**Ecological Momentary Assessment Items**

In the table below, we include the ecological momentary assessment (EMA) items used in our analyses. In Study 1, participants were asked to complete EMA surveys delivered via a smartphone application 5 times a day for 15 days. In Study 2, participants were asked to complete EMA surveys delivered via a smartphone application 4 times a day for 31 days.

|  |  |
| --- | --- |
| ***Constructs and EMA Items Used in Analyses.*** | |
| **Construct** | **Full Item** |
| Binge eating | I eat a very large amount of food in a short period of time and feel out of control. |
|  |  |
| Body checking | I frequently check to see if my body has changed (e.g., by pinching). |
|  |  |
| Body dissatisfaction | I do not like how my body looks. |
|  |  |
| Cognitive restraint | I am deliberately trying to limit the amount of food I eat to influence shape or weight (whether or not I have succeeded). |
|  |  |
| Difficulty relaxing | I find it difficult to relax. |
|  |  |
| Drive for thinness | I am preoccupied with the desire to be thinner. |
|  |  |
| Eating anxiety | I feel anxious when I eat. |
|  |  |
| Emotional avoidance | I am trying to avoid my emotions. |
|  |  |
| Excessive exercise | I feel compelled to exercise and that I must exercise for a certain amount of time and/or in a strenuous manner. |
|  |  |
| Fear of eating in public | It would make me feel self-conscious to eat in front of a stranger at a restaurant. |
|  |  |
| Fear of losing control | I am afraid of losing control. |
|  |  |
| Fear of making mistakes | I am afraid of making mistakes. |
|  |  |
| Fear of rejection | I am afraid that others will not approve of me and reject me. |
|  |  |
| Fear of weight gain | I am terrified of gaining weight. |
|  |  |
| Feeling fat | I feel fat. |
|  |  |
| Feeling ineffective | I feel ineffective as a person. |
|  |  |
| Food and eating rules | I have tried to follow definite rules regarding eating in order to influence shape or weight. |
|  |  |
| Food avoidance | There are certain foods I avoid because they make me anxious. |
|  |  |
| Guilt | I feel guilty. |
|  |  |
| High standards | I have higher goals for myself than most people. |
|  |  |
| Hunger anxiety | Feeling hungry makes me anxious. |
|  |  |
| Interoceptive sensations | I am very sensitive to changes in my internal bodily sensations. |
|  |  |
| Intolerance of uncertainty | I cannot stand not knowing what is going to happen in the future. |
|  |  |
| Intrusive thoughts about food | I have thoughts about food that I cannot stop. |
|  |  |
| Meal rumination | I am thinking about a recent meal time wishing it had gone better. |
|  |  |
| Obsessions | I am upset about unpleasant thoughts that come into my mind against my will. |
|  |  |
| Overvaluation of weight and shape | My weight and/or shape is influencing how I think about (judge) myself as a person. |
|  |  |
| Overwhelming emotions | I am experiencing my emotions as overwhelming and out of control. |
|  |  |
| Physical sensations of eating | I don't like the physical sensations I feel when eating. |
|  |  |
| Rumination | I am having repeated thoughts or images about an event that happened and wishing it had gone better. |
|  |  |
| Self-criticism | I'm disapproving and judgmental about my own flaws and inadequacies. |
|  |  |
| Shame | I feel ashamed. |
|  |  |
| Social appearance anxiety | I am worrying people are judging the way I look negatively. |
|  |  |
| Worry | I am worrying about something. |