Appendix A

Screenshots of the mobile CBT-gsh application used in the MICE study.

(Note: The information captured in these screenshots is not to be shared or re-distributed in any form without prior written permission from Dr. Kelsie Forbush [Principal Investigator]; the screenshots are labeled "BEST-U" because the BEST-U and MICE studies used the same treatment materials and mobile application.)

Eight steps to changing your behaviors

We recommend doing the Behavior Chain Analysis on paper. It is far easier to tackle problems by writing them down rather than trying to solve them in your head.

Step 1: Identify the behavior you would like to change

TRIGGERING EVENT

PROBLEM BEHAVIOR

C   D   E

B

F

A

G

CHAIN OF EVENTS

H

VULNERABILITY
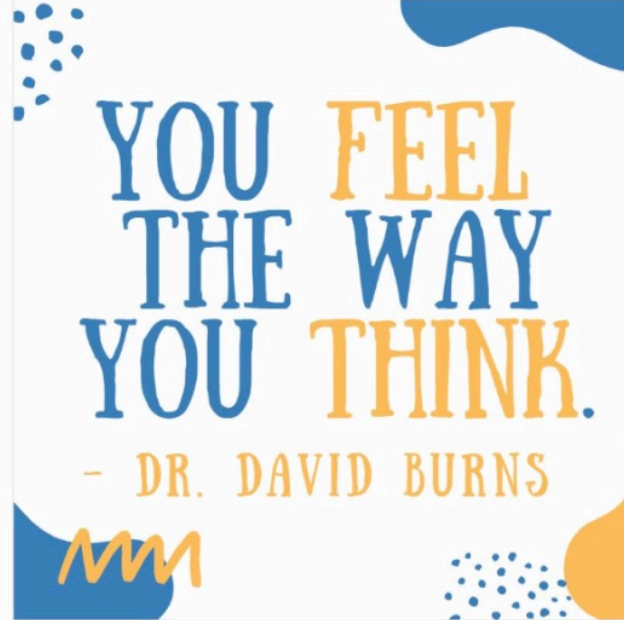
I

IDENTIFYING CONSEQUENCES
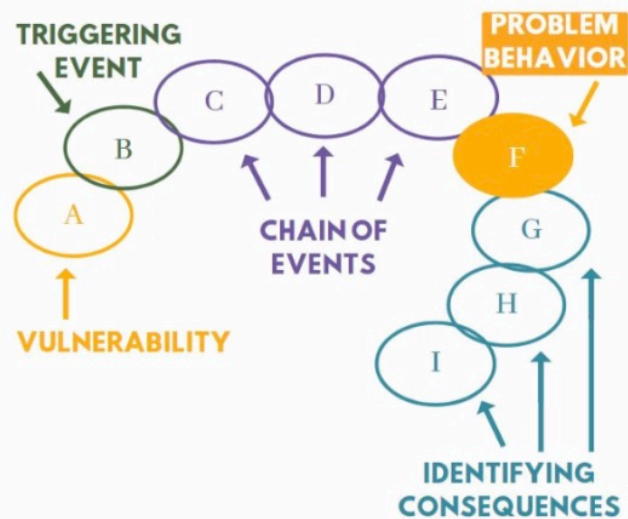
This could be binge eating, not doing your homework, exercising for too long, or

Automatic thoughts

YOU FEEL THE WAY YOU THINK.
— DR. DAVID BURNS

Automatic thoughts are thoughts that come to mind very quickly and without our full awareness or effort. Sometimes automatic thoughts are inaccurate. We call these inaccurate, quick thoughts "mindtraps." Below are some common mindtraps.

All or nothing

Seeing only two, extreme sides of a situation or issue. For example, eating one cookie and

Jumping to conclusions/ Mindreading

Jumping to conclusions is the story you tell yourself without verifying its truth. Jumping to conclusions commonly occurs when we make assumptions about what someone is doing or thinking before getting the facts.

For example, maybe you're at a party and reach for another chip. Your friend, Sarah, looks at you and frowns. You may think to myself, "Sarah thinks I'm gross and fat because I'm getting another chip." Based on that thought, you might decide to put the chip down and feel ashamed of yourself for the remainder of the night.

However, you don't actually know what Sarah was thinking because you can't read her thoughts. She could have been frowning for any number of reasons. Maybe she was experiencing a sharp pain in her head or realized she forgot to submit a homework assignment.

Personalizing

This is when an individual takes something personally when it may not be meant that

🔔 Mindtraps Q&A

How often do any of the automatic thoughts sound in your head?

Always

Often

Sometimes

Seldom

Never

List an example of a mindtrap and the circumstances in which the mindtrap occurred?

How would you challenge the mindtrap you