

TABLE 18.2 From Dalle Grave R & Calugi S, *Cognitive Behavior Therapy for Adolescents with Eating Disorders*, Guilford Press, New York, 2020.

An Example of How Intensive Outpatient CBT-E for Adolescents is Organized

	Monday	Tuesday	Wednesday	Thursday	Friday
12:45–13:00	Body weight measurement				
13:00–14:00	Assisted lunch	Assisted lunch	Assisted lunch	Assisted lunch	Assisted lunch
14:00–15:00	Free time for studying or doing other activities	Free time for studying or doing other activities	Free time for studying or doing other activities	Free time for studying or doing other activities	Free time for studying or doing other activities
15:00–6:00	Individual session with dietitian (weekend revision and meal planning)	CBT-E session with psychologist	Medical examination ¹	CBT-E session with psychologist	Individual session with dietitian (weekend preparation)
16:30–17:00	Assisted snack	Assisted snack	Assisted snack	Assisted snack	Assisted snack
17:00–18:30	Free time for studying or doing other activities	Free time for studying or doing other activities	Free time for studying or doing other activities	Free time for studying or doing other activities	Free time for studying or doing other activities
18:30–19:30	Assisted evening meal	Assisted evening meal	Assisted evening meal	Assisted evening meal	Assisted evening meal

¹Weekly in severely underweight patients (BMI percentile <5°) and/or those with medical complications.