

# Treatment sessions

## ***Application (baseline questionnaire)***

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### ***Part 1***

- 1 Welcome
  - 2 Register daily eating behavior (assignment 1)
  - 3 Description of eating moments (assignment 2)
  - 4 Analyzing eating situations (assignment 3)
  - 5 Advantages and disadvantages (assignment 4)
  - 6 Top three
  - 7 Personal advice
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### ***Part 2***

- 1 Setting goals (assignment 5)
  - 2 To part 2
  - 3 Breaking habits
  - 4 Changing thoughts (assignment 6)
  - 5 Psycho-education or exercise
  - 6 Changing behavior (assignment 7)
  - 7 Psycho-education or exercise
  - 8 Who am I (assignment 8)
  - 9 Psycho-education or exercise
  - 10 Decisions (assignment 9)
  - 11 Psycho-education or exercise
  - 12 Writing an action plan (assignment 10)
  - 13 Psycho-education or exercise
  - 14 Completion of treatment (post-test questionnaire)
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### ***Aftercare (optional)***

- 1-6 Response to the participants' messages and the information registered in the eating diary