

Supplementary File S3

Excluded	Reason for exclusion
Porras-García et al., 2020 [47]	Evaluates changes in fear of weight gain (FWG), not body image disturbance.
García et al., 2019 [48]	Does not use a clinical sample of AN and/or BN, but rather a “non-clinical” sample.
So et al., 2022 [49]	Review that encompasses either studies already selected (duplicates), or that are prior to the period 2013-2023.
Buche & Bigot, 2018 [50]	Does not use a clinical sample of AN and/or BN, but rather a “non-clinical” sample.
Butler & Heimberg, 2020 [51]	Review that encompasses either studies already selected (duplicates), or that are prior to the period 2013-2023.
Ciążyńska & Maciaszek, 2022 [52]	Review that encompasses studies already selected (duplicates), or doesn't use a clinical sample of AN and/or BN, or doesn't evaluate body image disturbance.
Purvis et al., 2015 [53]	Does not use a clinical sample of AN and/or BN, but rather a “non-clinical” sample.
Clus et al., 2018 [54]	Review that encompasses studies already selected (duplicates), or doesn't use a clinical sample of AN and/or BN, or doesn't evaluate body image disturbance or are prior to the period 2013-2023.
Corno et al., 2018 [55]	Does not use a clinical sample of AN and/or BN, but rather a “non-clinical” sample at risk of suffering from TCA symptomatology.
Dascal et al., 2017 [56]	Does not use a clinical sample of AN or BN, but rather a sample of Binge Eating Disorder and Obesity.
De Carvalho et al., 2017 [57]	Review that encompasses studies already selected (duplicates), or doesn't use a clinical sample of AN and/or BN, or doesn't evaluate body image disturbance or are prior to the period 2013-2023.
Di Lerna et al., 2023 [58]	It does not apply a VR-based treatment for the improvement of body image distortion, but assesses with VR the changes on body image before and after a Rehabilitation Program.
Emmelkamp & Meyerbröker, 2021 [59]	Review that encompasses studies already selected (duplicates), or doesn't use a clinical sample of AN and/or BN, or are prior to the period 2013-2023.
Feixas & Alabèrnia-Segura, 2021 [60]	It does not study a VR-based treatment and its effectiveness in improving body image disturbance in AN and/or BN.
Ferrer-García et al., 2017 [61]	It does not evaluate treatment on body image disturbance, but rather uses VR for the exposure to triggers (forbidden foods).
Ferrer-García et al., 2020 [62]	Utilizes non-clinical university sample of AN and/or BN.
Ferrer-García et al., 2021 [63]	Correlates body image disturbance scores after VR exposure with measures of attentional bias.
Ferrer-García et al., 2018 [64]	Utilizes non-clinical university sample of AN and/or BN.
Ferrer-García et al., 2013 [65]	Review of studies from 1986-2012, prior to the period of the last 10 years.
Ferrer-García et al., 2019 [66]	It does not evaluate treatment on body image disturbance, but exposure to triggers (forbidden foods) through VR, to treat binge eating episodes in BN and Binge Eating Disorder.

Fisher et al., 2020 [67]	It studies the evaluation of Body Image disturbance with VR, not the treatment and improvement of such symptomatology.
Fonseca-Baeza et al., 2018 [68]	Does not use clinical sample of AN and/or BN.
Meschberger-Annweiler et al., 2023 [69]	They have not applied the intervention protocol on population diagnosed with AN and/or BN.
Freeman et al., 2017 [70]	Review that encompasses studies already selected (duplicates), or doesn't use a clinical sample of AN and/or BN, or doesn't evaluate body image disturbance or are prior to the period 2013-2023.
Gadsby, 2019 [71]	Review that encompasses studies already selected (duplicates), or does not evaluate body image disturbance or are prior to the period 2013-2023.
Grochowska et al., 2019 [72]	Review that encompasses studies already selected (duplicates), or doesn't use a clinical sample of AN and/or BN, or doesn't evaluate body image disturbance or are prior to the period 2013-2023.
Gutiérrez-Maldonado, 2022 [73]	Review that encompasses studies already selected (duplicates), or doesn't use a clinical sample of AN and/or BN, or doesn't evaluate body image disturbance.
Gutiérrez-Maldonado et al., 2013 [74]	It does not evaluate treatment on body image disturbance, but exposure to triggers (forbidden foods) through VR.
Gutiérrez-Maldonado et al., 2016a [75]	It does not evaluate treatment on body image disturbance, but exposure to triggers (forbidden foods) through VR.
Gutiérrez-Maldonado et al., 2016b [76]	The studies of VR intervention related to Body Image disturbance focus more on the "Rubber Hand Illusion" (RHI), and not on body dissatisfaction per se.
Miquel-Nabau et al., 2023 [77]	It does not use clinical samples of AN and/or BN and also evaluates Attentional Biases towards specific body parts, not Body Image disturbance as such.
Hudson et al., 2020 [78]	It does not use a clinical sample of AN and/or BN and also studies the assessment of Body Image estimation/perception with VR.
Kim & Kim, 2020 [79]	Review that encompasses studies already selected (duplicates), or doesn't use a clinical sample of AN and/or BN, or doesn't evaluate body image disturbance.
Koskina et al., 2013 [80]	It reviews studies going back to 2012, so they predate our range (2013-2023).
Kothgassner et al., 2023 [81]	Review that doesn't use a clinical sample of AN and/or BN, or doesn't evaluate body image disturbance or are prior to the period 2013-2023.
Lafond et al., 2016 [82]	Review that encompasses studies already selected (duplicates), or doesn't use a clinical sample of AN and/or BN, or doesn't evaluate body image disturbance or are prior to the period 2013-2023.
Langer et al., 2016 [83]	Uses non-clinical sample of AN and/or BN.
Langlet et al., 2021 [84]	It does not evaluate treatment on body image disturbance, but exposure to sigtriggers (forbidden foods) through a VR app.
Lanning et al., 2020 [85]	It does not evaluate either ED or Body Image disturbance. In addition, it uses population with Type I Diabetes.
Lemieux et al., 2020 [86]	It studies a protocol for the prevention of ED through VR in a non-clinical sample of AN and/or BN.
Liu et al., 2022 [87]	Does not use clinical sample of AN and/or BN.
Magrini et al., 2022 [88]	Review that encompasses studies already selected (duplicates), or doesn't use a clinical sample of AN and/or BN, or are prior to the period 2013-2023.. However, one of the studies addressed, was already included, for meeting criteria.

Malighetti et al., 2022 [89]	Review focusing on interoceptive/proprioceptive aspects of VR therapy on patients with AN and BN, not on improvement of body image disturbance as such. Some studies have also been discarded for being prior to the period 2013-2023.
Malighetti et al., 2021 [90]	Non-clinical sample of AN and/or BN. It studies the treatment with VR on binge eating symptomatology and also in patients with binge eating disorder.
Mölbart et al., 2018 [91]	It does not study the improvement of body image disturbance through VR, but rather the assessment of such symptomatology with VR.
Monthuy-Blanc et al., 2020 [92]	It studies the assessment of body image disturbance by comparing traditional methods and VR tools. It does not investigate the treatment and improvement of such symptomatology..
Mountford et al., 2016 [93]	Does not use clinical sample of AN and/or BN.
Döllinger et al., 2022 [94]	Does not use clinical sample of AN and/or BN.
Osumi et al., 2014 [95]	It uses a non-clinical sample and also measures the relationship between body image disturbance and pain perception.
Péresmitré et al., 2013 [96]	It uses a non-clinical sample of AN and/or BN, including adolescents at risk of developing an ED. In addition, it is a prevention, not treatment, program design.
Perpiñá & Roncero, 2016 [97]	It uses a clinical sample of obesity, not AN and/or BN. In addition, it focuses on more food-related symptomatology, not body image disturbance.
Perpiñá et al., 2013 [98]	It does not measure Body Image disturbance, but rather the validity of exposure to environments with food, through VR.
Piryankova et al., 2014a [99]	Does not use clinical sample of AN and/or BN.
Piryankova et al., 2014b [100]	Does not use clinical sample of AN and/or BN.
Pla-Sanjuanelo et al., 2016 [101]	Uses VR as a tool for exposure to triggers (Prohibited Foods).
Pla-Sanjuanelo et al., 2019 [102]	Uses VR as a tool for exposure to triggers (Prohibited Foods).
Popescu, 2022 [103]	It does not study the use of VR on Body Image disturbance, but rather the relationship between image editing tools and body dissatisfaction. It also does not use clinical sample of AN and/or BN.
Porras-García et al., 2021 [104]	It uses a non-clinical sample. In addition, it does not address body image disturbance through VR, but rather body-related attentional bias.
Porras-García et al., 2020 [105]	It does not use a clinical sample of AN and/or BN. Moreover, it does not apply VR to improve body image disturbance, but to look for correlation between body dissatisfaction and weight-related attentional bias.
Riva & Dakanalis, 2018 [106]	It does not use VR tools, but simply brings together explanatory theories of body alterations in eating disorders.
Serino et al., 2015 [107]	It does not measure Body Image disturbance/ dissatisfaction, but short/long-term spatial memory and visuo-spatial memory, among others.
Tremblay et al., 2016 [108]	It uses healthy and obese population, not AN and/or BN. Furthermore, it does not apply VR to address body image disturbance, but to test body immersion and relate it to attitudes toward body fat.
Tremblay et al., 2022 [109]	It uses healthy and obese population. Furthermore, it does not use VR to treat and improve Body Image disturbance, but rather to link attitudes towards body fat with attentional bias towards certain body parts.
Turbyne et al., 2021 [110]	Review that includes either already selected studies (duplicates) or studies that do not use clinical samples of AN and/or BN.

Turnbull et al., 2022 [111]	It does not use a clinical sample of AN and/or BN, but a healthy population. Moreover, it does not study the improvement of body image disturbance through VR, but how 3D immersion influences body image judgment.
Turnbull et al., 2023 [112]	It does not study the use of VR as an enhancement for body image disturbance, but rather uses a simulated environment with a crowd of people in 3D to see if it influences body image perception.
Varlamov & Yakovleva, 2022 [113]	It uses a healthy university sample. Moreover, it does not study the use of VR as an improvement of body image disturbance, but compares the use of VR in two experimental conditions: with and without "full-body tracking" to see how it influences body image perception.
Weber et al., 2020 [114]	It does not study the use of VR for the improvement of body image disturbance, but links how immersion through 3D avatars can influence the perception of objects and vice versa.
Ziser et al., 2018 [115]	Review that encompasses either already selected studies (duplicates), or that do not use a VR intervention on body image disturbance, or that are prior to the period 2013-2023.