


 Intervention

 Email messages

Q0 = Baseline questionnaire

Q1 = Post-test questionnaire

Q2 = Follow-up questionnaire 3 months

Q3 = Follow-up questionnaire 6 months

Q4 = Follow-up questionnaire 12 months

QA = Additional questionnaire for experimental treatment group in case the intervention is not finished 18 weeks after the start

QP = Pre-intervention questionnaire for waiting list control group before the start of the intervention

QE = Evaluation questionnaire after non-completion of the intervention

¹ Randomization will be stratified by type of eating disorder: BN, BED, EDNOS