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 1	1 12	2 13	14	15 10	6 17	18 1	9 20	21	21 2	2 23	24	25 2	6 27	28 2	29 30	31	32 33	34	35 36	37 🤇	38 39	40
Step 1																															
*Assessment (including measures EDE-Q, CIA, EPCL)																															
*Describe treatment																															\square
*Jointly create formulation (including reviewing/ updating throughout treatment)																															
*Introduce/review self-monitoring																															\square
*Collaborative weekly weighing (including education)																															
*Regular eating (positive features) including hunger/ fullness		ľ																													
*Education about eating disorders (guided reading)																															
*Education about starvation features (guided reading)																															\square
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")

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