**Table 13d. Adherence in studies in a work setting, combination interventions**

| **Author,**  **Year** | **Arm** | **Outcome Defined** | **Baseline N** | **Baseline Adherence, mean** | **Final measure** | **N at final measure** | **Adherence, final measure, mean** | **Change from BL** | **Comment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Work-based Combination Interventions** |  |  |  |  |  |  |  |  |  |
| Dekkers, 20117 | 1 | Participation in counseling modules | 92 |  |  |  |  |  | In arm 2, 6.8% of participants never started. 64% of this group completed all modules. Median number of counseled modules was 4 (IQR 2-4).  In arm 3, 12.5% of participants never started. 17% of this group completed all modules. Median number of counseled modules was 2 (IQR 1.25-3).  No significant interaction between number of counseled modules and study group. |
|  | 2 |  | 91 |  |  |  |  |  |  |
|  | 3 |  | 93 |  |  |  |  |  |  |
| Goetzel, 20091  Goetzel, 20102 |  | None |  |  |  |  |  |  |  |
| Kwak, 20103 |  | None |  |  |  |  |  |  |  |
| Lemon, 20104 | 1 | Participation score | 420 |  | 24 months | 249 |  |  |  |
|  | 2 |  | 386 |  |  | 299 | Mean: 18.1  Median: 16  Range: 9-26  SE: 0.86 |  |  |
| Linde, 20125 |  | Multiple measures assessed the implementation of environmental changes |  |  |  |  |  |  | The goal of reducing the price of calorie smart items by 15% and increasing price of comparable non-calorie smart items by 15% was not met at any site.  The goal of enhancing stairway attractiveness, and change vending food offerings to bring overall product mix to > 50% calorie smart foods and beverages was met in 2/3 sites.  All other component goals were achieved at all sites.  Intervention site participants increased self-weighing frequency over time relative to control site participants (p < 0.0001). |
| McEachan, 20116 |  | None |  |  |  |  |  |  |  |
| Robbins, 20068 |  | None |  |  |  |  |  |  |  |

BL = Baseline; BMI = Body Mass Index; DID = Difference between differences ; N = Sample Size; N/A = Not Applicable; SD = Standard Deviation

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