

TABLE 16.2 From Dalle Grave R & Calugi S, *Cognitive Behavior Therapy for Adolescents with Eating Disorders*, Guilford Press, New York, 2020.

Long-Term Maintenance Plan template (Editing to Suit the Individual Patient)

How to minimize the risk of setbacks

- Stick to a pattern of regular eating.
- Avoid dieting, especially rigid and extreme diets and ones that exclude lots of foods.
- Maintain weight within your goal weight range.
- Beware of engaging in unhelpful body checking or body avoidance.
- Maintain and develop other life interests.
- Use problem solving to tackle life problems.

Circumstances that might increase the risk of a setback

- Life changes and difficulties; changes to usual routine (e.g. vacations, Thanksgiving).
- Weight loss or weight gain.
- Pregnancy and after pregnancy.
- Low mood and/or the onset of clinical depression.
- Wedding day (being the focus of attention; pressure to look good).

'Early warning signs' of a lapse

Be on the lookout for your 'eating disorder DVD' starting up. The following early warning signs form part of the first 'track' of the DVD:

- Changes in eating, especially eating less, skipping meals or snacks, delaying eating, eating 'diet' foods.
- Restarting reading diet or fashion magazines and/or visiting related websites.
- Restarting or increasing body checking or avoidance.
- Restarting or increasing making shape comparisons.
- Weighing outside set time.
- Increasing exercising.
- Having the urge to vomit or use laxatives.
- Having the urge to binge eat.
- Increased preoccupation with food and eating.
- Increased dissatisfaction with shape and weight, and a strong desire to change shape or weight.
- Weight dropping below a..... pounds.

If you spot any of these early warning signs, react quickly and positively by taking 'time out' to think about what is happening and plan a course of action.

Dealing with triggers and setbacks

- Identify trigger.
- Deal with external triggers (life) by problem solving (see *Overcoming Binge Eating*).
- Beware of labeling a set-back as a 'relapse' (when one is back to square one).
- Nip setbacks in the bud by following guidelines from treatment (in *Overcoming Binge Eating*); e.g., restart monitoring; adopt pattern of regular eating; plan eating ahead and review eating pattern; weigh yourself each week and interpret carefully; avoid following rigid and extreme dietary rules; question 'feeling fat'; analyze binges; use distraction activities and problem solving; reduce problematic body checking or avoidance.
- If pregnant/after pregnancy, then ask midwife to give information on what is usual re weight and eating, and the typical time taken to lose the weight gained in pregnancy.
- As a general guideline, do the opposite of what the eating disorder mindset (or 'DVD') makes you want to do (i.e., "*Do the right thing*"). Get involved in other aspects of your life, such as socializing (thereby putting in other healthier DVDs).
- Other: _____
- Other: _____

If the above has not worked within four weeks, consider seeking help.

If your body mass index drops below a..... pounds for two consecutive weeks, seek help
