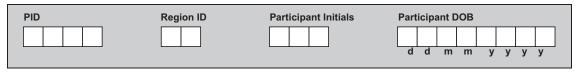
## Appendix 7a: MI face-to-face session CRF









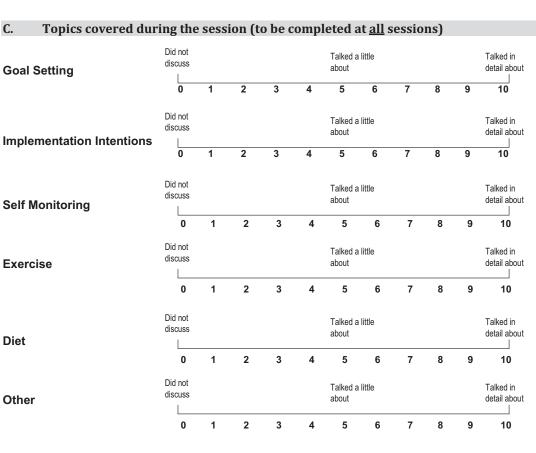
South East Wales Trials Unit Uned Ymchwil De-ddwyrain Cymru

# Weight Loss Maintenance in Adults (WILMA) Face-to-face MI sessions: Case Report Form (CRF)

Notes on completion: A Case Record Form should be completed for all participants at each face MI session. Once completed, please return to the WILMA study team.	e-to-
Participant ID number:	
Session number:	
A. Review (not to be completed in session 1):  Please write briefly below progress made in any of these areas (if covered):	
Goal Setting	
Implementation Intentions	
Self Monitoring	
Exercise	

PID	Region ID	Participant Initials	Participant DOB  d d m m y y y y	
Diet				
Other (please specify)				
B. Plans (to be com	unlated at all sess	ione).		
		d in these areas (if discuss	sed)	
Goal Setting				
Implementation Intentio	ons			
Self Monitoring				
Exercise				

PID	Region ID	Participant Initials	Participant DOB  d d m m y y y y
Diet			
Other (please specify).			



If other, please specify:

PID		Region ID	Participant Initials	Participant DOB  d d m m y y y y
D.	Other relevant	information (su	ıch as barriers to exerci	se, e.g. injury)
Е.	Final summary	of work done w	vith client (to be comple	ted at <u>last</u> session only)
HOW S	successful do yo	u feel the session	ns nave been?	
Challe	enges and barrie	rs:		
What	worked well?			

#### F. Closing summary of each session (to be completed at <u>all</u> sessions)

This is to be completed in the last five minutes of the interview. This is a written version of the 'Long Summary'. This is an <u>agreed record of what was discussed</u>: it is a collaborative process and is MI adherent. e.g....."In the last two weeks you have achieved X and Y and these are the new goals you have set yourself today ....... <u>A carbon copy of this should be given to the client</u>.

PID	Region ID	Participant Initials	Participant DOB
			d d m m y y y y



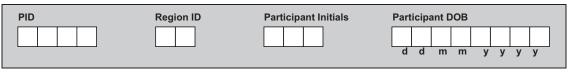




#### Closing Summary (to be completed at <u>all</u> sessions)

Session no:		

# Appendix 7b: MI telephone session CRF











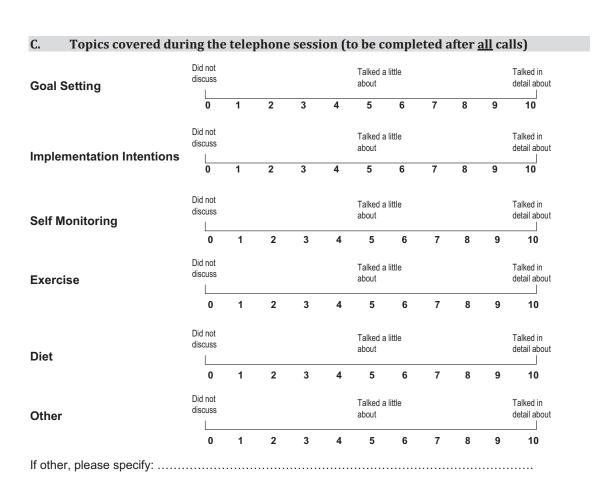
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## Weight Loss Maintenance in Adults (WILMA) **Telephone MI sessions: Case Report Form (CRF)**

Notes on completion: A Case Record Form should be completed for all participants after each telephone MI session. Once completed, please return to the WILMA study team.
Participant ID number:
Session number:
A. Review (not to be completed following telephone session 1):  Please write briefly below progress made in any of these areas (if covered):
Goal Setting
Implementation Intentions
Self Monitoring
Exercise

PID	Region ID	Participant Initials	Participant DOB  d d m m y y y y	
Diet				
Other (please specify)				
B. Plans (to be comp	oleted after <u>all</u> telep	phone sessions):		
Please write briefly below	any plans agreed ir	these areas (if discusse	d)	
Goal Setting				
Implementation Intention	ns			
Self Monitoring				
Exercise				

PID	Region ID	Participant Initials	Participant DOB  d d m m y y y y
Diet			
Other (please specify).			



PID		Region ID	Participant Initials	Participant DOB  d d m m y y y y
D.	Other relevant	information (su	ch as barriers to exerci	se, e.g. injury)
Е.	Final summary	of telephone MI	(to be completed after	<u>last</u> telephone call only)
Hows	successful do you	ı feel the telepho	ne MI sessions have bee	n?
Challe	enges and barriers	s:		
What	worked well?			

#### F. Closing summary of each session (to be completed at the end of <u>all</u> sessions)

This is to be completed in the last five minutes of the interview. This is a written version of the 'Long Summary'. This is an <u>agreed record of what was discussed</u>: it is a collaborative process and is MI adherent. e.g....."In the last month/6 months (delete as appropriate) you have achieved X and Y and these are the new goals you have set yourself today ....... <u>A copy of this should be returned to the research team who will post to the client</u>.

PID	Region ID	Participant Initials	Participant DOB
			d d m m y y y y







### Closing Summary (to be completed following <u>all</u> telephone sessions)

Session no:		