





Appendix 1 MotivATE Screenshots

Front Page



Welcome to MotivATE!



New users will need to [register here](#).

If you would like to know more before registering, please see our [Frequently Asked Questions](#).


If you have already registered, click **next** to log on

MotivATE is your **free online resource** to help you feel ready for your first appointment at an eating disorder service:

- **Read stories** about others' experiences
- Take part in **MotivATE quizzes** and other activities
- Get **personal advice** and information

- You may be **worried** about an eating disorder
- Perhaps you are a little scared about letting go and have **mixed feelings**
- Maybe you don't feel that you have a problem with your eating

Whatever situation you are in MotivATE will help you to prepare for your first appointment and feel more confident about making the next decisions.



MotivATE has been designed by people with eating disorders, clinicians and researchers. It is based on real experiences and scientific evidence to make sure it is relevant and reliable. Click [here](#) to find out more.

[Help](#) [FAQs](#) [About](#)

Module Home Page



Which Module would you like to do?

It is recommended that you complete the modules in order because each module uses the information you gave in a previous session to give personal advice. Click on one to get started.



[Module 1 – What happens at the first appointment?](#)



[Module 2 - How motivated are you?](#)



[Module 3 – Arming yourself with information.](#)



[Module 4 – Preparing for your assessment.](#)



[Or click here if you would like to go to your profile page](#)

[Help](#)

[FAQs](#)

[About](#)

Module 1 Start



Welcome to Module 1

This session answers the question: "What happens at my assessment?"

"Sometimes I hate my eating disorder and just want to recover. Other times I can't see a way to live my life without it. I'm worried about how I will feel on the day of my assessment." (Lilly, 21)

- Maybe this sounds familiar. **You may find it difficult thinking about life without an eating disorder.** Perhaps you don't even know how to change or don't think you need to change at all.
- **These feelings are completely natural but can mean that you may be in two minds about going to your assessment.** MotivATE can help you to feel ready to discuss these feelings with a clinician.



If at any point you feel any distress or drop in mood, please click on the "Help" button at the bottom of every page. Also, don't forget that you can leave a module at any time or take a break.



[Help](#)

[FAQs](#)

[About](#)

Module 1 Survey



What do you imagine will happen at your first appointment?

Why not take the MotivATE assessment quiz to find out what you know (Correct answers will be given on the next page even if you choose not to respond to the questions now).



	True	False
They will assign me to a treatment plan without my input	<input type="radio"/>	<input type="radio"/>
There will be a doctor in a white coat	<input type="radio"/>	<input type="radio"/>
I will need to be weighed at my appointment	<input type="radio"/>	<input type="radio"/>
They will want me to eat lots of food	<input type="radio"/>	<input type="radio"/>
I will be forced to talk about things I am not comfortable talking about	<input type="radio"/>	<input type="radio"/>
They will think I am not ill enough and will not offer me anything	<input type="radio"/>	<input type="radio"/>
They will analyse my thoughts and dreams	<input type="radio"/>	<input type="radio"/>
There is a strong chance I will be hospitalised	<input type="radio"/>	<input type="radio"/>



[Help](#)

[FAQs](#)

[About](#)

Module 1 Survey Answers

What do you imagine will happen at your first appointment?

All of the answers to this quiz are false
Click the arrow next to each statement to learn more

You said...

	They will assign me to a treatment without my input	TRUE	Not quite! You may wish to learn more by clicking on the question.
	There will be a doctor in a white coat	FALSE	Well done! If you want, you can learn more by clicking the question.
	I will need to be weighed at my appointment	FALSE	Well done! If you want, you can learn more by clicking the question.
	They will want me to eat lots of food	FALSE	Well done! If you want, you can learn more by clicking the question.
	I will be forced to talk about things I am not comfortable talking about	FALSE	Well done! If you want, you can learn more by clicking the question.
	They will think I am not ill enough and will not offer me anything	TRUE	Not quite! You may wish to learn more by clicking on the question.
	They will analyse my thoughts and dreams	FALSE	Well done! If you want, you can learn more by clicking the question.
	There is a strong chance I will be hospitalised	TRUE	Not quite! You may wish to learn more by clicking on the question.



Back



Next

[Help](#)

[FAQs](#)

[About](#)

Module 1 Questions For Assessment



Questions for your assessment

Do you still have questions?

You may want to make a note of these questions now so you can have them ready to ask at your assessment. These questions will be saved on your profile page for you to come back to later.

You may want to look at your questions again within the next week as you might want to add to them.
Would you like MotivAte to email your questions to you? Yes No



Print My Questions



[Help](#)

[FAQs](#)

[About](#)

Module End (similar page is shown at end of all modules)



Congratulations on finishing your first module!



- Any questions that you have written are now stored on your personal profile page.
- You can go to your profile page any time to add any other questions you have.
- You can re-view module 1 any time by re-visiting the module selection page. Module 2 is also ready to start whenever you like.

Where would you like to go next?

[Profile Page](#)

[Next Module](#)

[Module Selection](#)

[Log out](#)



[Help](#)

[FAQs](#)

[About](#)

Module 2 Start



Congratulations on finishing your first module!



- Any questions that you have written are now stored on your personal profile page.
- You can go to your profile page any time to add any other questions you have.
- You can re-view module 1 any time by re-visiting the module selection page. Module 2 is also ready to start whenever you like.

Where would you like to go next?

[Profile Page](#)

[Next Module](#)

[Module Selection](#)

[Log out](#)



[Help](#)

[FAQs](#)

[About](#)

Module 2 Stage Choice 1



Your Motivations

Below are some things that other people have said about how they feel before their assessment.

To get started, please choose the option that best fits with how you feel.

I'm not sure I'm ready or able to change my eating disorder	<input type="radio"/>
I have tried to change my eating disorder before but am struggling	<input type="radio"/>
I feel ready to start making changes in the next month or so	<input type="radio"/>
I don't want to change my eating disorder	<input type="radio"/>
My friends/family want me to change but I don't even think I have an eating problem	<input type="radio"/>
I have been successfully working towards recovery over the last 6 months	<input type="radio"/>




[Help](#)

[FAQs](#)

[About](#)

Module 2 Stages Information



What Stage am I in?

The responses you gave suggest that you may be in a preparation stage of change. You are making plans to change but may need a little bit of guidance to help you feel confident and ready to do this as your previous attempts to recover were not successful.

Being referred to the eating disorder service is an excellent step to help you reach your goals. Your assessment appointment will allow you to talk through the changes that you want to make.

Alice's story


"I knew what my eating disorder was doing to me, and I hated it. I wanted to be me again, to take back control. It's funny, this whole thing started because it gave me control over my life, and before I knew it, it had done the opposite, and taken everything away from me.

All I kept thinking was that I wanted it gone, to stop it having such a hold on me. There was no doubt in my mind, I wanted to change. But when it came to 'getting better', I just didn't know where to start. I didn't know how I could beat this, what I should be aiming for. I started off small, I started looking at websites for information to see how other people have recovered, and how I could begin to get better.

I began to set myself little goals – nothing huge – making body soap. For my first goal I told someone that I was going to get better. I told my best friend, and he promised to support me and help me with anything I needed. My second goal was to make an appointment to see my doctor, which then led to my referral. My current goal is to arm myself with as much information as I can so I'm ready for my first appointment in 2 weeks' time. I'm preparing for this fight, and I'm going to beat it."

The Stages of Change Diagram

- The diagram below highlights what the preparation stage may mean.
- The preparation stage is the third stage in the cycle. People are said to be in this stage if they are getting ready to change.
- The diagram is designed as a spiral because you can enter at any point and can move forwards and backwards through the stages.
- You can click on any of the other stages in the diagram to learn more about them.



```
graph TD; A[Precontemplation  
Do not want to change] --> B[Contemplation  
Thinking about change]; B --> C[Preparation  
Getting ready to change]; C --> D[Action  
Starting to change]; D --> E[Maintenance  
Continuing to change]; E --> A;
```

[Back](#)

[Next](#)

[Help](#) [FAQs](#) [About](#)

Module 2 Stage Choice 2



What Stage am I in?

Based on what you have learnt about the stages of change diagram where do you think you fit?

- I do not want to change (precontemplation)
- I am thinking about change (contemplation)
- I am getting ready to change (preparation)
- I am starting to change (action)
- I am not sure



[Help](#)

[FAQs](#)

[About](#)

Module 2 Final Information



The Preparation Stage

You have said that you are in the preparation stage. You have made a commitment to change which is fantastic! Your assessment will really help you to use this motivation to take the next steps towards change.

In module 3 you will get the chance to think more about your motivations to change so you can be ready to discuss them with your clinician.

In module 3 you will get the chance to think more about your motivations to change so you can be ready to discuss them with your clinician.



[Help](#)

[FAQs](#)

[About](#)

Module 3 Start



Welcome to Module 3!

Thinking about your eating disorder

- Some people say that their eating disorder plays a role for them. Sometimes this role may be positive or negative or sometimes both at the same time.
- You may not have thought about your own eating in this way before.
- Thinking about this could help you feel ready to discuss what is important to you or what you want to change. This will help you to answer some of the questions you may get asked at your assessment.

What roles do others say their eating disorder plays? Watch the videos and see if any of the stories sound like you.

Sarah describes how her eating disorder played the role of a coping mechanism. She later found healthier coping mechanisms through her eating disorder service.



Module 3 Thinking About Your Eating Disorder



Thinking about your eating disorder assessment

• Your eating disorder does not have to control your life and your assessment is the first step to find ways of gaining control of your life again. Your therapist will understand how important having control over your life is. They will not aim to take control from you but will work with you to come up with a treatment plan together. You may want to tell your therapist about any concerns you have about control at your assessment appointment.

• If you think your eating disorder helps you to cope you may also be worried about attending your assessment and being told to stop your behaviours. Mentioning this worry to your clinician will mean that they will work with you to find healthier ways to cope.

• The thought of going to your assessment may be making you feel worried and stressed. These difficult emotions may cause you to turn to your eating problem to cope. Naturally, this may mean you have mixed feelings about going.

• Remember, although your eating disorder may help you to cope in the short-term with this, feeling it is not a long-term solution.



You may feel like you want to start working on alternative ways to cope while you wait for your assessment.

[Click here for more information now.](#)



[Help](#)

[FAQs](#)

[About](#)

Module 3 Minnesota Study Information



Thinking about your eating disorder: The Minnesota Starvation Study

The Minnesota Starvation Study is a brilliant example of how health, mood, and relationships are affected by eating. This classic study was carried out by Ancel Keys in the 1940s on 36 healthy volunteers. All of the volunteers were white males, with ages ranging from 22 to 53 years old, and conscientious objectors. During the study the volunteers had to eat half of their usual calories for 24 weeks. The results of the study found that:



Volunteers experienced exhaustion, dizziness, hair loss, muscle wasting, and a loss of concentration. They had no energy to do their normal activities.



They became obsessed with food and eating. Some spent most of the day thinking about how they would spend their time eating with the food they were allowed. Others hoarded food and binge-d because they were so hungry.



Volunteers reported strong depression, irritability and mood swings. Some self-harmed.



The volunteers became progressively more withdrawn and isolated through out the experiment. They cut themselves off from others and removed themselves from group activities.



Those who remained socially active reported that their relationships became strained.



Volunteers reported feeling fat but did not worry about weight before the experiment.



Ask yourself

Do you have any worries about your health? You may find it useful to take note of any health problems you have so you can discuss these at assessment.

Would you like Motiv:ATE to email your response to you?

Yes No



[Help](#)

[FAQs](#)

[About](#)

Module 3 Obsessional Thoughts Exercise



Obsessional Thoughts and Eating



Studies show that people with eating disorders show more traits of an obsessive-compulsive personality than others. This means they may be more likely to:

- obsess about certain aspects of their life (e.g. food/weight)
- need strict rules and structure
- place higher importance on the need for control
- and have a higher need for perfection



People with higher traits of perfection may see things in black and white which can be unhelpful. You may find yourself thinking in terms of success vs. failure without anything in between. This may spill into other aspects of your eating disorder (fat or thin, good or bad foods, eat nothing or eat everything).

These thinking styles can be unhelpful. Below are some examples of common all-or-nothing thoughts that may make you think twice about changing (an unhelpful thought).

Thinking through some of these unhelpful thoughts and replacing them with motivating thoughts may help you feel more confident on the day of your assessment.

Unhelpful thought 1: My therapist will think that I'm not ill enough.

MotivATING thought 1: You have been referred to an eating disorder service. This means that you, your family or your doctor think an assessment will be a good idea. Not feeling ill enough (or good enough) is an example of black and white thinking and may be related to low self-esteem which is common in people with an eating disorder. Your therapist can help you to address these thoughts.

Unhelpful thought 2: Going to the assessment and giving up my eating rules will be seen as a failure! I'm worried about giving up my rules.

MotivATING thought 2: Nobody else would see this as a failure! Think of all the other achievements you could work towards if you weren't thinking about food all the time. Giving up the structure of rules may be difficult at first but with the support of your therapist you can see how freeing it is to focus on other aspects of your life!

Unhelpful thought 3: I need to be the thinnest that I can be. The eating disorder service will make me fat.

MotivATING thought 3: This is a classic example of black and white thinking. It is not realistic for 3 reasons:
1) the service will not make you do anything
2) there are many shapes and sizes in between fat and thin
3) it is impossible to be the thinnest person and also be healthy.

Unhelpful thought 4: I'm never going to get better so what's the point in trying?

MotivATING thought 4: You may have previously tried to improve your eating behaviour by yourself and not been successful but that doesn't mean it's always going to be that way. There are so many different treatments out there for you to try and your therapist will help support you along the way and help work out a plan which will work best for you.

Ask yourself

- Do you find yourself thinking in all-or-nothing terms?
- Do you expect perfection?
- Do you worry too much about failing?
- Do you have lots of strict rules?

Try writing your own unhelpful and motivATING thoughts in the boxes to the right. These will be saved to your profile.

Unhelpful thought:

MotivATING thought:



[Help](#)

[FAQs](#)

[About](#)

Module 3 Pros and Cons Exercise



The pros and cons of eating disorders

Pro and Con Table

- You can use the table below to write down as many pros and cons that you have about not changing and changing your eating disorder.
- Have a good think about all the different areas where your eating disorder is a problem as well as all of the ways you may find it helpful.
- For example, in the Cons/Not changing box, you can write down the negative reasons of not changing.

[Click here for an example pros and cons table](#)

	Pros	Cons
Not Changing	<input type="text"/>	<input type="text"/>
Changing	<input type="text"/>	<input type="text"/>



Module 4 Start



Welcome to module 4 and well done for sticking with MotivATE!

So far you have:

1. Learnt about the assessment appointment. Knowing what to expect can build your confidence. **Being prepared with a list of your own questions can help you to feel some control over this first consultation.**
2. Learnt about motivations to change and recognised that you may be in the preparation stage of change. With the support of the clinician at your assessment you can plan together how you can move through the stages.
3. Armed yourself with information about eating problems.



By now you are hopefully feeling more confident about your upcoming appointment. This next module aims to boost your confidence even further by:

- Giving you more assessment stories from others (including a story from an assessment clinician).
- Adding to your list of assessment questions
- Making plans for your assessment.




[Help](#)


[FAQs](#)

[About](#)

Module 4 Story Example



Mary's Story



<p>"I was first referred to an eating disorder service 12 months ago. I'd gone to my GP because my family were worried and he had made the referral.</p> <p>As the appointment got closer, though, I just couldn't force myself to go. I didn't feel ready to give up what I was doing and couldn't face my assessment.</p> <p>Because I just didn't show up it meant I was back to square one. And 6 months down the line I could tell I was now struggling. I had no control over what I was doing and felt so depressed. I felt like I was only living through my eating disorder rather than living a full life.</p> <p>I needed to go back to my GP to get another referral as by not turning up to my previous appointment I was now out of the system. This meant I had to wait for my new appointment.</p>	<p>I felt a little more motivated to attend my assessment but my eating disorder was now even more a part of me. I am still making changes to my eating and sometimes it feels like slow progress. But I am getting there.</p> <p>I honestly believe that if I'd made better use of my first appointment the changes would be a little easier.</p> <p>I now know that the clinician isn't just going to try and take away the eating disorder. They will work closely with you to help you make the changes gradually and in your own time.</p> <p>I can say that I am now starting to live a full life instead of the half-life I had with my eating disorder."</p>
--	--

[← Back](#) [Next →](#)

[Help](#) [FAQs](#) [About](#)

Module 4 Clinician's Perspective



A clinician's thoughts on the assessment appointment



Hello my name is Ciarán and I work in an Eating Disorders Service offering assessment and treatment for people affected by eating disorders.

Most people are referred to our service by their GP, another professional and a few self refer.

I am aware that people can be nervous about their assessment and can have mixed feelings about being there as this is a common feature of those who come for assessment.

Therefore to help with knowing what is likely to happen at your assessment I have described below the major parts which you are likely to experience.



The clinician is trying to understand why you have come to see them. To help with this they will ask questions about your problem but this does not mean you have to answer every question and if you do not want to, then that is ok. If you want to you can bring another person with you and the clinician will only talk to them with your permission.

The assessment will cover:

- Your eating behaviours and thoughts and how these affect you, those closest to you, as well as all areas of your life such as work, education, hobbies and interests.
- The history of the problem with food
- Any other areas that you think are relevant to how things are in your life (for example low mood or anxious feelings).
- The possible areas of risks to you. These are areas where your health (physical and psychological) may be damaged by the impact of the behaviours/thoughts that you have. Assessing the risk is important to ensure your safety and that a full care plan can be agreed with you to reduce risk as much as possible.

You may be asked to complete questionnaires before the assessment. These may assess eating disorder behaviours and thoughts, or low mood but this depends on the service. If you have any questions about these you can ask the clinician in the assessment.

Indeed, at the assessment, I would encourage you to ask any questions you may have.

You may have questions about:

- Your eating disorder
- The service
- Likely treatments
- Any other areas you want to cover

This will help build the best picture of what the problem is and guide towards what needs to be done to assist you in recovering. I would also encourage you to contact the Service before your assessment with questions or worries you may have.

I would also encourage you to use Motiv-ATE to help prepare for the assessment and challenge any fears you may have about what might happen.

Overall the aim of the assessment is to understand what has brought you to the Service, what you want to do next and how the Service can help you to achieve what you want.

We know it takes courage to tackle eating disorders and with help you can overcome the impacts of your eating disorder and live a healthier more rewarding life.



[Help](#)

[FAQs](#)

[About](#)

Module 4 Assessment Questions Revisited



My assessment questions - revisited

In Module 1 you learnt about what to expect at your assessment appointment. Any questions that you had for your therapist has been added to your profile page and re-shown below.

Example Example Example Example Example Example
Example Example Example Example

Do you have any other questions to add to your list?

Other people have said that taking their questions to their assessment made them feel more confident. You may want to e-mail your questions to yourself or print them out.

Would you like MotivATE to email your questions to you?

Yes No



Print

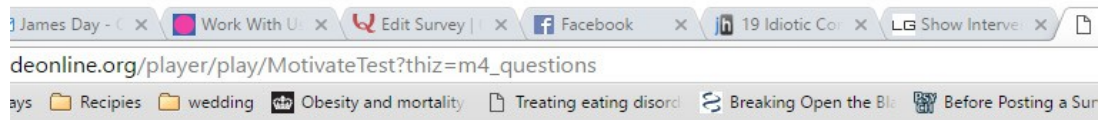


[Help](#)

[FAQs](#)

[About](#)

Module 4 Implementation Intentions Planning Exercise



Feeling Prepared

You may find it useful to fill in the following check-list so you are all set for your appointment. This information will be saved to your profile where it can be printed off.

What is the time and date of your session?

What is the address of the eating disorder service?

How will you get there?

Have you thought of someone to talk to after the appointment/someone to take with you for support? If so, who?

Have you printed or e-mailed any of your assessment questions so you will have them with you?

Yes No

Have you printed off any other information from MotivATE that you want to take with you to the assessment?

Yes No

Are there any other obstacles you can think of that might prevent you attending your assessment (e.g. child care, bus-fares, other commitments)? If so you may find it useful to list them here.

How might these obstacles to attending your assessment appointment be overcome?



[Help](#)

[FAQs](#)

[About](#)

Profile Page

Homepage Modules Logout

My Profile Page



Welcome to your profile

Below you can see the activities you have completed on each Module, and the option to re-visit any module again them.

Module 1: What happens at assessment	Module 2: How motivated are you?	Module 3: Arming yourself with information	Module 4: Preparing for your assessment
In this module you may have written some questions for your assessment. You can access these here .	This module looks at your stages of change. You said you may be in the preparation stage	In this module you may have completed activities to help you think about your eating. To see your work, click here .	To view your assessment checklist again, click here . Or click here for a copy of all your assessment questions .

[Help](#) [FAQs](#) [About](#)

Example of Module 4 Profile Page

 [Homepage](#) [Profile Page](#) [Logout](#)

Your Questions for Assessment [Print](#)

These are all of the questions that you wrote in modules 1 and 4.

Example Example Example Example Example Example Example Example Example