

Table 1.

Pre- and post-group mean scores and standard deviations on weight (kg), difficulty with flexibility in everyday life, impact of attention to detail in daily life, satisfaction with life, and low mood and anxiety symptoms.

	Pre- group	Post- group	Change Score
	<i>M(SD)</i>	<i>M(SD)</i>	<i>M</i>
Weight (kg)	61.5(20.5)	62.7(21.7)	-1.2
Difficulty in Flexibility in Every Day Life	6.4(0.9)	5.2(1.4)	1.2
Impact of Attention to Detail in Daily Life	6.6(1.5)	4.91(2.2)	1.69
Satisfaction with Life	13.6(5.1)	17.0(6.6)	-3.4
Low Mood Symptoms	26.0 (13.8)	16.0(10.8)	10.0
Anxiety Symptoms	21.0 (13.0)	14.2(7.9)	6.8

Table 2

Participant's qualitative statements about what they liked or disliked about the CRT group.

What I liked about the CRT Group	What I disliked about the CRT Group
<p><i>I really enjoyed CRT and the more I practiced it in between the more benefit I got.</i></p> <p><i>CRT challenges me to think about how rigid my thinking is.</i></p> <p><i>I learned not to do the same thing over and over again and expect a different result",</i></p> <p><i>CRT is helpful. My friends have noticed a huge difference in my attitude and thinking style I've already made progress in my flexibility in eating and exercise.</i></p>	<p><i>I'd like it to be more related to the eating disorder as well as real life at the end of groups.</i></p>