

Pro-Change Behavior Systems: Evidence-Based Behavior Change Solutions

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- Surpasses functionality of HRA by assessing readiness to change costliest health risks
- The HRI:
 - Provides stage-matched feedback for each health risk behavior to initiate the behavior change process
 - Segues users to LifeStyle
 Management Programs
- Customizable
- Updated feedback upon return



Health Risk Intervention

Managing Stress

You're not intending to start effectively managing stress within the next six months. That means that you're in the $\bf Precontemplation$ stage.

Our goal is to help you **think about the Pros (benefits)** of managing stress, like these:

- Feeling healthier
- Having more energy
- · Having better relationships with others
- · Feeling in control
- Sleeping better

How else would you benefit from managing stress? How would other people in your life benefit? Starting to weigh up the Pros may help you to think more about managing stress effectively.





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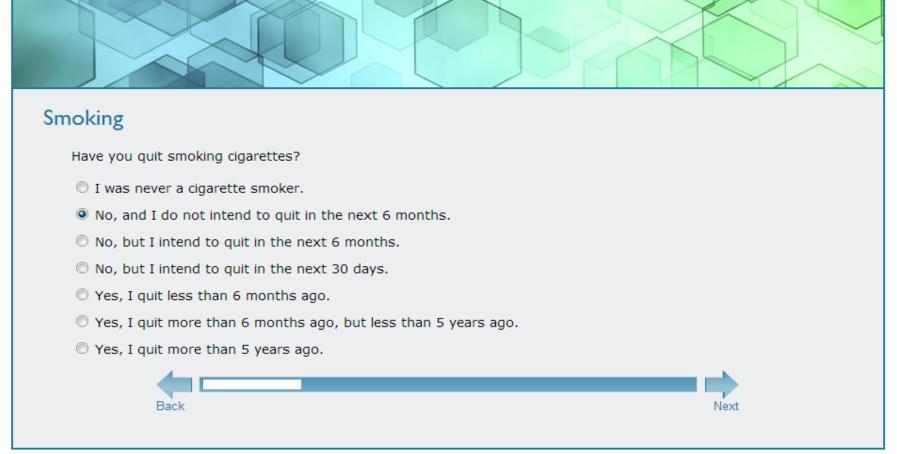
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Health Risk Intervention



pro-change*



Health Risk Intervention

Smoking

You aren't intending to quit smoking in the next six months. That means you're in the Precontemplation stage.

In this stage, we recommend that you **consider your self-image**. How would becoming a nonsmoker someday change the way you think and feel about yourself?

If you were to quit smoking, would you feel more responsible? Would you be more confident? Would you see yourself as healthier?

If you can picture yourself as someone who values being more in control of your health and life, that's progress!









Health Risk Intervention

Fruits and Vegetables

You're still in the **Preparation** stage for eating at least 4½ cups of fruits and vegetables a day. You're ready to start in the next month.

Making a commitment can help you take action.

- When are you going to start eating at least 4½ cups a day? Pick a
 date and mark it on your calendar.
- How are you going to include enough fruits and vegetables into your meals and snacks? Having a plan in place can help make sticking to your commitment easier.
- Who will tell about your plan? A commitment you make public is stronger than one you keep to yourself.

Remember to tell yourself that you can do it!







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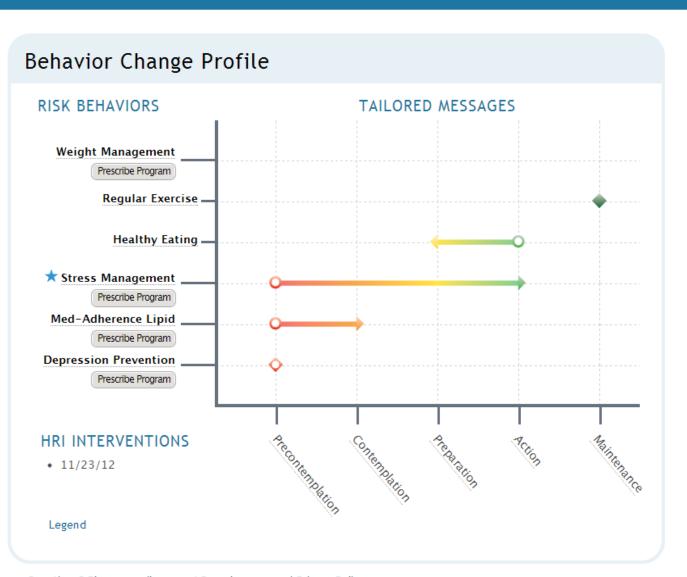






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Self-Reported Data Health Status Overall Health Rating | G BMI 26.2 PHO8 Score 11 Taking LIPID medication | N Non-smoker **Preventive Screenings** Completed Blood Pressure Y Cholesterol Y Diabetes | N Colon CA N Breast CA | Y Cervical CA | Y Influenza Vaccine | N **Problems** Risky Drinking 🙁 Seat Belts 🙂 Sleep Pain Anxiety 🙁

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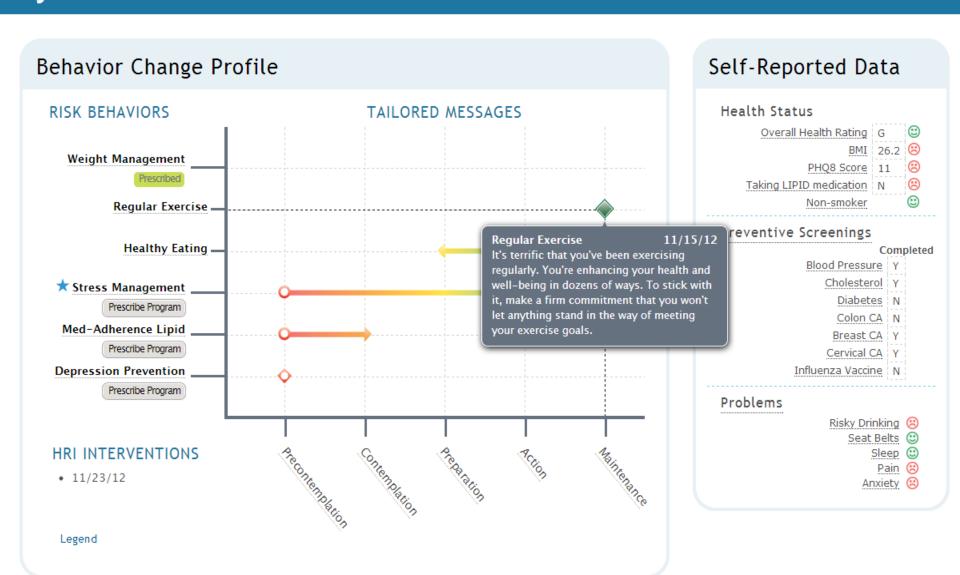
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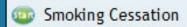






Health Risk Intervention

My Lifestyle Management Programs





Weight Management

NFW Proactive Health Consumer

Depression Prevention

Managing Cholesterol

Managing High Blood Pressure

Homepage for: Lynne Test

Welcome to the Health Risk Intervention

En Español

This survey asks questions about your health history and health behaviors, and gives immediate feedback based on your responses. There are no right or wrong answers. We just want to know what's true for you.

You completed your last Health Risk Intervention on 4/26/2012. Your next survey will be available anytime on or after 7/25/2012.

Meanwhile, to make progress, you can review your feedback from your Personal Health Report from your last Health Risk Intervention or use one of the Lifestyle Management Programs listed on the left.

Report



• Recognized by the 2012 AHRQ

Innovations Exchange

case email: support@prochange.com | Privacy Policy





LifeStyle Management Suite

- Comprehensive and expanding suite of individually tailored programs that address leading health risks and major contributors to well-being
- Each mobile-optimized, self-administered LifeStyle Management Program has two-parts:
 - An online computer tailored intervention (CTI) that individually tailors feedback to each participant based on responses to reliable and valid measures of comprehensive set of key behavior change variables
 - An engaging and dynamic Personal Activity Center (PAC) comprised of activities matched to the individual's readiness to change (e.g., inspirational testimonials, quizzes, interactive activities, resources, virtual scenarios, etc.)







Smoking Cessation

owing situations?	A All Confident	no derately Co	C/NK	Strenell Co.	"DE
When you are bored	0	0	0	0	0
When you are feeling down	0	0	0	0	0
When you have just finished a meal	0	0	0	0	0
When you are spending time with friends or family who smoke	0	0	0	0	0
When you have a strong craving for a cigarette	0	0	0	0	0
When you wake up in the morning	0	0	0	0	0
When you are stressed	0	0	0	0	0
When you are watching TV	0	0	0	0	0
				1	8





Smoking Cessation

Your Level of Confidence

You're showing even less confidence in your ability to not smoke in difficult situations once you've quit.

Maybe you're having doubts about whether you can handle a new lifestyle. Building your confidence can help change that. Here's how:

- Think about who can support you while you're working to be smoke-free.
- Think about other successful changes you've made in your life.
- Consider setting a small goal that you're very sure you can achieve. We'll ask you to do that later in the program.







Log out





Your Smoking Cessation Stage: Precontemplation

Not intending to change your behavior in the foreseeable future

Smoking Cessation Personal Activity Center: Precontemplation

Benefits of Quitting Discover the many, many benefits of quitting smoking. What do you really know about cigarettes? How much time is each Get The Facts one taking off of your life? How much money is your habit costing you? Many smokers spend time defending their habit—find out if you do, Decrease Defenses too. Effects of Smoking See how the effects of smoking helped other smokers quit. Have you considered the tough conversations you may need to have What Will You Tell the 0 with friends and family if you continue to smoke? You can practice People You Love? them here.

Close Personal Activity Center | ©2013 Pro-Change Behavior Systems, Inc.

Overview

See all the stages and explore more activities.

Homepage

See what other programs are available for you.

Smoking Feedback Report

Your personal feedback from the Smoking Cessation program.

Learn More

How was this program developed?

Tools

Links to your feedback report, favorites, and select activities.







Weight Management - A True/False Quiz

Start

1 2 3

Weight Management Personal Activity Center

Exercise



Stage:Precontemplation

Breaking News

Exercise Basics: A True/False

Quiz

What Physical Activity Are

You Doing Already?

You're Not Alone: Other

People's Stories

What's In It For You?

Overview

Healthy Eating



Stage:Action

Make Healthier Choices

What's In It For Me?

Take Control of Your

Environment

Getting All the Support You

Need

Handling the Bumps Along

the Way

Overview

Emotional Eating



Stage:Preparation

A New You

Create An Action Plan

Change Your Thinking

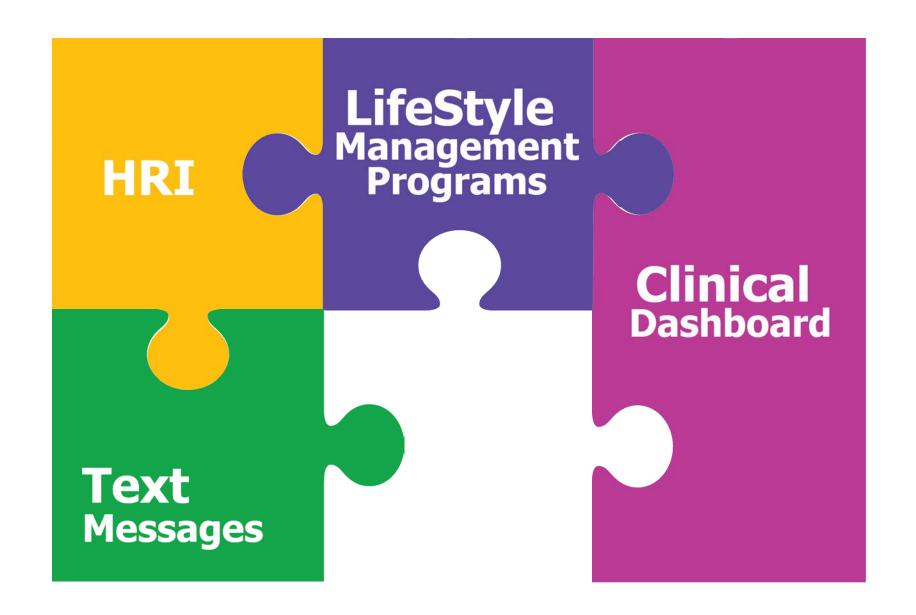
Set Up Your Support Team

Overview

Available in Spanish











Fully Tailored Text Messaging



- Frequency of messages based upon stage
- Message content tailored to responses from most recent CTI
- Smoking clinical trial found a 31.7% increase in quit rate when tailored text messages were added to the CTI

Jordan, P. J., Lid, V., & Evers, K. E. (2012). *Cell phone-enhanced expert systems to promote smoking cessation in veterans*. Paper presented at the 16th Annual International meeting and Exposition of the American Telemedicine Association in San Jose, CA, April 29-May 1, 2012.







Coach Training and Tools

- E-learning Training
- On-site Train the Trainer or Coach Training
- Coaches Guide to Using the TTM
- Stage Assessments & Stage-Matched Goals

Coach Version of LifeStyle Management Programs











Coaching Program

- Evidence-based assessments drive interactions
- Bulleted feedback with concrete suggestions provided
- Coach uses optimally tailored program
 - Stage
 - Decisional balance and/or self-efficacy
 - Subset of most appropriate processes
- Coach can:
 - Interact on one or multiple behaviors
 - Refer participant to Personal Activity Center between sessions
 - Recommend other LifeStyle Management programs





Intervention Strategies for Precontemplation: Sample Coach Screen



Depression Prevention

Summary

Strategies: stage PRECONTEMPLATION

- You're in the Precontemplation stage and are not ready yet to use effective methods to prevent depression.
- . That's OK.
- A good way to make progress is to learn more about depression.
- For example, you could learn how to recognize the symptoms of depression, learn about treatments, or learn about methods you could use on your own to manage your mood.
- Can you think of one way you could get information to learn more about depression?

Some strategies:

- · Talk to your doctor or mental health professional.
- Look for magazine articles and news stories.
- o Go online (e.g., search for the National Institute of Mental Health web site by typing in "NIMH").
- o Call for brochures (e.g., call the National Institute of Mental Health toll-free at 866-615-6464).
- Another way to make progress is to think about the impact your mood can have on the people around you.
- Can you name one person in particular who would be positively affected if you took active steps to prevent depression?
- How would that person be affected?

Some prompts: Is there anyone who would be positively affected because...



Aggregate Reporting

Standard aggregate reporting includes:

- Usage Report
- HRI Report
 - HRI Snapshot
 - HRI Progress
- Behavior Progress Report



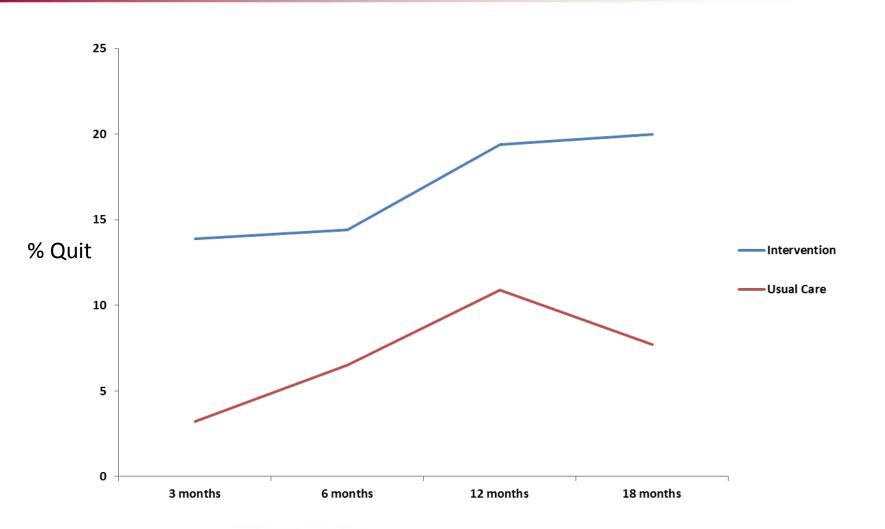


Smoking Program: Inpatient Psychiatry Sample

- RCT of Pro-Change Smoking Cessation Program vs usual care in 224 participants recruited from acute inpatient psychiatry unit
 - 16% were in Preparation
- Intervention included:
 - On-unit Smoking Cessation Session, printed report, and guide
 - Access to NRT
 - 15-30 minute cessation counseling session
 - Letter mailed to outpatient provider
 - Follow-up Smoking Cessation Sessions 3 & 6 months
 - 10-weeks of NRT post-discharge



Cessation Rates in Inpatient Psychiatry Sample







Rehospitalization in Inpatient Psychiatry Sample



