Behavior Change Consortium
Wrap-Up Meeting — May 1 & 2, 2003
<u>**Recommendations for Future Cross-Site Activities**</u>

Improving Behavior Change Research Methodology

- Recruitment and retention of individuals across the life span into behavior change studies. (MB, UMD)
- Cross validation of different conceptualizations and measurements of similar mediational constructs, including examination of the relative influence of different mediators across different behaviors, populations, and settings. (CM)
- Revisit efforts to create a trans-behavioral index, or relations among different outcomes and patterns of change over time, with the goal of:
  - being able to prioritize clinical efforts to effect behaviors. (TD, UR)
  - exploring public health impact at both individual and setting levels. (RT)
- Triangulation of measurement of physical activity in older adults. (PA, UMD)
- Continued collaborations related to Stage of Change validation. (PA)
- Continuation of the MI coding supplement project. (MI)
  Cross-site activities concerning application of qualitative methods to the study of health promotion. (OHSU)

Providing Infrastructure for Continued Cross-site Data Comparison/Analysis:

- M&DA workgroup should address potential for obtaining additional funds for cross-site analyses for a time when all data sets are complete. (TD)
- Continued investment in data archiving and cross-site analyses has potential to move the behavioral change field forward. (MDA)

Encouraging Specific Research Analyses

<u>Multi-behavioral research</u>

- Exploring potential future collaborations with groups who are applying similar theoretically-derived constructs and measures to different health behaviors (e.g., smoking, diet), such as the University of Rochester. (SU)
- Exploring relationships between diet and other behaviors, particularly physical activity. (N, PA)
- Investigate benefits of different behavioral interventions (type/intensity) on health and functional outcomes in different populations and settings. (PA)
- Understand the relationship of social support to various behavioral change outcomes. (OHSU)
- Document Adverse Events associated with behavioral change research. (PA)
- Examine the trajectory of maintenance of effects across different behaviors and interventions. (SC)

<u>Single behavior research</u>

- Continuation of research into environmental impact on physical activity. (PA)
- Explore the impact of screening on physical activity in adults. (PA)
- Relationship of self-efficacy and outcome expectations with physical activity across the lifespan. (UMD)

Cross-site Publications

- A second BCC Journal Supplement focusing on cross-cutting issues. (CC, ITT, SC)
- "Best Practices" paper on using Motivational Interviewing in clinical research trials. (MB, MI)

Conferences

Seek conference support for presentations/ workshops focusing on:
- increasing exposure to treatment fidelity practices in order to facilitate grant and manuscript development and to encourage that these practices become standard review criteria. (MB, TF, UMD)
- using Motivational Interviewing in research. (MI)
- coding Motivational Interviewing. (MI)
- projects targeted on similar populations and/or approaches, e.g., older adults, public health model. (URI)
- translating research protocols into practice. (RT)
- "lessons learned" among BCC sites. (MDA; SC)

Best Practice Models/Tools
- Creation of a user-friendly guide for researchers to identify treatment fidelity strategies. (TF)
- Dissemination of user-friendly materials to further RE-AIM goals. (RT)
- It would be interesting to test these tailored print materials as tools in other intervention strategies (e.g., community-based, clinic-based). (UMI)

Continued BCC Collaboration
- Seek to extend opportunities for collaboration, especially for sites that might not receive funding from Maintenance. (MDA)
- Collaboration on grant proposals. (MB)
- Possibly an annual meeting of 'old' BCC members combined with 'new' BCC members under the new RFA. (URI)

Source Key. CC=Communications Coordinator; CM=Conceptual Mediators workgroup; IIT=Illinois Institute of Technology; MDA= Methodology & Data Analysis workgroup; MB=The Miriam Hospital/Brown School of Medicine; MI=Motivational Interviewing workgroup; N=Nutrition workgroup; OHSU=Oregon Health & Science University; ORI=Oregon Research Institute; PA=Physical Activity workgroup; RT=Representativeness & Translation workgroup; SC=Scientific Coordinator; SU=Stanford University; TB=Transbehavioral Outcomes workgroup; TD=Tobacco Dependence workgroup; UMD=University of Maryland; UMI=University of Michigan; URI=University of Rhode Island; UR=University of Rochester