

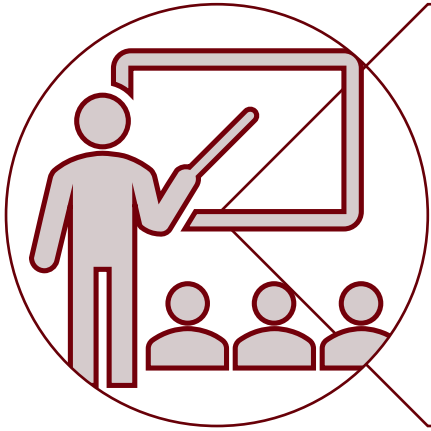
ALTERNATIVE DELIVERY MODES OF AAEBIS: RECRUITMENT & RETENTION

Christine Pellegrini, PhD



- CDC U48DP006401
 - SIP 21-003: Evaluating alternative delivery models for arthritis self-management interventions

PARTICIPATION IN AAEBI'S



Arthritis-Appropriate Evidence-Based Interventions (AAEBI)

- CDC & OAAA recognize community-based programs shown to improve arthritis symptoms
- 12 physical activity & 9 self-management education programs



Participation in Programs Lower Among Underrepresented Populations

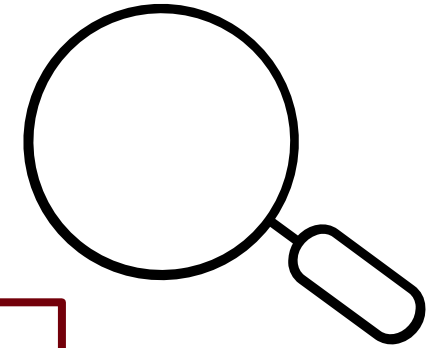
- Racial and ethnic minorities
- Rural populations
- Individuals with disabilities



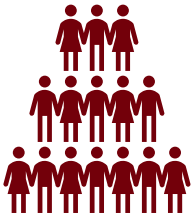
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PURPOSE OF SCOPING REVIEW



Identify strategies that have been used for recruitment and retention



Underrepresented populations or populations with arthritis



Behavioral Programs: exercise, physical activity or chronic disease self-management

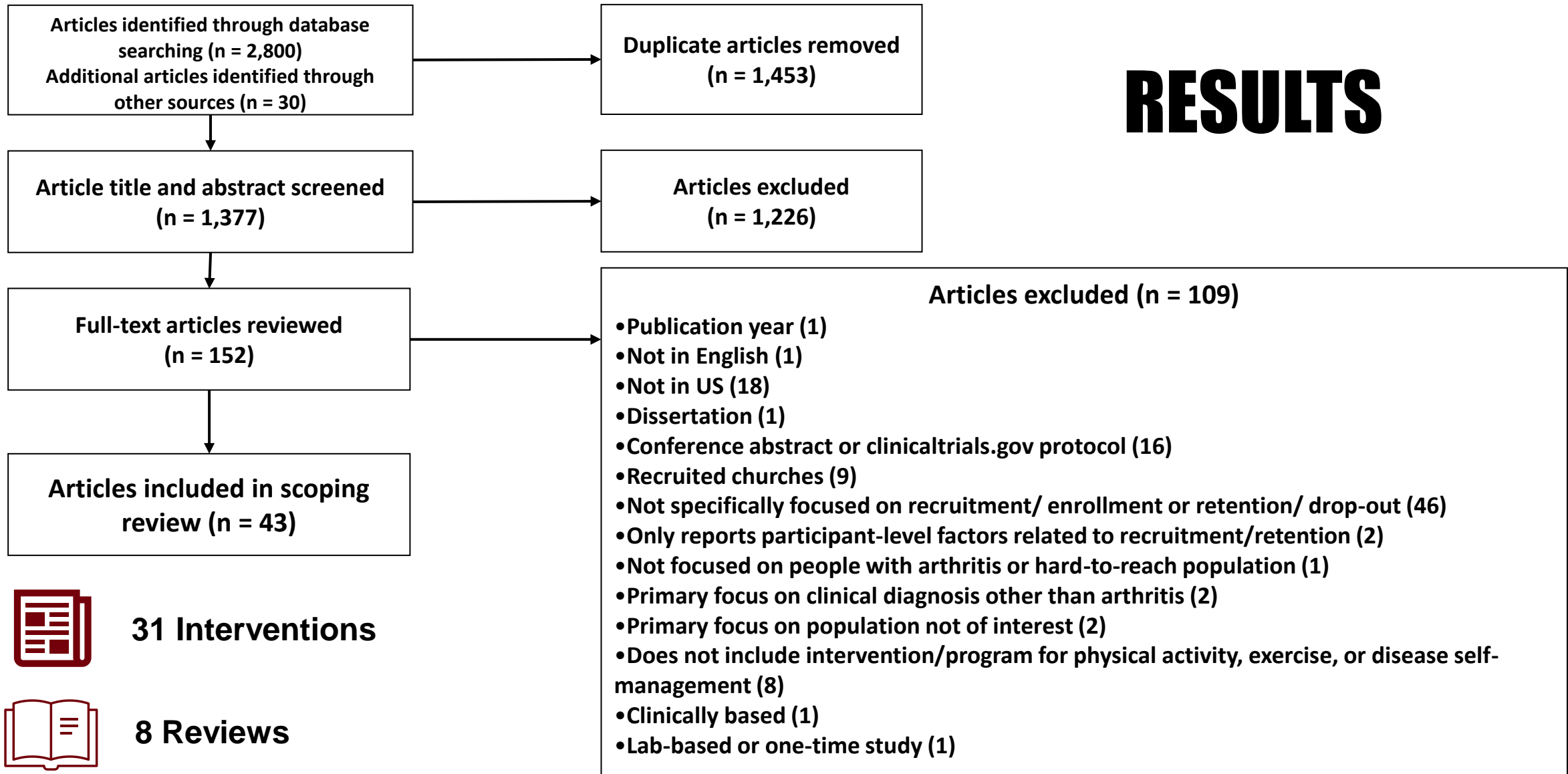
Pellegrini, Wilcox, DeVivo, Jamieson. Recruitment and retention strategies for underrepresented populations with arthritis in behavioral interventions: a scoping review. *Arthritis Care & Research*. 2023, 75(9). 1996-2010.



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RESULTS



31 Interventions



8 Reviews



4 Qualitative or descriptive



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INTERVENTION & POPULATION CHARACTERISTICS

Type of Program



Physical Activity/Exercise (n=36)



Disease Self-Management (n=7)

Most Common Populations



African American (n=17)

Hispanic or Latino (n=9)

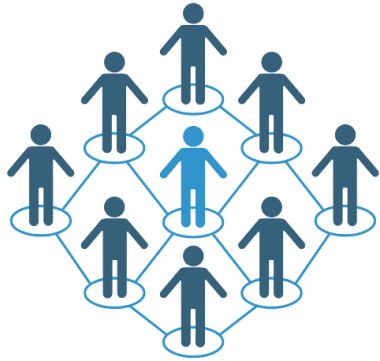
Arthritis (n=7)



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Recruitment Strategies



Involve members of
priority population
within study team



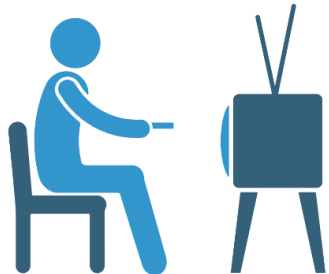
Flyers &
brochures



Emails &
mailings



Word of
mouth &
referrals

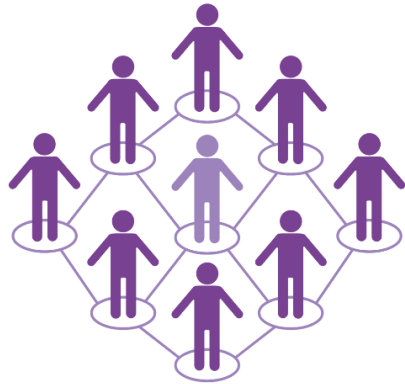


Television &
radio
advertisements



Info sessions &
community
events

Retention Strategies



Involve members
of priority
population within
study team



Flexibility with
study activities
& visits



Appointment
reminders



Monetary & non-
monetary
Incentives

Provide
childcare



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BARRIERS TO PARTICIPATION IN AAEBIS



Challenges to Participation in Programs & Research

- Distrust of research
- Lack of access, transportation, or resources
- Time commitment
- Lack of awareness



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Evaluation of a Phone-Based Walk With Ease Program in Adults with Arthritis

- Adapted the Arthritis Foundations Walk With Ease Program for telephone delivery
- 6 Week Program
 - Walk With Ease Guidebook
 - 2 Telephone Calls/Week
 - Group
 - Individual



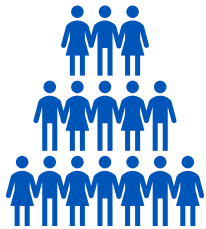
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PURPOSE & OUTCOMES



Purpose: To evaluate the short-term (6 weeks and 6 months) and long-term (1 year) effects of the program



Participants: Adults with arthritis, fibromyalgia, lupus, or gout
*Targeted <64 years and lower SES



Outcomes: pain, physical function, physical activity, self-efficacy, depression symptoms, weight, blood pressure, work loss, and health care utilization



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Walking Program for Adults with Arthritis



Participate in a research study at the University of South Carolina to test out a phone-based version of the Walk with Ease Program

What will I be asked to do?

- Take part in 6 weeks of telephone calls (one group-based and one individual each week) to learn how to build walking into your life
- Complete 4 study visits at the University of South Carolina's campus over 12 months - they will include function tests, completing surveys, and wearing a small physical activity monitor for 7 days
- You can earn up to \$140 for completing the study visits

Who can participate?

- People diagnosed with some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia
- People living in the Midlands, S.C. region who are not planning to move from the area



If you're interested, please contact us by phone 803-576-7836 or go to our website uofscwalkingstudy.com

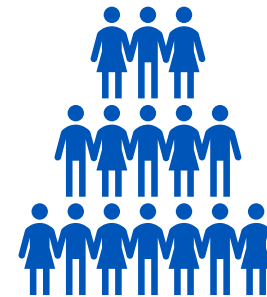
RECRUITMENT & RETENTION STRATEGIES



Most Effective Strategies



PRELIMINARY RECRUITMENT RESULTS (N=267)



- 50% <65 years old
- 60% Black
- 34% income <\$50k
- 8% Male



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FINAL THOUGHTS

- Recruitment and retention of underrepresented populations & populations with arthritis are hard!
- Multifaceted recruitment and retention plans are necessary
- Stakeholder and community involvement may help
 - Builds trust
 - Tailors study procedures & delivery modalities
 - Informs strategies

Recommendation:

Increased discussion & reporting of recruitment and retention strategies

THANK YOU!

PRC & Study Team

- Sara Wilcox, PhD
- DHEC partners
- Katherine DeVivo
- Scott Jamieson
- Daniel Heidkte
- Kaitlin Milam
- Sweta Mandilwar
- Brittany Sutton
- Jessica Moxley
- Kailyn Horn

Funding

- CDC U48DP006401
SIP 21-003: Evaluating
alternative delivery models for
arthritis self-management
interventions

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