**Supplement 2: Excluded studies**

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| **Main reason for exclusion** | **Excluded studies** |
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| **RCTs** |
| **Study on relapse prevention** (N = 2 from recent search, N = 1 from previous meta-analysis)  | Fichter et al. 2012, (1); Godart et al. 2012, (2) |
| **Mixed sample** (N = 8) | Dingemanns et al. 2014, (4); Salbach-Andrae et al. 2009, (5); Simon et al. 2013, (6); Stein et al. 2013, (7); Steinglass et 2014, (8); Vocks et al. 2011, (9); Parling et al. 2016, (10); Kong et al. 2005, (11) |
| **No data on weight change** (N = 1) | Brockmeyer et al. 2014, (12) |
| **Very low quality** (N = 3 from recent search, N = 13 from previous meta-analysis) | Hibbs et al. 2015, (13); Rhodes et al. 2008, (14); Whitney et al. 2012, (15) |
| **Other reasons**: Adaptive treatment approach, not comparable with other studies; sample size not sufficient to answer research question (N = 1) | Lock et al. 2015, (29) |
| **Studies from previous meta-analysis:** N = 14(very low quality, study on relapse prevention)Pike et al. 2003 (3), Bachar et al. 1999 (16); Ball & Mitchell 2004 (17), Bergh et al. 2002 (18), Channon et al. 1989 (19), Eckert et al. 1979 (20), Geist et al. 2000(21), Goldfarb et al. 1987 (22), Le Grange et al. 1992 (23), Pillay & Crisp 1981 (24), Russell et al. 1987 (25), Serfaty et al. 1999 (26), Wallin et al. 2000 (27), Weizmann 1985 (28) |
| **Naturalistic studies** |
| **Mixed sample** (N = 14) | Carter et al. 2009, (30); Marco et al. 2013, (31); Juarascio et al. 2013, (32); Girz et al. 2013, (33); Crino & Djokvucic 2010, (34); Hoste et al. 2015, (35); Henderson et al. 2014, (36); Schaffner & Buchanan 2008, (37); Begin et al. 2013, (38); Exerkate et al. 2009, (39); Johnston et al. 2015, (40); Schnicker et al. 2013, (41); Turner et al. 2015, (42); Dancyger et al. 2003, (43) |
| **No data on weight change; mixed sample**(N = 6)  | Ben-Porath et al. 2010, (44); Ornstein et al. 2012, (45); Jones et al. 2007, (46); Olmsted et al. 2013, (47); Byrne et al. 2011, (48); Paulson-Karlson et al. 2009, (49) |
| **Second time point of measurement not within a time frame of three years** (N = 1) | Amemiya et al. 2012, (50) |
| **No arm on psychotherapy** (N = 1) | Del Valle et al. 2010, (51) |
| **Sample size < 30** (N = 2) | Chen et al. 2015, (52), Goldstein et al. 2011, (53) |
| **Very low quality** (N = 3) | Ashley & Crino 2010, (54), O´Reilly et al. 2014, (55), Gentile et al. 2008, (56) |
| **Other reasons** (N = 3)(No differentiation between treatment settings, archival data; only survival curves reported; data already included from a previous publication of the study) | Freudenberg et al. 2016 (57), Accurso et al. 2015, (100), Calugi et al. 2015, (58) |
| **Excluded naturalistic studies from the previous meta-analysis**: (N = 41)(sample size < N = 30, very low quality, mixed sample, no treatment arm on psychotherapy or no data on weight change):Bossert et al. 1987 (59), Brambilla et al. 1995 (60), Danziger et al, 1989 (61), Deep-Soboslay et al. 2000 (62), Gerlinghoff et al. 1991 (63), Herzog et al. 1996 (64), Herzog et al. 2004 (65), Okamoto et al. 2002 (66), Pertschuk et al 1978 (67), Pertschuk et al. 1981 (68), Waller et al 2003 (69), Zeeck et al. 2006 (70), Geller et al. 2005 (71), Santonastaso et al. 2001 (72), Ro et al. 2004 (73), Vandereycken et al, 1978 (74), Piran et al, 1989 (75), Shugar et al. 1995 (76), Gerlinghoff et al. 1998 (77), Andersen et al. 1996 (78), Barbarich et al. 2004 (79), Fassino et al. 2001 (80), Szabo et al, 1998 (81), Moser et al. 2003 (82), Manara et al. 2005 (83), Jacobi et al. 1997 (84), Lauer et al. 1999 (85), Bean et al. 2004 (86), Bennighoven et al. 2006 (87), Calvo Sagardoy et al. 1989 (88), Griffith et al. 1997 (89), Nussbaum et al. 1985 (90), Steiner et al. 1990 (91), Sutandar Pinnock et al. 2003 (92), Thomä 1961 (93), Treat et al. 2005 (94), Stonehill et al. 1977 (95), Zeeck et al. 2005 (96), Bloks et al. 2001 (97), Carter et al. 2004 (98), Ostuzzi et al. 1999 (99) |

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