Table D23. Morbidity outcomes 2

| Author, Year  Trial Name | Morbidity Outcome 2 | Description of Timing of Measurement of Outcome | Data source | N | Results |
| --- | --- | --- | --- | --- | --- |
| Bender et al., 20101 NA | NA | NA | NA | NA | NA |
| Berg et al., 19972 NA | Percent symptom-free days (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: 31 G2: 24 | G1: 44 (38) G2: 60 (37) 95% CI NR P<0.1 |
| Bogner et al., 20084 NA | Systolic BP, mean (SD), mm Hg - compared at 6 weeks | measured at baseline and at 6 weeks | automated BP monitor | G1: 32 G2: 32 | G1: 127.3 (17.7) G2: 141.3 (18.8) 95% CI,  p: .003 |
| Bogner et al., 20105 NA | A1C/Blood glycemic control | 2 times, at BL and 12 weeks | A1C assays | G1: 29 G2: 29 | **BL** (%) G1: Mean (SD) = 7.3 (2.3)  G2: Mean (SD) = 7.3 (2.0) 95% CI, NR p: 0.70 **EP** (%) G1: Mean (SD) = 6.7 (2.3) G2: Mean (SD) = 7.9 (2.6) 95% CI, NR p: 0.019 |
| Choudhry et al., 201113 MI FREEE | rate of total major vascular events or revascularization | allowing for the occurrence of more than one event per patient and the time to the first major vascular event (i.e., the primary composite outcome excluding revascularization) | health claims data | G1: 2845 G2: 3010 | G1: 622 patients; 21.5 per 100 person-years G2: 729 patients; 23.3 per 100 person-years  Adjusted hazard ratio: 0.89, 95% CI, 0.80-0.99 p: 0.03 |
| Friedman et al., 199614 NA | Diastolic BP | measured at baseline and at 6-months | BP readings by field technicians | G1: 133 G2: 134 | G1: 5.4 mm Hg (mean decrease) G2: 3.3 mm Hg (mean decrease) 95% CI, NR p: =0.09 |
| Fulmer et al., 199915 NA | SF-36 score | Measured at baseline, 10 weeks | self-report | G1: 15 G2: 13 G3: 14 | Pre-intervention mean (SD)  G1: 86.1 (17.0)  G2: 81.0 (15.2)  G3: 87.3 (24.3)   Post-intervention mean (SD)  G1: 85.9 (18.9)  G2: 90.1 (20.6)  G3: 91.7 (22.7) 95% CI, NR p: NR "There was no significant change in the SF-36 scores for the sample.… Group membership did not make a difference..." |
| Janson et al., 200320 NA | FEV1 (% predicted) at week 7; between group difference in change from baseline to final visit at week 7 (95% CI) | recorded at every visit | questionnaire | G1: 33 G2: 32 | G1: 90 (16) G2: 80 (20) Between group difference: 5 (-1 to 10) p = 0.09 |
| Janson et al., 200921 NA | mean change Symptom Score; During intervention(T0-T1), following intervention (T1-T2), and for entire study duration (T0-T2)  Symptom-free days (symptom score =0) | "rated daily by participants; scores averaged weekly for analysis" | rated in subject maintained diaries; 0-10 scale | G1: 45 G2: 39 | Mean change: T0-T1 G1: -1.28 G2: -1.41 p: 0.84  T1-T2 G1: -0.97  G2: 0.11 95% CI,  p: .06  T0-T2 G1: -2.25 G2: -1.30 p: 0.19  Symptom-free days Odds Ratios T0-T1 G1: 2.2 G2:1.6 p: 0.48  T1-T2: G1: 2.7 G2: 1.8 p: .63  T0-T2:  G1: 5.9 G2: 2.8 p: 0.51 |
| Katon et al., 199524 NA | % patients whose scores on IDS improved ≥50% | 4-month follow-up for bivariate; 1m, 4m and 7m for multivariate and group-by-time interaction | other (specify): clinician-rated | **Major depression group**  N=91  **Minor depression group**  N=126 | **Bivariate:** **Major depression group** G1: 61.5 G2: 40.6 95% CI, NR  p: <0.08  **Minor depression group** G1: 48.0 G2: 55.4 95% CI, NR  p: 0.50  **Multivariate** **Major depression group** G1: NR G2: NR 95% CI, NR  p: <0.02  **Minor depression group** G1: NR G2: NR 95% CI, NR  p: not significant  **Group-by-time Major depression group** G1: NR G2: NR 95% CI, NR  p: NR, but statistically significant |
| Katon et al., 199625 NA | 50% or more Improvement on the SCL-20 depression scale | 4-month follow up | SCL-20 scale | G1: 77 G2: 76 | Major Depression Group (% showing >50% improvement) G1: 70.4% G2: 42.3% p:0.04  NS difference between G1 and G2 in the minor depression group G1: 66.7% G2: 52.8% p: 0.22 |
| Katon et al., 199926 NA  Katon et al., 200227 NA | Percentage of patients who were asymptomatic (DSM-IV of 0 or 1)  (Reported in 9123) | Measured at 3 and 6 months | Structured clinical interview for DSM-IV symptoms | NR | **At 3 mos**. G1: 40%  G2: 23% Chi-square: 6.18 p: 0.01  **At 6 mos**.  G1: 44% G2: 31% Chi-square: 3.90 p: 0.05 |
| Katon et al., 200128  NA  Ludman et al., 200329 NA  Van Korff et al., 200330 NA | Functional impairment, Disability   (Von Korff et al.) | BL, 3, 6, 9, 12 months. | Sheehan Disability Scale, self-report | **BL** G1: 194 G2: 192  **3 mos** G1: 182 G2: 181  **6 mos** G1: 172 G2: 167  **9 mos** G1: 156 G2: 145  **12 mos** G1: 121 G2: 111 | **3 mos** mean (SD) G1: 2.79 (3.94) G2: 2.08 (2.07)  95% CI, NR  p: NR  **6 mos** mean (SD) G1: 2.41 (3.23) G2: 2.23 (2.22) 95% CI, NR p: NR  **9 mos** mean (SD) G1: 2.30 (2.06) G2: 2.30 (2.28)  95% CI, NR p: NR  **12 mos** mean (SD) G1: 2.09 (1.98) G2: 2.08 (2.07) 95% CI, NR  p: NR  Effects: Intervention Estimate: 0.15 (0.17) T-statistic: 0.86 p: 0.39  Time Estimate: -0.06 (0.06) T-statistic: 1.06 p: 0.29  Intervention x time Estimate: -0.12 (0.08) T-statistic: 1.47 p: 0.14 |
| Lin et al., 200632  NA | BMI | Measured 2 times, once at baseline and once at endpoint | NR | **BL** G1: 164 G2: 165  **EP** G1: 164 G2: 165 | **BL** (kg/m^2) (Mean (SD)) G1: 33.9 (8.6) G2: 36.3 (11.1) 95% CI, NR p: <0.05 without adjustment  **EP** (kg/m^2) G1: 33.0 (7.9) G2: 36.1 (10.0) 95% CI, NR p: <0.01 with adjustment |
| Pearce et al., 200839  Cardiovascular Risk Education and Social Support (CaRESS) Trial | Mean systolic BP | 7 times over a 12-month period | Standardized BP readings, following American Heart Association guidelines | **BL**  G1 + G2: 108 G3: 91  **Midpoint:** G1 + G2: 92 G3: 74  **EP**  G1 + G2: 81 G3: 60 | **BL**(mmHg) G1 + G2: 141.3 G3: 139.0 95% CI, NR p (G1 + G2 vs. G3): 0.5433 (unadjusted), NR (adjusted)  **Midpoint** (mmHg) G1 + G2: 135.5 G3: 133.6 95% CI, NR p (G1 + G2 vs. G3): 0.3836 (unadjusted), 0.4969 (adjusted)  **EP**(mmHg) G1 + G2: 134.0 G3: 133.8 95% CI, NR p (G1 + G2 vs. G3): 0.9427 (unadjusted), 0.6475 (adjusted) |
| Rudd et al., 200445 NA | Change in diastolic BP between baseline and 6 months | Measured at baseline and at 6 months | Clinic measurement by blinded study personnel | G1: 74 G2: 76 | G1: -6.5 (95% CI -8.8, -4.1) G2:-3.4 (95% CI -5.3, -1.5)  p<0.05 |
| Schaffer et al., 200447 NA | AQLQ  mean (SD) | baseline, 3, 6 months; timeframe: specific to time of measurement | questionnaire | G1: 11 G2: 10 G3:12 G4:13 | AQLQ mean (SD) G1 Pre: 4.97 (0.88) 3 mos: 5.15 (0.91) 6 mos: 5.22 (0.99)  G2 Pre: 4.60 (1.1) 3 mos: 4.94 (0.97) 6 mos: 5.30 (0.8)  G3: Pre: 4.71 (1.16) 3 mo: 5.13 (1.32) 6 mo: 5.22 (0.98)  G4 : Pre: 4.65 (1.23) 3 mo: 4.68 (1.49) 6 mo: 4.87 (1.2)  Pre-3:  G4 vs.G2 p = .5  G4 vs. G1 p = .3  G4 vs. G3 p = .6   Pre-6 G4 vs. G3 p = .2 G4 vs. G2 p = .4 G4 vs. G1 p = .8 |
| Schneider et al., 200849 NA | Absolute Change in Bp: SBP | 6 and 12 months | Medical chart review | G1: 47 G2: 38 | Mean (SD) absolute change  **6 mos** G1: -4.2 (21.5) G2: -4.2 (20.9) 95% CI, NR p: 0.992  **12 mos** G1: -2.7 (16.5) G2: -1.3 (17.8) 95% CI, NR p: 0.669 |
| Solomon et al., 199854 NA  Gourley et al., 199855 NA | Hypertension group reporting "Feeling dizzy upon standing up, " mean (SD) (Item 8) | Visit 1: Baseline Visit 5: 4-6 months | Hypertension/Lipid Form 5.1 developed by The Health Outcomes Institute; Likert scale of 1 (never) to 5 (very often); | Overall N: 63 G1: NR G2: NR | **Visit 1** G1: 1.7 (1.1) G2: 2.0 (1.1) 95% CI, NR p: NR  **Visit 5** G1: 1.4 (0.8) G2:1.4 (0.8) 95% CI, NR p: NR |
| Wilson et al., 201065 Better Outcomes of Asthma Treatment (BOAT) | FEV1:FEV6 ratio | follow-up year 1, measured once | Spirometry | G1: 165 G2: 170 G2: 172 | G1: 72.8% G3:70.0% p= 0.0005  G1: 72.8% G2: 71.8% p: 0.09  G2: 71.8% G3: 70.0% p: 0.07 |
| Wolever et al., 201066  NA | Hemoglobin A1C (patients with A1C > 7% at baseline) | Twice within a 6-month period | Blood work | G1: 16 G2: NR | G1: **BL** mean (SD) = 8.9 (1.78), **EP** mean (SD) = 8.3 (1.76) G2: **BL** mean (SD) = 8.8 (1.95), **EP** mean (SD) = 8.8 (1.99) 95% CI, NR p: G1 - Within-group change from baseline = 0.030 |