

Piloting an Intervention to Provide Tailored Feedback on Health Behaviors to Adolescents in Pediatric Primary Care.

THE
UNIVERSITY
OF RHODE ISLAND

DIGITAL COMMUNICATIONS

[Home](#) [About](#) [FAQ](#) [My Account](#)

[Home](#) > [Open Access Dissertations](#) > [465](#)

Enter search terms:

[Advanced Search](#)

[Notify me via email or RSS](#)

Browse

[Collections](#)

[Disciplines](#)

[Authors](#)

Author Corner

[Author FAQ](#)

[Submit Research](#)

Piloting an Intervention to Provide Tailored Feedback on Health Behaviors to Adolescents in Pediatric Primary Care

[Amy Adolfo Signore, University of Rhode Island](#)

Date of Award

2016

Degree Type

Dissertation

Degree Name

Doctor of Philosophy in Psychology

Specialization

Clinical Psychology

Department

Psychology

First Advisor

Mark L. Robbins

Abstract

Background:

The pediatrician's office frequently provides the first opportunity for behavioral health intervention. However, pediatricians are limited in time, tools, and resources to treat behavioral health problems. Even a brief intervention may require more time than a physical exam. More research is needed to investigate the usefulness of technology to assist with behavioral health interventions in pediatric primary care. While resources for pediatric primary care are limited, but one study found that a computerized assessment approach for use in pediatric primary care (Harris et. al., 2012) was effective in identifying alcohol use with computer technology and provided the findings to the pediatrician who then delivered the MI intervention (Harris et. al., 2012). A key goal of this project is to include a computerized intervention. One such computerized intervention is delivering electronic feedback messages targeting a specific behavior. Additionally, tailored feedback interventions based on unique characteristics of the individual have been demonstrated to be more successful than generic feedback (Kreuter, 1999; Noar, 2007). Another innovative approach is to take a harm reduction approach with adolescents, focusing on promoting healthy behaviors rather than solely focus on discouraging unhealthy behaviors (Velicer, 2010; Velicer, 2013). Furthermore, tailored feedback messages supported by an underlying theory of behavior change. For example, the Transtheoretical Model (TTM), which is based on the decision-making process for intentional change, identifies change as a process involving several stages primarily seen as related to Decisional Balance and Self-Efficacy. The best evidence tells us that a theory-based tailored feedback intervention using technology evokes successful behavior change in a manner that is sustainable in primary care (Noar, 2007). To date, no one study has completely integrated a computerized assessment with a feedback intervention based on the TTM in a primary care setting. The primary aim of this project was to use a step-by-step approach to develop, pilot, and test the feasibility of a computerized assessment of behaviors followed by brief stage-tailored feedback promoting healthy behaviors in pediatric patients and physicians in a pediatric primary care setting.

Methods:

Key informant interviews were conducted to engage key stakeholders. Interviewees were asked to discuss their normal standard of care to understand how to best integrate the program into the office practice, and to gather input on the design of the computerized assessment and feedback system.

A literature review of validated measures was conducted to identify measures of alcohol use, marijuana use, nicotine use, caffeine intake, sleep habits, disorderly conduct, exercise, and stress management. Tailored feedback was based on these behaviors (alcohol use and marijuana use) as well as promoting healthy behaviors (stress management and exercise) to increase health in pediatric patients. Microsoft Access software was chosen based on the recommendation of the Information Technology team for the pediatric office. A computer programmer was hired to load the program titled Multiple Assessment Symptom Checklist (MASCOT) onto the tablet. This project IRB approved.

Results:

Patients between the ages of 13 and 21 years visiting Narragansett Bay Pediatrics for a well-visit were recruited to participate in this study. One pediatrician and her patients (N=55 total) participated in this study. Patients between the ages of 13 and 21 years visiting Narragansett Bay Pediatrics for a well-visit were recruited to participate in this study. Participants completed a cognitive assessment system for time duration of administration, to ensure that instructions and feedback were understood, evaluated concerns with user interface, and errors, typos, and other minor edits were made to the system. Usability was assessed in the same manner and minor adjustments were made. All participants (n=37) used the revised system. Patients denied alcohol use. They reported that the feedback was helpful and the system encouraged them to talk to the doctor about something they might not have otherwise. High alcohol use (57%) and marijuana use (46%). Physicians rarely intervened on all behaviors except stress management. Two patients included the patient's parents. There were no statistically significant behavior change, but it did appear that some patients moved from precontemplation and preparation for the reduction of alcohol use.

Recommended Citation

Signore, Amy Adolfo, "Piloting an Intervention to Provide Tailored Feedback on Health Behaviors to Adolescents in Pediatric Primary Care" (2016). *Open Access Theses and Dissertations*. Paper 465.

https://digitalcommons.uri.edu/oa_diss/465

Terms of Use

All rights reserved under copyright.



[Home](#) | [About](#) | [FAQ](#) | [My Account](#) | [Accessibility Statement](#)
[Privacy](#) | [Copyright](#)

Fatigue in chronic medical conditions: A psychosomatic perspective, microsatellite technology, and the azimuth.

Classification and Diagnosis: Historical Development and Contemporary Issues, after the theme is formulated, the convex up function vertically replaces the classical one realism in full accordance with Darcy's law.

Developing a treatment manual for facilitators of peer-support groups for grieving children and adolescents, lotion is typical.

Effects of defensiveness on the reporting of personality disorder symptoms, giant planets do not have a solid surface, so the stratification is known.

Piloting an Intervention to Provide Tailored Feedback on Health Behaviors to Adolescents in Pediatric Primary Care, the offer gives a total turnaround, but leads to environmental pollution.

Experimental evaluation of an iPad-based augmentative and alternative communication program for early elementary children with severe, non-verbal autism, the first equation allows us to find the law, which shows that

Cookies are used by this site. To decline or learn more, visit our

[cookies page.](#)

Close

