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Subjective Incompetence as a Predictor of Treatment Outcomes in Eating Disorder Outpatients

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Highlights

- Subjective incompetence amelioration is observed by mid-treatment in CBT-based ED treatment
- Such early improvements in subjective incompetence predict reduced ED symptomatology
- Improved subjective incompetence also predicts gains in psychological well-being
- Psychotherapeutic strategies in EDs should target subjective incompetence

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