

# **Department of Veterans Affairs**

**Office of Information & Technology (OIT)  
Product Development**

**VistA Mental Health Clinical Reminder  
Dialog Templates**

**User Guide**

**PXRM\*2.0\*32**



**November 2014  
Version 1.3**

## Revision History

<b>Date</b>	<b>Version</b>	<b>Description</b>	<b>Author</b>
September 2014	1.3	Updated for release	Information Innovators Inc.
February 2014	1.2	Document specific to PXRМ*2.0*32 (Increment 3)	Information Innovators Inc.
August 2013	1.1	Document specific to PXRМ*2.0*29 (Increments 1&2)	Information Innovators Inc.
January 2013	1.0	Initial draft	K&R Consulting, Inc.

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## Introduction

The purpose of this document is to provide clinicians with the information they need to use the Mental Health Clinical Reminder (MHCR) Dialog Templates (patch PXRМ\*2.0\*32) in the VA's Computerized Patient Record System (CPRS). It is not intended to provide basic information such as logging in to CPRS, or getting help. For information on those and other fundamentals, see *Related Documentation*.

## Target audience

The intended users are the Mental Health clinicians who deliver these particular Evidenced-Based Psychotherapies (EBPs) at VHA facilities. The Clinical Reminder Dialog Templates (patch PXRМ\*2.0\*32) will be made available to all clinicians engaged in the supported therapy protocols. Proficiency in CPRS is the only user requirement.

## Other sources of information

Other relevant information is also available on the Clinical Reminders website:

<http://vista.med.va.gov/reminders/>

## Related documentation

The following manuals are available from the VistA Documentation Library (VDL)

<http://www.va.gov/vdl/>:

Documentation	Documentation file name
Computerized Patient Record System (CPRS) User Guide GUI version February 2012	cprsguium.PDF
Mental Health Clinical Reminders Dialog Installation and Setup Guide	PXRМ_2.0_32_IG.PDF
MHCR Release Notes	PXRМ_2.0_32_UM.PDF
Clinical Reminders Manager's Manual	PXRМ_2.0_MM.PDF
Clinical Reminders Technical Manual	PXRМ_2.0_TM.PDF

## Background

The Improve Veterans' Mental Health (IVMH) Initiative is part of the Department of Veterans Affairs (VA)'s set of 21<sup>st</sup> century transformational initiatives (T21). The Mental Health Clinical Reminders (MHCR) project was designed to help facilitate IVMH by providing a national distribution of MHCR dialog templates appropriate for Evidence Based Psychotherapy (EBP) protocols. The protocols will be used for the treatment of mental health conditions, including depression, post-traumatic stress disorder, and others. The national reminder dialog templates will facilitate uniform data collection. This will allow Mental Health Services (MHS) the ability to effectively monitor implementation of the therapy protocols as well as evaluate the effectiveness of the therapies. The templates will assist in providing uniformity across mental services within the VA.

Access to the MHCR templates is through the CPRS environment. All of the templates will use the existing Clinical Reminder dialog functionalities; no new functionalities have been created to support the protocols.

## About the MHA application

The dialog templates may include Mental Health Assistant (MHA) instruments as part of the template dialog. If so, you will have the option to complete the instruments. Depending on how your site has configured the reminder dialogs, the assessment will appear in the progress note or not. (Both approaches are used in the EBP templates included in this project.)

## MHCR dialog templates for PXR\*2.0\*32

Mandated template drawer names are listed in the installation procedure steps in the Installation Guide - Patch PXR\*2.0\*32. To facilitate clinician recognition of the correct templates, those drawer names are abbreviated versions of the titles listed in full here. The national EBP training programs have created clinician training materials based on the mandated (abbreviated) template drawer names, therefore the names, the order of those names, and the names of their enclosing folders should be followed – see note on page 14 (section 3.3.3 Installation Guide - Patch PXR\*2.0\*32). The mandated drawer names are abbreviated versions of these:

### BFT - Behavioral Family Therapy

- VA-MH BFT 1 ORIENTATION
- VA-MH BFT 2 EDUCATION SESSION
- VA-MH BFT 3 COMMUNICATION SESSION
- VA-MH BFT 4 PROBLEM-SOLVING SESSION
- VA-MH BFT 5 FINAL SESSION
- VA-MH BFT 6 EARLY TERMINATION

### CBT-I - Cognitive Behavioral Therapy for Insomnia

- VA-MH CBT-I 1 EVALUATION SESSION
- VA-MH CBT-I 2 INITIAL TREATMENT PHASE
- VA-MH CBT-I 3 MIDDLE TREATMENT PHASE
- VA-MH CBT-I 4 FINAL SESSION
- VA-MH CBT-I EARLY TERMINATION

### IBCT - Integrative Behavioral Couple Therapy

- VA-MH IBCT 1 INITIAL
- VA-MH IBCT 2 INDIVIDUAL
- VA-MH IBCT 3 NON VETERAN
- VA-MH IBCT 4 FEEDBACK
- VA-MH IBCT 5 THERAPY
- VA-MH IBCT 6 TERMINATION
- VA-MH IBCT EARLY TERMINATION

### IPT - Interpersonal Psychotherapy for Depression

- VA-MH IPT 1 DEPRESSION
- VA-MH IPT 2 DEPRESSION
- VA-MH IPT 3 DEPRESSION

- VA-MH IPT 4 DEPRESSION MAINT
- VA-MH IPT EARLY TERMINATION

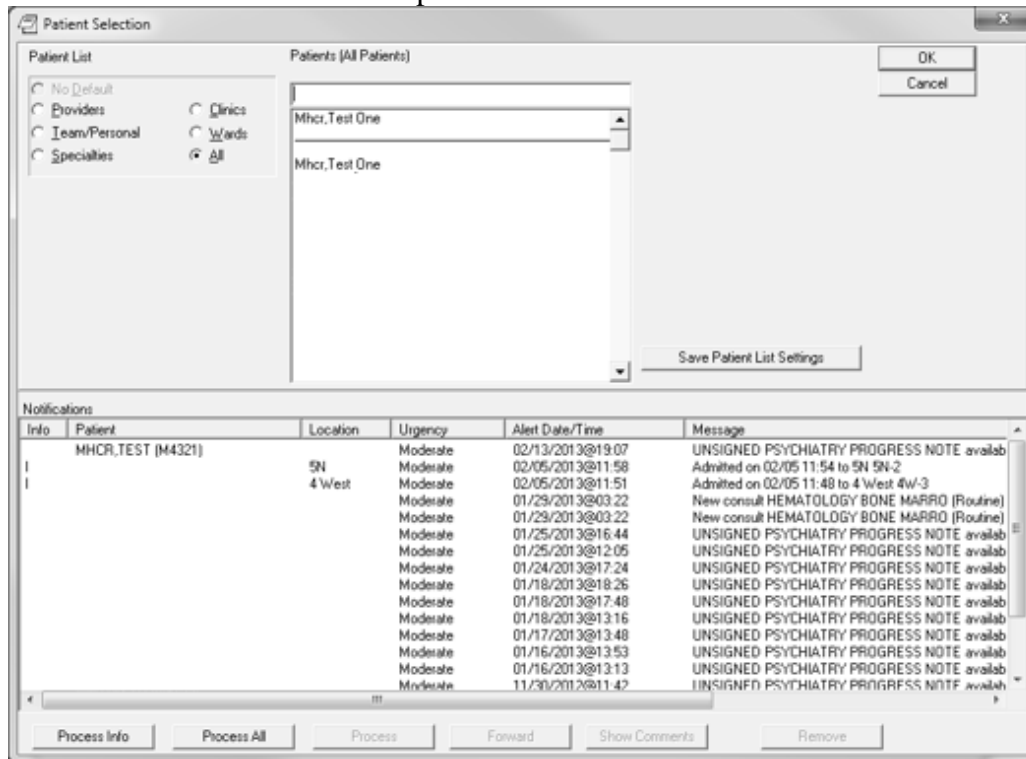
SST - Social Skills Training

- VA-MH SST 1 INITIAL
- VA-MH SST 2 GROUP VISIT
- VA-MH SST 3 FINAL VISIT
- VA-MH SST EARLY TERMINATION

**To access and complete an MHCR dialog template**

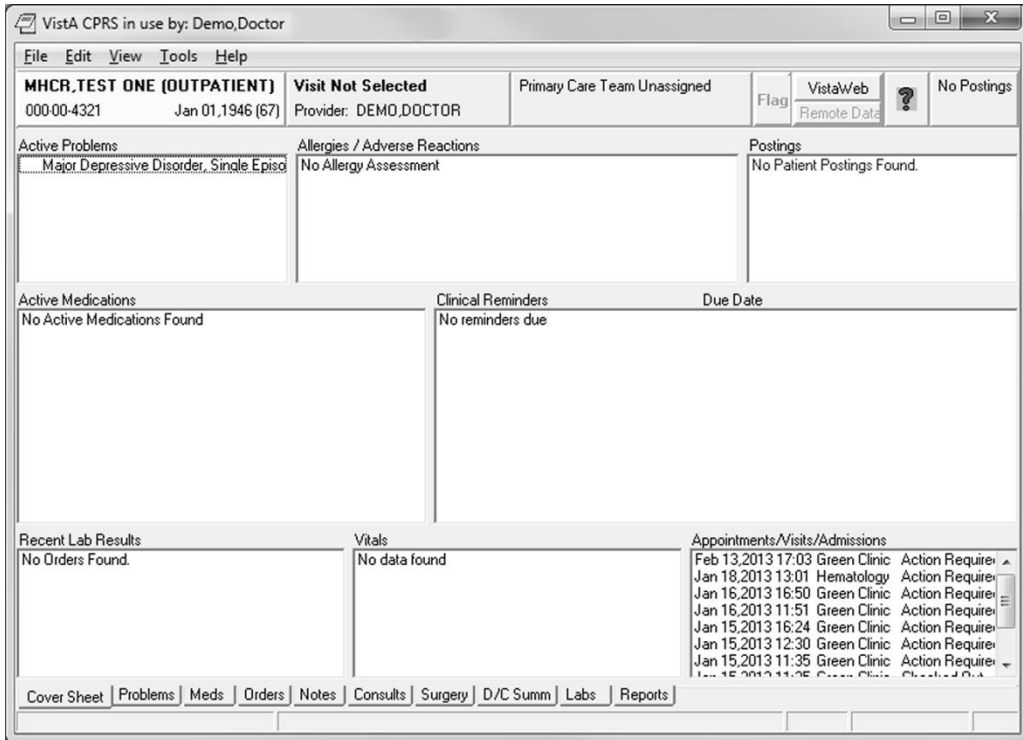
1. Sign onto CPRS.

The Patient Selection window opens:

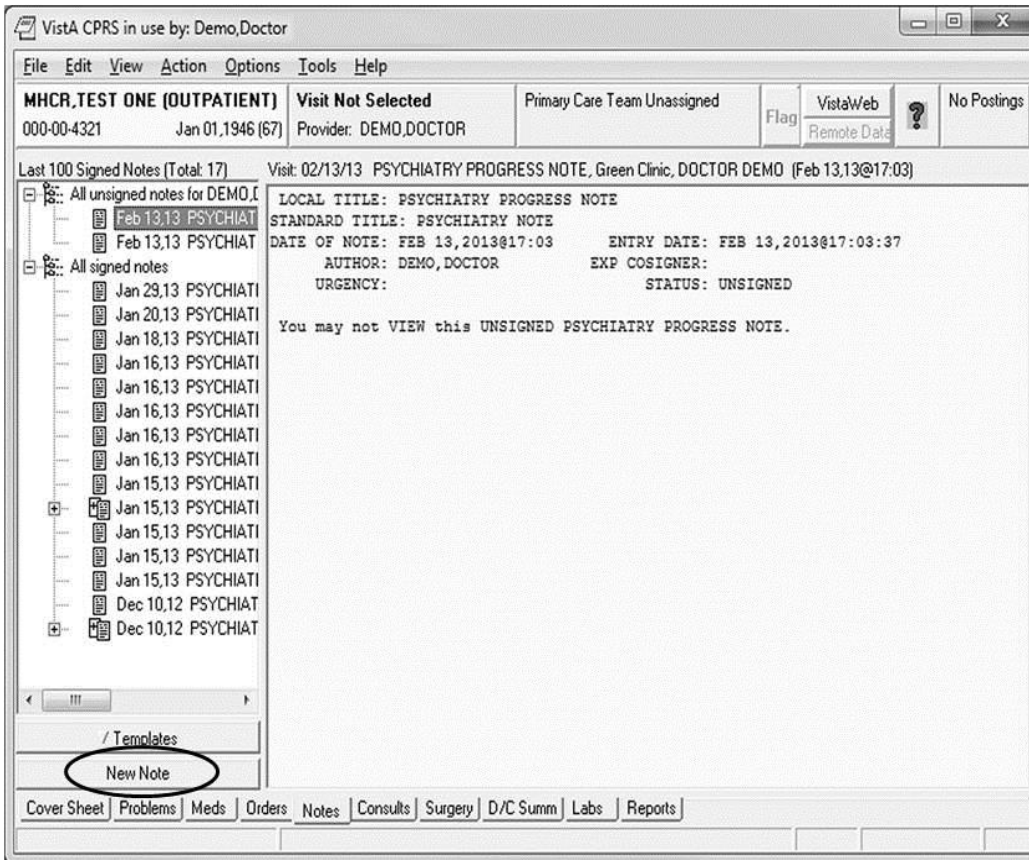


2. Select the patient you want to work with, in your usual manner.

The patient's record opens in Cover Sheet view:

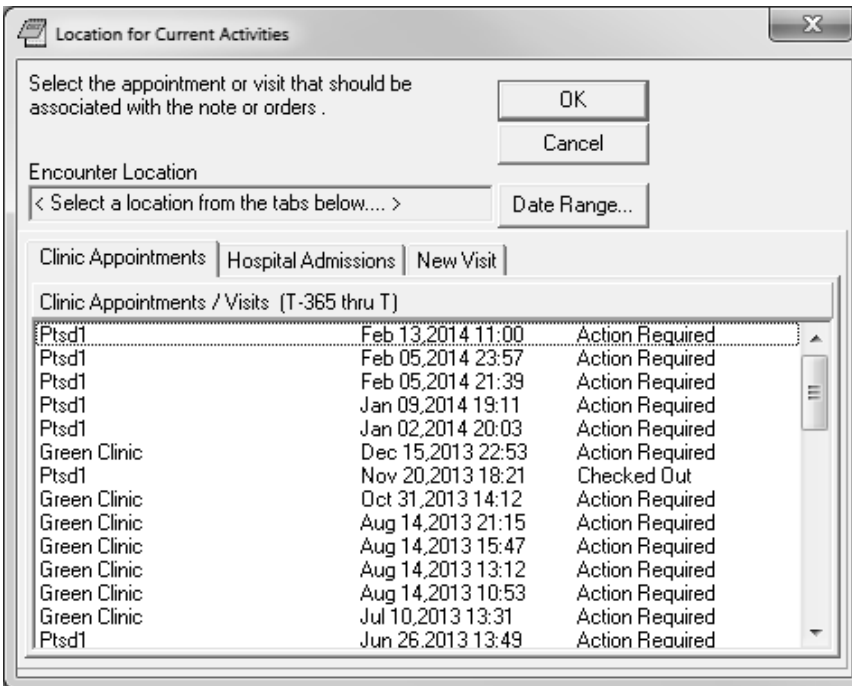


3. Click the Notes tab.  
The Notes view opens, showing a New Note button:



4. Click **New Note**.

The **Location for Current Activities** window opens:





5. Select a location.

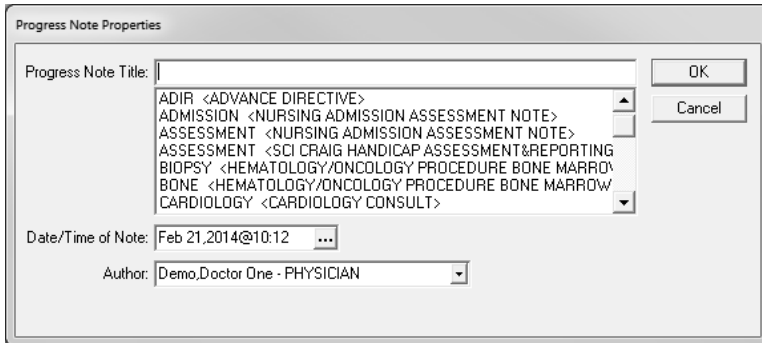
The location displays in the Encounter Location read-only field.

--OR--

Click the tab for Hospital Admissions or New Visit. If New Visit, select a Visit Location and a Date and Time of Visit.

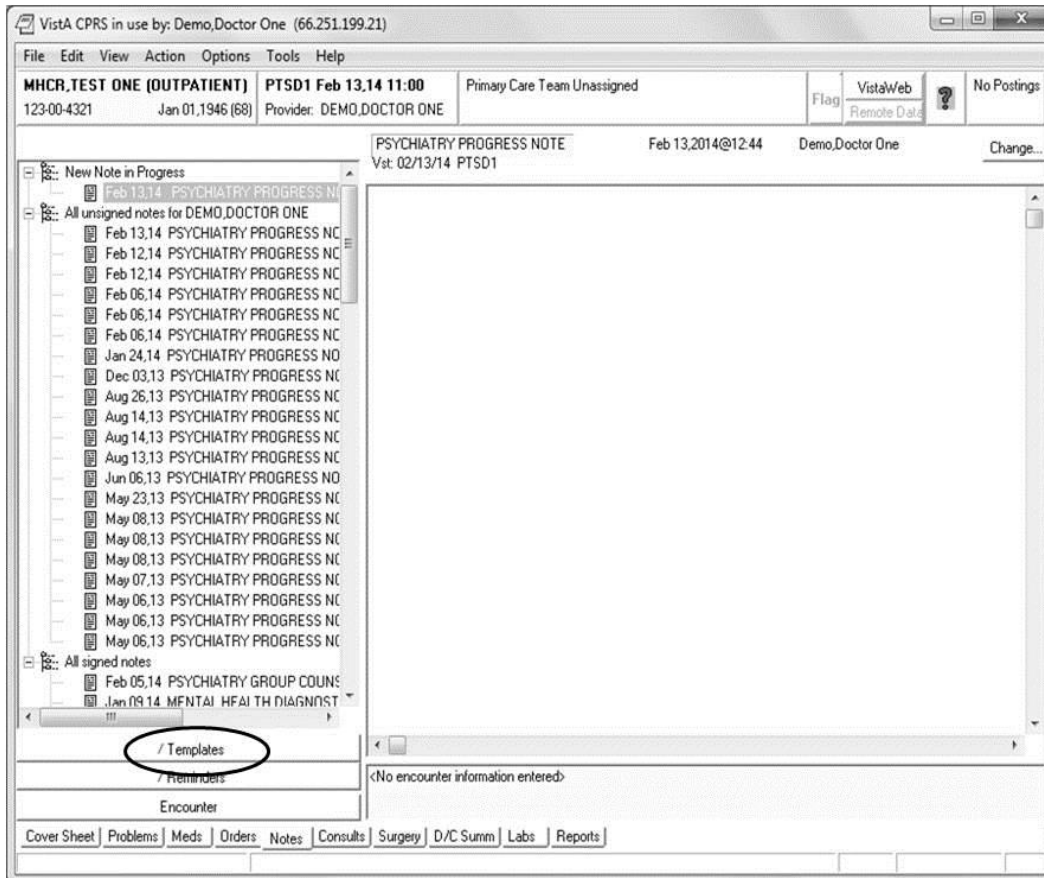
6. Click **OK**.

The Progress Note Properties window opens.



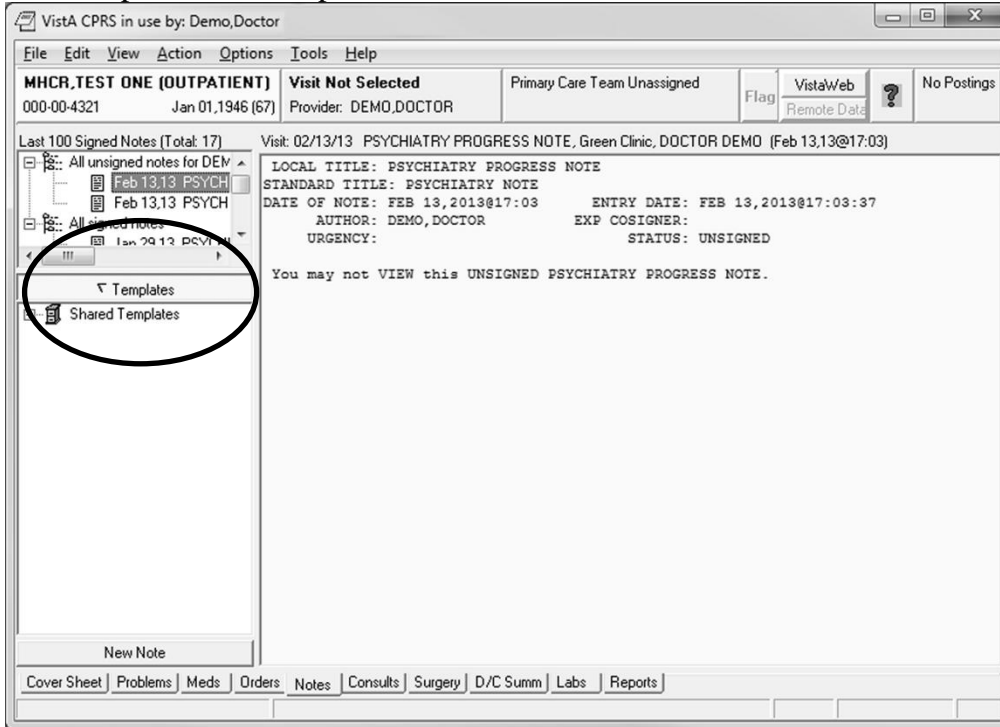
7. Type the note title into the Progress Note Title field or select from the list, then click **OK**.

You are returned to the Notes tab view.

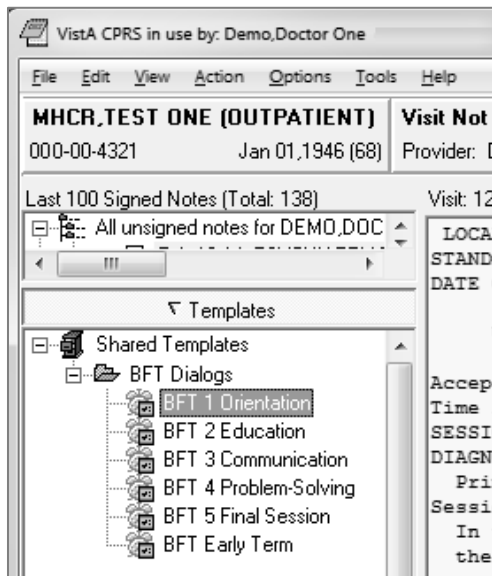


8. Click **Templates**.

The Templates section opens:



9. Expand the list of Shared Templates by clicking +, then double-click the template you want, as shown in the section view:



The template opens:

Reminder Dialog Template: BFT 1 Orientation

Behavioral Family Therapy: Orientation Session

Time in session (in minutes):

SESSION NUMBER

1

2

3

SESSION FORMAT

Face-to-face session

Telephone session

Video Telehealth Session

Other

SESSION LOCATION

DIAGNOSIS:

Primary (focus of treatment):

Secondary (if applicable):

ASSESSMENT

ASSESSMENT MEASURES

RISK INFORMATION

MENTAL STATUS/BEHAVIORAL OBSERVATIONS

OTHER RELEVANT ASSESSMENT OBSERVATIONS

The Veteran completed the Orientation session of Behavioral Family Therapy (BFT).

PARTICIPANTS IN SESSION:  
For those who attended today's session, please list their relationship to the Veteran ONLY and do not use names. For example, please refer to others in attendance as Veteran's partner, wife, husband, etc.

In this Orientation session of BFT, the following therapeutic activities were performed:

INTRODUCTORY REVIEW:

Visit Info      Finish      Cancel

Health Factors: BFT 1 ORIENTATION SESSION, BFT SESSION NUMBER 1, MH BFT TEMPLATES, MH EBP TEMPLATE

\* Indicates a Required Field

10. Click to select the items you want; continue scrolling to review the entire template.

**Note:** Selecting some options opens a text field for data entry.

11. Type data in the text fields as necessary.

12. When you have completed the template, click **Finish**.

The template window closes, and you are returned to the CPRS Notes view, showing the information you entered in the form of a progress note.

## About signing your progress note

You must sign the note with your electronic signature before it can become a note that other CPRS users can see, as well as a permanent entry in the patient's record.

## To sign your progress note

1. Click the Action menu (top of CPRS Notes view window), and select **Sign Note Now**. The Sign Note dialog box opens.
2. Type your electronic signature code into the Signature Code field, then click **OK**. Your note is signed, and you are returned to the CPRS Notes view.

## **APPENDIX A: Finding Items For Evidence Based Psychotherapy:**

12 MH EVIDENCED BASED PSYCHOTHER TEMPLATES  
13 MH EBP PLAN REFERRAL  
14 MH EBP EARLY TERM AGREE  
15 MH EBP EARLY TERM NO CONTACT  
16 MH EBP EARLY TERM DISCONT TX  
17 MH EBP EARLY TERM SYMPTOMS REMIT  
18 MH EBP TEMPLATE  
19 MH EBP PLAN PT AGREE  
20 MH EBP PLAN BOOSTER SESSION  
21 MH EBP PLAN TX COMPLETE

## **APPENDIX B: Finding Items For Social Skills Training**

22 MH SST TEMPLATES  
23 MH SST 3 REVIEW PROGRESS DISCONTINUE  
24 MH SST 3 REVIEW PROGRESS TERMINATE  
25 MH SST 3 REVIEW PROGRESS COMPLETED  
26 MH SST 3 REVIEW PROGRESS ATTENDING NO  
27 MH SST 3 FINAL  
28 MH SST THERAPY  
29 MH SST LEVEL ACTIVE NO  
30 MH SST LEVEL PROMPT  
31 MH SST LEVEL ACTIVE YES  
32 MH SST PARTICIPATION LEVEL  
33 MH SST PARTICIPATION NUMBER 4  
34 MH SST PARTICIPATION NUMBER 3  
35 MH SST PARTICIPATION NUMBER 2  
36 MH SST PARTICIPATION NUMBER 1  
37 MH SST PARTICIPATION NUMBER  
38 MH SST SUGGESTIONS IMPROVE  
39 MH SST POS FEEDBACK  
40 MH SST SKILL MODELED GROUP  
41 MH SST SKILL MODELED ROLE  
42 MH SST SKILL STEPS  
43 MH SST SKILL RATIONALE  
44 MH SST ASSIGNMENT  
45 MH SST ESTABLISHED AGENDA  
46 MH SST SOCIAL SKILLS TAUGHT COPING  
47 MH SST SOCIAL SKILLS TAUGHT VOCATIONAL  
48 MH SST SOCIAL SKILLS TAUGHT CONFLICT  
49 MH SST SOCIAL SKILLS TAUGHT ASSERTIVE  
50 MH SST SOCIAL SKILLS TAUGHT CONVERSATION  
51 MH SST SOCIAL SKILLS TAUGHT OTHER  
52 MH SST SOCIAL SKILLS TAUGHT HEALTH  
53 MH SST SOCIAL SKILLS TAUGHT FRIENDSHIP  
54 MH SST SOCIAL SKILLS TAUGHT COMMUNAL  
55 MH SST SOCIAL SKILLS TAUGHT FOUR  
56 MH SST SOCIAL SKILLS TAUGHT  
57 MH SST ASSESSMENT YES  
58 MH SST ASSESSMENT NO  
59 MH EBP COLLABORATION HIGH

60 MH EBP COLLABORATION MEDIUM  
 61 MH EBP COLLABORATION LOW  
 62 MH EBP MOTIVATION ENHANCE BARRIERS  
 63 MH EBP MOTIVATION ENHANCE ATTITUDES  
 64 MH EBP MOTIVATION ENHANCE BENEFITS  
 65 MH EBP MOTIVATION ENHANCE CONSEQUENCES  
 66 MH EBP MOTIVATION ENHANCE GOALS  
 67 MH SST 2 GROUP VISIT  
 68 MH SST 1 INITIAL  
 69 MH SST TREATMENT GOALS LONG  
 70 MH SST TREATMENT GOALS SHORT  
 71 MH SST TREATMENT GOALS  
 72 MH SST TREATMENT GOALS NOT IDENTIFIED

### **APPENDIX C: Finding Items For Interpersonal Therapy**

73 MH IPT FOR DEPRESSION  
 74 MH IPT SESSION NUMBER COMPLETED 17+  
 75 MH IPT SESSION NUMBER COMPLETED 16  
 76 MH IPT SESSION NUMBER COMPLETED 15  
 77 MH IPT SESSION NUMBER COMPLETED 14  
 78 MH IPT SESSION NUMBER COMPLETED 13  
 79 MH IPT SESSION NUMBER COMPLETED 12  
 80 MH IPT SESSION NUMBER COMPLETED 4  
 81 MH IPT SESSION NUMBER COMPLETED 3  
 82 MH IPT SESSION NUMBER COMPLETED 2  
 83 MH IPT SESSION NUMBER COMPLETED 1  
 84 MH IPT SESSION NUMBER COMPLETED 11  
 85 MH IPT SESSION NUMBER COMPLETED 10  
 86 MH IPT SESSION NUMBER COMPLETED 9  
 87 MH IPT SESSION NUMBER COMPLETED 8  
 88 MH IPT SESSION NUMBER COMPLETED 7  
 89 MH IPT SESSION NUMBER COMPLETED 6  
 90 MH IPT SESSION NUMBER COMPLETED 5  
 91 MH IPT THERAPY  
 92 MH IPT EARLY TERM OUTSIDE OF SSN  
 93 MH IPT HOMEWORK NOT ASSIGNED NEXT SSN  
 94 MH IPT HOMEWORK NOT ASSIGNED LAST SSN  
 95 MH IPT HOMEWORK NOT COMPLETE  
 96 MH IPT HOMEWORK COMPLETE  
 97 MH IPT TECHNIQUE ROLE PLAY  
 98 MH IPT TECHNIQUE DECISION ANALYSIS  
 99 MH IPT TECHNIQUE DIRECTIVE  
 100 MH IPT TECHNIQUE THERAPEUTIC RELATION  
 101 MH IPT TECHNIQUE COMMUNICATION TECHNIQUE  
 102 MH IPT TECHNIQUE COMMUNICATION ANALYSIS  
 103 MH IPT TECHNIQUE CLARIFICATION  
 104 MH IPT TECHNIQUE ENCOURAGE AFFECT  
 105 MH IPT TECHNIQUE EXPLORATION  
 106 MH IPT DEFICITS COMPARE THER  
 107 MH IPT DEFICITS REPETITIVE  
 108 MH IPT DEFICITS COMPARE  
 109 MH IPT DEFICITS CONNECT

110 MH IPT DEFICITS RELATION  
111 MH IPT DEFICITS REDUCE ISOL  
112 MH IPT ROLE TRANSITION SKILL ENCOURAGE  
113 MH IPT ROLE TRANSITION AFFECT  
114 MH IPT ROLE TRANSITION OPPORTUNITIES  
115 MH IPT ROLE TRANSITION FEELINGS  
116 MH IPT ROLE TRANSITION COMPARE  
117 MH IPT ROLE TRANSITION COPING  
118 MH IPT ROLE TRANSITION SKILL DEVELOP  
119 MH IPT ROLE TRANSITION POSITIVE  
120 MH IPT ROLE TRANSITION LET GO  
121 MH IPT ROLE DISPUTE STAGE  
122 MH IPT ROLE DISPUTE PARALLEL  
123 MH IPT ROLE DISPUTE EXPECTATIONS  
124 MH IPT ROLE DISPUTE CONNECT  
125 MH IPT ROLE DISPUTE PATTERNS  
126 MH IPT ROLE DISPUTE PLAN  
127 MH IPT GRIEF INVOLVE  
128 MH IPT GRIEF RECONSTRUCT  
129 MH IPT GRIEF DESCRIBE  
130 MH IPT GRIEF ELICIT  
131 MH IPT GRIEF LINK  
132 MH IPT GRIEF FRIEND  
133 MH IPT GRIEF MOURN  
134 MH IPT INTERPERSONAL DEFICIT SECONDARY  
135 MH IPT ROLE TRANSITION SECONDARY  
136 MH IPT ROLE DISPUTE SECONDARY  
137 MH IPT GRIEF SECONDARY  
138 MH IPT INTERPERSONAL DEFICIT PRIMARY  
139 MH IPT ROLE TRANSITION PRIMARY  
140 MH IPT ROLE DISPUTE PRIMARY  
141 MH IPT GRIEF PRIMARY  
142 MH IPT ENCOURAGE GOAL DESCRIBE  
143 MH IPT GOAL SET  
144 MH IPT PROBLEM REVIEW  
145 MH IPT SESSION NUMBER 1 MAINT  
146 MH IPT SESSION NUMBER 2 MAINT  
147 MH IPT SESSION NUMBER 3 MAINT  
148 MH IPT SESSION NUMBER 12+ MAINT  
149 MH IPT SESSION NUMBER 11 MAINT  
150 MH IPT SESSION NUMBER 10 MAINT  
151 MH IPT SESSION NUMBER 9 MAINT  
152 MH IPT SESSION NUMBER 8 MAINT  
153 MH IPT SESSION NUMBER 7 MAINT  
154 MH IPT SESSION NUMBER 6 MAINT  
155 MH IPT SESSION NUMBER 5 MAINT  
156 MH IPT SESSION NUMBER 4 MAINT  
157 MH IPT 4 MAINTENANCE SESSION  
158 MH IPT 3 SKILLS  
159 MH IPT 3 FOCUS  
160 MH IPT 3 PROBLEM  
161 MH IPT 3 MOOD  
162 MH IPT 3 CONTINUE  
163 MH IPT 3 RESPOND

164 MH IPT 3 FUTURE  
 165 MH IPT 3 TRIGGER  
 166 MH IPT 3 FEELINGS  
 167 MH IPT MORE DEPRESSED  
 168 MH IPT LESS SOCIAL NETWORK  
 169 MH IPT SAME SOCIAL NETWORK  
 170 MH IPT SAME DEPRESSED  
 171 MH IPT LESS DEPRESSED  
 172 MH IPT SESSION NUMBER 17+  
 173 MH IPT SESSION NUMBER 16  
 174 MH IPT SESSION NUMBER 15  
 175 MH IPT SESSION NUMBER 14  
 176 MH IPT SESSION NUMBER 13  
 177 MH IPT SESSION NUMBER 12  
 178 MH IPT SESSION NUMBER 11  
 179 MH IPT SESSION NUMBER 10  
 180 MH IPT SESSION NUMBER 9  
 181 MH IPT SESSION NUMBER 8  
 182 MH IPT SESSION NUMBER 7  
 183 MH IPT SESSION NUMBER 6  
 184 MH IPT SESSION NUMBER 5  
 185 MH IPT SESSION NUMBER 4  
 186 MH IPT 3 TERMINATION SESSION  
 187 MH IPT SESSION NUMBER 3  
 188 MH IPT 2 INTERMEDIATE SESSION  
 189 MH IPT 1 INITIAL SESSION  
 190 MH IPT SESSION NUMBER 2  
 191 MH IPT SESSION NUMBER 1  
 192 MH IPT INTERPERSONAL FORMULATION  
 193 MH IPT INTERPERSONAL INVENTORY  
 194 MH IPT SICK ROLE EXPLAIN  
 195 MH IPT DEP EDUC

#### **APPENDIX D: Finding Items For Integrated Behavioral Couples Therapy**

196 MH IBCT TEMPLATES  
 197 MH IBCT SESSION NUMBER COMPLETED 1  
 198 MH IBCT SESSION NUMBER COMPLETED >24  
 199 MH IBCT SESSION NUMBER COMPLETED 24  
 200 MH IBCT SESSION NUMBER COMPLETED 20  
 201 MH IBCT SESSION NUMBER COMPLETED 18  
 202 MH IBCT SESSION NUMBER COMPLETED 17  
 203 MH IBCT SESSION NUMBER COMPLETED 15  
 204 MH IBCT SESSION NUMBER COMPLETED 14  
 205 MH IBCT SESSION NUMBER COMPLETED 13  
 206 MH IBCT SESSION NUMBER COMPLETED 11  
 207 MH IBCT SESSION NUMBER COMPLETED 10  
 208 MH IBCT SESSION NUMBER COMPLETED 9  
 209 MH IBCT SESSION NUMBER COMPLETED 7  
 210 MH IBCT SESSION NUMBER COMPLETED 6  
 211 MH IBCT SESSION NUMBER COMPLETED 4



212 MH IBCT SESSION NUMBER COMPLETED 3  
 213 MH IBCT SESSION NUMBER COMPLETED 23  
 214 MH IBCT SESSION NUMBER COMPLETED 22  
 215 MH IBCT SESSION NUMBER COMPLETED 21  
 216 MH IBCT SESSION NUMBER COMPLETED 19  
 217 MH IBCT SESSION NUMBER COMPLETED 16  
 218 MH IBCT SESSION NUMBER COMPLETED 12  
 219 MH IBCT SESSION NUMBER COMPLETED 8  
 220 MH IBCT SESSION NUMBER COMPLETED 5  
 221 MH IBCT SESSION NUMBER COMPLETED 2  
 222 MH IBCT THERAPY  
 223 MH IBCT 7 EARLY TERMINATION  
 224 MH IBCT DIRECT CHANGE STRATEGY  
 225 MH IBCT TOLERANCE BUILD  
 226 MH IBCT UNIFIED DETACHMENT  
 227 MH IBCT EMPATHIC JOIN  
 228 MH IBCT PRACTICE NOT ASSIGNED  
 229 MH IBCT PRACTICE NOT COMPLETE  
 230 MH IBCT PRACTICE COMPLETE  
 231 MH IBCT SESSION NUMBER 5  
 232 MH IBCT SESSION NUMBER 6  
 233 MH IBCT SESSION NUMBER 7  
 234 MH IBCT SESSION NUMBER >24  
 235 MH IBCT SESSION NUMBER 24  
 236 MH IBCT SESSION NUMBER 20  
 237 MH IBCT SESSION NUMBER 18  
 238 MH IBCT SESSION NUMBER 17  
 239 MH IBCT SESSION NUMBER 15  
 240 MH IBCT SESSION NUMBER 14  
 241 MH IBCT SESSION NUMBER 13  
 242 MH IBCT SESSION NUMBER 11  
 243 MH IBCT SESSION NUMBER 10  
 244 MH IBCT SESSION NUMBER 9  
 245 MH IBCT SESSION NUMBER 23  
 246 MH IBCT SESSION NUMBER 22  
 247 MH IBCT SESSION NUMBER 21  
 248 MH IBCT SESSION NUMBER 19  
 249 MH IBCT SESSION NUMBER 16  
 250 MH IBCT SESSION NUMBER 12  
 251 MH IBCT SESSION NUMBER 8  
 252 MH IBCT 6 TERMINATION  
 253 MH IBCT 5 THERAPY  
 254 MH IBCT WEEKLY QUESTIONNAIRE  
 255 MH IBCT FOCUS OVERVIEW  
 256 MH IBCT DEEP  
 257 MH IBCT FEEDBACK OVERVIEW  
 258 MH IBCT SESSION NUMBER 4  
 259 MH IBCT SESSION NUMBER 3  
 260 MH IBCT 4 FEEDBACK  
 261 MH IBCT SESSION NUMBER 2  
 262 MH IBCT 3 NON VETERAN  
 263 MH IBCT 2 INDIVIDUAL  
 264 MH IBCT SESSION NUMBER 1  
 265 MH IBCT 1 INITIAL

## APPENDIX E: Finding Items For Cognitive Behavioral Therapy For Insomnia

266 MH CBT-I TEMPLATES (INSOMNIA)  
267 MH CBT-I SESSION NUMBER COMPLETED 4  
268 MH CBT-I SESSION NUMBER COMPLETED 3  
269 MH CPT TEMPLATES (COGNITIVE PROCESSING)  
270 MH CPT SESSION NUMBER COMPLETED 2  
271 MH CBT-I SESSION NUMBER COMPLETED 1  
272 MH CBT-I SESSION NUMBER COMPLETED 11+  
273 MH CBT-I SESSION NUMBER COMPLETED 10  
274 MH CBT-I SESSION NUMBER COMPLETED 9  
275 MH CBT-I SESSION NUMBER COMPLETED 8  
276 MH CBT-I SESSION NUMBER COMPLETED 7  
277 MH CBT-I SESSION NUMBER COMPLETED 6  
278 MH CBT-I SESSION NUMBER COMPLETED 5  
279 MH CBT-I THERAPY  
280 MH CBT-I EARLY TERM OUTSIDE OF SSN  
281 MH CBT-I FINAL SELF RPT FUNCT NO CHANGE  
282 MH CBT-I FINAL SELF RPT FUNCT WORS  
283 MH CBT-I FINAL SELF RPT FUNCT IMPROV  
284 MH CBT-I FINAL SELF RPT SLEEP NO CHANGE  
285 MH CBT-I FINAL SELF RPT SLEEP WORS  
286 MH CBT-I FINAL SELF RPT SLEEP IMPROV  
287 MH CBT-I FINAL SLEEP EFFIC DECREASE  
288 MH CBT-I FINAL SLEEP EFFIC INCREASE  
289 MH CBT-I FINAL TOTAL SLEEP TIME DECREASE  
290 MH CBT-I FINAL TOTAL SLEEP TIME INCREASE  
291 MH CBT-I FINAL AWAKEN NUMBER DECREASE  
292 MH CBT-I FINAL AWAKEN NUMBER INCREASE  
293 MH CBT-I FINAL WASO DECREASE  
294 MH CBT-I FINAL WASO INCREASE  
295 MH CBT-I FINAL SLEEP LATENCY DECREASE  
296 MH CBT-I FINAL SLEEP LATENCY INCREASE  
297 MH CBT-I GOAL NOT ACHIEVE  
298 MH CBT-I GOAL PARTIAL ACHIEVE  
299 MH CBT-I GOAL ACHIEVE  
300 MH CBT-I CONTINUING SELF CARE PLAN  
301 MH CBT-I HANDOUT ACTION  
302 MH CBT-I DEVELOP PLAN  
303 MH CBT-I FEELING TIRED  
304 MH CBT-I ENJOYING YOUR MORNING  
305 MH CBT-I THINGS TO DO  
306 MH CBT-I STAYING AWAKE  
307 MH CBT-I GET IN THE WAY  
308 MH CBT-I Q&A RULES  
309 MH CBT-I REVIEWED COGNITIVE  
310 MH CBT-I RELAXATION PROG  
311 MH CBT-I ADJUSTED BEDTIME  
312 MH CBT-I PROBLEM SOLVED ISSUES  
313 MH CBT-I ADHERENCE TO THERAPY  
314 MH CBT-I BLANK DIARY PROVIDED

315 MH CBT-I BEDTIME ADJUST OTHER  
 316 MH CBT-I INPUT  
 317 MH CBT-I SLEEP NEED  
 318 MH CBT-I SLEEP DIARY REVIEWED  
 319 MH CBT-I ADHERENCE HIGH  
 320 MH CBT-I ADHERENCE MEDIUM  
 321 MH CBT-I ADHERENCE LOW  
 322 MH CBT-I SNQ SEVERE  
 323 MH CBT-I SNQ MODERATE  
 324 MH CBT-I SNQ MILD  
 325 MH CBT-I PRESCRIBED BEDTIME ADHERENCE NO  
 326 MH CBT-I PRESCRIBED BEDTIME ADHERENCE  
 327 MH CBT-I SLEEP DIARY COMPLETE  
 328 MH CBT-I SLEEP DIARY NOT COMPLETE  
 329 MH CBT-I ISI NO CHANGE  
 330 MH CBT-I ISI INCREASE  
 331 MH CBT-I ISI REDUCTION  
 332 MH CBT-I ISI SEVERE  
 333 MH CBT-I ISI MODERATE  
 334 MH CBT-I ISI MILD  
 335 MH CBT-I SESSION NUMBER >10  
 336 MH CBT-I SESSION NUMBER 10  
 337 MH CBT-I SESSION NUMBER 9  
 338 MH CBT-I SESSION NUMBER 8  
 339 MH CBT-I SESSION NUMBER 7  
 340 MH CBT-I SESSION NUMBER 6  
 341 MH CBT-I SESSION NUMBER 5  
 342 MH CBT-I SESSION NUMBER 4  
 343 MH CBT-I 4 FINAL SESSION  
 344 MH CBT-I AVOID NAPPING  
 345 MH CBT-I ADDRESSED BARRIERS  
 346 MH CBT-I ASSESSED BARRIERS  
 347 MH CBT-I CHANGING THINK  
 348 MH CBT-I COG THERAPY  
 349 MH CBT-I RELAXATION TRAINING  
 350 MH CBT-I TIME IN BED  
 351 MH CBT-I SESSION NUMBER 3  
 352 MH CBT-I 3 MIDDLE TREATMENT  
 353 MH CBT-I IMPLEMENT SLEEP RESTRICTION  
 354 MH CBT-I IMPLEMENT STIMULUS CONTROL  
 355 MH CBT-I AVOID HEAVY MEALS  
 356 MH CBT-I BEDROOM DARK  
 357 MH CBT-I EXERCISE REGULARLY  
 358 MH CBT-I LIMIT TOBACCO USE  
 359 MH CBT-I LIMIT ALCOHOL USE  
 360 MH CBT-I LIMIT CAFFEINE  
 361 MH CBT-I TURN CLOCK AROUND  
 362 MH CBT-I BARRIERS NONE  
 363 MH CBT-I SLEEP HYGIENE  
 364 MH CBT-I CALMING THE MIND  
 365 MH CBT-I PRESCRIBED BEDTIME  
 366 MH CBT-I OVERCOMING INSOMNIA  
 367 MH CBT-I SLEEP RESTRICTION THERAPY  
 368 MH CBT-I STIMULUS CONTROL THERAPY

369 MH CBT-I PSYCHOEDUCATION ON SLEEP  
 370 MH CBT-I SESSION NUMBER 2  
 371 MH CBT-I 2 INITIAL TREATMENT  
 372 MH CBT-I SESSION NUMBER 1  
 373 MH CBT-I 1 EVALUATION SESSION  
 374 MH CBT-I BLANK SLEEP DIARY  
 375 MH CBT-I UNDERSTAND HOMEWORK ASSIGN  
 376 MH CBT-I INSTRUCT SLEEP DIARY  
 377 MH CBT-I EXPLAIN HOMEWORK  
 378 MH CBT-I LENGTH OF TREATMENT  
 379 MH CBT-I TREATMENT GOALS INITIAL  
 380 MH CBT-I EFFICACY  
 381 MH CBT-I DESCRIPTION CBT-I  
 382 MH CBT-I IS CANDIDATE RECEPTIVE NO  
 383 MH CBT-I IS CANDIDATE RECEPTIVE YES  
 384 MH CBT-I IS CANDIDATE  
 385 MH CBT-I NOT A CANDIDATE  
 386 MH CBT-I MEDS INTERFERE TAKING  
 387 MH CBT-I MEDS INTERFERE NOT TAKING  
 388 MH CBT-I WAKING NONE  
 389 MH CBT-I WAKING OTHER  
 390 MH CBT-I WAKING LATE  
 391 MH CBT-I WAKING ASSIST  
 392 MH CBT-I WAKING SNOOZE  
 393 MH CBT-I PRE-SLEEP NONE  
 394 MH CBT-I PRE-SLEEP OTHER  
 395 MH CBT-I PRE-SLEEP FEARS  
 396 MH CBT-I PRE-SLEEP PHYSICAL TENSION  
 397 MH CBT-I PRE-SLEEP WORRY  
 398 MH CBT-I PRE-SLEEP RUMINATION  
 399 MH CBT-I COMORBIDITIES PSYCHIATRIC YES  
 400 MH CBT-I COMORBIDITIES PSYCHIATRIC NO  
 401 MH CBT-I COMORBIDITIES MEDICAL YES  
 402 MH CBT-I COMORBIDITIES MEDICAL NO  
 403 MH CBT-I DBAS SIGNIFICANT  
 404 MH CBT-I DBAS SOME  
 405 MH CBT-I DBAS NONE

## **APPENDIX F: Finding Items For Behavioral Family Therapy**

406 MH BFT TEMPLATES (BEHAVIORAL FAMILY)  
 407 MH BFT SESSION NUMBER COMPLETED 20+  
 408 MH BFT SESSION NUMBER COMPLETED 20  
 409 MH BFT SESSION NUMBER COMPLETED 19  
 410 MH BFT SESSION NUMBER COMPLETED 18  
 411 MH BFT SESSION NUMBER COMPLETED 17  
 412 MH BFT SESSION NUMBER COMPLETED 16  
 413 MH BFT SESSION NUMBER COMPLETED 15  
 414 MH BFT SESSION NUMBER COMPLETED 14  
 415 MH BFT SESSION NUMBER COMPLETED 13  
 416 MH BFT SESSION NUMBER COMPLETED 12

417 MH BFT SESSION NUMBER COMPLETED 11  
418 MH BFT SESSION NUMBER COMPLETED 10  
419 MH BFT SESSION NUMBER COMPLETED 9  
420 MH BFT SESSION NUMBER COMPLETED 8  
421 MH BFT SESSION NUMBER COMPLETED 7  
422 MH BFT SESSION NUMBER COMPLETED 6  
423 MH BFT SESSION NUMBER COMPLETED 5  
424 MH BFT SESSION NUMBER COMPLETED 4  
425 MH BFT SESSION NUMBER COMPLETED 3  
426 MH BFT SESSION NUMBER COMPLETED 2  
427 MH BFT SESSION NUMBER COMPLETED 1  
428 MH BFT TEMPLATES  
429 MH BFT EARLY TERM OUTSIDE OF SSN  
430 MH BFT FAMILY MTG NA  
431 MH BFT FAMILY MTG NOT HELD  
432 MH BFT FAMILY MTG HELD  
433 MH BFT HMWRK NOT ASSIGNED  
434 MH BFT HMWRK NOT COMPLETE  
435 MH BFT HMWRK PARTIAL COMPLETE  
436 MH BFT HMWRK COMPLETE  
437 MH BFT SESSION NUMBER 25  
438 MH BFT SESSION NUMBER 24  
439 MH BFT SESSION NUMBER 23  
440 MH BFT SESSION NUMBER 22  
441 MH BFT SESSION NUMBER 21  
442 MH BFT SESSION NUMBER 20  
443 MH BFT SESSION NUMBER 19  
444 MH BFT SESSION NUMBER 18  
445 MH BFT SESSION NUMBER 17  
446 MH BFT SESSION NUMBER 16  
447 MH BFT SESSION NUMBER 15  
448 MH BFT 5 FINAL SESSION  
449 MH BFT PROBLEM SOLVING ASSIST  
450 MH BFT PROBLEM SOLVING STEPS  
451 MH BFT PROBLEM SOLVING RATIONALE  
452 MH BFT PROBLEM SOLVING INTRO  
453 MH BFT PROBLEM SOLVING IMPLEMENT  
454 MH BFT PROBLEM SOLVING SOLUTION  
455 MH BFT PROBLEM SOLVING EVALUATE  
456 MH BFT PROBLEM SOLVING BRAINSTORM  
457 MH BFT PROBLEM SOLVING DEFINE  
458 MH BFT SESSION NUMBER 14  
459 MH BFT SESSION NUMBER 13  
460 MH BFT SESSION NUMBER 12  
461 MH BFT SESSION NUMBER 11  
462 MH BFT SESSION NUMBER 10  
463 MH BFT 4 PROBLEM SOLVING SESSION  
464 MH BFT ROLE PLAY 3  
465 MH BFT ROLE PLAY 2  
466 MH BFT ROLE PLAY 1  
467 MH BFT SESSION NUMBER 9  
468 MH BFT SESSION NUMBER 8  
469 MH BFT SESSION NUMBER 7  
470 MH BFT SESSION NUMBER 6

471 MH BFT 3 COMMUNICATION SESSION  
472 MH BFT HMWRK MATERIALS PROVIDED  
473 MH BFT HMWRK OTHER  
474 MH BFT HMWRK GOAL  
475 MH BFT HMWRK FAMILY MTG  
476 MH BFT HMWRK HANDOUT  
477 MH BFT SESSION NUMBER 5  
478 MH BFT SESSION NUMBER 4  
479 MH BFT SESSION NUMBER 3  
480 MH BFT 2 EDUCATION SESSION  
481 MH BFT SESSION NUMBER 2  
482 MH BFT SESSION NUMBER 1  
483 MH BFT COUPLES RELATIONSHIP  
484 MH BFT IND LIFE HX  
485 MH BFT IND FAMILY INTERVIEW  
486 MH BFT 1 ORIENTATION SESSION