

Table 1. Demographic and clinical characteristics of the sample.

| | ECHO group (n = 99) | TAU group (n = 50) |
|---|------------------------|-----------------------|
| | Mean (SD)/N (%) | Mean (SD)/N(%) |
| <i>Patient</i> | | |
| Age | 16.90 (2.17) | 16.86 (2.06) |
| Female : Male | 89 (90): 10 (10) | 48 (96): 2 (4) |
| Ethnicity | | |
| White British/Other White | 93 (94) | 47 (94) |
| Asian/Asian British/Other Asian | 2 (2) | 3 (6) |
| Mixed White and Black African/Caribbean | 3 (3) | 0 |
| Missing | 1 (1) | 0 |
| BMI on admission (kg/m ²) | 16.78 (2.33) | 16.97 (2.03) |
| Weight for Height % | 82.23 (11.88) | 83.90 (10.40) |
| Primary diagnosis | | |
| Anorexia nervosa | 71 (72) | 41 (82) |
| Atypical anorexia nervosa | 28 (28) | 9 (18) |
| Severity of AN symptoms (SEED AN-TSI) | 1.85 (.61) | 1.90 (.55) |
| Illness duration (months) | 22.14 (22.39) | 22.76 (22.57) |
| <i>Primary Carers</i> | | |
| Age | 48.17 (5.78) | 48.52 (4.92) |
| Female : Male | 92 (93): 7 (7) | 50 (100): 0 (0) |
| Carer type | | |
| Mother | 90 (91) | 49 (98) |
| Father | 7 (7) | 0 |
| Grandmother | 1 (1) | 0 |
| Sibling | 1 (1) | 1 (2) |
| # years in education | 15.18 (2.71) | 15.98 (5.03) |
| Employment status | | |
| Full time | 34 (34) | 13 (26) |
| Part time | 35 (35) | 24 (48) |
| Unemployed / retired / sick leave / student | 22 (22) | 10 (20) |
| Other | 8 (8) | 3 (6) |
| Ethnicity | | |
| White British/Other White | 94 (95) | 47 (94) |
| Asian/Asian British/Other Asian | 2 (2) | 1 (2) |
| Other ethnic group | 0 | 1 (2) |
| Missing | 3 (3) | 1 (2) |
| Marital status | | |
| Married / living together | 72 (73) | 38 (76) |
| Single/divorced /separated/widowed | 27 (27) | 12 (24) |

Table 2. Carer and patient distress (DASS) at baseline (Time 0) and one year follow up (Time 1) in the ECHO and TAU groups.

| | Time 0 M (SD) | Time 1 M (SD) | t | <i>p</i> | <i>d.</i> |
|---------------------|------------------|------------------|-------|----------|-----------|
| ECHO group (n = 99) | | | | | |
| Carer distress | 34.58 (26.90) | 32.27 (24.78) | .646 | .520 | 0.07 |
| Patient distress | 62.34 (30.82) | 49.93 (31.62) | 3.619 | .001 | 0.41 |
| TAU group (n = 50) | | | | | |
| Carer distress | 29.24 (18.08) | 31.61 (28.74) | -.381 | .705 | -0.06 |
| Patient distress | 71.39 (30.17) | 52.76 (33.18) | 3.465 | .002 | 0.62 |

Table 3. APIM analysis for carer' and patients' distress at baseline (Time 0) and 1 year follow-up (Time 1) by treatment group.

| <i>APIM parameters</i> | <i>ECHO group</i> | | | | <i>TAU group</i> | | | |
|---|-------------------|-----------|----------|----------|------------------|-----------|----------|----------|
| | <i>b (β)</i> | <i>SE</i> | <i>t</i> | <i>p</i> | <i>b (β)</i> | <i>SE</i> | <i>t</i> | <i>p</i> |
| <i>Actor effects</i> | | | | | | | | |
| Carer distress T0 → Carer distress T1 | .401 (.431) | .102 | 3.936 | .000 | .745 (.474) | .200 | 3.727 | .000 |
| Patient distress T0 → Patient distress T1 | .482 (.463) | .105 | 4.602 | .000 | .675 (.584) | .225 | 2.994 | .003 |
| Patient BMI T0 → Patient distress T1 | 1.694 (.125) | 1.358 | 1.247 | .212 | 1.747 (.102) | 2.764 | .632 | .527 |
| Duration of illness T0 → Patient distress T1 | -.281 (-.198) | .157 | -1.782 | .075 | -.385 (-.250) | .320 | -1.202 | .230 |
| Patient Age T0 → Patient distress T1 | .415 (.029) | 1.621 | .256 | .798 | 3.905 (.231) | 3.659 | 1.067 | .286 |
| <i>Partner effects</i> | | | | | | | | |
| Carer distress T0 → Patient distress T1 | .201 (.171) | .115 | 1.750 | .080 | -.027 (-.014) | .304 | -.088 | .930 |
| Patient distress T0 → Carer distress T1 | .117 (.142) | .086 | 1.368 | .171 | .318 (.336) | .123 | 2.589 | .010 |
| Patient BMI T0 → Carer distress T1 | -.668 (-.062) | 1.102 | -.606 | .544 | 2.724 (.195) | 1.695 | 1.607 | .108 |
| Duration of illness T0 → Carer distress T1 | .002 (.002) | .133 | .014 | .989 | -.216 (-.172) | .232 | -.930 | .352 |
| Patient Age T0 → Carer distress T1 | -1.626 (-.141) | 1.297 | -1.254 | .210 | 1.584 (.115) | 2.283 | .694 | .488 |