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# *Mediterranean Lifestyle Program*

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## *Targeted Behaviors:*

Diet, Physical Activity, Stress Management, Social Support

# Measures

- *Physical Activity*: CHAMPS frequency of moderate activity (times/week)
- *Fat Intake*: NCI Fat Screener (% calories from fat)
- *Fruit and Vegetable Intake*: 9-item NCI Fruit/Vegetable Scan (# servings/day)
- *Alcohol Intake*: Estimated daily grams, from the Food Frequency Questionnaire
- *Smoking*: Current use (Are you currently a smoker [No/Yes]?)
- *Quality of Life*: General health item from the MOS (Would you say your health in general is: 1=poor, 2=fair, 3=good, 4=very good, 5=excellent)

## *Baseline relationship between quality of life and behaviors*

T1 1-item QOL correlated with:

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T1 CHAMPS Mod PA	.18 ( $p=.002$ )
T1 NCI Fruit/Veg	.04 ( $p=.479$ )
T1 NCI Pct Fat	-.10 ( $p=.079$ )
T1 Smoking	-.04 ( $p=.546$ )
T1 Alcohol Intake	.03 ( $p=.609$ )

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Note: All Cases: N=about 294

*Any improvement in behavioral outcomes from baseline to 6 months (T2)*

	T1 Mean (SD)	T2 Mean (SD)	p Value
CHAMPS Moderate PA*			.00
All cases	5.0 (6.4)	8.6 (7.9)	
Control cases	5.7 (7.3)	5.8 (6.3)	
Tx cases	4.5 (5.7)	10.9 (8.3)	
NCI Fruits and Vegetables*			.01
All cases	6.0 (3.8)	6.3 (3.9)	
Control cases	5.9 (3.5)	5.7 (3.3)	
Tx cases	6.0 (4.0)	6.8 (4.3)	
NCI Fat*			.00
All cases	33.5 (6.1)	30.7 (4.2)	
Control cases	33.3 (5.8)	32.0 (4.5)	
Tx cases	33.3 (5.1)	29.7 (3.7)	
Alcohol Intake			.24
All cases	1.09 (3.49)	1.48 (7.24)	
Control cases	1.09 (2.77)	2.01 (9.93)	
Tx cases	1.10 (3.98)	1.05 (3.94)	

\* Targeted outcomes

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*Definition of clinically significant improvement  
(public health criterion) in multiple behavioral  
outcomes at T2 (6 months)*

- *Moderate PA:* less than (0) vs. greater than or equal to (1) 5 times per week
- *Fruits and Vegetables:* less than (0) vs. greater than or equal to (1) 5 servings per day
- *Fat:* less than (1) vs. greater than or equal to (0) 30% of daily intake
- *Alcohol:* Less than or equal to (1) vs. greater than (0) 12 gm daily intake [12gm = 1 glass of wine]

# *Treatment condition as a predictor of clinically significant improvement in behaviors*

	% of Group Reaching Criterion at 6 Months		
	Controls	Tx Group	<i>p</i> Value
Mod. Physical Activity*	46.1	83.4	.00
Fruits and Vegetables*	52.2	66.2	.03
Fat*	32.1	58.6	.00
Alcohol	96.3	98.5	.27

\* Targeted outcomes

*Treatment did not significantly improve quality of life from baseline to 6-month follow-up (t test;  $p = .597$ )*

	T1 Mean (SD)	T2 Mean (SD)
<u>1-Item QOL</u>		
All cases (N=~294)	2.71 (.84)	2.81 (.86)
Control cases (N=~116)	2.75 (.87)	2.82 (.86)
Tx cases (N=~163)	2.73 (.80)	2.80 (.86)

## *Relationship between change in behavioral outcomes and change in quality of life*

T1/T2 change in 1-Item QOL correlated with:

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T1/T2 Change in CHAMPS Mod PA	.13 ( $p=.051$ )
T1/T2 Change in NCI Fruit/Veg	.02 ( $p=.804$ )
T1/T2 Change in NCI Pct Fat	.06 ( $p=.335$ )
T1/T2 Change in Alcohol	-.01 ( $p=.877$ )

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Note: All cases: N=about 235

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*Magnitude of relationship between behavioral outcomes and quality of life, impacted by covariates*

- In multiple regression analyses, personal characteristics (especially age, income) were significant covariates of T2 quality of life ( $p = .0001$ ).
- T1-T2 behavior change was not a significant predictor of T2 quality of life.

## *Relation between number of behavioral areas showing any improvement and change in quality of life*

### Scoring:

#### 1. Behaviors scored

0 = no improvement/worse

1 = improvement

#### 2. Behaviors added so range is 0-4 if four behaviors.

Correlation between T2 quality of life and the multibehavioral outcome variable (sum of any improvement in the four behaviors):

$$r = .06 (p = .338)$$

Correlation between T1/T2 change in quality of life and the multibehavioral outcome variable:

$$r = -.05 (p = .456)$$

*Relation between number of behavioral areas reaching criterion at 6 months (clinically significant improvement) and change in quality of life*

- Correlation between T2 quality of life and the multibehavioral outcome variable (sum of four behaviors reaching criterion at 6-month follow-up):

$$r = .15 (p = .018)$$

- Correlation between T1/T2 change in quality of life and the multibehavioral outcome variable:

$$r = .06 (p = .343)$$

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## *Questions and Interpretations*

- What is the time course of quality-of-life change with behavioral interventions?
- Are some behaviors more linked to quality of life than others?
- Is this the best way to combine behaviors?
- Do we have a good measure of quality of life?