

Checklist for Evaluating Health Promotion Programs for Persons with Serious Mental Illness: What Works?

(Health Promotion Programs for Persons with Serious Mental Illness: What Works? A Systematic Review and Analysis of the Evidence Base in Published Research Literature on Exercise and Nutrition Programs, prepared by the Dartmouth Health Promotion Research Team)

This checklist can be used for comparing health promotion programs. Check all that apply. Each of these features is important to consider in evaluating programs that are (a) most effective and (b) also ready for implementation in real-world settings.

Features Associated with Greater Health Promotion Program Effectiveness

- _____ Program has been specifically designed, evaluated, and proven effective for persons with mental illness
- _____ Program has been proven effective in a randomized trial (RCT study) consistent with establishing an “evidence-based practice”
- _____ Outcomes are reported as clinically significant, not just statistically significant (i.e. outcomes include % or total sample weight loss of at least 5 % or more and/or reports on clinically significant change in fitness)
- _____ Program consists of active participation in physical activity and nutrition (not just education, class-room, or passive learning)
- _____ Program includes both physical activity and nutrition components (not just one or the other)
- _____ Program includes a component of physical activity/and or nutrition with coaching or supervision by a person with training in fitness and/or nutrition coaching
- _____ Program includes ongoing self-monitoring by the participant and review by the coach or provider of goals and outcomes (e.g. weight, amount of regular physical activity or exercise, nutrition, etc.)
- _____ Duration of program participation is at least 6 months

Features of Programs Associated with Greater Implementation Readiness

- _____ The program has been implemented at least once outside of the research studies
- _____ The program has been implemented in multiple settings by different agencies outside of the initial research setting
- _____ The program has been implemented and provided without relying on grant funding
- _____ There is an instruction manual for implementing the program designed for providers in real-world settings (not just a research manual)
- _____ Training and implementation technical assistance for the program is available