Table D22. Morbidity outcomes 1

| Author, YearTrial Name | Morbidity Outcome 1 | Description of Timing of Measurement of Outcome  | Data source | N | Results |
| --- | --- | --- | --- | --- | --- |
| Bender et al., 20101NA | 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: 25G2: 25 | G1: 1.120 (3.90)G2: 1.840 (4.14) 95% CI, p: .530 |
| Berg et al., 19972NA | 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: 31G2: 24 | G1: 1.1 (0.91)G2: 0.85 (0.93)95% CI NRP NS |
| Bogner et al., 20084NA | Center for Epidemiologic Studies-Depression Scale - compared at 6 weeks | interview at baseline and 6 weeks | questionnaire | G1: 32G2: 32 | G1: 9.9 (10.7)G2: 19.3 (15.2)95% CI, p: .006 |
| Bogner et al., 20105NA | Depressive symptoms | 2 times, once at baseline and once at 12 weeks | Center for Epidemiologic Studies Depression Scale (CES-D) | G1: 29G2: 29 | **BL**G1: Mean (SD) = 15.6 (11.7)G2: Mean (SD) = 19.7 (16.7)95% CI, NRp: 0.47**EP**G1: Mean (SD) = 9.6 (9.4)G2: Mean (SD) = 16.6 (14.5)95% CI, NRp: 0.035 |
| Choudhry et al., 201113MI 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: 2845G2: 3010 | G1: 493 patients; 17.6 per 100 person-yearsG2: 562 patients; 18.8 per 100 person-yearsAdjusted hazard ratio: 0.93, 95% CI, 0.82-1.04p: 0.21Adjusted (for age and baseline coexisting illnesses) hazard ratio: 0.94; 95% CI, 0.83-1.06, p=0.29  |
| Friedman et al., 199614NA | Systolic BP | measured at baseline and at 6-months | BP readings by field technicians | G1: 133G2: 134 | G1: 11 mm Hg (mean decrease)G2: 10.6 mm Hg (mean decrease)95% CI, NRp: = 0.85 |
| Fulmer et al., 199915NA | Minnesota Living with Heart Failure Questionnaire (MLHF) score | Measured at baseline, 10 weeks | self-report | G1: 15G2: 13G3: 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, NRp: NR"There was improvement in MLHF scores [for the sample] (p<0.001)… Group membership did not make a difference..." |
| Janson et al., 200320NA | 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: 33G2: 32 | G1: 8(7)G2: 7 (6)between group change: -0.9 (-4 to 2) p= 0.56 |
| Janson et al., 200921NA | 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: 45G2: 39 | **T0-T1**G1: 1.47G2: 2.72p: 0.32**T1-T2**G1: 1.13 G2: -0.37 p: .25**T0-T2**G1: 2.60G2: 1.13p: 0.25 |
| Katon et al., 199524NA | % 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: 74.4G2: 43.895% CI, NRp: <0.01**Minor depression group**G1: 60.0G2: 67.995% CI, NRp: 0.40**MultivariateMajor depression group**G1: NRG2: NR95% CI, NRp: <0.005**Minor depression group**G1: NRG2: NR95% CI, NRp: not significant**Group-by-timeMajor depression group**G1: NRG2: NR95% CI, NR p: <0.004 |
| Katon et al., 199625NA | 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., 199926NAKaton et al., 200227NA | 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): 12.38p: 0.001**At 6 months**: F(1,185): 3.09p: 0.08  |
| Katon et al., 200128 NALudman et al., 200329NAVan Korff et al., 200330NA | 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 | BLG1: 194G2: 192 Other Ns NR | **Across 12 months**: Mean difference: 0.08p: 0.04**BL** mean (SD)G1: 0.83 (0.39)G2: 0.84 (0.35) 95% CI, NRp: 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, NRp: NR**9 mos**G1: 0.69 (0.56)G2: 0.86 (0.57) 95% CI, NRp: NR**12 m**osG1: 0.65 (0.51)G2: 0.74 (0.54)95% CI, NRp: NR |
| Lin et al., 200632NA | A1C | Measured only once at baseline (endpoint data possibly reported in other report from same study, Source 24) | NR | **BL**G1: 164G2: 165**EP**G1: 164G2: 165 | **BL** (%)G1: Mean (SD) = 8.0% (1.6%)G2: Mean (SD) = 8.0% (1.5%)95% CI, NRp: NR**EP** G1: NRG2: NR95% CI, NRp: NR |
| Okeke et al., 200938NA | 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: NRG2: NR | G1: NRG2: NR95% CI, NRp: 0.81 |
| Pearce et al., 200839Cardiovascular 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: 106G3: 85Midpoint (6 months)G1 + G2: 87G3: 63**EP** (9-12 months)G1 + G2: 74G3: 63 | **BL** (%)G1 + G2: 7.5G3: 7.695% CI, NRp (G1 + G2 vs. G3): 0.4102 (unadjusted), NR (adjusted) Midpoint (%)G1 + G2: 8.3G3: 7.8p (G1 + G2 vs. G3): 0.0567 (unadjusted), 0.0429 (adjusted for multiple factors, including baseline outcome values**EP** (%)G1 + G2: 7.4G3: 7.4p (G1 + G2 vs. G3): 0.6440 (unadjusted), 0.9164 (adjusted) |
| Rudd et al., 200445NA | 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: 74G2: 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., 200447NA | ACQ (lower=better): mean (SD)  | baseline, 3, 6 months; timeframe: specific to time of measurement | questionnaire | G1: 11G2: 10G3:12G4:13 | 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-6G4 vs. G3 p = .5G4 vs. G2 p = .4G4 vs. G3 p = .8 |
| Schneider et al., 200849NA | Absolute change in Bp: DBP | 6 and 12 months | Medical chart review | G1: 47G2: 38 | Mean (SD) absolute change6 months G1: -0.8 (12.4)G2: 1.8 (9.1)95% CI, NRp: 0.28712 monthsG1: -3.0 (11.6)G2: 2.7 (10.7)95% CI, NRp: 0.125 |
| Solomon et al., 199854NAGourley et al., 199855NA | Hypertension group: Problems with sexual functioning during previous 4 weeks, n (%) (Item 2) | Visit 1: BaselineVisit 5: 4-6 months | Hypertension/Lipid Form 5.1 developed by The Health Outcomes Institute | Overall N: 63G1: NRG2: NR | Visit 1G1: 22 (34.0%)G2: 19 (26.0%) 95% CI, NRp: NRVisit 5G1: 8 (2.5%)G2: 8 (25.0%)95% CI, NRp: NRp=0.003 for difference in sexual functioning from visit 1 to visit 5 in treatment group |
| Wilson et al., 201065Better Outcomes of Asthma Treatment (BOAT) | Lung function (FEV1%) | follow-up year 1, measured once | Spirometry | G1: 165G2: 170G2: 172 | G1: 76.5%G3: 73.1%p= 0.0068G1: 76.5%G2: 75.8%p: 0.47G2: 75.8G3: 73.1%p: .0457 |
| Wolever et al., 201066NA | Hemoglobin A1C (all) | Twice within a 6-month period | Blood work | G1: 27G2: 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, NRp: Within-group change from baseline NS, between-group change NR |