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

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) effective and b) 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 controlled trial (RCT) 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, classroom, 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 setting
- 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)
- Technical assistance for training and implementation of the program is available