

HMC Multi-Level Assessment Workgroup

Measuring the Impact of Intrapersonal and Environmental Interventions on Treatment Outcome

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Defining Intrapersonal and Environmental Interventions

- **Intrapersonal:** Interventions aimed at directly changing people by modifying their knowledge, attitudes, motivation, skills, etc.
- **Environmental:** Interventions aimed at changing people by modifying their environment (e.g., contingency contracts, removing smoking paraphernalia from house, purchasing home exercise equipment)

Intrapersonal and Environmental Interventions

- Goal is to answer fundamental question of the relative influence on outcome of changing the person and changing the person's environment
- If these dimensions can be reliably measured, should be able to determine if there is a relationship between the relative emphasis on each dimension and outcomes across all studies

Intrapersonal and Environmental Interventions

- The two dimensions can theoretically vary independently
 - e.g., lifestyle programs for obesity generally stress both intrapersonal (learning food pyramid, learning strategies for dealing with social situations) and environmental (storing food out of sight, eating only in dining room) techniques
 - Some techniques (e.g., shopping with shopping list) have elements of both strategies

Steps Required to Complete Analysis

- Train judges (drawn from PIs and staff) to make these judgments and evaluate judges' reliability using practice studies
- If inter-rater reliability is adequate, have judges independently judge all HMC projects on both dimensions
- Relate studies' ratings to two types of outcomes
 - Effect sizes obtained within each study (meta-analysis)
 - Degree of individual change obtained in each subject in each project (meta-regression)

Steps Required to Complete Analysis

- *Ability to carry out analysis will depend on adequately defining the two dimensions and achieving acceptable reliability between independent judges.*