**Behavioral Health Toolkit**

This toolkit is designed to support a Behavioral Health Provider engaging in weight prioritized visits with patients in primary care. It is designed to be flexible so that you can pick and choose strategies that work best for your patients with their unique strengths and struggles.

Screening Tools

1. [Questionnaire on Eating and Weight Patterns-5](https://www.gem-measures.org/public/DownloadMeasure.aspx?mid=2645) ([QEWP-5](https://www.gem-measures.org/public/DownloadMeasure.aspx?mid=2645))
2. [Multidimensional Health Locus of Control](https://nursing.vanderbilt.edu/projects/wallstonk/index.php) ([MHLC](https://nursing.vanderbilt.edu/projects/wallstonk/index.php))
3. [Alcohol Use Disorders Identification Test](https://nida.nih.gov/sites/default/files/audit.pdf) ([AUDIT](https://nida.nih.gov/sites/default/files/audit.pdf))
4. [Drug Abuse Screening Test](https://gwep.usc.edu/wp-content/uploads/2019/11/DAST-10-drug-abuse-screening-test.pdf) ([DAST](https://gwep.usc.edu/wp-content/uploads/2019/11/DAST-10-drug-abuse-screening-test.pdf))
5. [Adult ADHD Self-Report Scale](https://add.org/wp-content/uploads/2015/03/adhd-questionnaire-ASRS111.pdf) ([ASRS](https://add.org/wp-content/uploads/2015/03/adhd-questionnaire-ASRS111.pdf))
6. Patient Health [Questionnaire](https://www.apa.org/depression-guideline/patient-health-questionnaire.pdf) (PHQ-9)
7. Generalized [Anxiety](https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf) Disorder Screener (GAD-7)
8. [The Eating Disorder Examination Questionnaire (EDE-Q)](http://cedd.org.au/wordpress/wp-content/uploads/2014/09/Eating-Disorder-Examination-Questionnaire-EDE-Q.pdf)
9. [International Physical Activity Questionnaire - Short Form](https://journals.plos.org/plosone/article/file?type=supplementary&id=info:doi/10.1371/journal.pone.0219193.s010)
10. [Weight and Lifestyle Inventory (WALI)](https://www.med.upenn.edu/weight/wali)

Self-monitoring

1. [Food n Mood journal](http://www.personal-nutrition-guide.com/support-files/food_mood_journal.pdf)
2. [Identifying food triggers](https://warrenchd.com/wp-content/uploads/2019/03/WM-FoodAndMoodTracker.pdf)
3. My fitness pal or other fitness watch apps

Stimulus Control and Contingency Management

1. [UCSF behavioral modification strategies](https://www.ucsfhealth.org/education/behavior-modification-ideas-for-weight-management)

Mindfulness - mindful awareness, mindful eating

1. [The principles of mindful eating](https://thecenterformindfuleating.org/resources/Documents/principles_handout_1_22.pdf)
2. [The Center for Mindful Eating resources](https://thecenterformindfuleating.org/StartMindfulEating)

Recognizing emotional eating, using alternative coping strategies

1. [Emotional eating and how to stop it](http://www.umusa.net/wellnessprograms/medicalweightloss/handouts/Emotional%20Eating.pdf)
2. [Mindful and emotional eating handouts](https://mindfuleatingsummit.com/wp-content/uploads/2016/01/20-mindful-eating-handouts-for-professionals-full-document-color.pdf)
3. [Centre for Clinical Interventions’ Binge eating resource](https://www.cci.health.wa.gov.au/~/media/CCI/Consumer-Modules/Overcoming-Disordered-Eating---Part-A/Overcoming-Disordered-Eating--06--Binge-eating-purging-and-exercise.pdf)

Portion control/food label awareness

1. [Portion control guide](https://img.webmd.com/dtmcms/live/webmd/consumer_assets/site_images/media/pdf/diet/portion-control-guide.pdf)
2. [Serving and portion size tips](https://www.nia.nih.gov/health/serving-and-portion-sizes-how-much-should-i-eat)

Intuitive eating

1. [10 principles of intuitive eating](https://www.intuitiveeating.org/10-principles-of-intuitive-eating/)

Managing sleep

1. [The connection between sleep and weight loss](https://www.sleepfoundation.org/physical-health/weight-loss-and-sleep)
2. [CBT-I](https://www.sleepfoundation.org/insomnia/treatment/cognitive-behavioral-therapy-insomnia)
3. [CCI sleep resources](https://www.cci.health.wa.gov.au/Resources/For-Clinicians/Sleep)

Managing stress

1. [Stress and weight gain](https://www.verywellmind.com/how-stress-can-cause-weight-gain-3145088)

MOVE Program

1. [Handouts](https://www.move.va.gov/handouts.asp) on nutrition, exercise, behavior modification, meal planning, etc.

SMART goals

1. [Smart goal worksheet](https://www.mcckc.edu/counseling/goal-setting/docs/SMARTGoalWorksheet.pdf)

Values

1. [Happiness trap worksheets](https://thehappinesstrap.com/upimages/The_Complete_Happiness_Trap_Worksheets.pdf.pdf)

Distress tolerance

1. [Moods and disordered eating](https://www.cci.health.wa.gov.au/~/media/CCI/Consumer-Modules/Overcoming-Disordered-Eating---Part-A/Overcoming-Disordered-Eating---07---Moods-and-Disordered-Eating.pdf)
2. [Urge Surfing](https://www.therapistaid.com/worksheets/urge-surfing-handout.pdf)

Alcohol use

1. [Pouring on the pounds handout](http://www.valueoptions.com/spotlight_YIW/pdfs/articles/Pouring_on_the_Pounds_Alcohol_and_Weight_Gain.pdf)
2. [Harm reduction worksheets](https://hams.cc/worksheets/)

Relapse prevention

1. [DPP relapse prevention guide](https://www.cdc.gov/diabetes/prevention/pdf/postcurriculum_session11.pdf)

Clinician facing books (some with consumer workbooks)

1. [Effective Weight Loss: An Acceptance-Based Behavioral Approach (clinician guides and consumer workbooks available)](https://www.amazon.com/Effective-Weight-Loss-Acceptance-Based-Behavioral/dp/0190232005/ref%3Dsr_1_4?crid=3J0RHVBXU52FG&dchild=1&keywords=effective+weight+loss+an+acceptance-based+behavioral+approach&qid=1633028761&sprefix=effective+weight+loss%2Caps%2C210&sr=8-4)
2. [Dialectical Behavior Therapy for Binge Eating and Bulimia](https://www.amazon.com/Dialectical-Behavior-Therapy-Eating-Bulimia/dp/1462530370/ref%3Dpd_bxgy_img_2/131-8717764-7236348?pd_rd_w=iFLg7&pf_rd_p=c64372fa-c41c-422e-990d-9e034f73989b&pf_rd_r=ZNXX62JG0FCH2BWWV1A6&pd_rd_r=395496e3-a3ad-4074-b113-017926985899&pd_rd_wg=91IcJ&pd_rd_i=1462530370&psc=1)
3. [Cognitive Behavioral Treatment of Obesity](https://www.amazon.com/Cognitive-Behavioral-Treatment-Obesity-Clinicians-Guide/dp/1593850921/ref%3Drvi_8/131-8717764-7236348?pd_rd_w=ABSf5&pf_rd_p=c0296674-5a83-4ad6-b035-0702d2b359df&pf_rd_r=NXR3GR4NX3G30YQP2QS9&pd_rd_r=d74d002d-ccd3-4e13-9342-223786fda68f&pd_rd_wg=5gpHv&pd_rd_i=1593850921&psc=1)

Self-help resources for patients

1. [The Diet Trap: Feed Your Psychological Needs and End the Weight Loss Struggle Using Acceptance and Commitment Therapy](https://www.amazon.com/The-Diet-Trap-audiobook/dp/B01ATSZSQS/ref%3Dsr_1_2?dchild=1&keywords=the+diet+trap&qid=1633028484&sr=8-2)
2. [The Diet Trap Solution: Train Your Brain to Lose Weight and Keep it Off for Good](https://www.amazon.com/The-Diet-Trap-Solution-audiobook/dp/B00TYN9Q2M/ref%3Dsr_1_3?dchild=1&keywords=the+diet+trap&qid=1633028484&sr=8-3)
3. The [Mindfulness-Based Eating Solution](https://www.amazon.com/dp/B01M1SHGHU?plink=U8EqYgCJoNlaatG0&ref=adblp13npsbx_1_13_ti)
4. [Noom - website and app (CBT-based; cost associated)](https://www.noom.com/#/)
5. [Mindful Eating Exercises, Tips and Information](https://positivepsychology.com/mindful-eating-exercises/)
6. [Headspace’s Mindful Eating Information](https://www.headspace.com/mindfulness/mindful-eating)

Community resources

1. [Anschutz Health and Wellness Center](https://anschutzwellness.com/weight-loss-2/)
2. [Overeaters Anonymous](https://www.oadenver.org/find-a-meeting/)
3. [TOPS](https://www.tops.org/tops/TOPS/FindAMeeting.aspx)
4. [Diabetes Prevention Program - Colorado YMCA](https://www.denverymca.org/programs/health-initiatives/diabetes-prevention-program)

For more information – please contact pathweigh@cuanschutz.edu