

## Participant flow

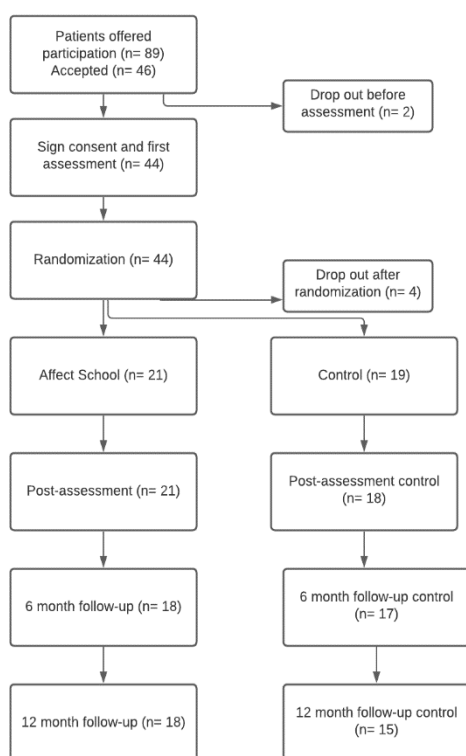


Figure 1. Flow chart of study process and participants.

## Baseline characteristics

	Affect school group, n = 21	Control group, n = 19	p-value
Age, <i>M (SD) [Range]</i>	28.3 (9.6) [18-46]	29.7 (9.1) [19-51]	0.638 <sup>a</sup>
BMI, <i>M (SD) [Range]</i>	23.5 (5.8) [16.6-38.9]	24.2 (7.4) [15.6-44.8]	0.656 <sup>a</sup>
Eating disorder diagnoses, <i>n (%)</i>			0.332 <sup>b</sup>
Anorexia nervosa	4 (20)	2 (11)	
Bulimia nervosa	0 (0)	3 (16)	
Binge eating disorder	3 (14)	3 (16)	
OSFED restrictive	2 (10)	3 (16)	
OSFED <sup>2</sup> compensating	12 (57)	7 (37)	
OSFED unknown subtype	0 (0)	1 (5)	
Outcome variables, <i>M (SD) [Range]</i>			
EDE-Q	4.0 (1.2) [1.6-5.6]	3.1 (1.4) [0.6-5.5]	0.030 <sup>a</sup>
TAS-20	63.9 (13.7) [34-87]	62.1 (9.9) [42-81]	0.650 <sup>a</sup>
DERS-36	3.4 (0.7) [1.9-4.6]	3.2 (0.7) [1.8-4.3]	0.296 <sup>a</sup>

BMI = Body Mass Index (weight (kg) / height (m<sup>2</sup>)), DERS-36 = Difficulties in Emotion Regulation Scale, EDE-Q = Eating Disorder Examination Questionnaire, OSFED = Other Specified Feeding and Eating Disorder, TAS-20 = Toronto Alexithymia Scale

<sup>a</sup> Independent sample t-test

<sup>b</sup> Fisher's exact test

## Outcome 1: Score distributions of the outcome measures at baseline and follow-up assessments.

Outcomes	Groups	Measurements, <i>M</i> ( <i>SD</i> )			
		Baseline	Follow-up 1	Follow-up 2	Follow-up 3
EDE-Q	AS	4.0 (1.2)	3.4 (1.4)	2.3 (1.5)	2.0 (1.3)
	CG	3.1 (1.4)	2.8 (1.6)	2.9 (1.6)	2.4 (1.7)
TAS-20	AS	63.9 (13.7)	57.0 (11.8)	46.9 (12.1)	45.6 (11.6)
	CG	61.8 (9.1)	56.8 (16.0)	58.2 (15.0)	52.3 (15.4)
DERS-36	AS	3.4 (0.7)	3.0 (0.7)	2.4 (0.7)	2.2 (0.7)
	CG	3.2 (0.7)	2.9 (0.7)	2.7 (0.8)	2.5 (0.9)

AS = Affect school, CG = Control group, DERS-36 = Difficulties in Emotion Regulation Scale, EDE-Q = Eating Disorder Examination Questionnaire, TAS-20 = Toronto Alexithymia Scale  
 Follow-ups: 1 = at the end of the Affect school, 2 = six months after ending the Affect school, 3 = 12 months after ending the Affect school.

## Outcome 2: Intervention effects based on linear mixed models with random intercepts and unstructured covariance matrix.

	EDE-Q	TAS-20	DERS-36
Main effect of group			
Control group	Ref.	Ref.	Ref.
Affect school	0.94 (0.42) *	2.02 (3.83)	0.26 (0.22)
Main effect of time			
Baseline	Ref.	Ref.	Ref.
Follow-up 1	-0.34 (0.30)	-5.17 (3.14)	-0.29 (0.12) *
Follow-up 2	-0.37 (0.28)	-4.26 (2.61)	-0.46 (0.13) ***
Follow-up 3	-0.98 (0.33) **	-11.22 (2.91) ***	-0.68 (0.18) ***
Interaction effect of time and group			
Baseline - Control group	Ref.	Ref.	Ref.
Follow-up 1 - Affect school	-0.33 (0.30)	-1.69 (4.30)	-0.13 (0.16)
Follow-up 2 - Affect school	-1.20 (0.38) **	-11.89 (3.60) **	-0.53 (0.18) **
Follow-up 3 - Affect school	-1.08 (0.44) *	-7.22 (3.98)	-0.59 (0.25) *

DERS-36 = Difficulties in Emotion Regulation Scale, EDE-Q = Eating Disorder Examination Questionnaire, TAS-20 = Toronto Alexithymia Scale  
 Follow-up: 1 = at the end of the Affect school, 2 = six months after ending the Affect school, 3 = 12 months after ending the Affect school. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

## Adverse events

There were no adverse events associated with this trial.