1284 (4608)	246 (1559)				
Total	28700 (49716)	27471 (44317)	1230 (-14529 to 16988)	0.878	-7106 (-23590 to 9379)	0.396

1 NB: Not all totals add up due to rounding; *Standard parametric tests with validity tested using bootstrapping (bootstrapped results similar so not reported); †Adjusted for baseline CGAS,
2 baseline %mBMI, age, sex and region

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	Specialist		Generic		Unadjusted*		Adjusted*†	
Outcome measure	N	Mean (SD)	n	Mean (SD)	Mean difference (95% CI)	p-value	Mean difference (95% CI)	p-value
Baseline								
%mBMI	191	82.70 (11.10)	105	83.60 (9.90)	-0.90 (-3.46 to 1.66)	0.489		
CGAS	174	43.22 (14.40)	99	47.86 (13.29)	-4.64 (-8.11 to -1.17)	0.009		
HoNOSCA	45	21.04 (8.43)	16	14.88 (5.77)	6.17 (1.60 to 10.74)	0.009		
6-months								
%mBMI	143	91.98 (8.51)	67	89.62 (12.89)	2.37 (-0.59 to 5.31)	0.116	2.58 (0.16 to 5.01)	0.037
CGAS	115	58.94 (17.17)	55	63.27 (17.05)	-4.33 (-9.88 to 1.21)	0.125	0.49 (-5.14 to 6.12)	0.864
HoNOSCA	17	9.47 (7.43)	16	11.88 (10.31)	-2.40 (-8.76 to 3.95)	0.446	-6.61 (-15.54 to 2.31)	0.140
12-months								
%mBMI	106	94.70 (10.61)	39	93.36 (9.46)	1.34 (-2.48 to 5.16)	0.489	0.09 (-3.54 to 3.73)	0.960
CGAS	97	68.39 (17.95)	38	71.58 (21.41)	-3.19 (-10.37 to 4.00)	0.382	-0.65 (-8.26 to 6.96)	0.866
HoNOSCA	12	7.42 (4.48)	7	13.57 (16.94)	-6.15 (-16.88 to 4.57)	0.243	-12.42 (-31.07 to 6.23)	0.171

2 *Standard parametric tests; †Adjusted for baseline CGAS, baseline %mBMI, age, sex and region; %mBMI=percentage of median expected BMI for age and sex (higher percentage, better
3 outcome); CGAS=Children's Global Assessment Scale (scored between 1 and 100; higher score, better outcome); HoNOSCA=Health of the Nation Outcome Score for Children and
4 Adolescents (scored between 0 and 52; higher score, poorer outcome)

Adverse Events

As this was not a clinical trial, but an observational study using data collected retrospectively from clinical records, adverse events were not recorded.