

Table S1

## STRATEGIES AND RECOMMENDATIONS DURING COVID-19

IN RESPONSE TO	MALADAPTATIVE STRATEGY	ADAPTATIVE STRATEGY
<b>RECOMMENDATIONS FOR PATIENTS</b>		
<b>Eating Specific Situations</b>		
Concerns about increasing weight/shape	Restriction/ Negative thinking/ Hyperactive behavior, such as excessive cleaning /Grazing/ Arguing with family members	Coping Strategies/ Positive Thinking/ Day planning/Routines/ Enjoyable activities/Virtual and real social contact (family, friends), Mild physical exercise/
Concerns about excessive grazing/overeating	Restriction/ Purging behavior/ Negative thinking/ Arguing with family members/ Punishing yourself	Meal planning/ Cooking with the family, planning special dishes (each family member can choose a different one)/ Coping Strategies/ Positive Thinking
Lack of Regular Sport/Activity	Restriction/ Negative thinking/ Hyperactive behavior such as cleaning/ Arguing with family members	Coping Strategies/ Positive Thinking/ Day planning/Mild physical exercise with music/Dance/Relaxation exercises/ yoga
Lack of overcontrolling	Repetitive, recurrent and obsessive thoughts about the issues we usually try to over-control/checking behaviors/Rituals/Over-control of details/Hypervigilance about the issues we are concerned about/ Muscle tension/ Physical stiffness/Avoidance behaviors	Positive thinking/ Coping strategies/Seeking rewarding stimuli/Alternative thinking/Relaxation exercises/Diaphragmatic and deep breathing/Meditation/Mindfulness
<b>Non-eating Specific Situations</b>		
Concerns about uncertainty (life/work/ future)	Negative thinking/ Grazing	Coping Strategies / Positive thinking/Virtual social contact/ Seeking reinforcement and self-reinforcement/ Rewarding activities/ Keeping a diary of positive situations during the days of confinement (relaxing time with the family, conversations we never had time to have with family and friends)/Playing with the family
Concerns about infection me/others	Negative thinking/ Grazing	Consider the recommendations that health authorities advise (no more and no less)/Disconnect/ Be busy/ Routines/Pleasant activities/

Boring feelings	Negative thinking/ Sleeping/ Hanging out	Plan out your tasks for the day/ Design pleasant and enjoyable activities for each day/Think about what you like best and try to put it into practice (with the limitations of confinement)/Be imaginative/Take advantage of the opportunity to learn what you never had time to do/ Stay in contact with people that are important to you.
Feelings of loneliness	Negative thinking/ Sleeping/ Hanging out	Search for social contacts/Plan activities with your friends and organize them virtually/Search for activities that interest you through the web and get involved in them (book club, games, music, any form of artistic expression, etc.)/Explore your talents and offer them to those who may need them by means of social media (virtual math classes, language, literature, painting, crafts, music, etc.)/ Define specific time to be spent alone.

## RECOMMENDATIONS FOR CAREGIVERS

### Eating Specific Situations

Patient expressing concerns about body/shape/ activity	Negative thinking/ Blaming/ Arguing	Relax, take a deep breath, let her/him/them express their concerns, her/his/their fears. Stop your need to advise her/him/them immediately, to tell her/him/them what to do. It's a golden opportunity to understand her/his/their concerns, her/his/their fears. She/he/they need(s) you to understand how she/hethey feel(s), to be empathetic, to give her/him/them confidence and to tell her/him/them that you will be by her/his/their side to face the difficulties and challenges of every day.
Patient expressing concerns about uncertainty	Negative thinking/ Blaming/ Arguing	Help her/him/them to think positively, to value each moment, not to worry about the future, to think about the day-to-day, not to judge or criticize her or himself or themselves, to set achievable daily goals/challenges and to strengthen her or himself for themselves after having achieved them. Reinforce it for them.
Lack of Regular Sport/Activity	Restriction/ Negative thinking/ Hyperactive behavior, such as compulsive cleaning,	Organize a few daily sessions of gentle exercise/Diaphragmatic breathing/Meditation and mindfulness (there are many simple options to implement)/ Divide household duties among the whole family (it's a way of working together and getting exercise)/ Support daily routines.

## RECOMMENDATIONS FOR THERAPISTS

Worries about safety of patient and competency in the new form of service	Negative thinking/	Plan and Set up a safeguarding scenario/ Who to telephone / Local services/ How could accountability be managed (e.g., friend/family member or self-weighting)/ Simple physical tests (e.g., getting up from squat)/ Looking at ankles for oedema etc./ Positive thinking
Own fears and concerns about uncertainty	Negative thinking/	Teamwork and supervision/ Positive thinking/ Coping Strategies/ Communicating with others (colleagues, friends, family)
Concerns about infection me/others	Negative thinking/	Positive thinking/ Coping Strategies/ Limit your media consumption regarding COVID-19 and try to be selective (only known sources) when looking for information.
Feelings of loneliness	Negative thinking/	Teamwork and supervision/ Positive thinking/ Coping Strategies/ Seeking rewarding situations/ Communicating with others (colleagues, friends, family)

**Coping Strategies:** Painting, Music listening, Relaxation Strategies/ Homework/ Studying/ TV watching/ Communicating with friends or family members/ Teleconferencing with colleagues/ Mild exercising/ dedicating time for yourself

### Positive and Alternative Thinking:

This confinement will be during a limited period of time/ It's important to keep the guidelines I've learned, relax and stay calm...maybe it's time to look at the list of alternative situations/ I'm not alone in all this... I have people who want to help me and who are beside me/ Being confined doesn't mean isolated, who could I call?/ Can I share these feelings/concerns with my family?/ Can I write down these feelings? How about I send them to my therapist?/ It's important to maintain a routine...of food, mild physical exercise/

Arguing with my family at this time does not help me/ Now I want to concentrate on the here and now, I do not know what will happen tomorrow

### Additional resources and recommendations:

For children and Adolescents

<https://oegkjp.at/aktuelles-2/>