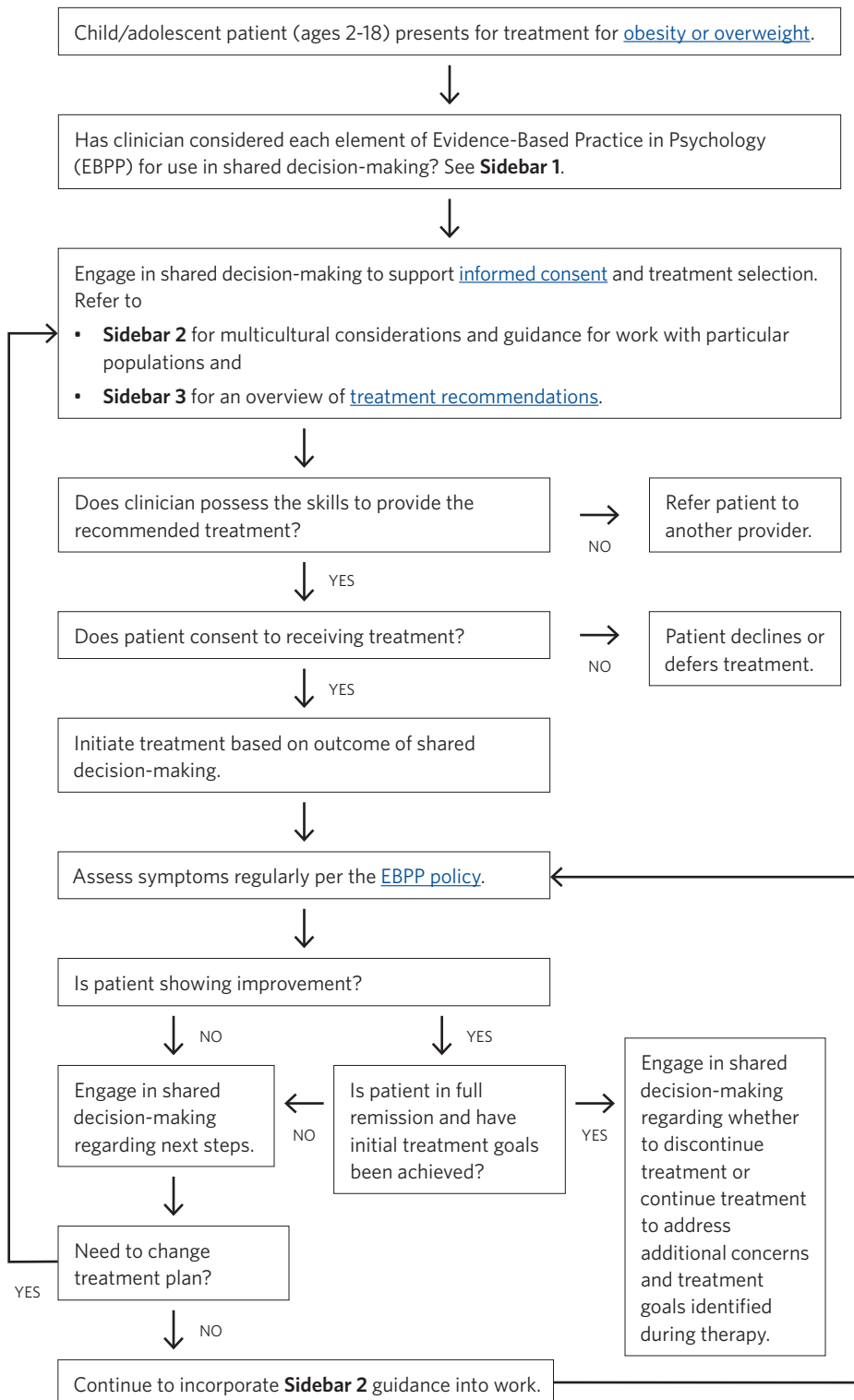


Decision-Making Within Evidence-Based Practice in Psychology

Using the APA Clinical Practice Guideline for the Treatment of Obesity and Overweight in Children and Adolescents



SIDEBAR 1

EVIDENCE-BASED PRACTICE IN PSYCHOLOGY (EBPP) ELEMENTS

1. Best available research
(See [Recommendations section](#) as starting point).
2. Clinical expertise.
3. Patients' characteristics, values, and context.

SIDEBAR 2

ADDITIONAL GUIDANCE FROM APA'S GUIDELINES FOR PARTICULAR POPULATIONS

- [EBPP Policy](#)
- [Multicultural guidelines](#)
- [Race and Ethnicity](#)
- [Boys and men](#)
- [Girls and women](#)
- [Sexual Minority Persons](#)
- [Transgender and gender nonconforming](#)
- [Persons with disabilities](#)
- [Persons with low-income and economic marginalization](#)
- [Additional guidance](#)

SIDEBAR 3

EMPIRICALLY SUPPORTED TREATMENT RECOMMENDATIONS

- **Recommend** the provision of family-based multicomponent behavioral interventions, with a minimum of 26 contact hours, initiated at the earliest age possible.
 - » The evidence supports family-based multicomponent behavioral interventions that address behavior change, diet and physical activity with sufficient intensity. Within this framework, providers have flexibility in selecting the specific intervention program used to accomplish change.

To view the full set of recommendations, including ones where there was insufficient evidence to recommend for or against the treatment, please refer to [Table 1](#) of the full guideline document.