

APPENDIX 1: Definition of Psychological and Behavioural Change Interventions

For specificity and consistently, we will operationalize our review on ‘psychological and behavioural change interventions’ using the same definition applied by Vallis, Macklin, and Russell-Mayhew in the 2020 *Canadian Adult Obesity Clinical Practice Guideline: Effective Psychological and Behavioural Interventions in Obesity Management*. Available at: obesitycanada.ca/guidelines/behavioural. Accessed May 3, 2021.

Interventions that focus on behaviour change are often theory-driven and include strategies that help patients to adopt healthy habits (*e.g.*, nutrition, physical activity, sleep) and/or psychosocial outcomes (*e.g.*, health-related quality of life). When standard behaviour therapy is utilized for obesity management, including goal-setting, self-monitoring, stimulus control, problem solving, cognitive restructuring, and relapse prevention, interventions are described as multicomponent behavioural interventions with the aim of overcoming barriers to recommended behaviors. Psychological therapy may be used as a standalone or complementary component, which can include interventions such as cognitive behavioural therapy. Collectively, psychological and behavioural change interventions for managing pediatric obesity focus on three main components: diet/nutrition, exercise/physical activity goals, and psychological and behaviour change strategies to support these goals. We believe that describing such interventions simply as lifestyle interventions, which is common in the obesity management literature, lacks clarity and specificity, and minimizes the complex design and delivery of these interventions. It is only when health behaviour changes are sustained that they define a lifestyle.