# Appendix 1: Fidelity measures

**Fidelity measure for operant conditioning arm**

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| **Feature of intervention** | **Completed** | **Reason if not** |
| One-on-one sessions | ❑ |  |
| 10 sessions completed | ❑ | How many? |
| Sessions between 30 and 60 minutes | ❑ |  |
| Sessions completed in a quiet room with minimal distractions | ❑ |  |
| Child seated in a posturally stable position | ❑ |  |
| 30 foods presented | ❑ | How many? |
| 6 grains | ❑ |  |
| 6 fruit | ❑ |  |
| 6 veg | ❑ |  |
| 6 dairy | ❑ |  |
| 6 meats | ❑ |  |
| 3 foods offered per session | ❑ |  |
| Child consumes target volume of at least 1 food per session | ❑ |  |
| Sensory warm-up provided before sessions | ❑ |  |
| Presented antecedent  ❑ Verbal prompt ❑ Visual prompt | ❑ |  |
| Provided consequence for desired behaviour❑ Social reinforcement❑ Object reinforcement | ❑ |  |
| Faded object reinforcement (e.g. 1:1, 2:1, 3:1) | ❑ |  |
| Provided consequence for undesired behaviour❑ Ignored behaviour❑ Visual time-out❑ Verbal re-direction | ❑ |  |
| Parent education provided regarding nutrition | ❑ |  |
| Parent education provided regarding behaviour management | ❑ |  |
| Parent transitioned into room by the end of the block, and: ❑ Providing reinforcement only ❑ Providing food only ❑ Providing food and reinforcement | ❑ |  |
| TOTAL number of features complied with: | /21 |  |

**Fidelity measure for systematic desensitization arm**

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| **Feature of intervention** | **Completed** | **Reason if not** |
| One-on-one sessions | ❑ |  |
| 10 sessions completed | ❑ | How many? |
| Sessions between 30 and 60 minutes | ❑ |  |
| Sessions completed in a quiet room with minimal distractions | ❑ |  |
| Child seated in a posturally stable position | ❑ |  |
| 30 foods presented | ❑ | How many? |
| 6 grains | ❑ |  |
| 6 fruit | ❑ |  |
| 6 veg | ❑ |  |
| 6 dairy | ❑ |  |
| 6 meats | ❑ |  |
| 2 foods from each category presented per session (same foods for 4, 3 and 3 sessions) | ❑ |  |
| Range of textures presented each session❑ Puree❑ Meltable❑ Hard-munchable | ❑ |  |
| Foods linked by sensory properties❑ Colour❑ Shape❑ Texture | ❑ |  |
| Sensory warm-up provided before sessions | ❑ |  |
| Provided modelling of food play using hierarchy of food exposure (i.e. look, smell, touch, kiss, lick, bite, chew, swallow) | ❑ |  |
| Provided social reinforcement for desired behaviour | ❑ |  |
| Provided consequence for undesired behaviour ❑ Ignored behaviour❑ Verbal re-direction | ❑ |  |
| Parent education provided regarding nutrition | ❑ |  |
| Parent education provided regarding behaviour management | ❑ |  |
| Parent transitioned into room by the end of the block, and: ❑ Providing reinforcement only ❑ Providing modelling only ❑ Providing modelling and reinforcement | ❑ |  |
| TOTAL number of features complied with: | /21 |  |