

622 **Supplementary Materials**

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29  
30  
31  
32  
33  
34  
35  
36  
37  
38  
39  
40  
41  
42  
43  
44  
45  
46  
47  
48  
49  
50  
51  
52  
53  
54  
55  
56  
57  
58  
59  
60  
61  
62  
63  
64  
65

Table 3  
*Introduction Video*

---

<b>Time (total)</b>	<b>Content</b>
1 Min	Introduction of the Study Team and Contact
13 Min	Introduction of the Core Concepts in Plain Language - Mindfulness ('What' and 'How' Components with Examples) - Mindful Eating (Example "Coming Home After a Long and Exhausting Day and Finding yourself eaten a whole bag of crisps; Translation of the 'what' and 'how' components with the help of this example)
11 Min	Practicing the 9 Hungers
22 Min	Closer Introduction of each of the 9 Hungers
6 Min	Training Procedure & Materials

---

623

624

16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29  
30  
31  
32  
33  
34  
35  
36  
37  
38  
39  
40  
41  
42  
43  
44  
45  
46  
47  
48  
49  
50  
51  
52  
53  
54  
55  
56  
57  
58  
59  
60  
61  
62  
63  
64  
65

Table 4  
Intention-to-Treat Analysis: Primary Outcomes / Secondary Outcomes

	<b>T0</b>	<b>T1</b>	<b>Post (Short-term effects) (Change T1-T0)</b>		<b>T2</b>	<b>Follow-Up (Longer-term effects) (Change T2-T0)</b>	
	<i>M (SD)</i>	<i>M</i>	Within-Group	Between-Group	<i>M</i>	Within- Group	Between-Group
<b>PRIMARY OUTCOMES</b>							
<b>Emotional Eating (DEBQ)</b>							
<b>IG</b>	3.27 (1.23)	2.55	-0.72 (1.02) <i>p</i> < 0.001*	-0.41 <i>p</i> < 0.001*	2.74	-0.53 (0.78) <i>p</i> < 0.001*	-0.39 <i>p</i> < 0.001*
<b>W-CG</b>	3.29 (1.12)	2.97	-0.31 (0.79) <i>p</i> < 0.001*	<i>d</i> = 0.45	3.14	-0.14 (0.70) <i>p</i> = 0.014	<i>d</i> = 0.53
<b>External Eating (DEBQ)</b>							
<b>IG</b>	3.43 (0.84)	2.69	-0.74 (0.76) <i>p</i> < 0.001*	-0.43 <i>p</i> < 0.001*	2.96	-0.47 (0.57) <i>p</i> < 0.001*	-0.37 <i>p</i> < 0.001*
<b>W-CG</b>	3.60 (0.73)	3.28	-0.32 (0.67) <i>p</i> < 0.001*	<i>d</i> = 0.59	3.50	-0.10 (0.64) <i>p</i> = 0.071	<i>d</i> = 0.61
<b>Loss-of-Control Eating (LOCES)</b>							
<b>IG</b>	2.51 (0.97)	1.98	-0.53 (0.78) <i>p</i> < 0.001*	-0.39 <i>p</i> < 0.001*	2.05	-0.46 (0.75) <i>p</i> < 0.001*	-0.27 <i>p</i> = 0.003*
<b>W-CG</b>	2.65 (0.92)	2.51	-0.14 (0.61) <i>p</i> = 0.004*	<i>d</i> = 0.56	2.47	-0.18 (0.70) <i>p</i> = 0.001*	<i>d</i> = 0.38

16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29  
30  
31  
32  
33  
34  
35  
36  
37  
38  
39  
40  
41  
42  
43  
44  
45  
46  
47  
48  
49  
50  
51  
52  
53  
54  
55  
56  
57  
58  
59  
60  
61  
62  
63  
64  
65

**SECONDARY OUTCOMES**

**Mindful Eating (MEI)**

<b>IG</b>	3.29 (0.72)	3.95	0.66 (0.67) <i>p</i> < 0.001*	-0.61 <i>p</i> < 0.001 <i>d</i> = 1.16	3.75	0.46 (0.58) <i>p</i> < 0.001*	-0.32 <i>p</i> < 0.001
<b>W-CG</b>	3.18 (0.71)	3.23	0.05 (0.38) <i>p</i> = 0.080		3.32	0.14 (0.43) <i>p</i> < 0.001*	<i>d</i> = 0.63

**Intuitive Eating (IES-2)**

<b>IG</b>	3.27 (0.60)	3.48	0.21 (0.47) <i>p</i> < 0.001*	-0.20 <i>p</i> < 0.001 <i>d</i> = 0.29	3.44	0.17 (0.44) <i>p</i> < .001*	-0.08 <i>p</i> = 0.177
<b>W-CG</b>	3.15 (0.60)	3.16	0.01 (0.40) <i>p</i> = 0.654		3.24	0.09 (0.40) <i>p</i> < 0.007*	<i>d</i> = 0.12

**Mental Well-being (WHO-5)**

<b>IG</b>	3.55 (1.05)	3.81	0.26 (0.70) <i>p</i> < 0.001*	-0.21 <i>p</i> = 0.001* <i>d</i> = 0.29	3.76	0.21 (0.96) <i>p</i> = 0.070	-0.06 <i>p</i> = 0.656
<b>W-CG</b>	3.44 (1.04)	3.48	0.04 (0.77) <i>p</i> = 0.473		3.59	0.15 (0.97) <i>p</i> = 0.072	<i>d</i> = 0.07

**Self-Compassion (SCS)**

<b>IG</b>	3.08 (0.81)	3.64	0.56 (0.63) <i>p</i> < 0.001*	-0.35 <i>p</i> < 0.001* <i>d</i> = 0.62	3.37	0.29 (0.48) <i>p</i> < .001*	-0.16 <i>p</i> = 0.028
<b>W-CG</b>	3.03 (0.81)	3.24	0.22 (0.48) <i>p</i> < 0.001*		3.17	0.14 (0.48) <i>p</i> < 0.001*	<i>d</i> = 0.38

---

*Note.* IG = intervention group, W-CG = waitlist control group. *M* = Mean, *SD* = standard deviation, *p* = *p*-values, *d* = Cohen's *d* effect size (in grey for non-significant results).