**Table 17d. Adherence in studies in college-settings**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author,**  **Year** | **Arm** | **Outcome Defined** | **Baseline N** | **Baseline Adherence, mean** | **Final Measure** | **N at Final Measure** | **Adherence, Final Measure, mean** | **Change from BL** |
| **Combination interventions** |  |  |  |  |  |  |  |  |
| Hivert, 20071 | 1 | Attended at least 60% of the seminars | 57 | N/A |  |  |  |  |
|  | 2 |  | 58 | 12-month  N: 31  % of baseline: 53% | 24 months | 48 | 24-month  N: 15  % of baseline: 26% |  |
| Matvienko, 20012 |  | None |  |  |  |  |  |  |

BL = Baseline; N = Sample Size; N/A = Not Applicable

**References**

1. Hivert MF, Langlois MF, Berard P, et al. Prevention of weight gain in young adults through a seminar-based intervention program. Int J Obes (Lond) 2007; 31(8):1262-9.

2. Matvienko O, Lewis DS, Schafer E. A college nutrition science course as an intervention to prevent weight gain in female college freshmen. J Nutr Educ 2001; 33(2):95-101.