

# Appendix E

## Focused Acceptance and Commitment Therapy (FACT) “Visit Flow” Tools

See Chapter 9 for more information on the “visit flow” in BHC visits organized in the FACT approach to behavior change. Note that these materials are available for download at <http://behavioralconsultationandprimarycare.com>.

1. FACT Rating Scale Questions
2. Contextual Interview Children and Youth
3. Contextual Interview Adults

### FACT Rating Scale Questions

1. How big of a problem is $x$ ?  1 = not a problem and 10 = a very big problem
2. How confident are you that you will <i>do</i> this experiment or plan?  1 = not confident and 10 = very confident
3. How helpful was this visit?  1 = not helpful and 10 = very helpful

**Contextual Interview Questions – Children and Teens\***

**Life Context: Love, School/Work, Play and Health**

<b>Love</b>	<p>Who lives in your home with you?          How long have you lived there?          Does everybody get along okay?          Who makes the rules in your house? Are they good rules?          Who are you close to? Family? Friends?</p>
<b>School</b>	<p>Are you going to school? Do you like it?          What do you like about school?          Do you make good grades?          Are your teachers nice?          Are the kids at school nice?          What do you want to be when you grow up?          Do you have a job (for adolescents)?</p>
<b>Play</b>	<p>What do you do for fun? For relaxation?          Spirituality          Do you see your friends? Where? What do you like to do with friends?</p>
<b>Health</b>	<p>Do you use tobacco products, alcohol, illegal drugs, social media?          Do you exercise on a regular basis for your health? Play sports? Other movement activities, e.g., dance?          Do you eat well? Sleep well?</p>

**Problem Context: The Three T’s (and the W)**

Problem description and Problem Severity Rating (1-10):

<b>Time</b>	<p>What is the problem that you are concerned about today? When did it start? How often does it happen? What happens before / after the problem? Is it important that you do something about it now? How come?</p>
<b>Trigger</b>	<p>Is there anything--a situation or a person--that seems to set it off?</p>
<b>Trajectory</b>	<p>What’s this problem been like over time? Have there been times when it was less of a concern? More of a concern? And recently . . . getting worse, better?</p>
<b>Workability Question</b>	<p>Who helps you with this problem? What have you tried (to address the problem)? How has that worked in the short run? In the long run or in the sense of being consistent with what matters to you?</p>

\*Adapted from Robinson, 2020; Robinson, Gould, & Strosahl, 2010.

**Contextual Interview Questions – Adults\***

**Life Context: Love, Work, Play and Health**

<b>Love</b>	Where do you live? With whom? How long have you been there? Are things okay in your home? Do you have loving relationships with your family? Friends?
<b>School / Work</b>	Do you work? Study? If yes, what is your work/study? Do you enjoy it? If not working, are you looking for work? If not working and not looking for a job, how do you support yourself?
<b>Play</b>	What do you do for fun? For relaxation? Spirituality-beliefs, practices? For connecting with people in your neighborhood or community?
<b>Health</b>	Do you use tobacco products, alcohol, illegal drugs, social media? Do you exercise on a regular basis for your health? Do you eat well? Sleep well?

**Problem Context: The Three T's (and the W)**

Problem description and Problem Severity Rating (1-10):

<b>Time</b>	When did this start? How often does it happen? What happens before / after the problem? Why do you think it is a problem now?
<b>Trigger</b>	Is there anything--a situation or a person--that seems to set it off?
<b>Trajectory</b>	What's this problem been like over time? Have there been times when it was less of a concern? More of a concern? And recently . . . getting worse, better?
<b>Workability Question</b>	What have you tried (to address the problem)? How has that worked in the short run? In the long run or in the sense of being consistent with what matters to you?

\*\*Adapted from Robinson, 2020; Robinson, Gould, & Strosahl, 2010.