



# A Randomized Clinical Trial of a Tailored Lifestyle Intervention for Obese, Sedentary, Primary Care Patients

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## HOW IT WORKS

In each issue, the *Annals* selects an article or articles and provides discussion tips and questions. We encourage you to take a RADICAL approach to these materials and to post a summary of your conversation in our online discussion. (Open the article online and click on "TRACK Comments: Submit a response.") You can find discussion questions and more information online at: <http://www.AnnFamMed.org/AJC/>.

## CURRENT SELECTION

### Article for Discussion

Eaton CB, Hartman S, Perzanowski E, et al. A randomized clinical trial of a tailored lifestyle intervention for obese, sedentary, primary care patients. *Ann Fam Med*. 2016;14(4):311-319.

### Discussion Tips

This article provides a chance to consider a pragmatic intervention for one of the country's biggest health problems.

### Discussion Questions

- What question is asked by this study and why does it matter?

- Why did the authors choose this lifestyle intervention? How does this intervention differ from other programs for obese, sedentary adults?
- How appropriate is the block-randomized controlled trial design for answering this question?
- To what degree can the findings be accounted for by:
  1. How patients were selected, excluded, randomized, and lost to follow-up?
  2. How the main outcome variables were measured or self-reported?
  3. Confounding (false attribution of causality because 2 variables discovered to be associated actually are associated with a 3rd factor)? How do the authors attempt to control for confounding in their analysis?
  4. Chance?
- What are the main study findings?
- How do you interpret the differences in outcomes after 6, 12, 18, and 24 months follow-up?
- How applicable is the study protocol to your practice? Are the study participants similar to your patients? What would be needed to make such an intervention practical in your setting?
- How could this study change your practice? Policy? Education? Research?
- If you designed a new lifestyle intervention for obese, sedentary adults in your own practice, how would it be structured and why? What evidence would you have to support its efficacy?
- What are the next steps in interpreting or applying these findings?
- What researchable questions remain?

## References

1. Stange KC, Miller WL, McLellan LA, et al. *Annals Journal Club: It's time to get RADICAL.* *Ann Fam Med*. 2006;4(3):196-197. <http://annfammed.org/cgi/content/full/4/3/196>.