

Table 2. Summary statistics and adjusted between-group mean differences for all outcome measures.

	PE+TAU group		TAU group		Adjusted mean difference (95% CI)	<i>p</i> value	η^2
	Mean score (SD)	<i>n</i>	Mean score (SD)	<i>n</i>			
BMI							
Baseline	34.7 (7.5)	13	35.4 (5.1)	12			
Week 5	34.1 (7.5)	11	37.6 (5.6)	11	-2.61 (-3.98, -1.23)	0.001	0.47
MEQ							
Baseline	2.7 (0.3)	13	2.5 (0.2)	12			
Week 5	2.8 (0.3)	11	2.5 (0.2)	11	0.07 (-0.12, 0.27)	0.45	0.03
CWS							
Baseline	38.7 (16.2)	13	39.9 (18.3)	12			
Week 5	33.5 (18.4)	11	39.3 (14.5)	11	-4.79 (-16.4, 6.78)	0.39	0.04

BMI: Body Mass Index (kg/m²); CWS: Cambridge Worry Scale; MEQ: Mindful Eating Questionnaire; PE: Psychoeducation; TAU: Treatment-as-usual. η^2 = Partial eta squared for between-group effect size.