

Workgroup

SUMMARY

reports

Conceptual Mediators

Co~Chairs ...

Claudio Nigg, University of Hawai'i at Manoa (via University of Rhode Island)
Marcia Ory, Texas A&M University System (via National Institute on Aging)
Sidney Stahl, National Institute on Aging

Key Members ...

John Allegrante, Columbia University (Cornell); **Belinda Borrelli**, The Miriam Hospital/Brown Medical School; **Ed Deci**, University of Rochester; **David Dzewaltowski**, Kansas State University; **Paul Estabrooks**, Kansas State University; **Russ Glasgow**, Kaiser Permanente Denver Co. (ORI), **Trish Jordan**, Behavior Change Consortium (URI); **Abby King**, Stanford University; **Lisa Klesges**, University of Tennessee; **Karen Peterson**, Harvard School of Public Health; **Joe Rossi**, University of Rhode Island; **Alex Rothman**, University of Minnesota; **Geof Williams**, University of Rochester

Mission ...

The mission of this group is to further the science of health behavior change and maintenance through cross project collaboration. The goals of this endeavor are to increase our understanding of behavior change through the identification, use and comparison of common theoretical constructs across projects.

Specific Aims ...

- [•] To examine the similarities and differences across similar mediational constructs.
- [•] To examine the relative influence of similar mediational constructs across different behaviors, populations and settings

Major Highlights ...

- [•] This group was most active in the first year of the BCC. Members identified common mediators and suggested common or similar measurement strategies. The workgroup was originally subdivided into three subgroups: 1) Common Mediators; 2) Reach and Translation (RE-AIM); and 3) Data Analysis.
- [•] Subgroup 1) compiled a list of all mediators across sites, which was finally distilled into a common mediators table highlighting the eight most prevalent mediators across BCC studies: decisional balance; depression; goals; outcome expectations; (self-)efficacy; social support; stages of change; stress.
- [•] Subgroups 2) and 3) both became too active to remain under the umbrella of the Conceptual Mediators workgroup, and emerged as independent workgroups, i.e., Representativeness and Translation, and Methodology & Data Analysis..
- [•] Members of Subgroup 1 were instrumental in the preparation of the introductory article in the *Health Education Research* supplement. This introduction enumerated identified mediators being assessed at each site, identified the most common mediators across sites, and discussed challenges in mediational research.

- In 2002, the Conceptual Mediators and Methodology and Data Analysis and methods group merged, and activities centered more on data sharing issues than mediational issues. In Spring 2003, these groups were again divided, so that tasks central to each group could take central focus.

Collaborative Strategies ...

- The Common Mediators group held several well attended workgroup meetings at the first few BCC meetings.
- Several conference calls were held in the first two years. One member, Deborah Toobert, proposed a cross-site research project examining the relationship of social support to study outcomes. This activity is dependent upon study outcomes, and thus was delayed until final year of BCC.

Future Directions ...

In 2003, this group was reinstated, and new leadership and membership is being sought. Following the departure of Marcia Ory from NIH/NIA, Sidney Stahl (National Institute on Aging) has agreed to serve as the NIH co-chair. A replacement for Claudio Nigg, who has moved to the University of Hawai'i, is required. This reconstituted group will consider writing a cross-site paper for the proposed cross-cutting theme issue. One of the most likely projects will be pursuing the social support study proposed by Deborah Toobert.

Suggested Cross-Site Activities ...

In addition to focus on social support, others may be interested in examining the direct or interacting influence of self-efficacy mediators. When outcome data is available, this study offers the opportunity of cross-validating different operationalizations of similar constructs, or examining the relative influence of different mediators across different behaviors, populations, and settings.

Methodology & Data Analysis

Co~Chairs ...

Lisa Klesges, University of Tennessee Health Science Center
Abby King, Stanford University
Louise Mâsse, National Cancer Institute
 (formerly Marcia Ory, Texas A&M University System [via NIA])
Interim Co-Chair: Claudio Nigg, University of Hawai'i at Manoa (via URI)

Key Members ...

Steve Belle, Consultant, University of Pittsburgh; **Belinda Borrelli**, Miriam Hospital; **David Dzewaltowski**, Kansas State; **Russ Glasgow**, Kaiser Permanente Denver Co. (ORI); **Geoff Greene**, University of Rhode Island; **Trish Jordan**, BCC; **Holly McGregor**, University of Rochester; **Barbara Radziszewska**, NIH/NINDS; **Ken Resnicow**, Emory University; **Geof Williams**, University of Rochester

Mission ...

To provide for expert consultation on complex methodologies and emerging statistical applications that will enable us to capitalize on the unique opportunities that the BCC affords for collaborative data analyses in the behavioral sciences field.

Specific Aims ...

- Document commonalities in approaches across sites to facilitate collaborative research.
- Identify unique cross-site opportunities for collaborative analyses.
- Provide coordination and "clearinghouse" function to support data-sharing and joint publications.
- Engage outside consultants to support these aims and provide expertise in emerging analytical strategies

Major Highlights ...

- Provided support to outside data and methods consultants for presentations at BCC meetings and to speakers/discussants at Transbehavioral Outcomes pre-meeting workshop.
- Created a searchable database of sample characteristics, mediational constructs and measures, and behavioral outcomes at each site.
- Organized a study-wide template for presentations and publications using collaborative data sets.
- Reviewed and summarized NIH guidelines on data sharing in preparation for BCC data archive.
- Obtained supplemental support to organize a process for data archiving and maintenance to access for cross-site analyses.

Collaborative Strategies ...

- BCC meeting presentations to disseminate goals, objectives, and tasks of our workgroup.
- Some "hub and spoke" process between workgroup members and outside consultants and between co-chairs and other behavioral workgroups.
- Conceptual work of the group conducted largely by discussion at BCC meetings.
- E-mail distribution and website posting of meeting summaries and presentations, as well as documents and templates.
- Conference calls between BCC meetings for updates and planning for meeting agenda.
- BCC pre-meetings with other workgroups having common interest in organizing cross-site analyses.

Future Directions ...

- Seeking ways to extend our NIH supplemental funds to provide support for cross-site analyses at BCC sites.
- Continue work with outside consultant to explore a combined analyses of BCC studies.
- Structure a process for data archiving and maintenance to benefit current and future BCC analyses.

Suggested Cross-Site Activities ...

- Seek conference support for a "lessons learned" workshop with BCC sites.
- Seek to extend opportunities for collaboration, especially for sites that might not receive funding from Maintenance RFA.
- Continued investment in data archiving and cross-site analyses has potential to move the behavioral change field forward.

Motivational Interviewing

Co~Chairs ...

Belinda Borrelli, *The Miriam Hospital/Brown Medical School*
Rosemary Breger, *Oregon Health & Science University*
Lynne Haverkos, *NIH/NICHD*
Ken Resnicow, *Emory University*

Key Members ...

Mary Charlson, *Cornell University*; **Carol DeFrancesco**, *Oregon Health & Science University*;
Cara Ebbeling, *Harvard School of Public Health (HSPH)*; **Diane Elliot**, *Oregon Health & Science University*;
Denise Ernst, *University of New Mexico (OHSU)*; **Jacki Hecht**, *Brown University/The Miriam Hospital*;
Holly McGregor, *University of Rochester*; **Esther Moe**, *Oregon Health & Science University*;
Linda Nebeling, *NIH/NCI*; **Gbenga Ogedegbe**, *Cornell University*; **Karen Peterson**, *Harvard School of Public Health*;
Judy Salkeld, *Harvard School of Public Health*; **Vic Strecher**, *University of Michigan*;
Geoffrey Williams, *University of Rochester*;

Mission ...

The overall mission of the MI workgroup is to share resources and measures to enhance delivery of MI and collaborate on analysis of treatment fidelity and outcomes.

Specific Aims ...

- Document the similarities and differences in how MI is being applied across sites in order to identify collaborative opportunities.
- Arrive at a convergence as what constitutes the core elements of MI intervention, and to the extent possible, employ common MI strategies across groups.
- Identify similarities and differences across sites in their proposed mediators of change.
- Develop measures of treatment fidelity for MI in order to enhance treatment integrity of individual studies, as well as to promote cross-site comparisons.
- Seek additional training opportunities in MI and coding.
- Examine (both within and between sites) whether counselor fidelity to MI principles is related to treatment outcomes and client satisfaction. Specifically, to examine counselor adherence to MI principles in relation to fruit and vegetable (F/V) intake, physical activity, and smoking behavior.
- Examine the association between MI fidelity and client satisfaction, as well as psychosocial mediators such as efficacy and outcome expectations.

Major Highlights ...

- Supplemental funding from NICHD (\$40,000) and NCI (\$10,000) for MI coding project.
- Coding training at Salt Lake City, conducted by Denise Ernst.
- SBM presentation by workgroup members.

Collaborative Strategies ...

- [•] Workgroup conference calls, e-mails and meetings (i.e., BCC bi-annual meetings, and SBM meetings).

Future Directions ...

We plan to continue our work to have tapes coded from sites participating in the workgroup supplement and to do a group analysis. We will accomplish this through group e-mails and conference calls as our means of communication.

Suggested Cross-Site Activities ...

- [•] Best practices paper on using Motivational Interviewing in clinical research trials.
- [•] Presentations on using Motivational Interviewing in Research and Coding MI.
- [•] Continuation of work on the coding supplement project.

Nutrition

Co~Chairs...

Linda Nebeling, NIH/NCI
Deborah Toobert, Oregon Research Institute
Geoff Greene, University of Rhode Island
Karen Peterson, Harvard School of Public Health

Key Members ...

Melena Anatchkova, University of Rhode Island; **Rosemary Breger**, Oregon Health & Science University; **Phil Clark**, University of Rhode Island; **Rebecca Costello**, NIH/ODS; **Carol DeFrancesco**, Oregon Health & Science University; **Diane Elliot**, Oregon Health & Science University; **Mary Kay Fox**, Harvard School of Public Health; **James Hebert**, University of South Carolina (HSPH); **Andrea Heffernan**, Rush Presbyterian/ITT; **Tom Hurley**, University of South Carolina (HSPH); **Victor Kipnes**, NIH/NCI; **Holly McGregor**, University of Rochester; **Gail Osterman**, Illinois Institute of Technology; **Ken Resnicow**, Emory University; **Sue Rossi**, University of Rhode Island; **Judy Salkeld**, Harvard School of Public Health; **Tammy Sher**, Illinois Institute of Technology; **Reema Singla**, Illinois Institute of Technology; **Lisa Strycker**, Oregon Research Institute; **Fran Thompson**, NIH/NCI; **Terry Wang**, Emory University; **Geof Williams**, University of Rochester; **Helen Wright**, Penn. State University;

Mission ...

The BCC Nutrition workgroup provides a unique opportunity to assess common measures across sites. The BCC Validation Study, a project of the BCC Nutrition Workgroup, maximizes the unique attributes of a multi-center, longitudinal database and was funded by the National Cancer Institute (NCI). Its primary aim is to validate NCI's self-report measures among diverse samples participating in intervention trials to reduce risk of chronic diseases, including cancer. Supplemental funding from NCI for each project augments the original grant proposal in order to assess the validity of dietary intake estimates based on short screeners compared with multiple 24-hour recalls and/or biochemical assays. Three common dietary measures were chosen to assess intakes at baseline and change due to interventions: 1) NIH Revised Fruit and Vegetable Screener (FVS); 2) NIH Fat Screener (FS); 3) Kristal's Fat and Fiber Behavior Questionnaire. Secondary analyses, also funded by NCI, address methodologic aspects of self-report measures, i.e., factors affecting accuracy and precision of estimates of dietary intake in diverse populations over time and in response to intervention.

Specific Aims ...

- Evaluate the correlation and limits of agreement between servings of F&V estimated from the FVS and servings calculated from the mean intake on three 24-hour recalls.
- Analyze the correlation and limits of agreement between fat intake estimated from the FS and fat intake calculated from the mean intake on three 24-hour recalls.
- Evaluate the sensitivity of these instruments to measure dietary change after behavioral interventions designed to increase fruit and vegetable consumption and/or decrease fat consumption.

- Compare FVS baseline estimates of fruit and vegetable intake as well as change in intake over time with serum carotenoids, retinol, tocopherol, and folate.
- Compare FS baseline estimates of fat intake as well as change in intake over time with serum cholesterol, HDL, triglycerides and LDL.
- Pool the analyses from each participating BCC site to allow for subgroup analyses.
- Calculate the amount of bias in screener estimates of dietary intake of fruit and vegetable and total fat due to social desirability trait.

Major Highlights ...

- Developed the BCC Diet Validation Study, Phase I, funded by the National Cancer Institute.
- Developed the BCC Diet Validation Study, Phase II, funded by the National Cancer Institute.
- Presentations of BCC Diet Validation Study baseline data at national/international meetings, i.e., International Society of Behavior, Nutrition and Physical Activity.
- Developed publications process, as a group will coordinate joint publications on common projects/themes of analyses. Partners work in teams to champion publication topic areas for the group.
- Effective partnerships with staff from participating sites; outside collaborators; NCI and ODS to support common project design and analyses. Institute staff have provided technical support as needed thorough out the duration of this project.
- Establishment of a data coordination center for the Phase I (University of Rhode Island) / Phase II study (Harvard).

Collaborative Strategies ...

- Regular communication using e-mail, monthly conference calls sponsored by NCI, and attendance at the BCC bi-annual meetings.
- Active, dedicated participation by all sites involved in this project.
- Providing timely response to requests for information and data across sites.
- Maintaining a professional and collegial attitude.

Future Directions ...

- A Dietary Supplement Use Study is being co-funded by the NIH Office of Dietary Supplements and OBSSR. The study will use existing data collected to understand patterns of dietary supplement use and their relationship to modifiable lifestyle behaviors associated with a range of chronic diseases in the United States.
- NCI's Phase II supplement to the Diet Validation Study will continue this project until February, 2005. Funds will support the activities of the two co-coordination sites, planned data analyses, and development of publications.
- NCI has agreed to continue to support monthly conference calls and will coordinate an annual meeting of the BCC Nutrition Workgroup for the duration of the supplemental funding.

Physical Activity

Co~Chairs...

Terry Bazzarre, Robert Wood Johnson Foundation

Barb Resnick, University of Maryland

Greg Welk, Iowa State University (consultant to Kansas State University)

Key Members ...

Lynn Braun, Rush Presbyterian/IIT; **Cynthia Castro**, Stanford University; **Mace Coday**, University of Tennessee; **Abby King**, Stanford University; **Chuck Matthews**, University of South Carolina (HSPH); **Claudio Nigg**, University of Hawai'i at Manoa (URI); **Marcia Ory**, Texas A&M University System (formerly NIA); **Leslie Pruitt**, Stanford University; **Deb Riebe**, University of Rhode Island

Mission ...

The mission of the Physical Activity workgroup is to improve science with regard to the measurement of physical activity outcomes through cross project collaboration and comparison. Specifically, our mission is to share experiences and techniques used to assess physical activity in clinical trials research and develop guidelines that may be useful across the different studies. Our primary goal is to facilitate the development and implementation of measures that will reduce error and increase the power to detect behavioral change.

Specific Aims ...

- Determine physical activity outcome similarities across BCC studies.
- Develop common operational definitions of activity/exercise for cross project use.
- Promote the use of a few common measures to allow comparisons across studies.
- Establish methods of triangulation of measures to increase the validity of the findings in different studies.
- Serve as a repository of all measures of activity used across studies and to determine the pros and cons of each measure.

Major Highlights ...

- The PA workgroup has done several presentations over the past few years:
 - Gerontological Society of America, 2000 – Activity Measurement in Older Adults
 - Society of Behavioral Medicine, 2002 – Theory-based Interventions
 - Society of Behavioral Medicine, 2003 – Screening for Physical Activity
- In addition several studies have been funded by Robert Wood Johnson that were developed by the PA work group:
 1. The Stages of Change Validation Study;
 2. The Screening of Adults for Physical Activity study
 3. Physical Activity and the Environment Study.

- [•] Two other projects were also developed by the workgroup, but remain unfunded at this time: “Measurement of PA in Older Adults: Use of Modeling,” and Using GIS Lifestyle Segmentation to Profile Physically Inactive Clusters.”

Collaborative Strategies ...

The work group augmented face-to-face meetings with conference calls (2-4 annually) and e-mails. Much of the PA work group activity focused around smaller groups within the larger group and meetings/communications included only those related /interested in the specific project

Future Directions ...

Plans are to continue and complete the projects described as well as some proposed projects related to data analysis. This will mean sharing data across sites as the studies are completed, developing the two papers proposed and considering additional cross site interests related to PA.

Suggested Cross-Site Activities ...

Plans for cross-site collaboration continue related to Stage of Change project, the environmental impact on physical activity and measurement of physical activity in older adults. Additional plans have been considered to explore the impact of screening on physical activity in adults. The PA workgroup is in unique position to engage in several additional cross-site activities: 1) a cross-site evaluation of the benefits of varying activity/exercise programs in different populations and settings; 2) an examination of multiple behavioral interactions with the nutrition group; and 3) measurement of PA across the lifespan (e.g. best practices, reliability and validity issues, etc.).

Recruitment & Retention

Co~Chairs...

Mace Coday, University of Tennessee Health Science Center

Lynne Haverkos, NIH/NICHD

Tamara Sher, Illinois Institute of Technology

Susan Solomon, NOH/OBSSR

Key Members ...

Dhana Blissett, Emory University; **Carla Boutin-Foster**, Weill Cornell Medical College; **Judy Johnston**, K-State Research and Extension; **Beth McQuaid**, The Miriam Hospital; **Sandra Saunders**, URI; **Molly Greaney**, URI; **Lisa Strycker**, Oregon Research Institute; **Jennifer Tennant**, Rush Presbyterian St. Luke's Med. Center; **Cynthia Castro**, Stanford Center for Disease Prevention; **Candace Young**; Research Coordinator/Healthy Behaviors

Mission ...

The mission of the Recruitment and Retention workgroup is to provide a forum for the discussion and dissemination of recruitment and retention strategies, materials, resources, and evaluation procedures in an effort to strengthen recruitment and retention in BCC-funded research projects, and advance knowledge of recruitment and retention issues in the social sciences.

Specific Aims ...

- To foster successful recruitment and retention generally, and to advance knowledge and strategies for recruitment of under-represented and under-served populations in particular.
- To obtain representative populations in all BCC research projects and to ensure generalizability of results.
- To include women and members of minority groups and their sub-populations in all NIH-supported biomedical and behavioral research projects.
- To promote awareness of available recruitment and retention strategies, materials, and assessment/evaluation procedures among BCC projects and with other researchers and practitioners.
- To provide an open forum for discussion of recruitment and retention issues, including recruitment and retention plan development, problem-solving, alternative strategies, and evaluation of both general and population-specific recruitment and retention efforts.
- To further the development of methods and materials for recruitment and retention of special and under-served populations.
- To promote publication and presentation of recruitment and retention issues, focusing on effective, innovative, and practical recruitment and retention approaches.
- Encourage the development, use, and reporting of appropriate assessment techniques to evaluate the reach, effectiveness, and cost benefits of various recruitment and retention methods.

Major Highlights ...

- Recruiting and retaining special populations in research often requires more intense efforts and more specific strategies than for majority groups. These include over-sampling from targeted populations and developing culturally relevant and sensitive strategies for specific populations. Other important strategies include actively recruiting from groups not specifically targeted for the study; and accurately recording group membership and multiple-group membership (e.g. dual identification as woman and lesbian; dual identification with both African and Hispanic heritage). These efforts allow analyzing subgroup trends among populations who often are “invisible” in research data sets. This committee compiled two comprehensive tables of the 15 BCC sites showing specific recruitment and retention strategies.
- The work group provided the BCC sites with a recommended recruitment data collection tool in table format to increase the capture of common demographic, screening information, and voluntary versus refusal information on prospective study participants.
- The work group gave informative sessions at meetings on recommended strategies.
- Our committee provided problem-solving and expert consultation on recruitment and retention problems at meetings and via bi-monthly conference calls to all participating sites.
- We collected site specific survey data on retention strategies. In process of conducting a comprehensive qualitative data analyses. The literature review is almost completed. Manuscript to be submitted for publication.

Collaborative Strategies ...

- Regular meetings twice yearly for four years; conference calls were bi-monthly until final year of BCC.
- Ongoing e-mail communication with key paper writing members.
- Collected site survey data for retention paper.
- Cross-site authorship on retention paper.

Future Directions ...

We will complete the manuscript and submit this for publication. There is little written on the topic so this should be informative.

Suggested Cross-Site Activities ...

Finish paper and submit for special supplemental issue if ready, or submit to a journal to be announced.

Representativeness & Translation (RE-AIM)

Co~Chairs ...

Russ Glasgow, Kaiser Permanente Colorado (consultant to ORI)

Lisa Klesges, University of Tennessee, Memphis

Robin Mockenhaupt, Robert Wood Johnson Foundation

Key Members ...

John Allegrante, Columbia University (Cornell); **Sheana Bull**, University of Colorado Health Sciences Center; **Phil Clark**, University of Rhode Island; **David Dzewaltowski**, Kansas State University; **Paul Estabrooks**, Kansas State University; **Marcia Ory**, Texas A&M University System (formerly NIA)

Mission ...

To implement and evaluate an explanatory framework to measure intervention impact in it's broadest sense (e.g., develop a policy relevant criterion for success; plan for cost-effectiveness analyses that take treatment fidelity, reach, retention, etc. into account).

Specific Aims ...

- To assess and summarize the state of the health promotion field, both within the BCC projects, and more generally concerning the extent to which issues of internal and external validity are reported.
- To assist BCC members and others in translating research into practice by focusing on issues important to potential adopting settings and for producing public health impact.

Major Highlights ...

- Securing financial support for this work from the RWJF, which has generously awarded us two, two-year grants.
- Collaborating on and publishing a series of review articles documenting the current status of the health promotion field in the settings of: schools, workplaces, and health care settings.
- Surveying and reporting back to BCC members about their plans and activities regarding translation related issues, using the RE-AIM framework.
- Publishing thought pieces, conceptual articles, recommendations for change, and papers to assist researchers and planners to build translation and sustainability into their projects.
- Developing and hosting a website for researchers and community leaders, program planners and evaluators related to the above issues (see www.re-aim.org, which also has lists of the above publications as well as several tools and resources).

Collaborative Strategies ...

- Reasonable sized core group of investigators who worked together well and each followed through on tasks.
- Periodic phone calls and lots of e-mails.

- [•] Distributing workload and credit among various members.
- [•] Humor, and being able to criticize ourselves.

Future Directions ...

- [•] Writing papers related to translation issues for possible presentation as a symposium at SOPHE.
- [•] Working with RWJF's "Active for Life" program to provide resources for grantees related to building reach and sustainability into their programs.
- [•] Continually updating and refining our website (www.re-aim.org) to make it a better resource, more user-friendly, etc., and to track and report use and impact of the website.
- [•] More grants, presentations, collaborations and papers to address translation issues.

Suggested Cross-Site Activities ...

- [•] Possible conference on 'Spread' or translating research protocols into practice, and/or among those attempting to sustain their interventions after their funding is over.
- [•] Follow-up work on transbehavioral outcomes, or relations among different outcomes and patterns of change over time, especially those related to public health impact at both individual and setting levels.

Tobacco Dependence

Co~Chairs ...

Cathy Backinger, NIH/NCI
Geoffrey Williams, University of Rochester

Key Members ...

Belinda Borrelli, Brown University; **Trish Jordan**, BCC; **Chantal Levesque**, Southwest Missouri State University (Rochester); **Holly McGregor**, University of Rochester; **Jackie Stoddard**, NIH/NCI; **Vic Strecher**, University of Michigan;

Mission ...

To identify uniform outcomes that different sites could utilize in their studies.

Specific Aims ...

This served two functions: First, to align smoking outcomes with the general smoking literature; and secondly, to encourage cross-site analyses.

Major Highlights ...

- Creation of three levels of tobacco-related measurement items that could be used for all participating BCC sites at baseline and follow-up.
- The workgroup had multiple phone meetings regarding the creation of the baseline measures used across the BCC studies.
- Participated in the trans-behavioral outcome workgroup.

Collaborative Strategies ...

- Recommended baseline and follow-up measures were made available to the BCC studies through the BCC website.
- Organization of the baseline measures across the five tobacco groups.
- Discussion of potential cross-site analyses. (This was limited by differing study design, outcomes, and time frame of data set availability.)

Future Directions ...

Continuing cross-site data comparison/analysis. This, however, is limited by the differential in data collection times across sites and funding issues. Either the M&DA group can address these in the long term, or potential for obtaining additional funds for cross-site analyses at the time data sets are complete.

Suggested Cross-Site Activities ...

In addition to above, we would recommend further efforts to create a transbehavioral outcomes assessment/index with the goal of being able to prioritize clinical efforts to effect these behaviors.

Transbehavioral Outcomes Assessment

Interim Co-Chairs ...

Trish Jordan, Behavior Change Consortium (via University of Rhode Island)

Marcia Ory, Texas A&M University System (via NIH/NIA)

Key Members ...

Steve Belle, University of Pennsylvania (workgroup consultant); **Russ Glasgow**, Kaiser Permanente

Denver Co. (ORI); **Abby King**, Stanford University; **Lisa Klesges**, University of Tennessee;

Claudio Nigg, University of Hawai'i at Manoa (URI); **Karen Peterson**, Harvard School of Public

Health; **Jim Prochaska**, University of Rhode Island; **Geof Williams**, University of Rochester

Mission ...

To examine whether a meaningful transbehavioral outcomes assessment can be developed to permit comparisons across various behaviors, interventions and populations.

Specific Aims ...

- [•] To develop and examine transbehavioral indices or assessment methods (such as a behavior change index) to be used in behavior change research regardless of the behavior being addressed.

Major Highlights ...

- [•] The TBOA workgroup held a pre-meeting workshop on July 17, 2002 to: a) identify the importance and rationale for what the BCC is doing to examine intervention mediators and outcomes across populations and behaviors; b) present a framework for examining these issues; c) address the pros and cons of various approaches; seek feedback from outside consultants; and d) propose at least one concrete assessment tool to use in cross-site comparisons.
- [•] The workgroup obtained supplementary funding from NIH/OBSSR, a portion of which went to hosting the workshop.
- [•] 19 invited members of the BCC and NIH, and four expert consultants (Steve Belle, University of Pennsylvania; Peter Briss, Centers for Disease Control and Prevention; Helena Kraemer, Stanford University; Robert Kaplan, University of California, San Diego) attended the workshop to discuss a position paper, prepared by Claudio Nigg, Ph.D., with input from other workgroup members. Based on several preliminary discussions prior to the workshop, the workgroup presented nine possible approaches, which fell into three categories: Behavioral Outcomes; Population Impact; and Clinical Interpretations.
- [•] Following the meeting, a Final Summary Report was prepared and included an executive summary of the workshop's discussion, recommendations for future work in this area; feedback statements from each of the four outside consultants, a bibliography, and a complete set of minutes included as an appendix.. The Report was distributed online, and is now available on the BCC website.

Collaborative Strategies ...

-] The workgroup held some conference calls with core members, but was most successful in generating ideas and producing materials at the bi-annual BCC meetings.
-] The workgroup was fluid in its membership, and enjoyed a number of varied perspectives and opinions from individuals with a wide range of expertise.
-] The workgroup utilized the collective expertise of the BCC membership, as well as outside consultants when necessary, to specify its aims, goals, and strategies.

Future Directions ...

All attendees agreed that the workshop was worthwhile, and the intellectual exercise was challenging. However, most concluded that this endeavor was slightly ahead of the field, and that we would need to solicit more feedback from outside sources. Ongoing funding to support this initiative was also not easily resolved, nor was the questions of human resources once the BCC officially disbanded in Spring, 2003.

It was agreed that the workgroup members would carefully review the recommendations and feedback provided by the outside consultants. The workgroup would continue to meet via conference call to discuss and define future direction(s) before advising NIH program staff and other BCC members about plans to proceed.

Suggested Cross-Site Activities ...

-] Charging various workgroups with the task of analyzing one or more of the suggested approaches. The results will be written up individually, and the collective manuscripts will be published as a special issue of (for example) *Annals of Behavioral Medicine*.
-] Sponsor a small conference to highlight the BCC's agenda in this area.
-] Approach this question as a multi-site prevalence study. Obtain consensus on a continuous measure of behavior change from each workgroup, and produce a "Multibehavioral Prevalence Index Across Populations."
-] Further exploring this issue with other behavioral scientists as a symposium at the Society of Behavioral Medicine's annual meeting.

Treatment Fidelity

Co~Chairs...

Al Bellg, Appleton Cardiology Associates (via Rush Presbyterian/IIT)
Belinda Borrelli, The Miriam Hospital/Brown Medical School
Susan Czajkowski, NIH/NHLBI

Key Members ...

Rosemary Breger, Oregon Health & Science University; **Carol DeFrancesco**, Oregon Health & Science University; **Denise Ernst**, University of New Mexico (OHSU); **Chantal Levesque**, Southwest Missouri State University (Rochester); **Daryl Minicucci**, University of Rochester; **Gbenga Ogedegbe**, Cornell University; **Denise Orwig**, University of Maryland; **Marcia Ory**, Texas A&M University System (NIH/NIA); **Barbara Resnick**, University of Maryland; **Deborah Sepinwall**, Ph.D., Brown Medical School

Mission ...

The mission of the workgroup is to advance the definition, methodology, and measurement of treatment fidelity both within the BCC and, more generally, for the field of health behavior change.

Specific Aims ...

- [•] Develop new recommendations for enhancing treatment fidelity and increase the relevance of treatment fidelity for health behavior change studies.
- [•] Create a list of best practices for enhancing in treatment fidelity.
- [•] Review and quantify the inclusion of treatment fidelity practices in health behavior change studies across a 10-year time span from a variety of psychology and medical journals.

Major Highlights ...

- [•] Received supplement from NHLBI (\$114,000; B. Borrelli, PI) for treatment fidelity activities.
- [•] Manuscript, entitled "Enhancing Treatment Fidelity in Health Behavior Change Studies: Best Practices and Recommendations from the Behavioral Change Consortium," accepted for publication in *Health Psychology*.
- [•] SBM Seminar Presentation, March 2003: "Building Treatment Fidelity Into Health Behavior Change Research: Lessons Learned and Best Practice Guideline from the Behavior Change Consortium.
- [•] SBM Seminar Presentation, April 2002: "Enhancing Treatment Fidelity in Health Behavior Change Studies: Best Practices from the Behavior Change Consortium."
- [•] Inclusion of detailed treatment fidelity plans in grants written by Treatment Fidelity workgroup members for their research pursuits. These grants have been funded and treatment fidelity plans were highlighted as a particular strength of the grants.

Collaborative Strategies ...

- [•] Conference calls 1-2 times per month to discuss issues and troubleshoot difficulties on the various treatment fidelity projects.
- [•] E-mail communication.
- [•] Personal calls to particular workgroup members to follow-up on issues.
- [•] Workgroup time at the BCC to discuss macro-level issues.

Future Directions ...

Continuing to code health behavior change articles as part of journal review, with ultimate goal of summarizing data pertaining to the state of treatment fidelity in top journals that publish health behavior change studies. Our goal is to have our second manuscript submitted by Fall, 2003

Suggested Cross-Site Activities ...

- [•] Compiling a user-friendly guide for researchers to identify treatment fidelity strategies which they may want to incorporate into their studies.
- [•] Additional seminars and presentations to increase exposure to treatment fidelity practices in order to facilitate grant and manuscript development and to encourage that these practices become standard review criteria.