

**Appendix A: Synthesis table**

Name	Alb- augh	Amiel	Arbour- Nicito poulos	At- tux	Baptista,	Brown	Maneesakorn	Melamed	Tham	Wu
Year	2011	2008	2010	2013	2008	2011	2007	2008	2007	2008
Design	RCT	SR	SR	RCT	SR	RCT	RCT	D	CSS	NRC
N	15	NR	92	160	NR	89	82	59	42	128
IV(s)										
PE	X	X		X				X	X	X
BI			X	X	X	X				X
DV(s)										
BMI	X	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	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.

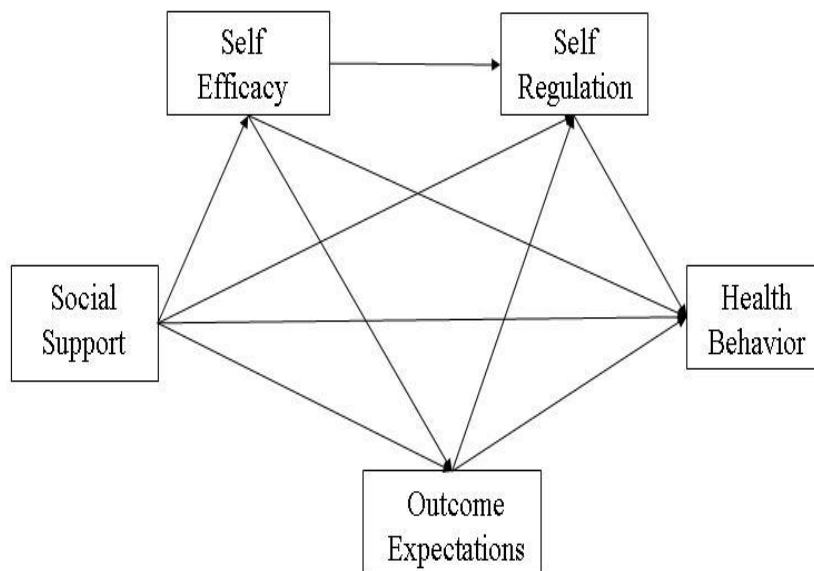
PRIORITIES: Promotion of healthy lifestyle to all patients

Encourage weight reduction among the mental health population

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

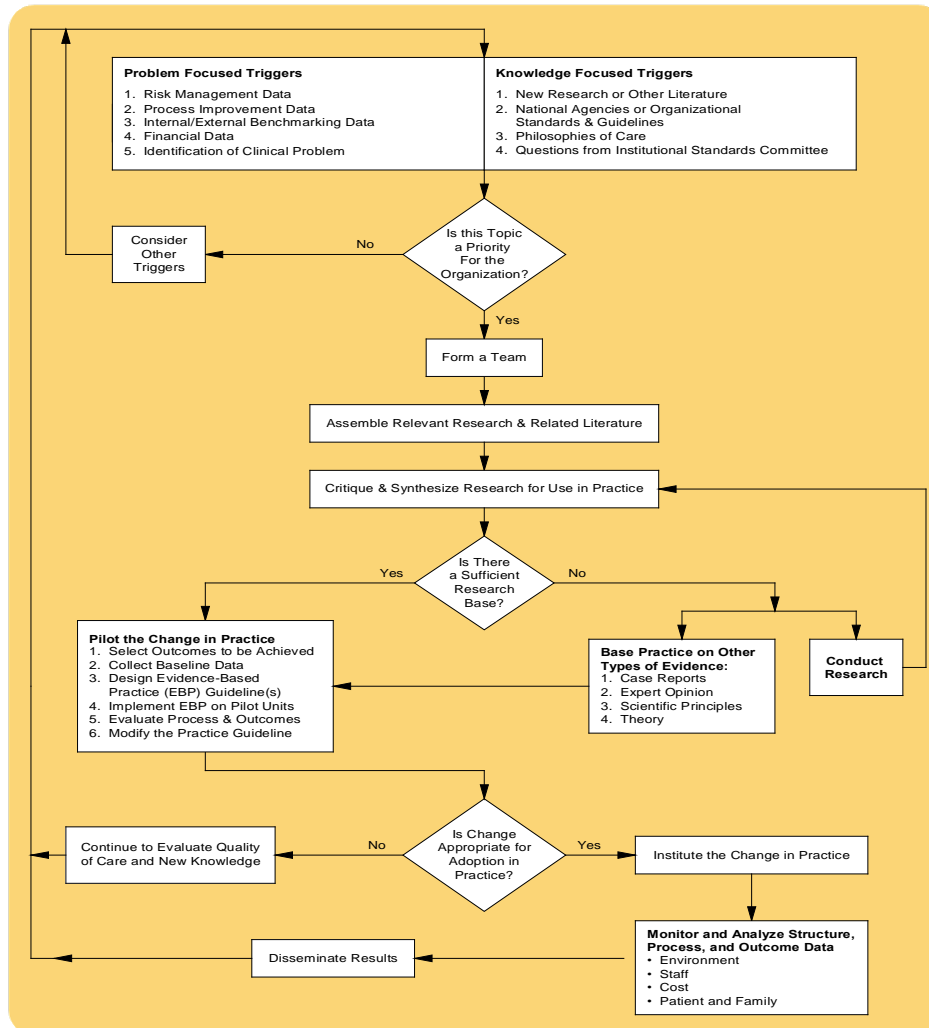
<ol style="list-style-type: none"> <li>1. Staff</li> <li>2. Time</li> <li>3. Money</li> <li>4. Materials</li> <li>5. Research base</li> </ol>	<ol style="list-style-type: none"> <li>1. Assess participants' knowledge level</li> <li>2. Conduct an evidence-based program of 12 sessions</li> <li>3. Keeping a food journal</li> </ol>	<ol style="list-style-type: none"> <li>1. Participants with BMI of over 25 and are taking antipsychotic medication.</li> </ol>	<ol style="list-style-type: none"> <li>1. Healthy food choices</li> <li>2. Better understanding of the necessity of an exercising regimen.</li> </ol>	<ol style="list-style-type: none"> <li>1. Participants will know the necessity to inquire questions about their medication from their physician.</li> <li>2. Exercise 3 times weekly</li> </ol>	<ol style="list-style-type: none"> <li>1. Knowledge of the medication side-effects</li> <li>2. Ability to maintain weight assessed at the beginning of the project.</li> </ol>
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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

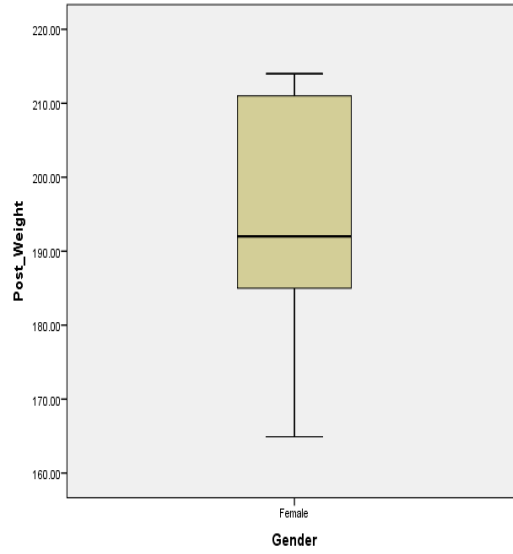
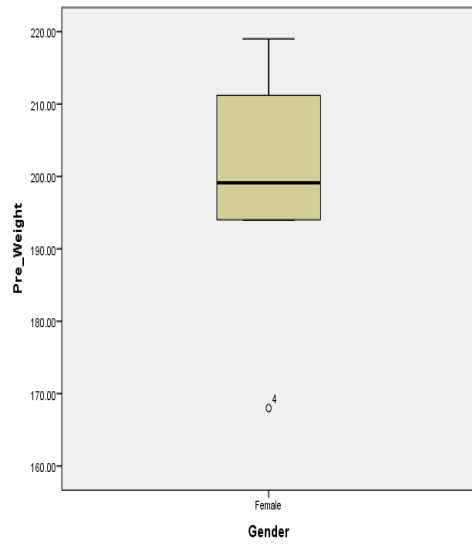
Titler, M.G., C., Steelman, V.J., Rakel, B. A., Budreau, G., Everett, L.Q., Buckwalter, K.C., Tripp-Reimer, T., & Goode C. (2001). The Iowa Model Of Evidence-Based Practice to Promote Quality Care. *Critical Care Nursing Clinics of North America*, 13(4), 497-509.

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Iowa City, IA 52242-1009

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## Appendix E



		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre_Weight	198.2640	5	19.57132	8.75256
	Post_Weight	193.3800	5	20.11770	8.99691

