

## Supplementary Material

**Supplementary Table 1**

*Zero order correlations for all variables at baseline*

Variables	1	2	3	4	5	6	7	8
1. SAAS	—							
2. ABC	0.43***	—						
3. BDDYBOCS	0.43***	0.54***	—					
4. SPIN	0.36***	0.26*	0.30**	—				
5. ED15	0.46***	0.43***	0.58***	0.34***	—			
6. BAAS	0.54***	0.55***	0.70***	0.47***	0.58***	—		
7. CESD	0.29**	0.23*	0.43***	0.31**	0.44***	0.39***	—	
8. STICSA	0.38***	0.32**	0.49***	0.52***	0.46***	0.56***	0.67***	—
9. APT	0.33**	0.36***	0.46***	0.28**	0.27**	0.57***	0.19	0.31**

*Note.* SAAS = Social Appearance Anxiety Scale; ABC = Appearance Behaviors Checklist; BDDYBOCS = Yale-Brown Obsessive Compulsive Scale for BDD; SPIN = Social Phobia Inventory; ED-15 = Eating Disorder-15; BAAS = Beliefs about Appearance Scale; CESD = Center of Epidemiologic Studies Depression Scale; STICSA = State-Trait Inventory for Cognitive and Somatic Anxiety; APT = Appearance Preference Task.

\*\*\*  $p < .001$ , \*\*  $p < .01$ , \*  $p < .05$ .

**Supplementary Table 2***Mediation models of manipulation on symptom outcomes via change in self-reported appearance importance*

	<i>Mediator: Mid Appearance Importance (a Path)</i>			<i>Symptom outcome at Post Manipulation</i>			
	<i>b</i>	<i>SE</i>	<i>p</i> -value	<i>b</i>	<i>SE</i>	<i>p</i> -value	95% CI
<b>SAAS</b>							
Condition	-6.09	1.97	.002	-6.97	2.26	.002	
Baseline SAAS				0.25	0.23	.289	
Baseline BAAS	0.84	0.07	<.001				
Mid BAAS				0.54	0.10	<.001	
Indirect				-3.30	1.20		[-5.85, -1.14]
<b>BDDYBOCS</b>							
Condition	-6.09	1.97	.002	-2.84	0.87	.001	
Baseline BDDYBOCS				0.63	0.15	<.001	
Baseline BAAS	0.84	0.07	<.001				
Mid BAAS				0.09	0.04	.042	
Indirect				-0.52	0.32		[-1.27, -0.05]
<b>SPIN</b>							
Condition	-6.09	1.97	.002	-3.90	1.74	.025	
Baseline SPIN				0.63	0.07	<.001	
Baseline BAAS	0.84	0.07	<.001				
Mid BAAS				0.20	0.05	<.001	
Indirect				-1.19	0.54		[-2.43, -0.31]
<b>ED15</b>							
Condition	-6.09	1.97	.002	-0.40	0.20	.046	
Baseline ED15				0.65	0.09	<.001	
Baseline BAAS	0.84	0.07	<.001				
Mid BAAS				0.02	0.01	.012	
Indirect				-0.11	0.06		[-0.25, -0.02]

*Note.* SAAS = Social Appearance Anxiety Scale; BDDYBOCS = Yale-Brown Obsessive Compulsive Scale for BDD; SPIN = Social Phobia Inventory; ED-15 = Eating Disorder-15; BAAS = Beliefs about Appearance Scale;

*b*= Unstandardized coefficient, *SE* = standard error, 95%CI = Bootstrapped 95% Confidence intervals.

### **Supplemental Table 3.**

#### *Appearance behavior checklist.*

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1. Check your appearance in reflective surfaces throughout the day (e.g., mirrors, windows, camera on phone).
  2. Closely examine your facial features (e.g., proportion, size, shape, alignment of eyes, nose, mouth, forehead, cheeks, chin).
  3. Closely examine your skin (e.g., texture, color, pores, blemishes).
  4. Closely examine your hair (e.g., texture, color, fullness, hairline, facial hair).
  5. Closely examine your upper body (e.g., proportion and muscularity of shoulders, neck, arms, chest; wrists, hands, fingers).
  6. Closely examine your lower body (e.g., proportion and muscularity of legs; ankles, feet).
  7. Touch, feel, or measure features throughout the day (e.g., feel for moles, bumps, blemishes on skin; touch hair to check it; measure facial and body features).
  8. Groom your hair (e.g., brushing, styling, applying product, comb fingers through).
  9. Groom your skin (e.g., washing, exfoliating, tweezing stray hairs, picking at blemishes/dry skin).
  10. Cover up/camouflage an aspect of your appearance so it is less noticeable using makeup (e.g., foundation, contouring), hair (e.g., covering face or neck/shoulders with hair), clothing (e.g., wearing hat, scarf, hooded jacket, baggy clothes, closed-toed shoes), and/or body positioning (e.g., standing up straight, purposely angling yourself away from or towards the light, holding your hand up to your face).
  11. Avoid situations/activities in which your body will be exposed for an extended period of time (e.g., break eye-contact or look away periodically during long face-to-face conversations; cover up when going swimming).
  12. Ask others (e.g., family, friends) to comment on how you look (e.g., if something about your face or body is normal/looks okay).
  13. Compare your appearance to others' (e.g., friends, people on TV or in magazines, passersby, etc.).
  14. Search online for ways to manage, conceal, or alter/improve appearance (e.g., product reviews, exercise or styling tips, forums, Pinterest, YouTube tutorials; dermatological/cosmetic procedures such as microdermabrasion, breast implants, rhinoplasty, etc.).
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## Supplemental Table 4

*Summary of Score Ranges of Study Variables Across Conditions*

Measure	Baseline <i>M</i> ( <i>SD</i> )		Midmanipulation <i>M</i> ( <i>SD</i> )		Postmanipulation <i>M</i> ( <i>SD</i> )	
	SB Fade ( <i>n</i> = 47)	Control ( <i>n</i> = 47)	SB Fade ( <i>n</i> = 46)	Control ( <i>n</i> = 47)	SB Fade ( <i>n</i> = 45)	Control ( <i>n</i> = 46)
SAAS	53-77	53-76	30-78	31-80	24-73	31-80
ABC	20-138	13-124	22-108	36-123	13-116	12-124
BDDYBOCS	13-31	4-29	9-28	7-38	7-28	4-32
SPIN	14-64	12-59	5-61	8-66	1-56	10-62
ED15	0.5-5.4	0.3-5.2	0.2-5.3	0-6	0.3-5.2	0.4-5.3
BAAS	22-74	19-74	18-69	13-78	9-70	13-74
CESD	4-49	6-43			1-40	3-45
STICSA	27-70	26-71			22-76	29-77
APT	0-24	0-29	0-24	0-30	0-22	0-31

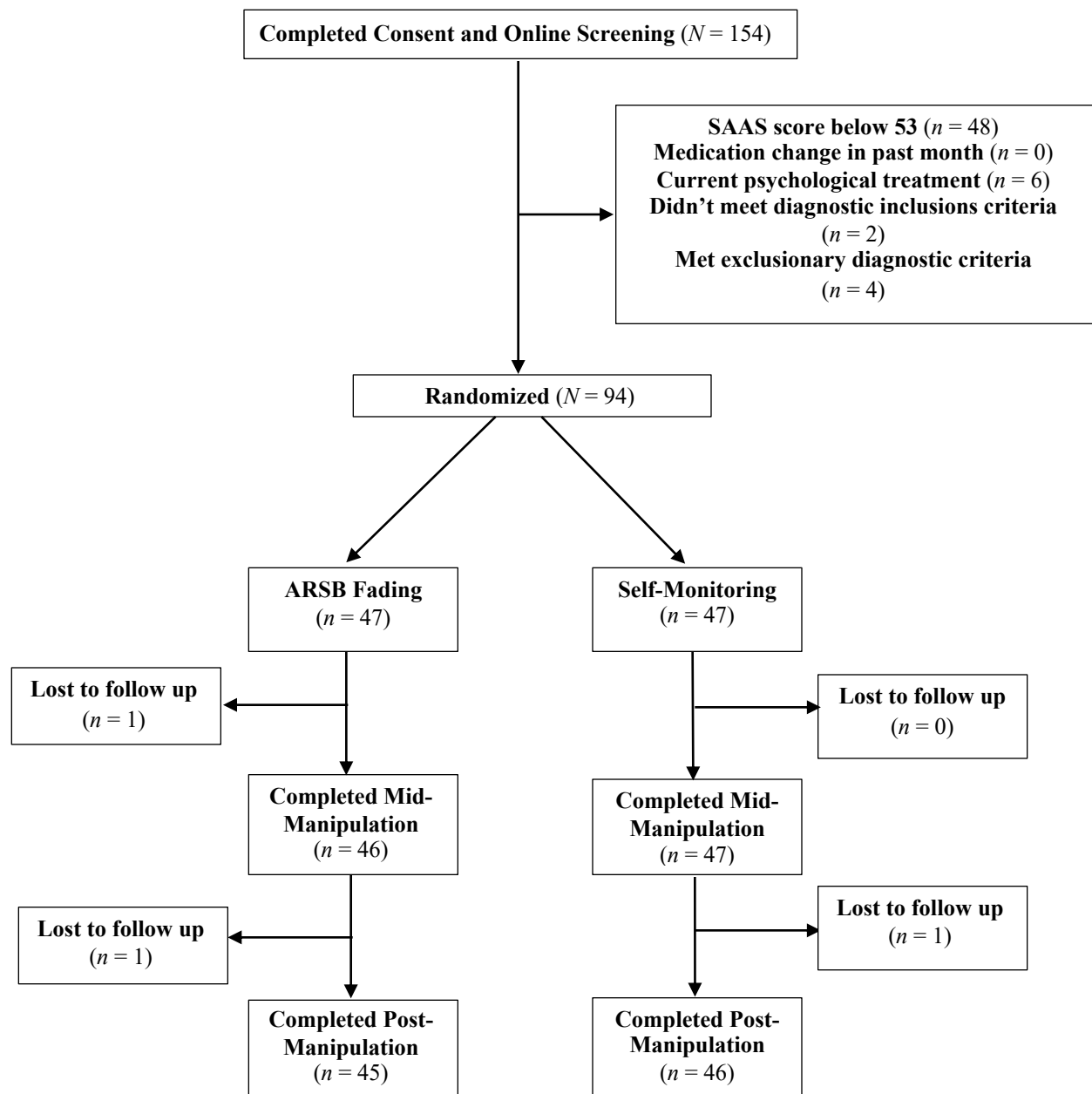
*Note.* *M* = Mean; *SD* = Standard Deviation; SAAS = Social Appearance Anxiety Scale; ABC = Appearance Behaviors Checklist; BDDYBOCS = Yale-Brown Obsessive Compulsive Scale for BDD; SPIN = Social Phobia Inventory; ED-15 = Eating Disorder-15; BAAS = Beliefs about Appearance Scale; CESD = Center of Epidemiologic Studies Depression Scale; STICSA = State-Trait Inventory for Cognitive and Somatic Anxiety; APT = Appearance Preference Task.

**Supplementary Table 5***Mediation models of manipulation on symptom outcomes via change in self-reported appearance related safety behaviors*

	<i>Pre-to-Mid ARSBs</i>			<i>Pre-to-Post ARSBs</i>		
	<i>b</i>	<i>p</i> -value	95% CI	<i>b</i>	<i>p</i> -value	95% CI
<b>SAAS</b>						
Condition → ARSBs (a)	-17.35	<.001		-24.42	<.001	
ARSB → SAAS (b)	0.14	.058		0.26	<.001	
Condition → SAAS (c')	-6.75	.015		-2.15	0.378	
Indirect	-2.42		[-5.21, 0.09]	-6.33		[-10.34,-3.15]
<b>BDDYBOCS</b>						
Condition → ARSBs (a)	-17.32	.007		-24.49	<.001	
ARSB → BDDYBOCS (b)	0.05	.089		0.08	<.001	
Condition → BDDYBOCS (c')	-2.54	.007		-1.52	.072	
Indirect	-0.88		[-2.10, 0.14]	-1.85		[-3.55, -0.66]
<b>SPIN</b>						
Condition → ARSBs (a)	-17.50	<.001		-24.78	<.001	
ARSB → SPIN (b)	0.09	.033		0.07	.056	
Condition → SPIN (c')	-3.40	.061		-3.19	.094	
Indirect	-1.65		[-3.36, -0.18]	-1.79		[-4.27, 0.02]
<b>ED15</b>						
Condition → ARSBs (a)	-17.40	<.001		-24.53	<.001	
ARSB → SPIN (b)	0.01	.273		0.02	<.001	
Condition → SPIN (c')	-0.42	.050		-0.18	.348	
Indirect	-0.11		[-0.31, 0.08]	-0.36		[-0.64, -0.15]

*Note.* SAAS = Social Appearance Anxiety Scale; BDDYBOCS = Yale-Brown Obsessive Compulsive Scale for BDD; SPIN = Social Phobia Inventory; ED-15 = Eating Disorder-15; BAAS = Beliefs about Appearance Scale; *b*= Unstandardized coefficient 95%CI = Bootstrapped 95% Confidence intervals.

(*c'*) = *c path* (independent variable predicting outcome); (*b*) = *b path* (mediator predicting outcome); (*a*) = *a path* (independent variable predicting mediator. All models included baseline levels of outcomes and ARSBs as covariates.



*Supplementary Figure 1.* CONSORT Participant flow chart

## Language Script used for providing instructions to participants.

- If allocated to ARSB Fading
  - *“Now, for the daily text messages, your job will be to reduce or stop certain behaviors that we are interested in studying for 28 days. We want to know what it’s like to reduce these things in people and what that looks like if you do it. To help you with this, you will receive a daily text-message at 8PM that will remind you to reduce these behaviors as well as a survey that will ask you how often you used these behaviors in the past day. This survey will take 1 minute, and example behaviors are spending time looking at a mirror, grooming your skin, asking people how you look, or avoiding people or places because you are worried about your appearance being judged. Here is a full list of behaviors for you to review (**Researcher then presented the ABC checklist**). Please note that the checklist does not need to be completed right at 8PM, but they should be done by some time in that evening. If you miss a checklist that is okay, but do not try to make them up the next day, just wait for the next checklist. Does that make sense?”*
- If allocated to Control
  - *“Now, for the daily text messages, you will be keeping track of some behaviors that we are interested in for 28 days. Kind of like a daily diary. We are interested in knowing what these behaviors look like day-to-day. Your job is to track them every day. You will receive a daily text message at 8PM that will have a link to a 1-minute survey where you will log the behaviors for that day. These behaviors include things like spending time looking at a mirror, grooming your skin, asking people how you look, or avoiding people or places because you are worried about your appearance being judged (**Researcher then presented the ABC checklist**). Please note that the checklist does not need to be completed right at 8PM, but they should be done by some time in that evening. If you miss a checklist that is okay, but do not try to make them up the next day, just wait for the next checklist. Does that make sense?”*