**Supplemental Material**

Questions on eating disorder symptoms were based on key items selected from the Eating Disorder Examination Interview1. Each person was asked if, over the last 3 months, they regularly engage in the following behaviours or cognitions with additional follow-up/probe clarification questions:

1. Binge eating (“eating an unusually large amounts of food in one go and at the time feeling that your eating was out of control”). Answers were given in a Likert scale (1- “not at all”, 2- “less than weekly”, 3- “once a week”, 4- “two or more times a week”, 5- “don’t know”, 6- “refused”) and were considered “regular” if it was at least once a week.

2. Purging (“used at least over a week, any of the following: laxatives, diuretics (water tablets), made yourself sick, in order to control weight or shape”). Answers were yes, no or refused.

3. Strict dieting/fasting for weight/shape control (“at least over a week, going on a very strict diet or fasting to control weight or shape”). Answers were yes, no or refused.

4. Weight and shape concerns or overvaluation (“how important an issue has your weight and/or your shape been to how you think about yourself as a person in the last 3 months?). Answers were rated in a scale from 0- “not at all” to 6- “extremely important”. It was considered of at least moderate severity if they scored 4 or more.

Reference

1. Fairburn CG, Cooper Z, O'Connor M. Eating Disorder Examination in Fairburn, C.G. Cognitive Behaviour Therapy and Eating Disorders. Guildford Press, New York, 2008.