

Keep It Off Guided Protocol

Keep It Off-Guided Intervention Overview: Participants assigned to the Keep It Off-Guided Intervention will work through the Keep It Off course book over 10 phone sessions scheduled on a biweekly basis. Upon completion of the 10 core intervention sessions, participants will take part in 8 monthly calls with their *Keep It Off* coach, and up to 6 bimonthly calls. Participants will be report their weight weekly for the entire study period by phone, email or through the *Keep It Off* website. The weight will be entered in the *Keep It Off* database by the coach if it is received via phone or email. Regardless of how the weight is received, it will go into the same weekly weight data base; if participants show an average 2 pound weight gain, they will receive a phone call from their *Keep It Off* coach to problem-solve/identify strategies to reverse this small weight gain. Participants will also receive a weight graph (based on their self-reported weights) and a tailored letter based on their progress on a bi-monthly basis, starting at month 8 and ending at month 22. The month 8 graph/tailored letter will include weights from baseline; the subsequent 7 bimonthly graphs will include weights from the previous 16 weeks. Participants who have maintained or lost weight will receive a small incentive with their bimonthly graph/letter.

Template for each course session:

- Quote related to session content
- Checking in: open ended question from the *Keep It Off* coach on how things are going in general, review of previous session goals, review of food and activity log and weight trends; review of problems and successes; answer questions on material
- Activities to do before the session
- Learning
- Goal setting, activities for next session

Participants read the session ahead of time and do the activities before their scheduled 15-20 minute phone session with their *Keep It Off* coach.

Session 1: Introduction to *Keep It Off*

Key message:

Maintaining weight loss is difficult, but not impossible.

1. Checking in

- Open ended question ideas:
 - What made you decide to sign up for the Keep It Off study?
 - Although in Session 2, we will go into more detail about your weight loss history, how did you lose weight? How much did you lose?
 - Do you have any questions before we get started on Session #1?

2. Background to *Keep It Off*

- National Weight Control Registry study
 - <http://www.nwcr.ws/>
 - See key articles
 - Brief Description: The NWCR is a registry of participants who have lost 13.6 kg (30 lb) and maintained the loss for 1 year. The initial 784 participants, who joined the study over 10 years ago, far exceeded these minimum criteria: participants lost an average of 30 kg and maintained the minimum 13.6 kg loss for an average of 5.5 years. The Registry has grown to over 5,000 individuals and has yielded important information about weight loss maintenance, showing that people in fact can lose weight and keep it off and identifying the strategies used by successful weight loss maintainers.
- Key messages for Keep It Off based on the Registry
 - Be physically active; take part in 60 to 90 minutes of moderate-intensity (e.g. walking/jogging, swimming) physical activity each day.
 - Write down your weight, physical activity and eating on a regular basis, preferably daily.
 - Eat a diet that's moderate in calories and allows you to maintain your weight.
 - Eat breakfast every day.
 - Enlist social support to help you eat healthy, be active and maintain your weight.
 - Don't let "lapses" turn into full "relapses"—restart your weight loss plan if you gain 2-5 pounds.
 - Appreciate the progress you've made, even if you haven't achieved your "dream" weight.

3. Activity to self-evaluate the participant's status with each key message

4. Review instructions and benefits of self monitoring/using the Food and Activity Log

As you go over this part, you should ask the participant what experiences, if any, have they had with self-monitoring their eating, exercise, and/or weight. If they have self-monitored before, what did they think/feel about it? What did they like? What worked for them? What didn't work for them?

- Tracking weight
 - Tracking eating
 - Tracking exercise
5. Preparation for next session.

Session 2: Your weight story, then and now

Key Message: Reflecting on your weight and weight loss history can give you clues about how to maintain your weight loss today.

1. Checking in:
 - Review log
 - Review average weights for the weeks since the last call
 - Have they maintained, lost or gained weight?
 - What problems (if any) did they encounter?
 - What successes did they have?
2. Review weight history as an adult:
 - Highest weight, lowest weight
 - How many times they have lost weight
 - How they have lost weight
 - What factors led to weight regain
 - What strategies worked to help them keep their weight off
 - Tell me more about what led you to lose weight this time around
 - What diet/eating strategies have they been using? How has physical played a role?
3. Activity on benefits of weight loss: Appreciating the benefits of their weight loss (even if they haven't reached their goal weight and/or still want to lose more weight) will help them stay motivated to keep the weight off long term.

What other benefits would they add to the list?

What is/are the most important benefit(s) they've experienced?

4. Do they have pictures to put in the "before" and "after" boxes?
5. Discussion points: how to set realistic goals
 - Goal setting is an important strategy for making permanent lifestyle changes.
 - Definition of long-term goals
 - Definition of short-term goals
 - Definition of action plan
4. Activity: goal setting:
 - Identify long-term goal(s)
 - Weight goals
 - Exercise goals
 - Eating goals
 - Benefits of reaching goals
 - Identify short-term goal(s)
 - Identify action plan to meet sort term goal(s)
6. Preparation for next session

Common Questions during Session 2