

TABLE 4.1. From Dalle Grave R & Calugi S, *Cognitive Behavior Therapy for Adolescents with Eating Disorders*, Guilford Press, New York, 2020.

Step One Procedures and When they are Implemented

Week number	1		2		3		4	
	0	1	2	3	4	5	6	7
Assessment	√	(√)						
Creation of the formulation	√	(√)						
Self-monitoring	√	√	√	√	√	√	√	√
Collaborative weighing		√		√		√		√
Psychoeducation	√	√	√	√	√	√	√	√
Regular eating			√	√	√	√	√	√
Helping to think about the change*				√	√	√	√	√
Involving parents		√ **	√		√			√

*Only in patients who are underweight

** Session only with parents between Sessions #0 and #1