**Supplementary file 1:**

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| Inclusion criteria | Exclusion criteria |
| 1. Literature considering females and/or males  2. Subjects for the experimental group must be professionally diagnosed with eating disorder using ICD or DSM in the diagnostic method.  3. Study is using relevant quantitative methods as suggested by Fonagy et al. 2012.  4. Study includes a normative group of healthy controls.  6. Primary studies. | 1. Qualitative methods.  2. Studies using subjects with a former eating disorder diagnosis and no longer can be categorized as having eating disorder.  3. Literature about the risk of developing an eating disorder.  4. Literature about treatment effects (unless mentalization is quantified)  5. Literature concerning neural brain activity.  6. Meta-analyses and systematic reviews.  7. Conference notes and erratum.  8. Theory books, handbooks and manuals on mentalization ability.  10. Reviews.  11. Literature in foreign languages that are not Danish, Swedish, Norwegian or English. |

Inclusion and exclusion criteria guide made before screening procedure for the systematic literature review and meta-analysis.