

- Perceived importance
- Confidence in having success

Probe the patient regarding ratings of willingness, perceived importance, and confidence to explore the advantages and disadvantages of changing.

Step 4: Summarize and Probe Possible Changes

Summarize the advantages and disadvantages of change.

Query possible next steps. Allow the adolescent to suggest ideas.

Provide guidance for getting started in making a change as needed.
Encourage achievable goals.

Summarize the change plan.

Provide positive feedback.

Step 5: Schedule Follow-up Visit

If a change plan is made, agree on a follow-up appointment within a specified number of weeks or months.

If no change plan is made, agree to revisit the topic within a specific number of weeks or months.

Adapted from Davis DM, Gance-Cleveland B, Hassink S, and others: Recommendations for prevention of childhood obesity, *Pediatrics* 120(suppl):S229-S253, 2007.

Behavioral therapy.

Altering eating behavior and eliminating inappropriate eating habits are essential to weight reduction, especially in maintaining long-term weight control. Most behavioral modification programs include the following concepts:

- A description of the behavior to be controlled, such as eating habits
- Attempts to modify and control the stimuli that govern eating