

Appendix H. Appendix Tables

Improving Medication Adherence in Rural Alabama

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Appendix H: Appendix Tables

Appendix Table 1. *Living Well with Diabetes* study participant retention protocol.

Mo.	Control Participants	Mo.	Intervention Participants
1	Phone Call: Welcome to the study, answer questions	1	<i>No contact</i>
2	Postcard: Reminder to look at videos	2	Phone Call: answer questions, identify problems, update contact info.
3	Phone Call: answer questions, identify problems, update contact info.	3	<i>No contact</i>
4	Postcard: Keep in touch post card	4	<i>No contact</i>
5	Phone Call: answer questions, identify problems, update contact info.	5	Phone Call: answer questions, identify problems, update contact info.
6	Postcard: reminder of upcoming data collection	6	<i>No contact</i>

All participants received postcards for birthdays, holiday cards (Thanksgiving, Christmas).

Appendix Table 2. Analytic sample size for each outcome by treatment arm.

	ALL	Control	Intervention
Medication adherence	404	239	165
A1c	404	239	165
Systolic Blood Pressure	401	236	165
LDL-Cholesterol	328	193	135
Body mass index	394	235	159
Health related quality of life	404	239	165

Appendix Table 3. Baseline characteristics of those who completed and who didn't complete the study.

	ALL	Completed N=404	Did not complete N=69	p ¹
Mean age±SD	57.1±11.5	57.2±10.9	56.8±14.3	0.80
Women, <i>n</i> (%)	371 (78.4)	316 (78.2)	55 (79.7)	0.78
Race, <i>n</i> (%)				0.85
African American	428 (90.5)	366 (90.6)	62 (89.9)	
All others	45 (9.5)	38 (9.4)	7 (10.1)	
Education, <i>n</i> (%)				0.81
<High School	97 (20.6)	85 (21.0)	12 (17.7)	
High School ²	168 (35.6)	143 (35.4)	25 (36.8)	
>High School	207 (43.9)	176 (43.6)	31 (45.6)	
Annual income, <i>n</i> (%)				0.21
<\$20,000	318 (70.4)	268 (69.3)	50 (79.9)	
≥\$20,000	134 (29.7)	119 (30.8)	15 (23.1)	
Marital status				0.46
Married or living with partner	169 (35.8)	147 (36.5)	22 (31.9)	
Never married, divorced, widowed, or separated	303 (64.2)	256 (63.5)	47 (68.1)	
Employment, <i>n</i> (%)				0.92
Employed for wages or self-employed	125 (26.6)	107 (26.7)	18 (26.1)	
Not working (Retired, out of work, homemaker, unable to work)	345 (73.4)	294 (73.3)	51 (73.9)	
Taking Insulin, <i>n</i> (%)	207 (43.8)	177 (43.8)	30 (43.5)	0.96

¹T-test or X2 testing between group differences. ²12th grade, GED, or High School diploma

Appendix Table 4. Characteristics of Birmingham area participants versus participants from other areas.

	ALL N=472	Birmingham participants N=82	Non- Birmingham participants N=390	p ¹
N, Mean age±SD	57.1±11.5	55.3±8.8	57±11.9	0.11
Women, n (%)	371 (78.4)	64 (78.1)	307 (78.5)	0.93
Race, n (%)				0.001
African American	428 (90.5)	66 (80.5)	362 (92.6)	
All others	45 (9.5)	16 (19.5)	29 (7.4)	
Education, n (%)				0.31
<High School	97 (20.6)	12 (14.6)	85 (21.8)	
High School graduate ²	168 (35.6)	33 (40.2)	135 (34.6)	
>High School	207 (43.9)	37 (45.1)	170 (43.6)	
Annual household income, n (%)				0.26
<\$20,000	318 (70.4)	59 (75.6)	259 (69.3)	
≥\$20,000	134 (29.7)	19 (24.4)	115 (30.7)	
Marital status				0.03
Married or living with partner	169 (35.8)	21 (25.6)	148 (38.0)	
Never married, divorced, widowed, or separated	303 (64.2)	61 (74.4)	242 (62.0)	
Employment, n (%)				0.96
Employed for wages or self-employed	125 (26.6)	22 (26.8)	103 (26.6)	
Not working (retired, out of work, homemaker, unable to work)	345 (73.4)	60 (73.2)	285 (73.5)	
Taking Insulin, n (%)	207 (43.8)	51 (62.2)	156 (40.0)	0.0002

¹T-test or X² testing between group differences. ²12th grade, GED, or High School Diploma

Appendix Table 5. Program satisfaction and program evaluation questions

Question	Trial arm	Response Options, n (%)	
		<i>Extremely satisfied or satisfied</i>	<i>Neutral, dissatisfied, extremely dissatisfied, or don't know</i>
To what degree are you satisfied with the <i>Living Well</i> Program?	Control Intervention	220 (92.4) 157(95.2)	18 (7.6) 8 (4.8)
The <i>Living Well</i> staff was helpful and friendly	Control Intervention	237 (99.6) 164 (99.4)	1 (0.4) 2 (1.2)
Did you discuss the results of your first report card with your doctor?	Control Intervention	69 (29.0) 60 (36.4)	169 (71.0) 105 (63.6)
Would you be interested in participating in future studies like <i>Living Well</i> ?	Control Intervention	229 (96.2) 151 (91.5)	9 (3.8) 14 (8.5)

Appendix Table 6. Living Well with Diabetes intervention and peer coach evaluation questions

Question	Response Options, n (%)	
Did you use the activity book? If yes, did you find it helpful?	<i>Yes, used it and found it helpful</i> 150 (92.6)	<i>Yes, used it but didn't find it helpful, no didn't use it, or declined to answer</i> 12 (7.4)
Did you watch the program videos? If yes, watched the videos: Did you like the videos? If yes, watched the videos: Did you find the videos helpful?	<i>Yes</i> 160 (98.2) 156 (98.1) 158 (99.4)	<i>No or declined to answer</i> 3 (1.8) 3 (1.9) 1 (0.6)
In thinking about your overall experience, how much were you helped by working with your peer advisor?	<i>Very much or a lot</i> 144 (88.8)	<i>A little, not at all, or declined to answer</i> 18 (11.1)
How easy was it to reach your peer advisor?	<i>Easy</i> 140 (89.7)	<i>Somewhat easy, neither difficult or easy, somewhat difficult, difficult, or declined</i> 16 (10.3)
Was talking with you peer advisor difficult, somewhat difficult, neither difficult or easy, somewhat easy, or easy?	147 (91.3)	14 (8.7)
If talking with the peer was difficult or somewhat difficult, why do you think this was so?	1 endorsed "She doesn't understand my problems"; 1 endorsed "She doesn't listen"; and 2 declined to answer	
Was the support you received from your peer advisor poor, fair, average, good, or great?	<i>Good or great</i> 148 (91.9)	<i>Poor, fair, average, don't know or refused</i> 13 (8.1)
Did you feel that your peer advisor understood you?	<i>Usually or always</i> 147 (91.9)	<i>Never, sometimes, not sure, don't know, or refused</i> 13 (8.1)
How well did your peer advisor know the program?	<i>Very well or fairly well</i> 153 (95.6)	<i>Not at all, slightly, somewhat, don't know, or refused</i> 7 (4.4)
Did you feel that your peer advisor seemed too busy for you?	<i>Never</i> 142 (88.8)	<i>Always, most of the time, sometimes, don't know, or refused</i> 18 (11.3)
Did you feel comfortable with your peer advisor always, most of the time, sometimes, or never?	<i>Always or most of the time</i> 152 (95.0)	<i>Sometimes, never, don't know, or refused</i> 8 (5.0)
Would you recommend your peer advisor to a friend or relative with a similar health condition?	<i>Definitely yes or probably yes</i> 154 (96.3)	<i>Definitely not, probably not, not sure, don't know, or refused</i> 6 (3.7)