Reviewer’s report

Title: Family-based intervention in adolescent restrictive eating disorders: Early treatment response and low weight suppression is associated with favourable one-year outcome

Version: 0 Date: 05 Apr 2017

Reviewer: Scott Crow

Reviewer’s report:

This paper describes the results of one-year followup on what appears to be a previously-reported sample studying a family-based type of treatment (that is not FBT) in the treatment of people with restricting eating disorders, including anorexia nervosa, but also people with OSFED with a restrictive component at relatively healthier weight. It appears that the sample has been enlarged and broadened somewhat, and one-year follow-up is now provided. The results showed that there was substantial improvement; clinical diagnosis and EDE-Q scores were used as outcome measures, and a number of predictors of better outcome were identified.

These results are useful and expand our knowledge on this topic. The paper has a number of strengths, including a large sample and the inclusion of people with OSFED. There are some limitations as well. These include the modest follow-up rate (69%), and the use of what appears to be a clinical outcome only (not EDE-Q) at one year.

Several changes would strengthen the paper. First, it appears that they are using weight suppression at one year follow-up to "predict" better outcome at that same follow-up point. Can this simultaneous variable really be predictive?

Second, I like the use of the EDE-Q scores below 2.0 and eating disorder based on clinical interview as outcome measures, but was somewhat surprised that they didn't attempt to derive a more rigorous outcome measure, as has been done somewhat analogously in other studies (for example, both no clinical eating disorder on interview and EDE scores below 2.0).

Third, it appears that for people who came in with OSFED and were weight-suppressed, there was no effort made to restore any weight. This probably should be discussed, and perhaps defended.

The authors should be careful about description of the implications of these findings. In the Discussion, they state that the results will be pertinent to "family-based treatments," and this will be taken by some to apply to FBT. The results may, in fact, be relevant to our understanding of FBT, but as this was a somewhat different treatment, that sort of inference should be made with considerable caution.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.
Yes

**Does the work include the necessary controls?**
If not, please specify which controls are required in your comments to the authors.

Yes

**Are the conclusions drawn adequately supported by the data shown?**
If not, please explain in your comments to the authors.

Yes

**Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?**
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

Not relevant to this manuscript

**Quality of written English**
Please indicate the quality of language in the manuscript:

Acceptable

**Declaration of competing interests**
Please complete a declaration of competing interests, considering the following questions:

1. Have you in the past five years received reimbursements, fees, funding, or salary from an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

2. Do you hold any stocks or shares in an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

3. Do you hold or are you currently applying for any patents relating to the content of the manuscript?

4. Have you received reimbursements, fees, funding, or salary from an organization that holds or has applied for patents relating to the content of the manuscript?

5. Do you have any other financial competing interests?

6. Do you have any non-financial competing interests in relation to this paper?

If you can answer no to all of the above, write 'I declare that I have no competing interests' below. If your reply is yes to any, please give details below.
I declare that I have no competing interests.

I agree to the open peer review policy of the journal. I understand that my name will be included on my report to the authors and, if the manuscript is accepted for publication, my named report including any attachments I upload will be posted on the website along with the authors' responses. I agree for my report to be made available under an Open Access Creative Commons CC-BY license (http://creativecommons.org/licenses/by/4.0/). I understand that any comments which I do not wish to be included in my named report can be included as confidential comments to the editors, which will not be published.

I agree to the open peer review policy of the journal.