**Table 5d Adherence outcomes among intervention studies among adults in the general population**

| **Author,****Year** | **Arm** | **Outcome defined** | **Baseline N** | **Baseline Adherence, mean** | **Final measure** | **N at final measure** | **Adherence, final measure, mean** | **Change from BL** | **Measure of association** | **Between group differences** | **Variables adjusted for** | **Comment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Physical activity intervention** |  |  |  |  |  |  |  |  |  |  |  |  |
| Schmitz, 20072 |  | Percentage adherence to the protocol of twice-weekly strength training (Only for Arm 2) |  |  |  |  |  |  |  | For arm 2, mean adherence in year 2 was significantly lower than in year 1, with a P < 0.000175% adherence in year 1, 61% in year 2, over 71% |  | Loss to follow-up 19% at 2 years. Greater in non treatment (23.2%) compared to tx (14.6%). |
| Petrella, 20033 | 1 | Compliance defined as number of exercise sessions at the prescribed training heart rate/total number of sessions possible over the time period at 3 or more sessions per week. Deﬁned as80% of prescribed sessions recorded in the diary. Never give N compliant, but say more improvement in vo2max with increasing compliance. |  |  |  |  |  |  | Adherence to walks# patients with one or more events : 129 |  |  |  |
|  | 2 |  |  |  |  |  |  |  | # patients with one or more events : 43 |  |  |  |
| Lamb, 20024 |  | In the health walks group, participants were encourage and invited to the health walks program. All patients had to go to advice session before randomized. |  |  |  |  |  |  |  |  |  |  |
| **Combination intervention** |  |  |  |  |  |  |  |  |  |  |  |  |
| French, 20116 |  | Adherence to at least 4 of 6 group sessions and half of the home activities. In intervention group only. |  |  |  |  |  |  | Adherence to at least 4 of 6 group sessions and half of the home activities. In intervention group only.N=45% patients with one or more events : 76 |  |  | 20% had perfect attendance and home goal completion rates. |
| Levine, 20077 | 1 | The proportion of women completing the study across the three intervention approaches |  |  |  |  |  |  |  |  |  | Overall, 78% completed a weight assessment at Year 1, 74% completed an assessment at Year 2, and 72% completed an assessment at Year 3. |
|  | 2 | Clinic group ADHERENCE: attendance at the group meetings |  |  |  |  |  |  |  |  |  | Overall, 78% completed a weight assessment at Year 1, 74% completed an assessment at Year 2, and 72% completed an assessment at Year 3. |
|  | 3 | Arm 3 Adherence: Returning homework assignments with self-reported weight |  |  |  |  |  |  |  |  |  | On average, attendance at the group meetings was 50.3% across the 15 sessions. |
| Burke, 20038 | 1 | Adherence to physical activity. | 43 |  | 12 mo | Only total was reported N=78 |  |  |  |  |  |  |
|  | 2 |  | 47 |  | 12 mo |  |  |  |  |  |  |  |
|  | 3 |  | 47 |  | 12 mo |  |  |  |  |  |  |  |
| Burke, 20038 | 1 | Adherence to dietary interventions; nutrient intake | 43 |  | 12 mo |  |  |  |  |  |  |  |
|  | 2 |  | 47 |  | 12 mo |  |  |  |  |  |  |  |
|  | 3 |  | 47 |  | 12 mo |  |  |  |  |  |  |  |
| Burke, 20038 | 1 | Adherence to diet; fiber intake | 43 |  | 12 mo |  |  |  |  |  |  |  |
|  | 2 |  | 47 |  | 12 mo |  |  |  |  |  |  |  |
|  | 3 |  | 47 |  | 12 mo |  |  |  |  |  |  |  |
| Burke, 20038 | 1 | Adherence to diet; consumption of high fat foods. | 43 |  | 12 mo |  |  |  |  |  |  |  |
|  | 2 |  | 47 |  | 12 mo |  |  |  |  |  |  |  |
|  | 3 |  | 47 |  | 12 mo |  |  |  |  |  |  |  |
| Burke, 20038 | 1 | Adherence to diet; Fruit and vegetable consumption. | 43 |  | 12 mo |  |  |  |  |  |  |  |
|  | 2 |  | 47 |  | 12 mo |  |  |  |  |  |  |  |
|  | 3 |  | 47 |  | 12 mo |  |  |  |  |  |  |  |

N = Sample Size; tx = treatment

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