

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.)

BEST-UCancel

Behavior Chain Analysis

The diagram illustrates the Behavior Chain Analysis process. It features a central horizontal sequence of circles labeled B, C, D, and E. Above circle B is the text 'TRIGGERING EVENT' with a green arrow pointing to it. Below circle A is the text 'VULNERABILITY' with an orange arrow pointing up to it. Above circle F is the text 'PROBLEM BEHAVIOR' with a red arrow pointing to it. Below circles G, H, and I is the text 'IDENTIFYING CONSEQUENCES' with blue arrows pointing up to them. Purple arrows labeled 'CHAIN OF EVENTS' point from circle C to D, and from D to E. Blue arrows also point from circle E to F, and from circle F to G. The circles are color-coded: B is green, C, D, and E are purple, F is red, G, H, and I are blue, and A is orange.

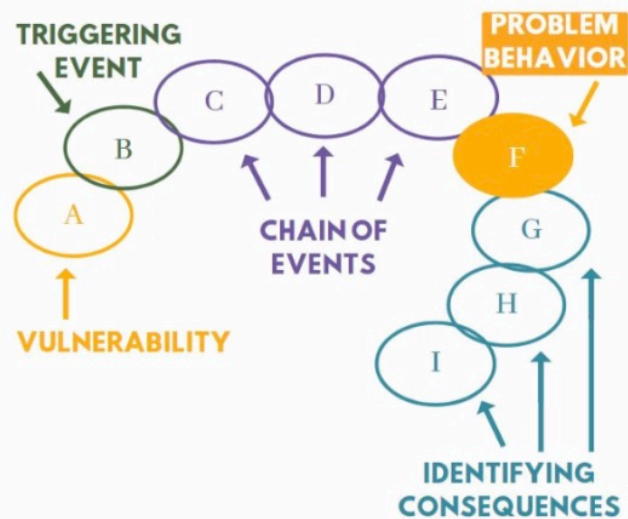
This module will teach you how to do something called “Behavior Chain Analysis.” Behavior Chain Analysis is a technique that helps people bring awareness to unhealthy habits and build new effective behaviors.

Behavior Chain Analysis asks you to be your own scientist. The process helps you recognize the events that prompt unhelpful behaviors, examine the consequences of your actions, and develop different solutions for the future. Although it can feel

Eight steps to changing your behaviors

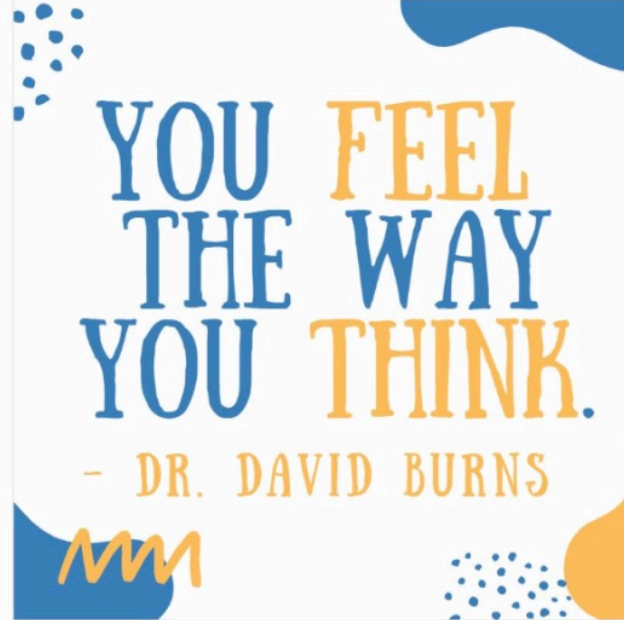
We recommend doing the Behavior Chain Analysis on paper. It is far easier to tackle problems by writing them down rather than trying to solve them in your head.

Step 1: Identify the behavior you would like to change



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

Automatic thoughts



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 yourself, "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