# Appendix 1. Additional table

**Table 3** Number of sessions per target group and per programme, and themes per group session

|  |  |  |  |
| --- | --- | --- | --- |
| **Components** | **Children** | **Adolescents** | **Adults** |
| Basic programme | 9 to 10 months | 9 to 10 months | 7.5 months |
| *Individual sessions* | Maximum 7 hours (10x) at home | Maximum 7 hours (10x) at home | 2x 60 minutes & 2x 45 minutes |
| *Group sessions* | 8x 90 minutes for the parents | 5x 90 minutes for adolescents1x 90 minutes for parents2x 90 minutes for adolescents and parents | 8x 90 minutes |
| *1* | Awareness and behaviour change | Awareness and behaviour change | Awareness and behaviour change |
| *2* | Physical activity | Acting as a role model (only for parents) | Physical activity |
| *3* | Nutrition | Physical activity | Structured eating patterns |
| *4* | Setting boundaries and rewarding | Nutrition (including parents) | Sleep, relaxing, stresses |
| *5* | Acting as a role model | Snacking | Time management |
| *6* | Sleep, relaxing, stresses | Sleep and relaxing | Pitfalls |
| *7* | Pitfalls and planning | Stresses and pitfalls | Relapse prevention |
| *8* | Self-regulation for the family | Self-regulation for the family (including parents) | Self-regulation |
| Relapse prevention programme | Same number of sessions as basic intervention, spread over 2 years | Same number of sessions as basic intervention, spread over 2 years | Same number of sessions as basic intervention, spread over 2 years |
| Additional programme | - | - | 10x 30 minutes individual sessions |