Detailed Project Summary: Matched Research Questions, Evaluation Forms, Form Questions, Sample Size and Analysis Plan

Process Evaluation Research Questions

P-1. What are educators' experiences with NDEP as an aggregator of resources?			
a. To what extent are educators aware of NDEP, including resources such as Diabetes HealthSense?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Educator Pre Interview	Q1, Q2a-c; Q5a	n≈5	Qualitative Thematic Analysis
Educator Post Interview	Q5a,c	n≈5	Qualitative Thematic Analysis
b. How do educators use NDEP, including resources such as Diabetes HealthSense?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Educator Pre Interview	Q3a-c; Q5b	n≈5	Qualitative Thematic Analysis
Educator Post Interview	Q7h	n≈5	Qualitative Thematic Analysis
c. How satisfied are educators with NDEP, including resources such as Diabetes HealthSense?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Educator Pre Interview	Q4a-d; Q5c-g	n≈5	Qualitative Thematic Analysis
Educator Post Interview	Q6a-d;Q7a-g	n≈5	Qualitative Thematic Analysis

P-2. To what extent were educators satisfied with the Diabetes HealthSense Train the Trainer session?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Educator Post Interview	Q1a-b	n≈5	Qualitative Thematic Analysis

P-3. What were the characteristics of the Diabetes HealthSense education program?			
a. In what geographic locations were Diabetes HealthSense education programs held?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Pretest	ID-Site	n≈150	Univariate descriptive analysis
Participant Exit Satisfaction survey	ID-Site	n≈150	Univariate descriptive analysis
Educator Post Interview	Q2b	n≈5	Qualitative Thematic Analysis
b. When were the Diabetes HealthSense education programs held?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Exit Satisfaction Survey	Date and Time Stamp	n≈150	Univariate descriptive analysis
Educator Post Interview	Q2c	n≈5	Qualitative Thematic Analysis
c. Who participated in the Diabetes HealthSense education programs (populations served, number served)?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Educator Recruitment Screener	Full form	n≈25	Univariate descriptive analysis
Participant Pretest	Q1-Q3; Q6-7; Q30-40 Risk Assessment Score: Q30-33, Q6 -7	n≈150	1. Compute Score 2. Univariate descriptive analysis
Participant Posttest	Q4	n≈150	Univariate descriptive analysis
Participant Follow-up Interview	Q1a-b	n≈15	Qualitative Thematic Analysis
Educator Post Interview	Q2e-g	n≈5	Qualitative Thematic Analysis

P-4. To what extent were the Diabetes HealthSense education programs implemented as intended?			
a. To what extent was the number of programs implemented as planned?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Educator Post Interview	Q2a	n≈5	Qualitative Thematic Analysis
b. To what extent were activities implemented as planned?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Exit Satisfaction Survey	Q1	n≈150	Univariate descriptive analysis
Educator Post Interview	Q2d, Q3a-c	n≈5	Qualitative Thematic Analysis

P-5. What were participant's experiences with the Diabetes HealthSense Education Program?			
a. To what extent were participants satisfied with the Diabetes HealthSense education program?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Exit Satisfaction Survey	Q2a-g; Q3	n≈150	Univariate descriptive analysis
Participant Follow-up Interview	Q1c-d	n≈15	Qualitative Thematic Analysis
Educator Post Interview	Q4a-b	n≈5	Qualitative Thematic Analysis
b. To what extent were participants satisfied with their educators?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Exit Satisfaction Survey	Q4a-d	n≈150	Univariate descriptive analysis

P-6. What were participants' experiences with Diabetes HealthSense and the Diabetes HealthSense resources after the education program and at a one month follow-up?			
a. To what extent did participants intend to use and use Diabetes HealthSense?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Exit Satisfaction Survey	Q5-6; Q12c-d; Q13a-i; Q14	n≈150	Univariate descriptive analysis
Participant Pretest	Q5a	n≈150	Univariate descriptive analysis
Participant Posttest	Q1a	n≈150	Univariate descriptive analysis
Participant Follow-up Interview	Q4a-b,d	n≈15	Qualitative Thematic Analysis
b. To what extent were participants satisfied with the website and the experience of using Diabetes HealthSense as a source of diabetes resources?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Exit Satisfaction Survey	Q7a-h; Q8a-b; Q10-11	n≈150	1. Univariate descriptive analysis 2. *Qualitative Thematic Analysis*
Participant Posttest	Q2a	n≈150	Univariate descriptive analysis
Participant Follow-up Interview	Q2a-e	n≈15	Qualitative Thematic Analysis
c. To what extent did participants intend to use and use the resources found through Diabetes HealthSense?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Exit Satisfaction Survey	Q12a-b	n≈150	Univariate descriptive analysis
Participant Posttest	Q1b	n≈150	Univariate descriptive analysis
Participant Follow-up Interview	Q4a,c	n≈15	Qualitative Thematic Analysis

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d. To what extent were participants satisfied with the resources found through Diabetes HealthSense?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Exit Satisfaction Survey	Q9a-e	n≈150	Univariate descriptive analysis
Participant Posttest	Q2b	n≈150	Univariate descriptive analysis
Participant Follow-up Interview	Q5a-b	n≈15	Qualitative Thematic Analysis
Educator Post Interview	Q6d; Q7d	n≈5	Qualitative Thematic Analysis

Outcome Evaluation Research Questions

O-1. Do educators increase knowledge, skills and self-efficacy around preventing (PAR) or managing diabetes (PWD)?			
a. Is there an increase in educator knowledge about NDEP as a resource?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Educator Pre Interview	Q2;Q2c	n≈5	Qualitative Thematic Analysis
Educator Post Interview	Q5a-d	n≈5	Qualitative Thematic Analysis
b. Is there an increase in educator knowledge of diabetes and lifestyle changes that can help prevent or manage diabetes?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Educator Pre Interview	Q6a-c	n≈5	Qualitative Thematic Analysis
Educator Post Interview	Q8a-b	n≈5	Qualitative Thematic Analysis
c. Is there an increase in educator self-efficacy to use NDEP resources such as Diabetes HealthSense with PAR/PWD and other educators?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Educator Pre Interview	Q7a-g	n≈5	Qualitative Thematic Analysis
Educator Post Interview	Q9a-f	n≈5	Qualitative Thematic Analysis
d. Is there an increase in educator skill level to use NDEP resources such as Diabetes HealthSense with PAR/PWD and other educators?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Educator Pre Interview	Q8a-g	n≈5	Qualitative Thematic Analysis
Educator Post Interview	Q10a-f	n≈5	Qualitative Thematic Analysis

O-2. Do participants progress through stages of change toward adoption of behaviors that can help prevent or manage diabetes?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Pretest	Q21a-i; Q22 SOC Scale: Q21a-i; Q22	n≈150	1. Univariate descriptive analysis 2. Reliability analysis 3. Compute scale 4. Repeated measures analysis with controls
Participant Posttest	Q18a-i; Q19 SOC Scale: Q18a-i; Q19	n≈150	
Participant Follow-up Interview	Q7a-c	n≈15	Qualitative Thematic Analysis

O-3. Do participants increase awareness and use of NDEP resources such as Diabetes HealthSense?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Pretest	Q4a-d Awareness/use scale: Q4a-d	n≈150	1. Univariate descriptive analysis 2. Reliability analysis 3. Compute scale 4. Repeated measures analysis with controls
Participant Posttest	Q3a-d Awareness/use scale: Q3a-d	n≈150	

O-4. Do participants make positive changes in their knowledge, self-efficacy, emotional health and behaviors around preventing (PAR) or managing diabetes (PWD)?			
a. Is there an increase in participant <u>knowledge</u> of diabetes and lifestyle changes that can help prevent or manage diabetes?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Pretest	Q8-Q20 Knowledge Score: Q8-Q20	n≈150	1. Univariate descriptive analysis 2. Reliability analysis 3. Compute scale 4. Repeated measures analysis with controls
Participant Posttest	Q5-Q17 Knowledge Score: Q5-Q17	n≈150	
Participant Follow-up Interview	Q6a-c	n≈15	Qualitative Thematic Analysis
b. Is there an increase in participant <u>self-efficacy</u> of lifestyle changes that can help prevent or manage diabetes?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Pretest	Q24a-i; Q25a-d Healthy Eating SE Scale: Q24a-e Physical Activity SE Scale: Q24f-i Management SE Scale: Q25a-d	n≈150	1. Univariate descriptive analysis 2. Reliability analysis 3. Compute scale 4. Repeated measures analysis with controls
Participant Posttest	Q21a-i; Q22a-d Healthy Eating SE Scale: Q21a-e Physical Activity SE Scale: Q21f-i Management SE Scale: Q22a-d	n≈150	
Participant Follow-up Interview	Q9a-b	n≈15	Qualitative Thematic Analysis

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c. **Is there a decrease in participant <u>emotional distress</u> related to their diabetes or risk of diabetes?**			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Pretest	Q23a-b	n≈150	1. Univariate descriptive 2. Repeated measures analysis with controls
Participant Posttest	Q20a-b	n≈150	
Participant Follow-up interview	Q8a-c	n≈15	Qualitative Thematic Analysis
d. **Is there an increase in participant <u>behaviors</u> that can help prevent or manage diabetes?**			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Pretest	Q26a-h; Q27a-e; Q28a-f; Q29a-d Health Eating Behaviors Scale: Q26a-h Physical Activity Behaviors Scale: Q27a-e Coping Behaviors Scale: Q28a-f Management Behaviors: Q29a-d	n≈150	1. Univariate descriptive analysis 2. Reliability analysis 3. Compute scale 4. Repeated measures analysis with controls
Participant Posttest	Q23a-h; Q24a-e; Q25a-f; Q26a-d Health Eating Behaviors Scale: Q23a-h Physical Activity Behaviors Scale: Q24a-e Coping Behaviors Scale: Q25a-f Management Behaviors: Q26a-d	n≈150	
Participant Follow-up Interview	Q10a-d	n≈15	Qualitative Thematic Analysis

O-5. Do program outcomes differ by participant subgroups?			
a. Are there subgroup differences in participant change in knowledge of diabetes and behaviors that can help prevent or manage diabetes?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Pretest	Q1; Q5a; Q6; Q30-40; Q8-Q20; Knowledge Score	n≈150	1. Bivariate descriptive analysis 2. Repeated measures analysis with controls
Participant Posttest	Q5-Q17; Knowledge Score	n≈150	
b. Are there subgroup differences in participant change in self-efficacy to engage in behaviors that can help prevent or manage diabetes?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Pretest	Q1; Q5; Q6-Q9; Q30-40; Q24-Q25; Healthy Eating SE Scale; Physical Activity SE Scale; Management SE Scale	n≈150	1. Bivariate descriptive analysis 2. Repeated measures analysis with controls
Participant Posttest	Q21-Q22; Healthy Eating SE Scale; Physical Activity SE Scale; Management SE Scale	n≈150	
c. Are there subgroup differences in participant change in behaviors that can help prevent or manage diabetes?			
Evaluation Form	**Form Questions**	**Sample Size***	**Analysis Plan**
Participant Pretest	Q1; Q5; Q6-Q9; Q30-40; Q26-Q29; Health Eating Behaviors Scale; Physical Activity Behaviors Scale; Coping Behaviors Scale; Management Behaviors Scale	n≈150	1. Bivariate descriptive analysis 2. Repeated measures analysis with controls
Participant Posttest	Q23 - Q26; Health Eating Behaviors Scale; Physical Activity Behaviors Scale; Coping Behaviors Scale; Management Behaviors Scale	n≈150	

*Sample Size expected after loss to follow-up