

Appendix A: Synthesis table

Name	Alb-augh	Amiel	Arbour-Nicito poulos	Attux	Baptista, Brown	Maneesakorn	Melamed	Tham	Wu
Year	2011	2008	2010	2013	2008	2011	2007	2008	2007
Design	RCT	SR	SR	RCT	SR	RCT	RCT	D	CSS
N	15	NR	92	160	NR	89	82	59	42
IV(s)									
PE	X	X		X				X	X
BI			X	X	X	X			X
DV(s)									
BMI	X	X	X	X	X	X	X	X	X
MI	X							X	
Education	X	X		X	X	X	X		X
Diet	X		X	X	X	X		X	X
MC	X			X			X		
genetic component	X								X
Measurements									
BBW	X								
LWP				X					
IBMI	X	X	X	X	X	X	X	X	X
LR	X			X					
Knowledge	X					X			

Appendix B

Dietary and Exercise Educational Program: Logic Model for Program Evaluation.

SITUATION: Increased rate of obesity among patients taking prescriptive medication in the mental health setting.

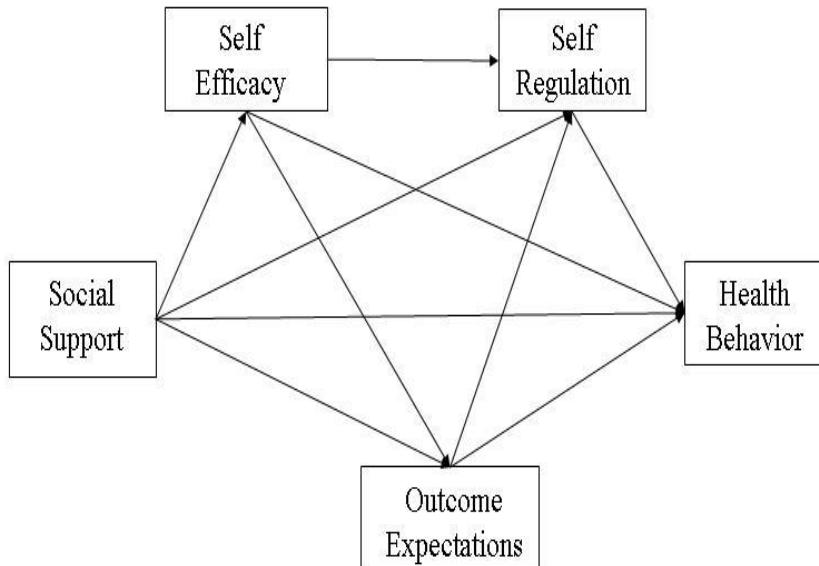
PRIORITIES: Promotion of healthy lifestyle to all patients

Encourage weight reduction among the mental health population

INPUTS	OUTPUTS		OUTCOMES		
	Activities	Participants	Short-term	Medium-term	Long-term

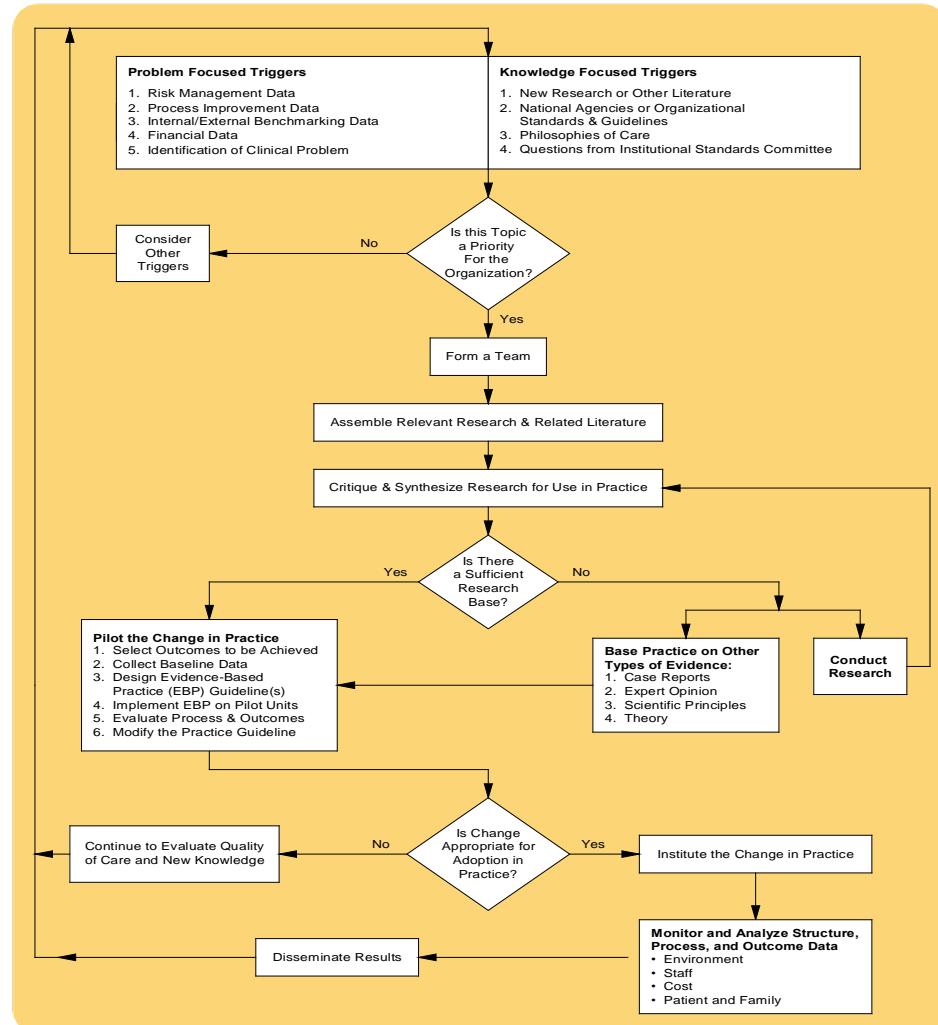
1. Staff 2. Time 3. Money 4. Materials 5. Research base	1. Assess participants' knowledge level 2. Conduct an evidence-based program of 12 sessions 3. Keeping a food journal	1. Participants with BMI of over 25 and are taking antipsychotic medication.	1. Healthy food choices 2. Better understanding of the necessity of an exercising regimen.	1. Participants will know the necessity to inquire questions about their medication from their physician. 2. Exercise 3 times weekly	1. Knowledge of the medication side-effects 2. Ability to maintain weight assessed at the beginning of the project.
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Appendix C. Social Cognitive Theory (SCT) Model



Appendix D: EBP model

The Iowa Model of Evidence-Based Practice to Promote Quality Care



◇ = a decision point

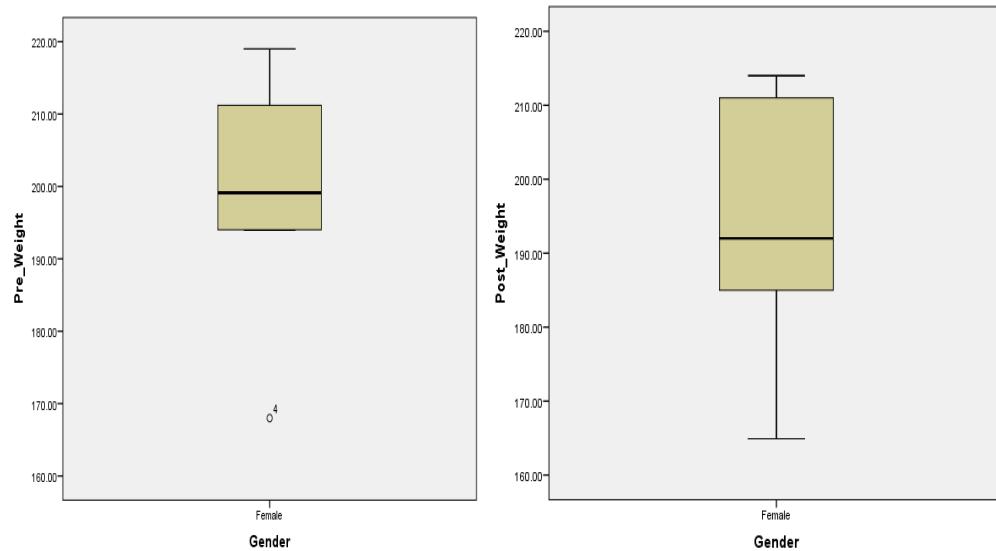
Titler, M.G., C., Steelman, V.J., Rakel, B.A., Budreau, G., Everett, L.Q., Buckwalter, K.C., Tripp-Reimer, T., & Goode C. (2001). The Iowa Model Of Evidence-Based Practice to Promote Quality Care. *Critical Care Nursing Clinics of North America*, 13(4), 497-509.

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Appendix E



	Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre_Weight	5	19.57132	8.75256
	Post_Weight	5	20.11770	8.99691

