

Identifying Modalities Workgroup

Goals and Initial Activities

Mission Statement

- Mission of the modalities group is to provide a comprehensive inventory of interventions for all projects involved in the HMC. This categorization of interventions and collaboration among projects will further enhance the understanding of roles that different intervention strategies play in the long-term maintenance of behavior change in diverse populations and settings.

First Task

Develop a form to obtain information from the grantees on the characteristics of the interventions that are included in each study.

- Intervention
 - Orientation/theoretical foundation of intervention(s)
 - Intervention components and supplemental materials
 - Frequency and duration of sessions
 - Tailoring/adapting treatment, including variables used, timing of tailoring, and assessing fidelity to tailoring protocol

- Staffing and training of intervention staff
 - Required training, degrees, etc.
 - Other required skills, experience
 - Age, gender, race/ethnicity
 - Training and supervision provided to interventionists
- Assessment of therapeutic process and goals
 - Method of data collection, and timing of assessments
 - Specific processes and goals assessed
 - Fidelity and adherence to protocol
- Assessment of intervention costs

Next Steps....

- Finish pilot testing of assessment form
- Persuade the PIs (or their designees) of all HMC projects to complete the form
- Prepare a synthesis and summary of findings for the HMC
- Use findings to facilitate cross-site explorations of active ingredients of maintenance interventions
- Prepare publications describing commonalities and differences across the HMC interventions.
- Collaborate with other HMC workgroups, possibly merge with Adherence Group.