

Health Maintenance Consortium Meeting
August 30-31, 2004

Overview of Key Activities by Workgroup

- **Common Mediators and Processes of Change**

Develop a taxonomy to conceptualize mediators according to function/consequences

Link with other relevant groups

- **Maintenance of Behavioral Change**

Inventory of adherence process and outcome characteristics to compare across sites, behaviors and populations

Proposal for future TA session around adherence trajectories

- **Identifying Treatment Modalities**

Inventory of treatment modality characteristics for cross site-comparisons
Consideration of formal “decomposition of intervention” exercise

- **Measuring Outcomes**

Sponsorship of cost and economic analyses TA session

Recommendation of specific measurement approaches and scales (costs and QoL)

- **Multilevel Approaches Integrating Personal & Environmental Factors**

Examine the relative role of intra-personal and environmental approaches across projects

Explore new methodological approaches for investigating multilevel intervention impacts

- **Operationalizing Theory to Interventions**

Identify how important components of theories are operationalized in interventions via logic maps

Consider if this should be a separate group or merged with another

Workgroup Update: Common Mediators and Processes of Change

Mission Statement: The mission of the Common Mediators and Processes of Change 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 the processes of change and common mediators that influence the likelihood of health behavior change being initiated and subsequently maintained, and the impact of behavior change interventions on these mediators. Drawing on conceptual and methodological approaches, our specific mission is to identify (and promote analyses of) common variables that mediate a wide range of health behaviors or that moderate these effects.

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(Asterisk indicates participation in at least one group call.)

Dates of group calls:

March 30, 2004
August 10, 2004

Major activities and accomplishments to date (e.g. identification and coordination of common measures; bibliography, surveys to HMC, technical assistance sessions; preparation of joint articles):

Development of a grid describing classes of mediators/moderators and individual mediators/moderators within each category as well as other apparent and suggested mediators.

Major activities proposed:

Using the above mentioned grid we will attempt to relate it to other groups (e.g, Theory)

Comments on extension of workgroup activities in next year and/or merger of existing groups:

Probably remain an independent group that becomes more or less active depending on the stages of the research endeavors. Also anticipate having representation in the theory group (if such a group continues to exist and the group chaired by Dr. Lowe)

Comments/ideas to make groups more functional and productive:

Workgroup Update: Maintenance of Behavioral Change

Mission Statement:

- Facilitating information sharing regarding adherence measurement and expanding the knowledge and understanding of adherence;
- Understanding similarities and dissimilarities regarding adherence across research areas;
- Identifying factors that predict adherence across different domains;
- Identifying concepts that are central to the definition of adherence across research areas;
- Examining trajectories of adherence over time;
- Formulating the most parsimonious ways of measuring and tracking adherence over time.

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(Asterisk indicates participation in at least one group call.)

Dates of group calls:

February 12-13, 2004
May 21, 2004
July 28, 2004

Major activities and accomplishments to date (e.g. identification and coordination of common measures; bibliography, surveys to HMC, technical assistance sessions; preparation of joint articles):

We have completed a grid which inventories all adherence measures being used with the frequency of administration, unit of measure, planned analyses, etc. We have also discussed preparing a state of the art article that will address the measurement of adherence across multiple behavior domains.

Major activities proposed:

We would like to send out the grid to other participating sites in order to obtain similar data from all sites. We have also discussed inviting an expert on Generalized Estimating Equations and other longitudinal data analysis techniques to a future national meeting for technical assistance.

Comments on extension of workgroup activities in next year and/or merger of existing groups:

We are considering merger with the modality workgroup and will be examining barriers and facilitators to adherence over the coming year.

Comments/ideas to make groups more functional and productive:

Workgroup Update: Identifying Treatment Modalities

Mission Statement: The Mission of the modalities group is to provide a comprehensive inventory of interventions for all projects involved in the HMC, enabling the identification and examination of information based on comparable intervention components. This categorization of interventions and collaboration among projects will further enhance the understanding of roles that different intervention strategies plan in the long-term maintenance of behavior change in diverse populations and settings.

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Dates of group calls: February 13, 2004
March 31, 2004
May 4, 2004
July 17, 2004
August 4, 2004

Major activities and accomplishments to date (e.g. identification and coordination of common measures; bibliography, surveys to HMC, technical assistance sessions; preparation of joint articles):

Much of our work has been focused on developing and piloting a form to obtain information from the grantees on the characteristics of the interventions that are included in each study. The form has been through a couple of iterations, and at this point obtains data on intervention components, theoretical orientation, frequency and duration of sessions, tailoring/adapting protocols and measures, key process/active ingredients, fidelity, measures for assessing process and fidelity, training and supervision of intervention providers, and so forth. We hope to have several PIs who are not in our workgroup complete the form prior to the August meeting.

Major activities proposed:

After the final version of the form is completed and pilot tested, our goal is to have staff from each project fill out the form for their study. We will then provide a summary of findings to members of the HMC. This summary could be turned into a publication, if there is sufficient interest to move that forward.

Comments on extension of workgroup activities in next year and/or merger of existing groups:

Our group will likely be merging with the Adherence Group. We also have overlap with the most of the other groups, and would be interested in closer collaboration with them in the coming year.

Comments/ideas to make groups more functional and productive:

No. The groups appear quite productive.

Workgroup Update: Measuring Outcomes

Mission Statement:

1. To consider cross-cutting or 'big picture issues' that transcend primary DVs in individual studies and may allow comparison to broader literature and across health behaviors; and
2. To serve as a resource to, and to stimulate voluntary collaboration among investigators in the HMC... on these issues of cross-behavior and 'ultimate' outcomes.

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Dates of group calls:

February 13, 2004
April 26, 2004
May 28, 2004
June 21, 2004
August 16, 2004

Major activities and accomplishments to date (e.g. identification and coordination of common measures; bibliography, surveys to HMC, technical assistance sessions; preparation of joint articles):

Ongoing discussion of what our focus should be; assessment of what projects are currently doing regarding economic analyses and quality of life; planning of major activities for August 2004 meeting on cost and economic analyses; consideration of whether to recommend any common QoL measure(s) or not

Major activities proposed:

Some common collection of at least cost measures; for interested projects, possible formation of an economic issues subgroup.

Recommendation of CDC Healthy Days measure as cross-site QoL measure

Still to be defined activities that can represent broad outcomes beyond the scope of just DVs for each project; possibly some type of composite outcome or potential for dissemination

Comments on extension of workgroup activities in next year and/or merger of existing groups:

See above. Discussed possible eventual merger with another group, but decided for present best to keep separate.

Comments/ideas to make groups more functional and productive:

Creation of a specific concrete project that members can work on together

Workgroup Update: Multilevel Approaches Integrating Personal & Environmental Factors

Mission Statement:

- Have each project enumerate the intra-personal and environmental target(s) of their interventions.
- Develop rating system of degree to which each project emphasizes intra-personal and environmental change.
- Determine if such ratings can be made with sufficient reliability, and, if so, use them to examine relationships between both dimensions and extent of maintained change (perhaps measured as effect sizes) across all projects.

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Dates of group calls: April 2, 2004

Major activities and accomplishments to date (e.g. identification and coordination of common measures; bibliography, surveys to HMC, technical assistance sessions; preparation of joint articles):

The multilevel workgroup members participated in a conference call in which we discussed the feasibility of rating the degree of focus on intra-personal and environmental variables as mechanisms of change across projects.

To learn more about the methodological approaches that could be employed to study this research question, Michael Lowe, Ph.D., arranged a conference call with Steve Belle, Ph.D., who is a consultant to HMC, and Eric Stice, Ph.D., who is a psychologist with extensive experience in meta-analysis. As a result of this conference call, two approaches to studying to this question were identified.

The first approach, which Dr. Belle identified as a meta-regression, is capable of addressing topics relevant to several workgroups. (For example, whether modality of treatment is related to treatment effectiveness, mediators of treatment effects, racial/ethnic differences in treatment outcome, etc.) The meta-regression approach, about which Dr. Belle has substantial knowledge, has the potential to be a cross-cutting activity that would be relevant to most workgroups and projects.

The second approach is to use meta-analysis to study the relative role of intra-personal and environmental approaches across projects. As will be discussed in the second HMC meeting, it appears that this is a fairly straightforward procedure that could be carried out to allow us to achieve the objective as long as the rating system for the degree of intra-personal or environmental emphasis across projects achieves sufficient interrater reliability.

Major activities proposed:

Assuming that the multilevel workgroup does not merge with one or more other workgroups, the meta-analysis would be carried out as follows: Definitions of intra-personal change procedures and environmentally-based change procedures would be developed. Several HMC participants would be trained with these definitions and would use them to make ratings of published interventions that primarily focus on intra-personal change, environmental change, or both. An estimation of reliability would be derived from these ratings. If adequate reliability is demonstrated, the team of raters would read the methods sections of each project's grant proposal and rate each project on its intra-personal and environmental emphasis. If adequate interrater reliability is achieved in these ratings, the ratings would then be used for associated data analyses.

Comments on extension of workgroup activities in next year and/or merger of existing groups:

The meta-regression approach described above is a cross-cutting activity that could certainly extend beyond the multilevel workgroup. Merging with the mediators/moderators group may be appropriate.

Comments/ideas to make groups more functional and productive:

I think that it will be essential to have the number of workgroups and their components finalized by the end of the August 2004 HMC meeting and to have their goals and timelines finalized as much as possible.

Workgroup Update: Operationalizing Theory to Interventions

Mission Statement:

- Evaluate how theories are truly being tested across consortium.
- Look at whether we can combine parts of different theories and incorporate them into our interventions.
- Examine what can be learned from underlying constructs that may not be related to theory.
- Model how important components of theories are operationalized in interventions.
- Define/illustrate for each site 1) theories, 2) constructs, 3) interventions and 4) measures. Look at how outcome measures are linked to theoretical constructs. Map out how theory is linked to interventions across studies
- Provide the menu of theories to identify promising potential theories, variables that could be added to other grantees studies to permit theory testing and greater use of theory. There are opportunities to add theoretical measures to other studies (i.e. self-determination, expectancies, pros/cons)
- Looking at overlapping theory. We can map out commonalities in among studies. Can we come to a unifying theory by looking at the overlap?
- Contribute “mapping” instructions for logic models to greater research community. Mapping will include application of theory to treatment and outcomes and strategies to measure process and outcome.

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Dates of group calls: March 15, 2003

Major activities and accomplishments to date (e.g. identification and coordination of common measures; bibliography, surveys to HMC, technical assistance sessions; preparation of joint articles):

Major activities proposed:

Comments on extension of workgroup activities in next year and/or merger of existing groups:

Comments/ideas to make groups more functional and productive: