

*Project Title:* Transbehavioral and  
Quality-of-Life Outcomes:  
Cross-Site Analyses and Resources

*Participating Sites:*

Oregon Research Institute (Coordinator)

Oregon Health Sciences University

University of Illinois at Chicago

University of Rochester Medical Center

Washington State University

# PURPOSE OF OUTCOMES SUPPLEMENT

To advance the science of multiple risk factor behavior change by:

- 1) analyzing results across behaviors using common metrics
- 2) relating interventions to quality-of-life outcomes
- 3) investigating linkages between multiple behavior changes and quality-of-life improvement

# TODAY: 2 PANELS

**Panel 1: Interventions for Multiple Behavior change:**

Qualitative lessons learned

**Panel 2: Measurement of Multiple Behavior Change and Quality of Life:**

Quantitative results and lessons learned

## Outcomes Panel 1: Working with Multiple Health Behaviors

1. Which behaviors did you intervene on?
2. How intensive was your intervention?
3. If multiple behaviors were targeted, how did you handle sequencing?
4. Were there other behaviors—or conditions—(e.g., depression) that interacted with your intervention?
5. What were your 2-3 key **QUALITATIVE** lessons learned?

## Outcomes Panel 2: Quantitative Measures Presentations

1. List behaviors targeted for intervention and measures used.
2. Is there a baseline relationship between behavioral measures and quality of life?
3. Did treatment significantly improve behavioral outcomes?
4. How did you define clinically significant improvement in your behavioral outcomes?

## Outcomes Panel 2: Quantitative Measures Presentations (cont.)

5. Did treatment significantly improve quality of life?
6. Was change in behavioral outcomes related to change in quality of life?
7. What is the relation between NUMBER of behavioral areas improved and improvement in quality of life?
8. Key Conclusions and Discussion Issues