

Supplementary materials

Appendix A

Interview Schedule

Experiences of your eating disorder

- Please take me through your journey of your eating disorder.

Explore relationships in childhood with parents/peers

- When did you first notice a problem with food?

Prompt: Was there a particular situation that you think could have triggered these problems (e.g. injury, death of a loved one, bullying)?

Experiences of treatment

- What had your experience of treatment been like before schema therapy?
- *Prompt: What treatment have you experienced/how did you find it?*
- How would you describe your experience with schema therapy?
- *Prompt: Wow did it make you feel? How did it compare to...?*

Understanding of schemas and schema modes

Therapy will have discussed different schemas: How do you understand schemas?

Which schemas do you recognize in yourself?

Therapy will have discussed different modes: How do you understand schema modes?

Which schema modes do you recognize in yourself?

Experience of schema modes

- How do you recognise and identify schema modes within yourself?
- *Prompt: Which ones and do you recognise when you switch modes? How does that mode link to your eating disorder?*
- If you do not recognise modes in yourself, then how have you used schema therapy to get better?
- How have your modes changed during therapy?

Experience of eating disorder/anorexic voice

- In the literature, there is the concept of the eating disorder voice, an inner voice that talks about your eating habits to you. Would you say you have a name for it?
- Does your eating disorder ever feel like another person talking to you or making you do things?
- If so, how do you feel schema therapy has addressed this?

Schema Therapy and recovery

What are the most significant changes you have experienced during schema therapy?

Prompt: how has this helped in recovery?

How would you define recovery?

Prompt: Where would you say you are in stage of recovery?

Would you say the COVID-19 pandemic has affected your recovery?

Would you say your quality of life has improved?

Prompt: How satisfied are you with your quality of life?

Prompt: How satisfied are you with yourself/personal relationships?

Prompt: Would you say you are able to accept your bodily appearances?

How does your eating disorder affect your life now?