

Are you ready to deliver MANTRA?

MANTRA-Readiness Checklist for Individual Practitioners

This checklist is designed to help assess how ready you as an individual are to deliver MANTRA treatment to your patients. It lists the things that we think are essential for you as a budding MANTRA therapist to consider or do.

Relevant Background Competencies (8)	A Lot (4 points)	Some (2 point)	A little or none (0 points)
I am trained and have experience in delivery of structured evidence-based psychotherapy (e.g. CBT, CAT, DBT, FBT)	A lot	Some	A little or none
	A Lot (2 points)	Some (1 point)	A little or none (0 points)
Experience in assessing, treating and managing eating disorders	A lot	Some	A little or none
Experience/training in motivational interviewing	A lot	Some	A little or none
MANTRA-Specific Knowledge (6)	A Lot (2 points)	Some (1 point)	A little or none (0 points)
Attended a MANTRA Course	2-days	0.5 to 1 day	Little or none
Have read essential papers/chapters – see reading list below	All	Some	None
Have thoroughly read the MANTRA Manual and familiarised myself with its content	All	Some	None
MANTRA-Specific Skills Practice (5) - Practicing some of the exercises	Yes (1 point)	No (0 points)	

on yourself			
My own values	Yes	No	
A day in the life of my stomach	Yes	No	
WOOP	Yes	No	
The hidden parts of me	Yes	No	
Writing a compassionate letter to myself as a therapist	Yes	No	
Applying key elements of MANTRA with a current patient (3)	Yes (1 point)	No (0 points)	
Have done MANTRA formulation diagrammes on 3 of my current patients	Yes	No	
Have written a MANTRA-style practice formulation letter on one of my current patients	Yes	No	
Have written a MANTRA style practice virtuous flower on 3 of my current patients	Yes	No	
Support in Ensuring High Quality MANTRA-Delivery (4)	Weekly (2 points)	Between weekly and monthly (1 point)	Less than monthly (0 points)
Availability of a MANTRA learning buddy to check out aspects of your practice and/or listen to each others' tapes and rate them, review and rate your formulation letters etc.	Weekly	Between weekly and monthly	Less than monthly
Availability of a regular MANTRA-(Peer) Supervision	Weekly	Between weekly and monthly	Less than monthly

My score =.....

Max score = 26 points

18 – 26 points: Congratulations, you are ready to start using MANTRA in some of your patients! We would suggest you start with one or two relatively uncomplicated anorexia nervosa patients.

12-17 points: You are definitely on the way to getting MANTRA ready. Using this checklist, reflect on and/or discuss with your manager or supervisor the steps you need to take to get fully ready to deliver this treatment in your team.

0-11 points: It is great you are interested in MANTRA. Your score suggests that you need to take a considerable number of additional steps to become MANTRA ready. Using this checklist, reflect on and/or discuss with your manager or supervisor the steps you need to take to get fully ready to deliver this treatment in your team.

MANTRA Readiness Checklist for Teams

This checklist is designed to help assess how ready you as a team are to introduce MANTRA as a treatment offered by your team. It lists the things that we think are essential for you as a team to consider or do.

Do you have a core group (minimum 2-3) of MANTRA ready practitioners in your team?	Yes, we do have a core group of 2-3 MANTRA ready practitioners in our team (3 points)	We have only one practitioner who is MANTRA ready in the team (1 point)	We have no MANTRA ready practitioners in our team (0 points)
Do you have an experienced psychotherapy supervisor in your team who is able to set up and lead a MANTRA supervision group, i.e. is MANTRA ready themselves?	Yes, we do have an experienced psychotherapy supervisor who is MANTRA ready (3 points)	Yes, we do have an experienced psychotherapy supervisor but they are not MANTRA ready (1 point)	No, we do not have an experienced psychotherapy supervisor in the team (0 points)
Do you have someone within your team who could act as a MANTRA champion, i.e. has some designated time to facilitate/support implementation of MANTRA in your team?	Yes, definitely (2 points)	Unsure, but willing to give it a go (1 point)	No, seems too difficult or complicated (0 points)
Are members of your team willing and able to listen to some of each other's therapy tapes and rate them for MANTRA fidelity and quality? (within or outside supervision sessions)	Yes, definitely (2 points)	Unsure, but willing to give it a go (1 point)	No, seems too difficult or complicated (0 points)
Are members of your team willing and able to review and rate some of each other's formulation letters? (within or outside supervision sessions)	Yes, definitely (2 points)	Unsure, but willing to give it a go (1 point)	No seems too difficult or complicated (0 points)

Our team score =.....

Max score = 12 points

9-12 points: Congratulations you are definitely ready to start implementing MANTRA in your team.

6-8 points: You have some of the things that you will need in place, but others are missing. We would recommend that you discuss within your team and with your managers how you might be able to address your unmet needs.

Below 6 points: Your team is not yet ready to implement MANTRA.

MANTRA Champion role and tasks:

The role of the MANTRA champion is to help embed this therapy in your team, i.e. to help maintain the supervision group, facilitate MANTRA outcome audits in the team, familiarise themselves with new developments, research findings and new resources for MANTRA.

MANTRA buddy role and tasks:

The idea here is that people who are starting to learn about MANTRA have someone to practice their skills with and to reflect on their learning.

Essential Reading

Allen KL, O'Hara CB, Bartholdy S, Renwick B, Keyes A, Lose A, Kenyon M, DeJong H, Broadbent H, Loomes R, McClelland J, Serpell L, Richards L, Johnson-Sabine E, Boughton N, Whitehead L, Treasure J, Wade T, Schmidt U (2016). Written case formulations in the treatment of anorexia nervosa: Evidence for therapeutic benefits. *International Journal of Eating Disorders*, 49, 874 – 882.

Schmidt U, Treasure J (2006). Anorexia nervosa: valued and visible. A cognitive-interpersonal maintenance model and its implications for research and practice. *British Journal of Clinical Psychology*, 45, 343-66.

Schmidt U, Wade TD, Treasure J (2014). The Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA): Development, Key Features and Preliminary Evidence. *Journal of Cognitive Psychotherapy*, 28, 48-71.

Treasure J, Schmidt U (2013). The cognitive-interpersonal maintenance model of anorexia nervosa revisited: a summary of the evidence for cognitive, socio-emotional and interpersonal predisposing and perpetuating factors. *Journal of Eating Disorders*, 1, 13. – OPEN ACCESS

Desirable Reading

Papers on treatment outcome:

Byrne S, Wade T, Hay P, Touyz S, Fairburn CG, Treasure J, Schmidt U, McIntosh V, Allen K, Fursland A, Crosby RD (2017). A randomised controlled trial of three psychological treatments for anorexia nervosa. *Psychological Medicine*, 29, 1-11.

Schmidt U, Magill N, Renwick B, Keyes A, Kenyon M, Dejong H, Lose A, Broadbent H, Loomes R, Yasin H, Watson C, Ghelani S, Bonin EM, Serpell L, Richards L, Johnson-Sabine E, Boughton N, Whitehead L, Beecham J, Treasure J, Landau S (2015). The Maudsley Outpatient Study of Treatments for Anorexia Nervosa and Related Conditions (MOSAIC): Comparison of the Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA) with specialist supportive clinical management (SSCM) in outpatients with broadly defined anorexia nervosa: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 83, 796 - 807.

Schmidt U, Oldershaw A, Jichi F, Sternheim L, Startup H, McIntosh V, Jordan J, Tchanturia K, Wolff G, Rooney M, Landau S, Treasure J (2012). Out-patient psychological therapies for adults with anorexia nervosa: randomised controlled trial. *British Journal of Psychiatry*, 201, 392 - 399.

Schmidt U, Renwick B, Lose A, Kenyon M, Dejong H, Broadbent H, Loomes R, Watson C, Ghelani S, Serpell L, Richards L, Johnson-Sabine E, Boughton N, Whitehead L, Beecham J, Treasure J, Landau S (2013). The MOSAIC study - comparison of the Maudsley Model of Treatment for Adults with Anorexia Nervosa (MANTRA) with Specialist Supportive Clinical Management (SSCM) in outpatients with anorexia nervosa or eating disorder not otherwise

specified, anorexia nervosa type: study protocol for a randomized controlled trial. *Trials*, 14, 160.

Schmidt U, Ryan EG, Bartholdy S, Renwick B, Keyes A, O'Hara C, McClelland J, Lose A, Kenyon M, Dejong H, Broadbent H, Loomes R, Serpell L, Richards L, Johnson-Sabine E, Boughton N, Whitehead L, Bonin E, Beecham J, Landau S, Treasure J (2016). Two-year follow-up of the MOSAIC trial: A multicenter randomized controlled trial comparing two psychological treatments in adult outpatients with broadly defined anorexia nervosa. *International Journal of Eating Disorders*, 49, 793 – 800.

Papers on treatment process:

Andony LJ, Tay E, Allen KL, Wade TD, Hay P, Touyz S, McIntosh VV, Treasure J, Schmidt UH, Fairburn CG, Erceg-Hurn DM, Fursland A, Crosby RD, Byrne SM (2015). Therapist adherence in the strong without anorexia nervosa (SWAN) study: A randomized controlled trial of three treatments for adults with anorexia nervosa. *International Journal of Eating Disorders*, 48, 1170 - 1175.

Cartwright A, Cheng YP, Schmidt U, Landau S (2017). Sudden gains in the outpatient treatment of anorexia nervosa: A process-outcome study. *International Journal of Eating Disorders*, 50, 1162-1171.

Lose A, Davies C, Renwick B, Kenyon M, Treasure J, Schmidt U; MOSAIC trial group (2014). Process evaluation of the Maudsley model for treatment of adults with anorexia nervosa trial. Part II: Patient experiences of two psychological therapies for treatment of anorexia nervosa. *European Eating Disorders Review*, 22, 131 – 139.

Waterman-Collins D, Renwick B, Lose A, Kenyon M, Serpell L, Richards L, Boughton N, Treasure J, Schmidt U; MOSAIC trial group (2014). Process evaluation of the MOSAIC Trial, Part I: Therapist experiences of delivering two psychological therapies for treatment of anorexia nervosa. *European Eating Disorders Review*, 22, 122 – 130.

Zainal KA, Renwick B, Keyes A, Lose A, Kenyon M, DeJong H, Broadbent H, Serpell L, Richards L, Johnson-Sabine E, Boughton N, Whitehead L, Treasure J, Schmidt U; MOSAIC trial group (2016). Process evaluation of the MOSAIC trial: treatment experience of two psychological therapies for out-patient treatment of Anorexia Nervosa. *Journal of Eating Disorders*, 4, 2. – OPEN ACCESS