Table D22. Morbidity outcomes 1

| Author, Year  Trial Name | Morbidity Outcome 1 | Description of Timing of Measurement of Outcome | Data source | N | Results |
| --- | --- | --- | --- | --- | --- |
| Bender et al., 20101 NA | Change in Asthma control Test results; higher scores indicate better control of asthma symptoms | at baseline and 10 weeks later at final visit - questions refer to previous 4 weeks | questionnaire; Asthma Control Test (ACT) | G1: 25 G2: 25 | G1: 1.120 (3.90) G2: 1.840 (4.14)  95% CI,  p: .530 |
| Berg et al., 19972 NA | Average symptoms per day (SD) from a journal of daily asthma concerns on wheeze, coughing, shortness of breath, and chest tightness | Symptoms recorded each day for a week at week 7 | self-report | G1: 31 G2: 24 | G1: 1.1 (0.91) G2: 0.85 (0.93) 95% CI NR P NS |
| Bogner et al., 20084 NA | Center for Epidemiologic Studies-Depression Scale - compared at 6 weeks | interview at baseline and 6 weeks | questionnaire | G1: 32 G2: 32 | G1: 9.9 (10.7) G2: 19.3 (15.2) 95% CI,  p: .006 |
| Bogner et al., 20105 NA | Depressive symptoms | 2 times, once at baseline and once at 12 weeks | Center for Epidemiologic Studies Depression Scale (CES-D) | G1: 29 G2: 29 | **BL** G1: Mean (SD) = 15.6 (11.7) G2: Mean (SD) = 19.7 (16.7) 95% CI, NR p: 0.47 **EP** G1: Mean (SD) = 9.6 (9.4) G2: Mean (SD) = 16.6 (14.5) 95% CI, NR p: 0.035 |
| Choudhry et al., 201113 MI FREEE | fatal or nonfatal vascular event or revascularization | composite of the first readmission for a major vascular event (fatal or nonfatal acute myocardial infarction, unstable angina, stroke, or congestive heart failure) or coronary revascularization (coronary bypass, stenting, or angioplasty) | health claims data | G1: 2845 G2: 3010 | G1: 493 patients; 17.6 per 100 person-years G2: 562 patients; 18.8 per 100 person-years  Adjusted hazard ratio: 0.93, 95% CI, 0.82-1.04 p: 0.21  Adjusted (for age and baseline coexisting illnesses) hazard ratio: 0.94; 95% CI, 0.83-1.06, p=0.29 |
| Friedman et al., 199614 NA | Systolic BP | measured at baseline and at 6-months | BP readings by field technicians | G1: 133 G2: 134 | G1: 11 mm Hg (mean decrease) G2: 10.6 mm Hg (mean decrease) 95% CI, NR p: = 0.85 |
| Fulmer et al., 199915 NA | Minnesota Living with Heart Failure Questionnaire (MLHF) score | Measured at baseline, 10 weeks | self-report | G1: 15 G2: 13 G3: 14 | **Pre-intervention** mean (SD)  G1: 43.1 (20.8)  G2: 54.4 (21.1)  G3: 46.6 (27.7)   **Post-intervention** mean (SD)  G1: 36.7 (19.9)  G2: 32.9 (25.2)  G3: 32.9 (22.9) 95% CI, NR p: NR "There was improvement in MLHF scores [for the sample] (p<0.001)… Group membership did not make a difference..." |
| Janson et al., 200320 NA | Symptom severity at week 7; between group difference in change from baseline to final visit at week 7 (95% CI) | recorded daily, averaged over a week | questionnaire | G1: 33 G2: 32 | G1: 8(7) G2: 7 (6) between group change: -0.9 (-4 to 2) p= 0.56 |
| Janson et al., 200921 NA | mean change of FEV1 % predicted (before bronchodilator): During intervention(T0-T1), following intervention (T1-T2), and for entire study duration (T0-T2) | measured at t0, t1, t2; between t1 and t2 constitutes 14 weeks apart; not clear but appears that represents single measurement for time period | electronic peak flow meter | G1: 45 G2: 39 | **T0-T1** G1: 1.47 G2: 2.72 p: 0.32  **T1-T2** G1: 1.13  G2: -0.37  p: .25  **T0-T2** G1: 2.60 G2: 1.13 p: 0.25 |
| Katon et al., 199524 NA | % patients whose scores on SCL-20 improved ≥50% | 4-month follow-up for bivariate; 1m, 4m and 7m for multivariate and group-by-time interaction | Self-report | **Major depression group**  N=91  **Minor depression group**  N=126 | **Bivariate: Major depression group** G1: 74.4 G2: 43.8 95% CI, NR p: <0.01 **Minor depression group** G1: 60.0 G2: 67.9 95% CI, NR p: 0.40  **Multivariate Major depression group** G1: NR G2: NR 95% CI, NR p: <0.005 **Minor depression group** G1: NR G2: NR 95% CI, NR p: not significant  **Group-by-time Major depression group** G1: NR G2: NR 95% CI, NR  p: <0.004 |
| Katon et al., 199625 NA | Meeting criteria for depression | baseline, 1, 4, and 7 months | DSM-III-R diagnostic manual | NR | **Major Depression Group at 4-month follow up**  (% meeting criteria for major depression) G1: 7.4% G2: 23.1% p= NR  (% meeting criteria for minor depression) G1: 33.8% G2: 30.8% p= NR  **Minor Depression Group at 4-month follow up**  (% meeting criteria for minor depression) G1: 25.6% G2: 33.3% p= NR |
| Katon et al., 199926 NA  Katon et al., 200227 NA | Rate of change in depression severity; after controlling for age, sex, and chronic disease score  (Reported in 9123) | Measured at 3 and 6 months | self-reporting on SCL-20 questionnaire | NR | **At 3 months**: F(1,186): 12.38 p: 0.001  **At 6 months**:  F(1,185): 3.09 p: 0.08 |
| Katon et al., 200128  NA  Ludman et al., 200329 NA  Van Korff et al., 200330 NA | Depression severity   (Katon et al., Van Korff et al.) | Timeframe: one month; measured at 3, 6, 9, 12 months. | SCL Depression scale (0 to 4), self-report | BL G1: 194 G2: 192  Other Ns NR | **Across 12 months**: Mean difference: 0.08 p: 0.04  **BL** mean (SD) G1: 0.83 (0.39) G2: 0.84 (0.35)  95% CI, NR p: NR  **3 mos** G1: 0.75 (0.55) G2: 0.79 (0.47)  95% CI, NR  p: NR \*Sig difference between 2 depression specialists  **6 mos** G1: 0.74 (0.54) G2: 0.78 (0.51) 95% CI, NR p: NR  **9 mos** G1: 0.69 (0.56) G2: 0.86 (0.57)  95% CI, NR p: NR  **12 m**os G1: 0.65 (0.51) G2: 0.74 (0.54) 95% CI, NR p: NR |
| Lin et al., 200632  NA | A1C | Measured only once at baseline (endpoint data possibly reported in other report from same study, Source 24) | NR | **BL** G1: 164 G2: 165  **EP** G1: 164 G2: 165 | **BL** (%) G1: Mean (SD) = 8.0% (1.6%) G2: Mean (SD) = 8.0% (1.5%) 95% CI, NR p: NR  **EP**  G1: NR G2: NR 95% CI, NR p: NR |
| Okeke et al., 200938 NA | Intraocular pressure | Measured after the observational cohort period (capturing data for a 3 month period) and at the end of the RCT (capturing data for a 3 month period) | Applanation | G1: NR G2: NR | G1: NR G2: NR 95% CI, NR p: 0.81 |
| Pearce et al., 200839  Cardiovascular Risk Education and Social Support (CaRESS) Trial | A1C | 3 times, at baseline (visit 2), visit 4, and visit 6 over a 12-month period | Phlebotomy during study practice site visits | **BL** G1 + G2: 106 G3: 85 Midpoint (6 months) G1 + G2: 87 G3: 63  **EP** (9-12 months) G1 + G2: 74 G3: 63 | **BL** (%) G1 + G2: 7.5 G3: 7.6 95% CI, NR p (G1 + G2 vs. G3): 0.4102 (unadjusted), NR (adjusted)  Midpoint (%) G1 + G2: 8.3 G3: 7.8 p (G1 + G2 vs. G3): 0.0567 (unadjusted), 0.0429 (adjusted for multiple factors, including baseline outcome values  **EP** (%) G1 + G2: 7.4 G3: 7.4 p (G1 + G2 vs. G3): 0.6440 (unadjusted), 0.9164 (adjusted) |
| Rudd et al., 200445 NA | Change in systolic BP between baseline and 6 months (measured at clinic) | Measured at baseline and at 6 months | Clinic measurement by blinded study personnel | G1: 74 G2: 76 | G1: -14.2 (95% CI -18.1, -10.0) G2:-5.7  (95% CI -10.2, -1.3)  p<0.01 |
| Schaffer et al., 200447 NA | ACQ (lower=better): mean (SD) | baseline, 3, 6 months; timeframe: specific to time of measurement | questionnaire | G1: 11 G2: 10 G3:12 G4:13 | G1(audio+ book) Pre: 1.50 (0.56) 3 mo: 1.10 (0.58) 6 mo: 1.30 (0.76)  G2(audio only) Pre: 1.84 (1.05) 3 mo: 1.62 (1.04) 6 mo: 1.47 (1.14)  G3(book only) : Pre: 1.42 (0.82) 3 mo: 1.39 (1.0) 6 mo: 1.30 (0.76)  G4(UC) :  Pre: 1.72 (1.22) 3 mo: 1.71 (1.18) 6 mo: 1.25 (1.07)  Pre-3:  G4 vs. G2 p = .6  G4 vs. G1 p = .8  G4 vs. G1 p = .1   Pre-6 G4 vs. G3 p = .5 G4 vs. G2 p = .4 G4 vs. G3 p = .8 |
| Schneider et al., 200849 NA | Absolute change in Bp: DBP | 6 and 12 months | Medical chart review | G1: 47 G2: 38 | Mean (SD) absolute change  6 months  G1: -0.8 (12.4) G2: 1.8 (9.1) 95% CI, NR p: 0.287  12 months G1: -3.0 (11.6) G2: 2.7 (10.7) 95% CI, NR p: 0.125 |
| Solomon et al., 199854 NA  Gourley et al., 199855 NA | Hypertension group: Problems with sexual functioning during previous 4 weeks, n (%) (Item 2) | Visit 1: Baseline Visit 5: 4-6 months | Hypertension/Lipid Form 5.1 developed by The Health Outcomes Institute | Overall N: 63 G1: NR G2: NR | Visit 1 G1: 22 (34.0%) G2: 19 (26.0%)  95% CI, NR p: NR  Visit 5 G1: 8 (2.5%) G2: 8 (25.0%) 95% CI, NR p: NR  p=0.003 for difference in sexual functioning from visit 1 to visit 5 in treatment group |
| Wilson et al., 201065 Better Outcomes of Asthma Treatment (BOAT) | Lung function (FEV1%) | follow-up year 1, measured once | Spirometry | G1: 165 G2: 170 G2: 172 | G1: 76.5% G3: 73.1% p= 0.0068  G1: 76.5% G2: 75.8% p: 0.47  G2: 75.8 G3: 73.1% p: .0457 |
| Wolever et al., 201066  NA | Hemoglobin A1C (all) | Twice within a 6-month period | Blood work | G1: 27 G2: 22 | G1: BL Mean (SD) = 7.9 (1.98), EP Mean (SD) = 7.5 (1.76) G2: BL Mean (SD) = 8.1 (1.92), EP Mean (SD) = 8.2 (1.92) 95% CI, NR p: Within-group change from baseline NS, between-group change NR |