## Therapist Self-rated CBT-E Components Checklist for Adolescents or Patients Who Need to Regain Weight

| Session the component was covered: | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
### Step 1

* Assessment (including measures EDE-Q, CIA, EPCL)
* Describe treatment
* Jointly create formulation (including reviewing/ updating throughout treatment)
* Introduce/review self-monitoring
* Collaborative weekly weighing (including education)
* Regular eating (positive features) including hunger/ fullness
* Education about eating disorders (guided reading)
* Education about starvation features (guided reading)

**Alternative Activities**
- Urge surfing
- Address other features (style of eating, purging, exercise…)
- Motivation to change and to regain weight
- Involving significant others/ joint session(s)

**Review sessions**
- Review of progress (including measures)
- Planning next 4 weeks

### Step 2

* Weight regain
* Weight maintenance
* Over-evaluation Pie Chart
* Body image: Extended formulation
* Body image: Expanding marginalised domains
* Body image: Body checking and avoidance
* Body image: Feeling fat
* Dietary Rules: Explore, identify and address
* Analysis of eating disorder behaviours (binge analysis, vomiting analysis etc.)
* Proactive problem solving
* Mood tolerance/modulation
* Over evaluation of control over eating
* Historical review/exploring origins of over-evaluation
* Manipulating mindsets (including dealing with setbacks)

### Step 3

* Review of progress (including measures)
* Stopping self-monitoring and handing over weekly weighing
* Discussing ending/concerns
* Maintenance of change (short term plan)
* Relapse prevention (long term plan)

**OTHER**

*Essential components for use with all patients (the remaining components are optional and used “as needed”)*

© Bailey-Straebler, Cooper, Dalle Grave, Calugi, Murphy 2022. The CBT-E Components Checklist (CBT-E CC) is freely available for non-commercial clinical or research use and no permission need be sought. Please note that currently the CBT-E CC is designed for formative assessment purposes only i.e., assessment for learning to help therapists to reflect on and develop their skills. For this reason, clinicians may wish to translate it in to their own language or make adaptations. For research purposes please acknowledge such modifications. It should not be commercially exploited without permission from the authors. We also wish to acknowledge Roz Shafran for useful discussion related to the development of this measure.