

Appendix B. Sample Forms

B.1. Inclusion Criteria Worksheet: Lifestyle interventions review

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|---|----------------------------------|----------------------------------|---------------------------------|
| Reviewer ID: | Date: / /2010 | Record ID: | |
| Criteria | | | |
| 1. ENGLISH LANGUAGE | Yes <input type="checkbox"/> | No <input type="checkbox"/> | Unclear |
| 2. PUBLICATION TYPE must be published \geq 1980 | | | |
| a. Report of primary research | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Sub-study of a referenced original study (we will have to screen the ref first) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. STUDY DESIGN | | | |
| a. Randomized controlled trial (cluster or individually randomized) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. POPULATION | | | |
| a. Adults \geq 18 yrs with one of the following conditions EXCLUDE if participants are healthy but overweight and sedentary only | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Breast cancer survivors (diagnosed and successfully treated) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Prostate cancer survivors (diagnosed and successfully treated or dx but in a watchful waiting category pre-treatment) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Diabetes type 2 (diagnosed by physician) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Metabolic syndrome (MetS) (diagnosed by physician; defined below) Also called insulin resistance, pre-diabetes, impaired glucose tolerance, syndrome X, dysmetabolic syndrome X, and Reaven syndrome) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| American Heart Assoc definition: When 3 of 5 of the following are present: 1. Abdominal obesity, given as waist circumference: Men \geq 102 cm (\geq 40 in); Women \geq 88 cm (\geq 35 in) 2. Triglycerides \geq 150 mg/dL (1.7 mmol/L) 3. HDL cholesterol: Men $<$ 40 mg/dL (1.03 mmol/L); Women $<$ 50 mg/dL(1.29 mmol/L) 4. Blood pressure \geq 130/ \geq 85 mm Hg. 5. Fasting glucose \geq 110 mg/dL | | | |
| 5. INTERVENTION (Lifestyle intervention with a minimum of 3 components) | | | |
| a. MUST BE Exercise plus diet plus at least one other component (e.g., smoking cessation, stress reduction, group therapy, behavior modification, education re risk factor modification, counseling or a drug, etc. BUT NOT a diet supplement, diabetic education or intensive management only) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Duration of intervention must be \geq 3 months | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Followup must be \geq 6 months | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. COMPARATOR GROUP | | | |
| Usual care (may involve passive education methods etc.), wait list control, diet alone, exercise alone, But NOT a less intensive lifestyle intervention (i.e sort of a dose response comparison) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. OUTCOME | | | |
| a. Reports delay of disease progression or recurrence of disease (this is our primary outcome) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Report surrogate measures of disease progression or improvement or risk reduction (may be the primary outcome in the trial but will be 2ndary outcomes for this review) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: | | | |
| REVIEWER'S DECISION : | Include <input type="checkbox"/> | Exclude <input type="checkbox"/> | Unsure <input type="checkbox"/> |
| FINAL DECISION: | Include <input type="checkbox"/> | Exclude <input type="checkbox"/> | Unsure <input type="checkbox"/> |