

Appendix C

Figure 1
Clinical Scholar Model



Appendix D



APPROVAL: EXPEDITED REVIEW

Ruth Deboard
 CONHI - DNP
 -
 Ruth.DeBoard@asu.edu

Dear Ruth Deboard:

On 2/6/2016 the ASU IRB reviewed the following protocol:

Type of Review:	Initial Study
Title:	Health Promotion Education for Overweight and Obese Adults with Endocrine Disorders
Investigator:	Ruth Deboard
IRB ID:	STUDY00003037
Category of review:	(7)(a) Behavioral research
Funding:	None
Grant Title:	None
Grant ID:	None
Documents Reviewed:	<ul style="list-style-type: none"> • Appendix M DeBoard CITI Completion, Category: Other (to reflect anything not captured above); • Appendix F-Health Promotion Education Topic Outline-Revision 1.pdf, Category: Other (to reflect anything not captured above); • Appendix I-ACSM-Finding your Motivation for Exercise.pdf, Category: Participant materials (specific directions for them); • Appendix E-Obesity Questionnaire Pre-test-Revision 1.pdf, Category: Measures (Survey questions/Interview questions /interview guides/focus group questions); • Appendix J-Follow-up Script-Endocrine Obesity.pdf, Category: Recruitment materials/advertisements /verbal scripts/phone scripts; • Appendix C-1 - PAR-Q.pdf, Category: Screening forms; • Appendix B-Recruitment Flyer-Endocrine Obesity-

	<ul style="list-style-type: none"> Revision 1.pdf, Category: Recruitment Materials; • Appendix C-Informational Letter-Endocrine Obesity-Revision 1.pdf, Category: Recruitment Materials; • Appendix G-Tipsheet Build A Healthy Meal.pdf, Category: Participant materials (specific directions for them); • Appendix H-Tipsheet Eating Foods Away From Home.pdf, Category: Participant materials (specific directions for them); • Appendix K-Obesity Questionnaire Post-test-Revision 1.pdf, Category: Measures (Survey questions/Interview questions /interview guides/focus group questions); • Appendix L-Deveau_K_CITI Training.pdf, Category: Other (to reflect anything not captured above); • Appendix A-Office Recruitment Poster-Endocrine Obesity.pdf, Category: Recruitment Materials; • Appendix D-Informed Consent-Endocrine Obesity-Revision 4 (1).pdf, Category: Consent Form; • Deveau-Signed Site Acceptance Letter-Endocrine Obesity.pdf, Category: Off-site authorizations (school permission, other IRB approvals, Tribal permission etc); • Deveau-IRB Template-Endocrine Obesity-Revision 4.docx, Category: IRB Protocol;
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The IRB approved the protocol from 2/6/2016 to 2/10/2017 inclusive. Three weeks before 2/10/2017 you are to submit a completed Continuing Review application and required attachments to request continuing approval or closure.

If continuing review approval is not granted before the expiration date of 2/10/2017 approval of this protocol expires on that date. When consent is appropriate, you must use final, watermarked versions available under the “Documents” tab in ERA-IRB.

In conducting this protocol you are required to follow the requirements listed in the INVESTIGATOR MANUAL (HRP-103).

Sincerely,

IRB Administrator

cc: Kristina Deveau

Appendix E

November 13, 2015

To Whom It May Concern:

On behalf of the AZ Endocrine Institute, P.C., I am pleased to support the evidence based project entitled "Health Promotion Education for Overweight and Obesity in Adults with Endocrine Disorders" as proposed by Dr. Ruth DeBoard and Doctor of Nursing Practice student, Kristina Deveau.

In doing so, our center agrees to serve as a site for this project and data collection with the provision that all personnel specific identifying information will be removed from any and all publications and presentations arising from the results.

Feel free to contact me at (480) 733-5483 with any questions or if you require additional information.

Respectfully,



Dr. Seema Ahluwalia
AZ Endocrine Institute, P.C.
2971 W. Elliot Rd., Suite 1
Chandler, AZ 85224

Appendix F



I am a graduate student at Arizona State University obtaining my Doctorate as a Family Nurse Practitioner. I am offering participation in a project to promote health education regarding nutrition and exercise for patients.

If you are interested in participating:

- Please write in your email address, phone number, or mailing address (whichever you prefer to be contacted with)

Name: _____

Phone Number: _____

Email Address: _____

Mailing Address: _____

Appendix G

Health Promotion Education on Nutrition and Exercise

Dear Participant,

I am a graduate student under the direction of Dr. DeBoard in the College of Nursing and Health Innovation at Arizona State University.

I am inviting you participate in a research project to provide health promotion education in order to increase health promotion behaviors and decrease weight with the goal of reducing the incidence, prevalence, and impact of obesity on the U.S. medical system. This will be accomplished by measuring the change in diet and exercise behaviors.

I am inviting your participation, which will involve responding to a 10-minute questionnaire before a short 20-minute presentation and contact for a follow-up in two weeks with a final 10-minute questionnaire. The initial questionnaire and presentation may take place while you are in the office for your appointment or may be scheduled for another time convenient to you. All participants will receive a follow-up phone call to check on their progression. You have the right not to answer any question, and to stop participation at any time. Your participation in this study is voluntary. If you choose not to participate or to withdraw from the study at any time, there will be no penalty. You must be 18 years or older and speak English to participate in the study.

Your responses to the questionnaires will be used to aid in the development of health promotion information to be given during patient appointments. There will be no direct benefit for participation. Some possible benefits from your participation include a greater knowledge and self-awareness of health promotion behaviors related to nutrition and exercise.

Your responses will be kept confidential. The results of this study may be used in reports, presentations, or publications but your name will not be used.

Sincerely,

Kristina Deveau, BSN, RN
Doctor of Nursing Practice-Family Nurse Practitioner Student
Arizona State University

Appendix H

Informed Consent

Project Title: Health Promotion Education on Nutrition and Exercise

Introduction

You are being asked to take part in a research project. The information in this form is being given to you to help you decide if you do or do not want to enroll. The people doing this project will answer any questions you have and give you more information. If you decide to take part in the project, you will be asked to sign this consent form. A copy of this form will be given to you.

What is the purpose of this research project?

The goal for this project is to increase health promotion behaviors and decrease weight. This will be accomplished by measuring changes in:

- Dietary behaviors
- Exercise behaviors

Why are you being asked to participate?

You are being asked to be in this project because:

1. You are age 18 or older
2. You speak English
3. You are an endocrinology patient
4. Body Mass Index (BMI) ≥ 25

How many people will be asked to participate in this project?

About 100 patients will be asked to be in this project.

What will happen during this project?

If you agree to be in this project, you will:

1. Fill out a questionnaire about your diet and exercise behaviors.
2. Receive a short 20-minute presentation and handouts on diet and exercise behaviors.
3. Be contacted in 2 weeks for a follow-up questionnaire on diet and exercise behaviors.

How long will I be in this project?

Approximately 40 minutes of your time will be needed for both of the surveys (20 minutes) and presentation (20 minutes).

Are there any risks to me?

You may find that the survey or presentation makes you tired. You may feel uncomfortable during the survey or presentation. You can stop being in the project if you get tired or uncomfortable. There is no physical, financial or employment risk. Your current ability to get health care through

AZ Endocrine Institute, P.C. or other health care provider will not change by being a part of this project. Your current ability to get health care also would not change if you decided you did not want to be a part of this project.

Are there any benefits to me?

1. You may not get any individual benefit from being in this project.
2. Being in this research project may help doctors, nurses, and hospitals plan better care for other patients by aiding in the development of health promotion information to be given during patient appointments.
3. You may get benefit by thinking more about your diet and exercise behaviors.

Will there be any costs to me?

Other than your time, there are no costs to you to be in this project.

Will I be paid to participate in the project?

You will not be paid to participate in this project.

Will video or audio recordings be made of me during the project?

No recordings will be made of you during the project.

Will the information that is obtained from me be kept confidential?

The only people who will know that you were in this project will be the nurse doing the project (Kristina Deveau, BSN, RN, Doctoral Student), her instructor (Ruth DeBoard, PhD, RN, FNP-C), and the staff at AZ Endocrine Institute, P.C.

1. The information you share will be confidential.
2. Your name will not be used in any reports or articles written about this project.
3. Individuals who have the job of protecting people who agree to be in research projects (Human Subjects Protection Program) and the teachers who are supervising the nurse doing the project may want to look at the information you share. If this happens, the information you share will be given to them but your name will not be included.

May I change my mind about being in this project?

Being in this project is your choice. You may decide to not be in the project. You may decide to stop being in the project at any time. Deciding you do not want to be in the project will have no effect on your employment. Your current ability to get health care will not change if you decide not to be in the project. You can change your mind at any time during the project. Any new information we find out during this project will be given to you. This information could change your decision to be in the project.

Whom can I contact for more information?

You can get more information about the project. You can talk about any concerns you have. To do this, call the nurse doing the project Kristina Deveau, BSN, RN, Doctoral Student at (480) 733-5483. Alternately, you may contact Ruth DeBoard, PhD, RN, FNP-C at the College of Nursing and Health Innovation Office phone: (602) 496-0730.

You may also contact the Chair of the Human Subjects Institutional Review Board, through the ASU Office of Research Integrity and Assurance, at (480) 965-6788. You can call them if:

1. You have questions about your rights of being in this project.
2. Have questions or concerns.

Appendix I

Health Promotion Education:

- Restaurant/Fast Food (USDA, 2015b)
 - Choose foods with vegetables, fruits, and whole grains
 - Share a dish
 - Check the calories, fat, and sodium
 - Watch what you drink
 - Plan to take half of your dish home for another meal
- Sugary Beverages (USDA, 2015c)
 - Drink water instead of sugary drinks.
 - There are about 10 packets of sugar in a 12-ounce can of soda.
 - Choose 100% fruit juice instead of fruit-flavored drinks
- Vegetables & Fruits (USDA, 2015a)
 - Make half of your plate vegetables and fruits
 - Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli
 - Select fruit for dessert.
- Breakfast (USDA, 2010)
 - People who skip breakfast often weigh more.
 - Eating a nutrient-dense breakfast may help you lose weight and keep it off.
- Portion Size (USDA, 2015a)
 - Use a smaller plate with meals
 - Can finish entire plate for satisfaction without overeating
 - Take time eating
 - Enjoy tastes and textures
 - Be mindful of how you feel before, during, and after eating
- Exercise (USDHHS, 2008; ACSM, 2015)
 - Know the benefits
 - Evaluate your priorities
 - Track progress
 - Find opportunities
 - Cardio: 30 minutes of moderate-intensity physical activity (such as a brisk walk, but able to carry on a conversation) five days per week, or 20 minutes of more vigorous activity three days per week.
 - The recommended time can be broken into 10-minute increments throughout the day if a longer time is too difficult to complete in one session.
 - Strength training should be performed a minimum of two days each week, with 8-12 repetitions of 8-10 different exercises that target all major muscle groups.
 - The physical activity instructions will be modified verbally based on the patient's age, ability, and individual limitations.

Appendix J

10 tips

Nutrition Education Series

build a healthy meal

10 tips for healthy meals



ChooseMyPlate.gov

A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits
 Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein
 Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



3 include whole grains
 Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy
 Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat
 Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time
 Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate
 Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food
 Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods
 Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way
 Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

Appendix K



10 tips
Nutrition
Education Series

eating foods
away from home



MyPlate 10 tips for eating out

Restaurants, convenience and grocery stores, or fast-food places offer a variety of options when eating out. But larger portions and too many extras can make it difficult to stay within your calorie needs. Think about ways to make healthier choices when eating food away from home.

CALORIES
Now on the Menu

1 consider your drink

Choose water, fat-free or low-fat milk, unsweetened tea, and other drinks without added sugars to complement your meal.

6 fill your plate with vegetables and fruit

Stir-fries, kabobs, or vegetarian options are usually filled with vegetables. Order options without creamy sauces or heavy gravies. Select fruits for dessert.

2 savor a salad

Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.



7 compare the calories, fat, and sodium

Many menus now include nutrition information. Look for items that are lower in calories, saturated fat, and sodium. Check with your server if you don't see them on the menu. For more information, check www.FDA.gov.

3 share a main dish

Divide a main entree between family and friends. Ask for small plates for everyone at the table.

8 pass on the buffet

Have an item from the menu and avoid the "all-you-can-eat" buffet. Steamed, grilled, or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.

4 select from the sides

Order a side dish or an appetizer-sized portion instead of a regular entree. They're usually served on smaller plates and in smaller amounts.

9 get your whole grains

Request 100% whole-wheat breads, rolls, and pasta when choosing sandwiches, burgers, or main dishes.



5 pack your snack

Pack fruit, sliced vegetables, low-fat string cheese, or unsalted nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.



10 quit the "clean your plate club"

When you've eaten enough food, leave the rest. Take leftovers home in a container and chill in the refrigerator right away.

Appendix L



ACSM Information On...

FINDING YOUR MOTIVATION FOR EXERCISE

Starting and sticking with an exercise routine can be very rewarding. Exercise brings a sense of accomplishment but provides many health benefits, too. Finding the motivation to begin exercising and keep exercising can be challenging.

A Complete Physical Activity Program

A well-rounded physical activity program includes aerobic exercise and strength training exercise, but not necessarily in the same session. This blend helps maintain or improve cardiorespiratory and muscular fitness and overall health and function. Regular physical activity will provide more health benefits than sporadic, high intensity workouts, so choose exercises you are likely to enjoy and that you can incorporate into your schedule.

ACSM's physical activity recommendations for healthy adults, updated in 2011, recommend at least 30 minutes of moderate-intensity physical activity (working hard enough to break a sweat, but still able to carry on a conversation) five days per week, or 20 minutes of more vigorous activity three days per week. Combinations of moderate- and vigorous-intensity activity can be performed to meet this recommendation.

Examples of typical aerobic exercises are:

- Walking
- Running
- Stair climbing
- Cycling
- Rowing
- Cross country skiing
- Swimming

In addition, strength training should be performed a minimum of two days each week, with 8-12 repetitions of 8-10 different exercises that target all major muscle groups. This type of training can be accomplished using body weight, resistance bands, free weights, medicine balls or weight machines.

Past experiences, competing priorities and unrealistic expectations can get in the way of leading an active lifestyle.

Know the benefits:

- **Most results of exercise are not instantaneous, so set realistic expectations.** It can take several weeks before seeing improvements in strength, endurance and weight loss. Don't use the scale as your only measure of progress and remember that healthy weight loss should not exceed two pounds per week. Embrace the idea that exercise is about more than losing weight and changing physique.

Exercise can help you in many ways more than what is seen from the outside. Exercise can help improve physical function, mental health and can help reduce chronic disease risk for conditions like cardiovascular disease and cancer. Widen your perception to all the health benefits of physical activity.

- **Immediate results from exercise include positive mental outlook.** Even short bouts of activity can reduce stress and improve mood through the release of endorphins in the brain. Compare how you feel mentally before and after physical activity. When you connect exercise with these positive feelings you start to realize a more immediate benefit. In addition, long term physical activity can cut your risk of dementia and Alzheimer's disease.

- Regular exercise improves the quality of sleep. People who exercise harder report better sleep compared to those that are sedentary or less active.

Evaluate your priorities:

- **Is your health one of your top priorities?** If not, this could keep you from starting and sticking with exercise. Until you place a high value on health and the many benefits of a physically active lifestyle, your efforts will probably fall short. People make time for things that are important to them. Be honest. Where do health and a physically active lifestyle fit into your value system?
- **If exercise feels like one more thing on the to-do list, it is time to reframe your thinking.** By thinking of exercise as a "get to do" instead of a "have to do" the inner voice is messaging a positive experience. If you find yourself saying "I have to exercise" and it seems like drudgery imagine if you start telling yourself "I get to exercise". The inner voice is powerful. What is yours saying?
- **Plan ahead by marking your workout time on your calendar.** Find some time at lunch or plan to get up 30 minutes earlier a few days a week. Treat exercise like any other appointment. Rate the importance of last minute schedule changes. If you wouldn't miss work or break plans with a friend then you shouldn't change your plans to work out.

Embrace your successes:

- **Have you tried exercise in the past but fell short by not meeting your goals?** While we tend to focus on failures, think about what went well and your successes. If your goal was to exercise five days a week and you consistently made it three days, identify what went right to make that happen. It is also important to spend some time deciding if past exercise goals were too ambitious. You may need to scale back expectations to meet other demands in your life.
- **People keep exercising because they have found something they enjoy about it.** Maybe it's the sense of achievement or the camaradery. Are you looking forward to your next workout or do you dread it? Or maybe it's the comfort in knowing that you took time to invest in yourself. Finding the joy in physical activity instead of viewing it as one more thing on the to-do list will keep you motivated.



Track your progress and get connected:

- **Setting goals can help you focus and set a clear direction for what you intend to accomplish.** Be specific about your exercise plan when you are writing down your goals. “Getting in shape” is vague compared to “I will walk Monday, Wednesday, Friday for 45 minutes before dinner.” This lays out an intentional plan for what the exercise is, when it will take place and for how long. Those that write down goals and record their exercise do better with long-term behavior change.
- **Use a fitness app or some other tracking device.** There are many available that can track your workouts and link you to like-minded people. Getting socially connected and tracking your progress can keep you going, especially if you appreciate healthy competition. Not into apps? Step counters and journals can also be powerful motivators. Check your progress throughout the day and if you fall short of your goal, then work in extra steps to get there.
- **Recruit an exercise buddy or two.** Companionship makes exercise fun and creates accountability. Incorporating the social aspects of exercise can keep you engaged. Letting a friend down may be harder than letting yourself down. Group training sessions or walking the neighborhood can be great times to reconnect with friends and to become fit at the same time.

Find opportunities to be active:

- **If your schedule doesn't allow for a full workout, figure out ways that you can get shorter bursts of activity in.** Even short bouts of activity carry many benefits.
 - **Are you waiting for the kids to finish practice?** Take a lap or two around the field.
 - **Do you have an extra 10 minutes at lunch?** Try walking the stairs or hitting the street with a co-worker.
 - **Do you need to refresh your neck and back after a day at the computer?** Keep resistance bands in your desk drawer or tighten up your core by trading your chair for a stability ball.
- **Avoid long periods of sitting by standing up and moving throughout the day.** Standing can boost metabolism, increase circulation and improve lipids. Standing for five minutes of every hour is related to healthier cells. For example, movement sends more oxygen to the muscles and brain which can improve productivity. Try talking on the phone, folding laundry or doing computer work standing up.
- **Variety is key to keep exercise fun and engaging.** Try a new group exercise class, or round up some friends for a few sessions with a personal trainer. With so many exercise options, there is some form of activity for everyone. An open mind and sense of adventure can keep you motivated and looking forward to your next workout!

Staying Active Pays Off!

Those who are physically active tend to live longer, healthier lives. Research shows that moderate physical activity—such as 30 minutes a day of brisk walking—significantly contributes to longevity. Even a person with risk factors like high blood pressure, diabetes or even a smoking habit can gain real benefits from incorporating regular physical activity into their daily life.

As many dieters have found, exercise can help you stay on a diet and lose weight. What's more – regular exercise can help lower blood pressure, control blood sugar, improve cholesterol levels and build stronger, denser bones.

The First Step

Before you begin an exercise program, take a fitness test, or substantially increase your level of activity, make sure to answer the following questions. This physical activity readiness questionnaire (PAR-Q) will help determine if you're ready to begin an exercise routine or program.

- Has your doctor ever said that you have a heart condition or that you should participate in physical activity only as recommended by a doctor?
- Do you feel pain in your chest during physical activity?
- In the past month, have you had chest pain when you were not doing physical activity?
- Do you lose your balance from dizziness? Do you ever lose consciousness?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Is your doctor currently prescribing drugs for your blood pressure or a heart condition?
- Do you know of any reason you should not participate in physical activity?

If you answered yes to one or more questions, if you are over 40 years of age and have recently been inactive, or if you are concerned about your health, consult a physician before taking a fitness test or substantially increasing your physical activity. If you answered no to each question, then it's likely that you can safely begin exercising.

Prior to Exercise

Prior to beginning any exercise program, including the activities depicted in this brochure, individuals should seek medical evaluation and clearance to engage in activity. Not all exercise programs are suitable for everyone, and some programs may result in injury. Activities should be carried out at a pace that is comfortable for the user. Users should discontinue participation in any exercise activity that causes pain or discomfort. In such event, medical consultation should be immediately obtained.



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Appendix M

FOLLOW-UP SCRIPT

Hello ma'am/sir! This is Kristina Deveau the graduate nurse practitioner student from Arizona State University. I am contacting you to follow-up on the nutrition and exercise information we talked about two weeks ago. How have you been doing? Is it alright if I ask you some follow-up questions from the last two weeks? (Proceed to post-test)

Thank you so much for your time! I hope you felt like this information has been helpful.

Appendix N

Tables 3 & 4
Demographics

Table 3

Demographics		<i>n</i> (%)
Gender	<i>Male</i>	6 (40)
	<i>Female</i>	9 (60)
Ethnicity	<i>Caucasian</i>	5 (33.3)
	<i>Hispanic</i>	5 (33.3)
	<i>African American</i>	3 (20)
	<i>Native American</i>	1 (6.7)
	<i>Asian</i>	0 (0)
Marital Status	<i>Married</i>	8 (53.3)
	<i>Divorced</i>	2 (13.3)
	<i>Single</i>	5 (33.3)
Education	<i>High School Graduate/GED</i>	1 (6.7)
	<i>Some College</i>	8 (53.3)
	<i>College Graduate</i>	4 (26.7)
# of Dependents	<i>0</i>	8 (53.3)
	<i>2</i>	4 (26.7)
	<i>>2</i>	3 (20)

n = # of participants

Table 4

Demographics	Mean	Range
Age (Years)	50	28-72
Height (Inches)	65.4	58-72
Weight (Pounds)	209.7	150-265
Body Mass Index (BMI)	34.5	25.74-46.85

Appendix O

Table 5

Differences between pretest, posttest, and mean Health Promotion Behaviors Score.

Health Promotion Behaviors Score	Mean (SD)	<i>t</i> (df)	<i>p</i> value
<i>Pretest</i>	61 (4.72)	-2.55 (14)	0.023
<i>Posttest</i>	66 (6.23)		

Appendix PTable 6
Cost Analysis

Materials	Cost (dollars)
Printed Forms (Consents, Recruitment flyers & posters, Informational Letters, Pre- and Post-tests)	\$80
Patient Education Handouts	\$70
Encrypted USB Drive	\$15
Total Cost	\$165