

Table 2

CALO-RE Taxonomy of Behavioural Interventions for Obesity Management²⁸

1 – Provide information on consequences in general	11 – Prompt review of outcome goals	21 – Provide instruction on how to perform the behaviour	31 – Prompt anticipated regret
2 – Provide information on consequences to the individual	12 – Prompt rewards contingent on progress	22 – Model the behaviour	32 – Fear arousal
3 – Provide information about others' approval	13 – Prompt rewards contingent on success	23 – Teach to use prompts / cues	33 – Prompt self-talk
4 – Provide information normative information about others	14 – Shaping	24 – Environmental restructuring	34 – Prompt use of imagery
5 – Set Behavioural goals	15 – Prompt generalization of a target behaviour	25 – Agree behavioural contract	35 – Relapse prevention / coping planning
6 – Set outcome goals	16 – Prompt self-monitoring of behaviour	26 – Prompt practice	36 – Stress management / emotion control training
7 – Action planning	17 – Prompt self-monitoring of outcome	27 – Use of follow-up prompts	37 – Motivational interviewing
8 – Barrier identification / Problem solving	18 – Prompt focus on past success	28 – Facilitate social comparison	38 – Time management
9 – Set graded tasks	19 – Prompt feedback on performance	29 – Plan social support / social change	39 – General communication skills training
10 – Prompt review of behavioural goals	20 – Provide information on where and when to perform behaviour	30 – Prompt identification as a role model	40 – Stimulate anticipation of future rewards