

(Self-)Assessment of Readiness Tool

NHS Low Calorie Diet Programme

About this questionnaire: Information for healthcare providers

(Pages 2-4 are for patients)

The aim of this tool is to support primary care to further screen eligible candidates for the NHS Low Calorie Diet Programme on the basis of psychological readiness for the intervention, prior to undertaking a more extensive medications adjustment review.

An individual's answers to the questions on this tool should be considered an input to shared decision making.

The instrument can be used in two ways:

- Health care professional-led discussion within the context of a clinical consultation (e.g. diabetes review or opportunistic consultation)
- Self-assessment by patient within the context of an invitation to consider referral to the programme (e.g. letter / email / online / before a consultation).

The instrument requires the individual to indicate their level of agreement to seven statements, each of which assesses a different aspect of adherence to the programme. These concepts are based on psychological theory and evidence relevant to the uptake and adherence to dietary interventions. They include:

- Self-efficacy for adherence to formula-based low calorie diet (LCD)
- Beliefs about the benefits of significant weight loss
- Commitment to long term lifestyle change
- Social support for weight loss and weight maintenance
- Presence of stressful life events
- Acceptability of a group-based programme
- Perceptions of emotional impact of intervention

The tool can be given to any individual who may be considered eligible for the programme **prior to medication review**. Individuals whose answers are mostly in the white zone (i.e. 'agree' or strongly agree') are likely to benefit from the programme. Individuals whose answers are in the grey zone (i.e. 'strongly disagree', 'disagree', 'neither agree nor disagree') are unlikely to benefit from the programme **at this time**.

When using the tool within a consultation, clinicians can ask participants about their answers, with particular exploration of those that fall in the grey zone. Joint decision-making is key and the tool can be used to facilitate a discussion to explore the patient's motivation and whether to progress to the next stage of a medication adjustment review. Clinicians may still progress patients with a mixture of grey and white answers if they are satisfied, following discussion, that the patient is highly motivated to take part and will experience no negative side effects (e.g. increase in eating disorder symptoms).

Is the NHS Low Calorie Diet Programme right for you?

This questionnaire is designed to help you and your health care provider decide whether to refer you to the NHS Low Calorie Diet Programme at this time. It will not take long to complete.

About the programme

The NHS Low Calorie Diet Programme is an intensive lifestyle programme that can help individuals with Type 2 diabetes lose weight and potentially put their diabetes in remission (i.e. having blood glucose levels below the diabetes range without taking diabetes medications). Half the participants who took part in a similar programme achieved remission of their diabetes at one year and lost 10kg (1stone 8lb) on average.

On Phase 1 of the programme participants follow a low calorie diet for 12 weeks using specially formulated meal replacement products (soups, shakes, bars etc.) In Phase 2 these products are gradually replaced with real meals over six weeks. In Phase 3 participants continue to receive support to maintain their weight loss for the remainder of the 12-month programme and beyond.

Regular group support sessions (of about 10-20 people) are at the core of the 12-month programme (delivered online during COVID-restrictions). These start off every week before moving to fortnightly and then monthly. Participants will also record their weight, finger-prick blood glucose levels, blood pressure (some people) and report any side-effects of the total diet replacement products. Not all participants will put their diabetes into remission, and some who do may go back to active Type 2 diabetes. Participants will be asked to reduce their medications, but some people may need to restart some or all of their medications. The programme, including meal replacement products, will be free of charge.

Suitability of the programme

This kind of programme will not be acceptable to or helpful for everyone with Type 2 diabetes. It is important that you think carefully about whether this is the *right type of support and the right time* for you to take part in this kind of programme. This questionnaire will help you and your health care provider think about whether this programme might be of benefit to you now.

Making sure that there is a good match between the programme and the people who are referred to it will mean that people who start the programme are more likely to benefit from it and have a positive experience. This will also help ensure that the NHS can continue to offer these, and other, kinds of services on a free basis to as many people as possible.

How will this questionnaire help me decide if the programme is right for me?

This questionnaire is based on research into factors that influence whether an individual is likely to benefit from an intensive weight loss intervention. Your answers

will not be used on their own to determine access to the service. However, you may find it helpful to discuss them with your healthcare provider. This can help you make a joint decision about whether this is the right approach for your diabetes management at this time – and consider what other support options may be helpful.

Completing the questionnaire

Please complete the questionnaire by reading each statement and **circling the response / marking the checkbox** which best indicates how much you agree with it.

Please answer each question as honestly as you can. This will help your health care provider understand your needs and work with you to identify the best option for support.

1. I am confident that I will be able to stick to the low calorie diet (e.g. shakes soups, bars) for 12 weeks				
Strongly Disagree <input type="checkbox"/>	Disagree <input type="checkbox"/>	Neither Agree nor Disagree <input type="checkbox"/>	Agree <input type="checkbox"/>	Strongly Agree <input type="checkbox"/>
2. I believe that significant weight loss from a low calorie diet for 12 weeks will benefit my diabetes and health overall				
Strongly Disagree <input type="checkbox"/>	Disagree <input type="checkbox"/>	Neither Agree nor Disagree <input type="checkbox"/>	Agree <input type="checkbox"/>	Strongly Agree <input type="checkbox"/>
3. I am ready to make long-term changes to my eating habits and activity levels				
Strongly Disagree <input type="checkbox"/>	Disagree <input type="checkbox"/>	Neither Agree nor Disagree <input type="checkbox"/>	Agree <input type="checkbox"/>	Strongly Agree <input type="checkbox"/>
4. Other people in my life (immediate family and friends) will support me to stick to a low calorie diet for 12 weeks and the other phases of the programme				
Strongly Disagree <input type="checkbox"/>	Disagree <input type="checkbox"/>	Neither Agree nor Disagree <input type="checkbox"/>	Agree <input type="checkbox"/>	Strongly Agree <input type="checkbox"/>
5. The amount of stress in my life at the moment is not a barrier to sticking to a low-calorie diet for 12 weeks				
Strongly Disagree <input type="checkbox"/>	Disagree <input type="checkbox"/>	Neither Agree nor Disagree <input type="checkbox"/>	Agree <input type="checkbox"/>	Strongly Agree <input type="checkbox"/>
6. Group-based support will be helpful and acceptable to me				
Strongly Disagree <input type="checkbox"/>	Disagree <input type="checkbox"/>	Neither Agree nor Disagree <input type="checkbox"/>	Agree <input type="checkbox"/>	Strongly Agree <input type="checkbox"/>
7. I would be concerned that following a low calorie diet plan may trigger psychological or emotional distress such as depression, anxiety, body image concerns, or disordered eating behaviours such as binge-eating or purging				
Strongly Disagree <input type="checkbox"/>	Disagree <input type="checkbox"/>	Neither Agree nor Disagree <input type="checkbox"/>	Agree <input type="checkbox"/>	Strongly Agree <input type="checkbox"/>

How to interpret your answers

All or mostly white

If your answers fall mostly in the white zone then you are highly likely to benefit from the low calorie diet programme. Your health care provider can put you through to the next stage of screening for the programme if you would like to take part

A mixture of grey and white, or mostly grey

If your answers are a mixture of grey and white, or mostly grey then it is likely that the programme may not be helpful to you at this time. This might be because the circumstances of your life are too complicated to follow this kind of plan right now, or that you think it will not be helpful or cause additional problems. If your circumstances change then you can always ask to be referred into the programme. Your health care provider can help you think about what other support options may be available.

Your answer to Question 7

Low calorie diets have been found to be safe for most people. Research shows that most people who follow supervised low calorie diets experience improvements in quality of life and psychological wellbeing. However, this approach is not suitable for individuals who have a history of eating disorders characterised by the extreme restriction of food (e.g. Anorexia Nervosa), or binge eating and purging (e.g. Binge Eating Disorder), or for any individual who feels that following a restrictive eating plan will cause psychological distress. If your answer to Question 7 is grey then it is likely that the programme will not be suitable for you. Your health care provider can help to explore this with you in more detail if you wish.