

Supplementary file 2

Effectiveness and Acceptability of the Physical Exercise and Dietary Therapy in a Healthy Life Centre

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Interview on *expectations* to treatment

(Not included herein as it is not relevant for current publication)

Interview on *experiences* from treatment

Experience with HLC as a treatment arena and the therapist competence

What are your experiences with ED-therapy in the municipal primary healthcare context, the HLC?

How did you experience to participate in a group therapy, specifically considering the arrangement in the local community?

Did you feel professionally cared for by the therapists?

Experience with the therapy modules (dietary therapy and exercise therapy)

How did you experience the dietary therapy?

How did you experience the split arrangement of the dietary therapy (education and dialogue)?

Did you personally experience any benefit from the dietary therapy, in terms of ED symptom alleviation?

What benefits did you experience from the dietary education, and what benefit did you experience from the dietary group dialogue?

How did you experience the exercise therapy?

What were your experience on participating in exercise therapy arranged in a public arena (public training facility) with the group of participants?

What (if any) benefits did you experience from the exercise therapy?

Treatment benefits

Do you experience that the therapy has benefited your ED severity? Can you specify what improvement you have experienced, and what exactly you think were of help?

If you did not improve, what could have been done differently, or what did you miss?