Supplemental Table

*Topic and Content Outline of the Seven BIC Digital Modules1*

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| **Module Topics** | **Module Content** |
| 1. Education about CF and nutrition  Introduction to keeping a food diary | Provide overview of treatment, rational for the need for additional calories for children with cystic fibrosis, and the need to establish a record of what the child typically eats. |
| 2. Getting more energy from snack  Attention Part I: The power of parent attention | Provide specific overall calorie goal for treatment based on 140% EER for age and gender.  Explain why starting with snack.  How parents typically try to get their children to eat and why that does not work.  Introduce concept of parent attention as reward and teach complimenting and praising of desired eating behavior.  Snack foods that will meet the calorie goals. |
| 3. Boosting breakfast  Attention Part II: Using attention to change child behavior at meals | Review progress on snack and total calories and set breakfast calorie goals.  Review the use of attention in changing behavior (praising and compliments).  Teach ignoring, the necessary counterbalance that makes praise more powerful.  Breakfast foods that will meet the calorie goals. |
| 4. Assimilating calorie gains, no meal target  Using privileges and setting time limits on meals to be most effective | Review progress on total calories, snack and breakfast (no increase in calorie goals this week).  Review use of praising and ignoring.  Teach new skills of using privileges and sticker charts to motivate kids even more.  Explain why meals should only be 20min (more time at a meal does not lead to higher caloric intake). |
| 5. How to solve the lunch dilemma  Applying behavioral skills to lunch | Review progress on total calories, snack and breakfast and set lunch goals.  Perfecting behavioral skills.  Introduction of shaping to introduce new foods.  Lunch foods that will meet the calorie goal.  Lunch at school or daycare—how to achieve the cystic fibrosis energy needs when others are feeding. |
| 6. Dinner  Bringing all the behavioral skills together | Review progress on total calories, snack, breakfast, and lunch and set dinner goals.  Review of behavioral skills and how to apply to the challenge of dinner.  How to add calories to child’s dinner without blowing parent diet or making a separate meal.  Continue introduction of new foods. |
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| 7. Graduation  Planning for maintenance of calorie gains and behavior skills | Review progress.  Develop plan for continuing to achieve calorie goal after intervention.  Plan for sick days and getting back to optimal calorie intake after an illness.  Review of how to incorporate praising, ignoring, and using privileges for the long term. |

1Content reprinted from Stark, L. J., Opipari-Arrigan, L., Filigno, S. S., Simon, S. L., Leonard, A., Mogayzel, P. J., Rausch, J., Zion, C., & Powers, S. W. (2016). Web-Based Intervention for Nutritional Management in Cystic Fibrosis: Development, Usability, and Pilot Trial. *Journal of Pediatric Psychology*, *41*(5), 510-521. <https://doi.org/10.1093/jpepsy/jsv108> Copyright Oxford University Press, 2016. Reprinted with permission.