

Supplementary File S1: Study protocol

Adopted from PRISMA-P (Preferred Reporting Items for Systematic review and Meta-Analysis Protocols) and PROSPERO.

Topic	Content
Title	Addressing Body Image Disturbance through Metaverse-Related Technologies: A Systematic Review.
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Type and method of review	Systematic review
Contributions	<p>E.R. led the conception and design of the study, screening of included studies, data analysis and interpretation and wrote the first draft of the manuscript. M. P and A.P-R. were responsible for data extraction M. P, A.P-R., P.E-R., M.G.-M., and E.R. substantially contributed to analysis, data interpretation, and revised the work critically. All authors gave the final approval of the version to be published and agreed to be accountable for all aspects of the work by ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.</p>
Sources/Sponsors	No funding received for this research.
Conflict of interest	Authors declare no conflict of interest.
Rationale	In this systematic literature review, we seek to answer the following 3 questions:

	<ul style="list-style-type: none"> - (1) Are Metaverse-related technologies useful in mitigating body image disturbance in patients diagnosed with Anorexia nervosa and Bulimia nervosa? - (2) What are the advantages and disadvantages? - (3) Are the patients satisfied after using this kind of technology?
Eligibility criteria	<p>Inclusion criteria:</p> <ul style="list-style-type: none"> (1) Primary research studies (journal articles) involving Metaverse-related technologies to increase body image distortion in eating disorders as Anorexia nervosa and Bulimia nervosa. (2) Published in English language between 2013 and 2023. <p>Exclusion criteria:</p> <ul style="list-style-type: none"> (1) Studies involving the use of Metaverse-related technologies but not including body image distortion in patients diagnosed with Anorexia nervosa or Bulimia nervosa. (2) Protocols with unpublished results, narratives reviews, no journal articles (congress abstract, book chapters or Thesis). (3) Other language than English.
Information sources	<p>A systematic review was conducted, based on the scientific literature published in EBSCO Discovery Service, and Web of Science (WOS), throughout the last decade (2013-2023), was carried out in July 2023.</p>
Search strategy	<p>Search strategy for all the database search:</p> <p>Filters: English language; year of publication 2013-2023. Conducted in July 2023.</p> <p>The results were extracted with the query string:</p> <p>("metaverse" OR "augmented reality" OR "extended reality" OR "virtual reality" OR “mixed reality”) AND ("anorexia"</p>

	OR "bulimia" OR "eating disorders" OR "disordered eating" OR "binge eating disorder") AND ("body image" OR "body perception" OR "body treatment" OR "body dissatisfaction" OR "body image distortion" OR "body image disturbance" OR "body size estimation" OR "self-image").
Type of included study	Only Journal Articles.
Studied domain	Eating Disorder; Digital Health.
Population/Participants	Body Image Disturbance in Anorexia nervosa or Bulimia nervosa.
Data collection and selection process	E.R. led the conception and design of the study, screening of included studies interpretation, and wrote the first draft of the manuscript. M.P. and A.P.-R. were responsible for data extraction, data analysis, and interpretation. M. P and A.P-R. were responsible for data extraction M. P, A.P-R., P.E-R., M.G.-M., and E.R. substantially contributed to analysis, data interpretation, and revised the work critically. All authors gave the final approval of the version to be published and agreed to be accountable for all aspects of the work by ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.
Data items for coding	The following data will be extracted from the selected articles: 1) publication year, (2) country, (3) study design, (4) study aim, (5) sample size and mean participants' age, (6) eating disorder addressed, (7) Body Image Disturbance tested, (8) training using Metaverse-Related Technologies, (9) Metaverse-Related Technology used, (10) useful to improve Body Image Disturbance, (11) questionnaire used, (12) main advantages/disadvantages, and (13) students' satisfaction.
Outcomes and prioritization	The primary outcomes were the type of training using Metaverse-Related Technologies developed, the kind of Metaverse -Related Technology used, its usefulness to

	enhance useful to improve Body Image Disturbance in AN and BN patients, and finally, the questionnaire used for patient's assessment. The secondary outcomes were the main advantages and disadvantages of the trainings developed, as well as the patients' satisfaction levels after using Metaverse - Related Technology.
Data synthesis	The PRISMA statement will be followed for data synthesis and a narrative synthesis of the included studies will be performed.
Language	English.
Country	Spain.
Anticipated or actual start date	July 2023.
Anticipated or actual end date	September 2023.

Adopted from:

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