**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**

|  |  |  |  |
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| August 2013 | 1.1 | Document specific to PXRM\*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 PXRM\*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 PXRM\*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 | PXRM\_2.0\_32\_IG.PDF |
| MHCR Release Notes | PXRM\_2.0\_32\_UM.PDF |
| Clinical Reminders Manager’s Manual | PXRM\_2.0\_MM.PDF |
| Clinical Reminders Technical Manual | PXRM\_2.0\_TM.PDF |
|  |  |

# Background

The Improve Veterans’ Mental Health (IVMH) Initiative is part of the Department of Veterans Affairs (VA)’s set of 21st 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 PXRM\*2.0\*32

Mandated template drawer names are listed in the installation procedure steps in the Installation Guide - Patch PXRM\*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 PXRM\*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

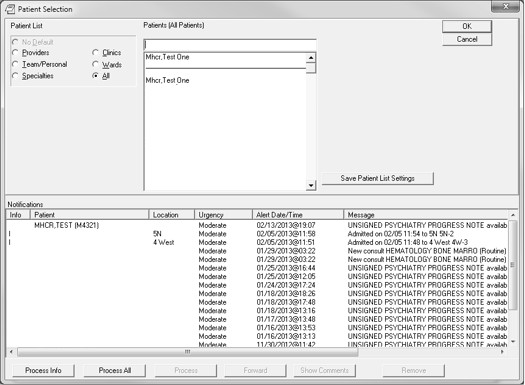
SST - Social Skills Training

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

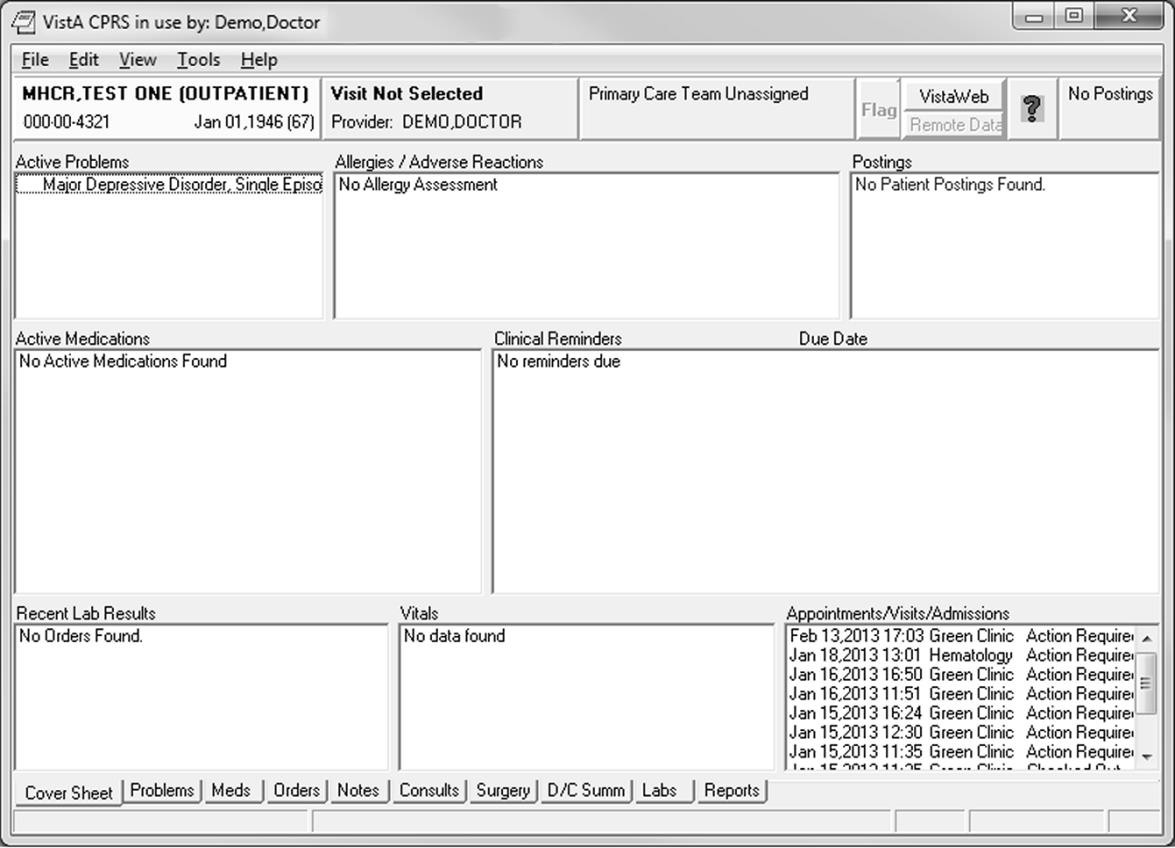
## To access and complete an MHCR dialog template

1. Sign onto CPRS.

The Patient Selection window opens:

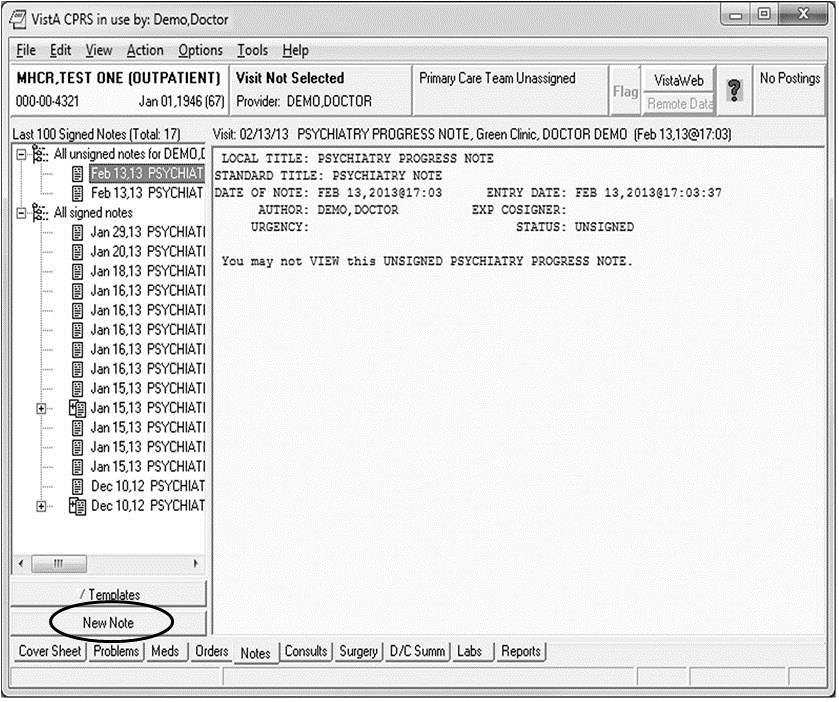


1. Select the patient you want to work with, in your usual manner. The patient’s record opens in Cover Sheet view:

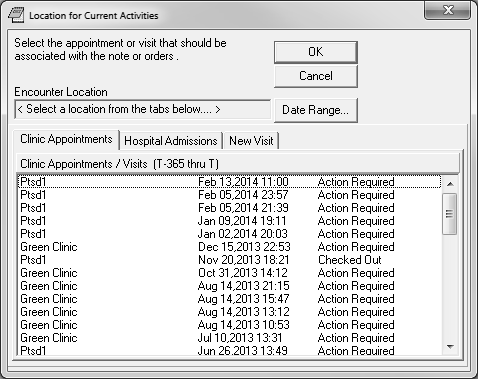


1. Click the Notes tab.

The Notes view opens, showing a New Note button:



1. Click **New Note**.

The Location for Current Activities window opens:

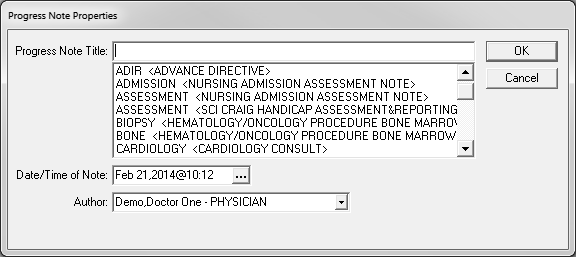
1. Select a location.

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

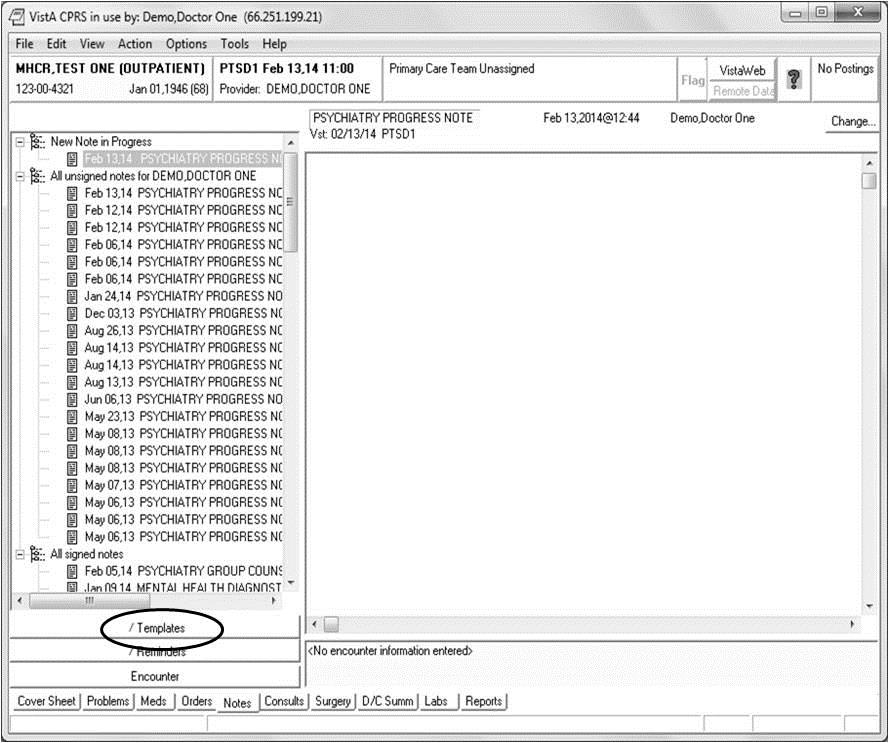
--OR--

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

1. Click **OK**.

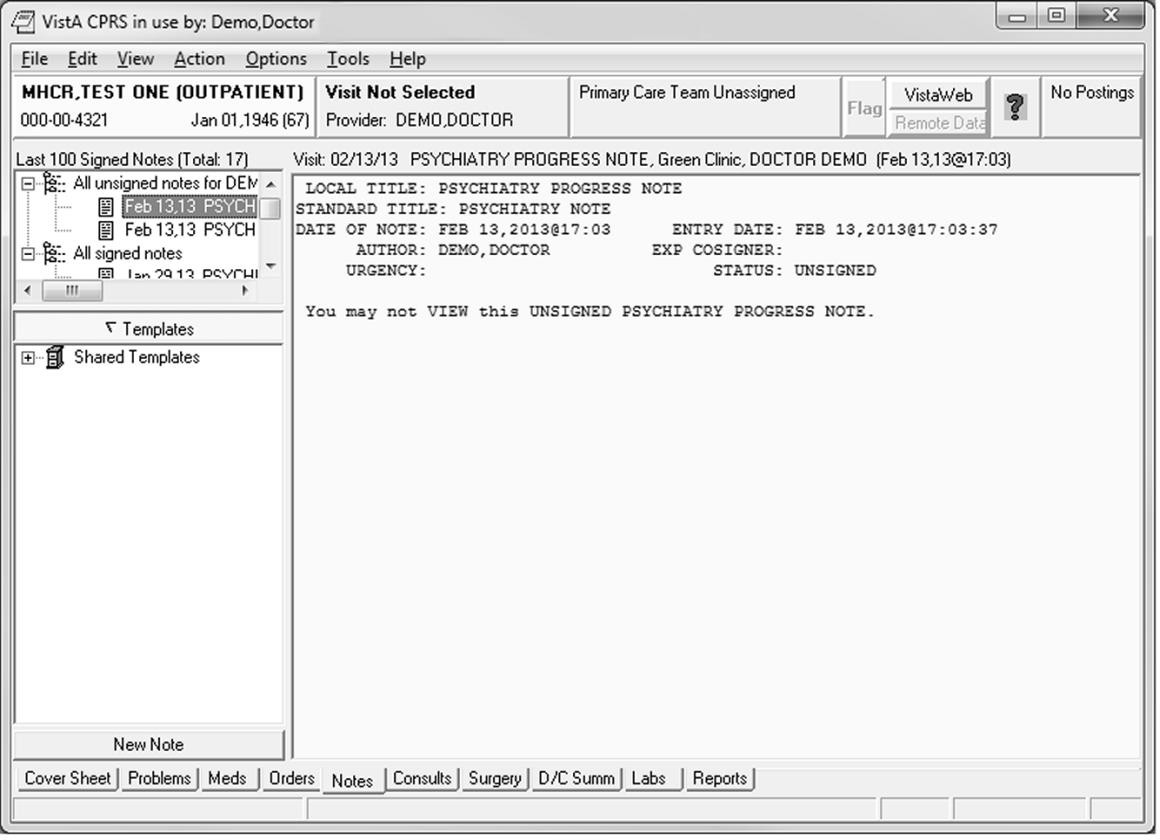
The Progress Note Properties window opens.

1. 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.

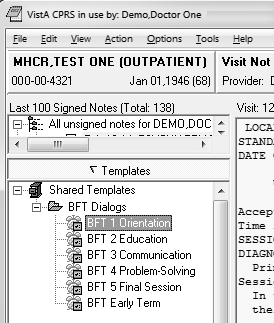


1. Click **Templates.**

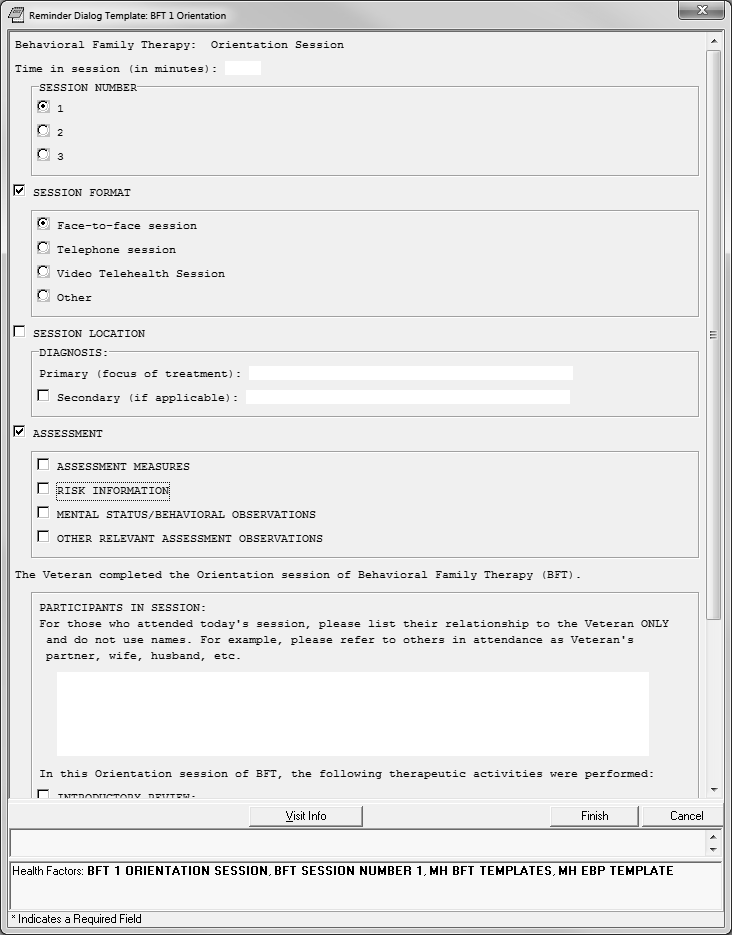
The Templates section opens:



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



The template opens:



1. 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.

1. Type data in the text fields as necessary.
2. 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

1. MH IPT FOR DEPRESSION
2. MH IPT SESSION NUMBER COMPLETED 17+
3. MH IPT SESSION NUMBER COMPLETED 16
4. MH IPT SESSION NUMBER COMPLETED 15
5. MH IPT SESSION NUMBER COMPLETED 14
6. MH IPT SESSION NUMBER COMPLETED 13
7. MH IPT SESSION NUMBER COMPLETED 12
8. MH IPT SESSION NUMBER COMPLETED 4
9. MH IPT SESSION NUMBER COMPLETED 3
10. MH IPT SESSION NUMBER COMPLETED 2
11. MH IPT SESSION NUMBER COMPLETED 1
12. MH IPT SESSION NUMBER COMPLETED 11
13. MH IPT SESSION NUMBER COMPLETED 10
14. MH IPT SESSION NUMBER COMPLETED 9
15. MH IPT SESSION NUMBER COMPLETED 8
16. MH IPT SESSION NUMBER COMPLETED 7
17. MH IPT SESSION NUMBER COMPLETED 6
18. 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

1. MH IBCT TEMPLATES
2. MH IBCT SESSION NUMBER COMPLETED 1
3. MH IBCT SESSION NUMBER COMPLETED >24
4. MH IBCT SESSION NUMBER COMPLETED 24
5. MH IBCT SESSION NUMBER COMPLETED 20
6. MH IBCT SESSION NUMBER COMPLETED 18
7. MH IBCT SESSION NUMBER COMPLETED 17
8. MH IBCT SESSION NUMBER COMPLETED 15
9. MH IBCT SESSION NUMBER COMPLETED 14
10. MH IBCT SESSION NUMBER COMPLETED 13
11. MH IBCT SESSION NUMBER COMPLETED 11
12. MH IBCT SESSION NUMBER COMPLETED 10
13. MH IBCT SESSION NUMBER COMPLETED 9
14. MH IBCT SESSION NUMBER COMPLETED 7
15. MH IBCT SESSION NUMBER COMPLETED 6
16. MH IBCT SESSION NUMBER COMPLETED 4
17. MH IBCT SESSION NUMBER COMPLETED 3
18. MH IBCT SESSION NUMBER COMPLETED 23
19. MH IBCT SESSION NUMBER COMPLETED 22
20. MH IBCT SESSION NUMBER COMPLETED 21
21. MH IBCT SESSION NUMBER COMPLETED 19
22. MH IBCT SESSION NUMBER COMPLETED 16
23. MH IBCT SESSION NUMBER COMPLETED 12
24. MH IBCT SESSION NUMBER COMPLETED 8
25. MH IBCT SESSION NUMBER COMPLETED 5
26. MH IBCT SESSION NUMBER COMPLETED 2
27. MH IBCT THERAPY
28. 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 |

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| 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 |  |

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| 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)

1. MH BFT SESSION NUMBER COMPLETED 20+
2. MH BFT SESSION NUMBER COMPLETED 20
3. MH BFT SESSION NUMBER COMPLETED 19
4. MH BFT SESSION NUMBER COMPLETED 18
5. MH BFT SESSION NUMBER COMPLETED 17
6. MH BFT SESSION NUMBER COMPLETED 16
7. MH BFT SESSION NUMBER COMPLETED 15
8. MH BFT SESSION NUMBER COMPLETED 14
9. MH BFT SESSION NUMBER COMPLETED 13
10. MH BFT SESSION NUMBER COMPLETED 12
11. MH BFT SESSION NUMBER COMPLETED 11
12. MH BFT SESSION NUMBER COMPLETED 10
13. MH BFT SESSION NUMBER COMPLETED 9
14. MH BFT SESSION NUMBER COMPLETED 8
15. MH BFT SESSION NUMBER COMPLETED 7
16. MH BFT SESSION NUMBER COMPLETED 6
17. MH BFT SESSION NUMBER COMPLETED 5
18. MH BFT SESSION NUMBER COMPLETED 4
19. MH BFT SESSION NUMBER COMPLETED 3
20. MH BFT SESSION NUMBER COMPLETED 2
21. MH BFT SESSION NUMBER COMPLETED 1

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| 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 |

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| 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 |