Table D17. Intervention components, part 1

| Author, Year  Trial Name | Target of the Intervention | Intensity | Agent Delivering the Intervention | Duration | Delivery Mode | Knowledge-Based | Awareness-Based |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Bender et al., 20101 NA | Patient | 2-3 calls, each call less than 5 minutes | Automated phone service | 2-3 calls over 10 weeks | Automated phone service | Yes | Yes |
| Berg et al., 19972 NA | Patient | 2 hours | Nurse experienced with asthma | 6 training sessions over 7 weeks | Face-to-face | Yes | No |
| Berger et al., 20053 NA | System and patient | NR | Biogen call center staff | Every 2 weeks or every 4 weeks (depending on stage of readiness) for 3 months | Phone, and counselors were guided through the sessions by web-based software | No | No |
| Bogner et al., 20084 NA | Patient, system | 3, 30-minute in-person  sessions and 2, 15-minute telephone-monitoring contacts  during a 4-week period | Integrated care manager | 3, 30-minute in-person  sessions and 2, 15-minute telephone-monitoring contacts  during a 4-week period | Face to face and telephone | Yes | No |
| Bogner et al., 20105 NA | Patient | 2 hours of total contact time during the study = three 30-minute sessions and two 15-minute contacts | Other = Integrated care manager | 5 sessions over a 4-week period | Face-to-face, over-the-phone | Yes | Yes |
| Bosworth et al., 20056 V-STITCH | Patient | 2 years, 6 month outcomes reported in this paper | Nurse | Bimonthly for 2 years | Telephone | Yes | Yes |
| Bosworth et al., 20087 TCYB  Bosworth et al., 20078 TCYB Methods paper | Patient | 2 years, this paper reports 6 month outcomes | Nurse | bimonthly for 2 years | telephone | Yes | Yes |
| Capoccia et al., 20049  NA | Patient | Median 15 min per intervention, range 5-50 min | clinical pharmacist or pharmacy resident | Follow up was weekly phone calls for the first 4 weeks followed by phone contact every 2 weeks through week 12. During months 4–12,subjects received a phone call every other month | Phone | Yes | Yes |
| Carter et al., 200910 NA | Patients, pharmacists, physicians | Teambuilding exercises involving physicians and pharmacist.  Pharmacists were encouraged to assess meds and BP at baseline, one month plus over the telephone at 3 months and more frequently if needed. | Clinical pharmacists | Varied.  Average of 1.6 (1.4) additional visits/contacts per patient over the 6-month study period | Face-to-face, telephone | Yes | No |
| Chernew et al., 200811 NA | Patient | NA | NA | NA | NA | No | No |
| Choudhry et al., 201012 NA | Combination: patients & policy | Indefinite (policy change) | Large Fortune 500 company | NA | NA | No | No |
| Choudhry et al., 201113  MI FREEE | Policy | NA | NA | NA | Cost of prescription medications | No | No |
| Friedman et al., 199614 NA | Patient | Weekly calls, average length 4 minutes | Other: automated telephone/computer system | Mean number of actual calls is not reported. Patients were instructed to call in weekly for a 6-month period (24 calls in 6 months) | Telephone | Yes | Yes |
| Fulmer et al., 199915 NA | Patient | 3-5 minute phone calls | Research assistant | daily calls for 6 weeks | G1: Video/phone G2: Phone | No | No |
| Grant et al., 200316 NA | Combination [patient, provider] | Mean of 18.5 +/- 8.8 (sd) minutes | Pharmacist | 1 | Over-the-phone | Yes | No |
| Guthrie et al., 200117 First Myocardial Infarction (MI) Risk Reduction Program | Patient | 6 months | NA | 5 over 6 months | Telephone, mail | Yes | Yes |
| Hoffman et al., 200318 NA | Patient & Provider | Monthly mailings to each | NA | 6 mailings, once a month, over 6 months | Education letter for patients and providers | Yes | No |
| Hunt et al., 200819  NA | Patient | One appointment, length not specified, additional appointments if needed | Pharmacist | The intervention group received a mean of 4 (2.3) pharmacy visits per patient, but it is not clear if these are all study related visits. | Face to face | Yes | Yes |
| Janson et al., 200320 NA | Patient | 30 minutes each | Advanced practice nurse | 5 visits over 7 weeks | Face-to-face | Yes | Yes |
| Janson et al., 200921 NA | Patient | 4-week run-in with biweekly visits; 3 identical 30-minute visits after randomization | Trained advanced practice nurse and respiratory therapist, both certiﬁed asthma educator | 4-week run-in with biweekly visits; 3 identical 30-minute visits after randomization; 4-week intervention period of biweekly visits was followed by 14 weeks of observation, with visits held at 4-week intervals (3 visits) | Face-to-face | Yes | Yes |
| Johnson et al., 200623 NR | Patient | 6 months | computer-generated intervention mailed to participants | 3 times over 6 months (0, 3 and 6 months) | Computer; mail | Yes | Yes |
| Johnson et al., 200622 NR | Patient | 6 months | computer-generated | 3 times over 6 months | Computer; mail | Yes | Yes |
| Katon et al., 200128  NA  Ludman et al., 200329  NA  Van Korff et al., 200330  NA | Patient, Provider, system | 2 in-person visits (90 min. and 60 min); 3 telephone calls; 4 mailings. Intensity of calls not specified | psychologist, Psychiatric nurse, & social worker trained as "depression prevention specialists" | 2 in-person visits; 3 telephone calls at 2, 5, 9 months; 4 personalized mailings at 3, 6, 10, and 12 months | Face-to-face, written material, DVD, over-the-phone | Yes | Yes |
| Katon et al., 199524 NA | Patient, provider, system | Brief print materials and 20-minute video prior to PCP visit, 15 extra minutes during PCP visit, 2 visits with psychiatrist (50 and 20 minutes) | PCP, psychiatrist | 2 PCP visits and 2 psychiatrist visits over 4-6 weeks with appointments spaced 7-10 days apart | Face-to-face, written material, video | Yes | No |
| Katon et al., 199625 NA | Combination: patient, provider, system | A 1 hour initial planning visit and 3 to 5 half hour contacts (total time ranged from 2.5 to 3.5 hours). Patients attended a mean (SD) of 5.2 (1.7) visits and received a mean of (SD) of 3.4 (1.3) telephone calls | Psychologist | direct contact phase began 1 week after initiation and ended 3 to 6 weeks after; telephone contacts occurred at 2, 4, 12, and 24 weeks after the end of direct contact phase | Face to face, telephone, written material, videos | Yes | Uncertain |
| Katon et al., 199926 NA  Katon et al., 200227 NA | Combination: patient, provider, system | At least 2 visits with psychiatrist: 50-minutes (initial) and 25 minutes (follow-up) | Psychiatrist | At least 2 in-person visits; (mean 2.75; range 0-7) and follow-up telephone calls (mean 1.56; SD 1.61) calls | Face-to-face, written material, DVD, over-the-phone | Yes | Uncertain |
| Lee et al., 200631 FAME | Patient | 12 months (includes phase 1) | Pharmacists | Every 2 months for 12 months (includes phase 1) | Face-to-face | Yes | No |
| Lin et al., 200632 NA | Patients | 4 hours for weeks 0-12;  Contact time between weeks 12-52 = monthly | Nurses | Weeks 0-12 = 7 sessions total (1 initial hour-long visit + 2 sessions per month for the first 3 months); Weeks 13-52 = 9 monthly visits | Face-to-face, telephone | No | No |
| Maciejewski et al., 201033  NA | Policy | NA | Insurer (Blue Cross Blue Shield of North Carolina) | NA | NA | No | No |
| Mann et al., 201034 The Statin Choice | Patient | 6 minutes one time | Physician | 1 | Face to face with written materials | Yes | Yes |
| Montori et al., 201135  NA |  |  |  |  |  |  |  |
| Murray et al., 200736 NA | Patient | 9 months | Pharmacist | Sessions not quantified, 9 month duration intervention | Face-to-face, written material | Yes | No |
| Nietert et al., 200937 NA | Patients | NR | Pharmacists | NR | Telephone, fax | Yes | Uncertain |
| Okeke et al., 200938 NA | Patient | Video: 1 video, 10 minutes in length; 1 discussion, length NR; phone calls at weeks 1-5, 7, and 9, length NR; alarms on dosing aid for 3 months | video, dosing aid, study coordinator (level of training NR) | 3 months | Video, face-to-face discussion, phone calls, dosing aid device | Yes | No |
| Pearce et al., 200839 Cardiovascular Risk Education and Social Support (CaRESS) Trial | Patient | 30 minutes with patient and their support person once during the study | Registered nurse patient educator; Other = Support person chosen by the patient according to study criteria | 1 session over a 12-month period | Face-to-face | No | No |
| Powell et al., 199540 NA | Patients | One 30-minute videotape per drug per subject | NA | NR | Mail | Yes | No |
| Powers et al., 201168  NA | Patient | 3 months | NR | NR | Face-to-face; written material | Yes | Yes |
| Pyne et al., 201141 HIV Translating Initiatives for Depression Into Effective Solutions (HITIDES) | Patient and provider | intensity of interaction with providers not documented; for patients, depression case managers conducted telephone-based monitoring every 2 weeks during acute treatment (before achieving a sustained 50% decrease in PHQ-9 score) and every 4weeks during watchful waiting or continuation treatment (for 2months after maintaining remission [PHQ-9 score, 5] or 6 months after maintaining a 50% decrease in the PHQ-9 score) | Team of nurse depression care manager, clinical pharmacist, and psychiatrist | NR | For patients: telephone; For providers: electronic medical records | Yes | Yes |
| Rich et al., 199642 NA | Patient | 1 month | Multidisciplinary: RN, social worker, dietician, MD, and pharmacists | As long as pts were in the hospital - varied and visits not quantified | Face-to-face, written material | Yes | Yes |
| Rickles et al., 200543 NA | Patient | 3 phone calls, each lasted on average 11-19 minutes | Pharmacist | 3 mo. | Phone | Yes | Yes |
| Ross et al., 200444 NR | Combination [patient, system] | 12 months | NA | NA | Computer | Yes | No |
| Rudd et al., 200445  NA | Combination [patient, system of care] | 6 months | Nurse | 5 times over 6 months (baseline, 1 wk, 1 mo, 2 mos, 4 mos) | Telephone | Yes | Yes |
| Rudd et al., 200946 NA | Patient | The two health educator sessions could last up to an hour each (average 20 minutes) | Health educator, print materials | Two sessions over an unspecified time period (coincided with rheumatology appointments) and optional additional phone and in-person contact for 6 months | Face-to-face, written material, optional over-the-phone | Yes | No |
| Schaffer et al., 200447 NA | Patient | 30-60 min | Audio or book | 1 | Audio or book | Yes | Yes |
| Schectman et al., 199448 NA | Patient | 28 days | Certified medical assistant | 5 calls over 28 days | Telephone | No | Yes |
| Schneider et al., 200849 NA | Patient | NA | NA | NA | Packaging | No | No |
| Schnipper et al., 200650 NA | Combination: system and patient | NR | Pharmacist | 1 in-person session, 1 follow-up phone call | Face-to-face, phone | Yes | No |
| Simon et al., 200651 NA | Patient and provider | contacted initially within two weeks of randomization; 2 additional telephone contacts occurred four and 12 weeks later; phone calls lasted approx. 20 min. | Registered nurses with a minimum of five years’ experience in inpatient or outpatient mental health practice | 3 sessions - baseline, end of month 1, end of month 3 | Phone; treating psychiatrist received a structured report of each contact with recommendations | Yes | Yes |
| Sledge et al., 200652#2608 NA | Combination: provider and patient | 2-3 hour session, 1 year of ambulatory care including minimum of monthly phone calls and phone/pager availability 5d/wk | Social worker, psychiatrist, general internist, case manager | at least 1 in-person session and 12 phone calls | Face-to-face, phone, home visits prn, written report and discussion between case manager and PCP | Uncertain | Uncertain |
| Smith et al., 200853 NR | Provider, patient | 2 months | Health plan physician administrator | 2 mailings over 2 months | Written material, mail | Yes | Yes |
| Solomon et al., 199854 NA  Gourley et al., 199855 NA | Patient | 6 months | Pharmacist | 5 sessions over 6 months, plus education and help as needed | Face-to-face, additional telephone support | Yes | No |
| Stacy et al., 200956 NA | Patient | 6 months | NA | 3 calls over 6 months | Phone, mail, written material | Yes | Yes |
| Taylor et al., 200357 NA | Patient, provider | 20 minutes | Pharmacist | before each regular clinic visit during 12-month period | Face-to-face, written material, recommendations to provider | yes | No |
| Vivian et al., 200258 NA | Patient, system | 6 months | Pharmacist | monthly over 6 months | Face-to-face | Yes | Yes |
| Waalen et al., 200959  NA | Patient | Care from physician assistant: NR; phone open-ended discussion: NR; follow-up phone calls: 5 minutes monthly until regimen started and no problems reported | Physician Assistant under supervision of a preventive medicine physician (EMB) | After initial visit, monthly phone calls until prescription was filled and no problems reported | Face-to-face care, written material, phone conversations | Yes | No |
| Wakefield et al., 201160  NA | Patient | 12 months | nurse | NA | Telehealth device | Yes | Yes |
| Weinberger et al., 200261 NA | Provider (pharmacist) | NR | NR; the initial pharmacist training conducted by 'investigators representing several backgrounds' | NA | Primarily computer-based, but also included face-to face training and written materials | Yes | No |
| Weymiller et al., 200762  Statin Choice Randomized Trial  Jones et al., 200963 Statin Choice Randomized Trial | Patients | Brief but unspecified contact time either before scheduled visits with clinicians or during their visits | Researcher-diabetologists or physician faculty/fellows specializing in endocrinology | One session over the 3-month study period | Face-to-face | Yes | Uncertain |
| Williams et al., 201064 NA | Providers | adherence data provided to providers every 2 weeks | electronic data | NR | Electronic data | Yes | No |
| Wilson et al., 201065 Better Outcomes of Asthma Treatment (BOAT); note that there is online supplemental material for methods and timeline | Patient; Patient-provider communication | Initial study visit: 1.5 hour; 2nd visit: 30 minutes. Follow-up phone calls: 30 minutes total. | Nurses, respiratory therapists, and pharmacists, as well as nurse practitioners and physician assistants, most of whom already served as asthma care managers, were recruited to serve as study care managers | 2 sessions and 3 brief phone calls at 3, 6, 9 months | Face-to-face and phone | Yes | Yes |
| Wolever et al., 201066 NA | Patient | 30 minutes per intervention session | Other - coaches | 14 sessions over 6 months | Over-the-phone | Uncertain | Uncertain |
| Zhang et al., 201067 NA | Patient | NA | NA | NA | NA | No | No |