



## The Health Foundation's Co-creating Health Initiative

### References: Advanced Development Program The Science of Self-Management Support Webinar

**Presented by: Dr. Michael G. Goldstein & Dr. Sue Roberts**

Adams, K., Corrigan, J., & Committee on Identifying Priority Areas for Quality Improvement, I. o. M. (2003). *Priority Areas for National Action: Transforming Health Care Quality*. Washington, DC: National Academies Press.

Anderson, R., Funnell, M., Butler, P., Arnold, M., Fitzgerald, J., & Feste, C. (1995). Patient empowerment: Results of a randomized controlled trial. *Diabetes Care*, 18(7), 943-949.

Barlow, J., Wright, C., Sheasby, J., Turner, A., & Hainsworth, J. (2002). Self-management approaches for people with chronic conditions: a review. *Patient Educ Couns*, 48(2), 177-187.

Battersby, M., Harvey, P., Mills, P. D., Kalucy, E., Pols, R. G., Frith, P. A., et al. (2007). SA HealthPlus: a controlled trial of a statewide application of a generic model of chronic illness care. *Milbank Q*, 85(1), 37-67.

Becker, M. H. (1985). Patient adherence to prescribed therapies. *Med Care*, 23(5), 539-555.

Bodenheimer, T., K. Lorig, et al. (2002). "Patient self-management of chronic disease in primary care." *Jama* 288(19): 2469-75.

Bodenheimer, T., K. MacGregor, et al. (2005). *Helping Patients Manage Their Chronic Conditions*, California Health Care Foundation: 1-25.

Bohart, A., & Greenberg, L. W. (1997). Empathy: Where are we and where do we go from here? In A. Bohart & L. W. Greenberg (Eds.), *Empathy Reconsidered: New Directions in Psychotherapy*. Washington, D.C.: American Psychological Association.

Center for the Advancement of Health (CFAH). (2002). *Essential Elements of Self-Management Interventions* (No. 8035): Center for the Advancement of Health; Funded by the Robert Wood Johnson Foundation.

Chodosh, J., Morton, S. C., Mojica, W., Maglione, M., Suttorp, M. J., Hilton, L., et al. (2005). Meta-analysis: chronic disease self-management programs for older adults. *Ann Intern Med*, 143(6), 427-438.

Clark, N. M., & Becker, M. H. (1998). Theoretical Models and Strategies for Improving Adherence and Disease Management. In S. Shumaker, E. B. Schron, J. K. Ockene & W. L. McBee (Eds.), *The Handbook of Health Behavior Change: Second Edition* (Second ed., pp. 5-32). New York: Springer Publishing Company.

Corabian, P., & Harstall, C. (2001). *Patient diabetes education in the management of adult type 2 diabetes*. Edmonton, AB, Canada: Alberta Heritage Foundation for Medical Research.

Corbin, J., & Strauss, A. (1998). *Unending Work and Care: Managing Chronic Illness at Home*. San Francisco: Jossey-Bass Publishers.

DiMatteo, M., & DiNicola, D. (1982). *Achieving Patient Compliance*. Elmsford, NY: Pergamon.

DiMatteo, M. R., Hays, R. D., Gritz, E. R., Bastani, R., Crane, L., Elashoff, R., et al. (1993). Patient adherence to cancer control regimens: Scale development and initial validation. *Psychological Assessment*, 5, 102-112.

DiMatteo, M. R., Reiter, R. C., & Gambone, J. C. (1994). Enhancing medication adherence through communication and informed collaborative choice. *Health Communication*, 6(4), 253-265.

Fisher, E. B., C. A. Brownson, et al. (2005). "Ecological Approaches to Self-Management: The Case of Diabetes." *American Journal of Public Health* 95: 1523-1535.

Funnell, M. M., Anderson, R. M., Arnold, M. S., Barr, P. A., Donnelly, M., Johnson, P. D., Taylor-Moon, D., & White, N. H. (1991). Empowerment: an idea whose time has come in diabetes education. *Diabetes Educ*, 17(1), 37-41.

Funnell, M. M., & Anderson, R. M. (2002). Working toward the next generation of diabetes self-management education. *Am J Prev Med*, 22(4 Suppl), 3-5.

Funnell, M. M., Brown, T. L., Childs, B. P., Haas, L. B., Hoseney, G. M., Jensen, B., et al. (2007). National Standards for Diabetes Self-Management Education. *Diabetes Care* 30(6), 1630-1637.

Glasgow, R. E., Funnell, M. M., Bonomi, A. E., Davis, C., Beckham, V., & Wagner, E. H. (2002). Self-management aspects of the improving chronic illness care breakthrough series: implementation with diabetes and heart failure teams. *Ann Behav Med*, 24(2), 80-87.

Glasgow, R. E., C. L. Davis, et al. (2003). "Implementing practical interventions to support chronic illness self-management." *Jt Comm J Qual Saf* 29(11): 563-74.

Glasgow, R. E., Fisher, L., Skaff, M., Mullan, J., & Toobert, D. J. (2007). Problem solving and diabetes self-management: investigation in a large, multiracial sample. *Diabetes Care*, 30(1), 33-37.

Glasgow, R. E., Fisher, E. B., Anderson, B. J., LaGreca, A., Marrero, D., Johnson, S. B., et al. (1999). Behavioral science in diabetes. Contributions and opportunities. *Diabetes Care*, 22(5), 832-843.

Glasgow, R. E., Hiss, R. G., Anderson, R. M., Friedman, N. M., Hayward, R. A., Marrero, D. G., et al. (2001). Report of the health care delivery work group: behavioral research related to the establishment of a chronic disease model for diabetes care. *Diabetes Care*, 24(1), 124-130.

Glasgow, R. E., M. G. Goldstein, et al. (2004). "Translating What We Have Learned Into Practice: Principles and Hypotheses for Interventions Addressing Multiple Behaviors in Primary Care." *American Journal of Preventive Medicine* 27((2suppl)): 88-101.

Goldstein, M. G., E. P. Whitlock, et al. (2004). "Multiple behavioral risk factor interventions in primary care; Summary of research evidence." *Am J Prev Med* 27(2 Suppl): 61-79.

Goldstein, M. G. (2002). Promoting Self-Management in Primary Care Settings: Limitations and Opportunities: A Commentary. In R. Williams & W. Herman & A.-L. Kinmonth & N. J. Wareham (Eds.), *The Evidence Base for Diabetes Care* (pp. 701-710). West Sussex, England: John Wiley and Sons, LTD.

Handley, M., MacGregor, K., Schillinger, D., Sharifi, C., Wong, S., & Bodenheimer, T. (2006). Using action plans to help primary care patients adopt healthy behaviors: a descriptive study. *J Am Board Fam Med*, 19(3), 224-231.

Haynes, R. B., Taylor, D. W., & Sackett, D. L. (1979). *Compliance in Health Care*. Baltimore: Johns Hopkins University Press.

Heisler, M., Bouknight, R. R., Hayward, R. A., Smith, D. M., & Kerr, E. A. (2002). The relative importance of physician communication, participatory decision making, and patient understanding in diabetes self-management. *J Gen Intern Med*, *17*(4), 243-252.

Heisler, M., Vijan, S., Anderson, R. M., Ubel, P. A., Bernstein, S. J., & Hofer, T. P. (2003). When do patients and their physicians agree on diabetes treatment goals and strategies, and what difference does it make? *J Gen Intern Med*, *18*(11), 893-902.

Hibbard, J. H., Mahoney, E. R., Stock, R., & Tusler, M. (2007). Do increases in patient activation result in improved self-management behaviors? *Health Serv Res*, *42*(4), 1443-1463.

Hibbard, J. H., Mahoney, E. R., Stockard, J., & Tusler, M. (2005). Development and testing of a short form of the patient activation measure. *Health Serv Res*, *40*(6 Pt 1), 1918-1930.

Kaplan, S., Greenfield, S., & Ware, J. (1989). Assessing the effects of physician-patient interactions on the outcomes of chronic disease. *Medical Care*, *27*(Suppl 3), S110-S127.

Kinmonth, A. L., Woodcock, A., Griffin, S., Spiegel, N., & Campbell, M. J. (1998). Randomised controlled trial of patient centred care of diabetes in general practice: impact on current wellbeing and future disease risk. The Diabetes Care From Diagnosis Research Team. *Bmj*, *317*(7167), 1202-1208.

Kirschenbaum, H. (1979). *On Becoming Carl Rogers*. New York: Delta/Dell.

Lorig, K. R., Mazonson, P. D., & Holman, H. R. (1993). Evidence suggesting that health education for self-management in patients with chronic arthritis has sustained health benefits while reducing health care costs. *Arthritis Rheum*, *36*(4), 439-446.

Lorig, K. R., & Holman, H. R. (2003). Self-management education: history, definition, outcomes, and mechanisms. *Ann Behav Med*, *26*(1), 1-7.

Marks, R., Allegrante, J. P., & Lorig, K. (2005). A review and synthesis of research evidence for self-efficacy-enhancing interventions for reducing chronic disability: implications for health education practice (part II). *Health Promot Pract*, *6*(2), 148-156.

- Meichenbaum, D., & Turk, D. (1987). *Facilitating treatment adherence: A practitioner's guidebook*. New York: Plenum Press.
- Miller, W. R., & Rolnick, S. (1991). *Motivational Interviewing: Preparing People to Change Addictive Behavior*. New York: Guilford.
- Miller, W. R., & Rolnick, S. (2002). *Motivational Interviewing: Preparing People for Change*. Second Edition. New York: Guilford.
- Miller, W. R. (2000). Rediscovering fire: small interventions, large effects. *Psychol Addict Behav*, 14(1), 6-18.
- Norris, S. L., Engelgau, M. M., & Narayan, K. M. V. (2001). Effectiveness of Self-Management Training in Type 2 Diabetes: A systematic review of randomized controlled trials. *Diabetes Care*, 24(3), 561-587.
- Ockene, I. S., Hebert, J. R., Ockene, J. K., Merriam, P. A., Hurley, T. G., & Saperia, G. M. (1996). Effect of training and a structured office practice on physician-delivered nutrition counseling: the Worcester-Area Trial for Counseling in Hyperlipidemia (WATCH). *Am J Prev Med*, 12(4), 252-258.
- Ockene, I. S., Hebert, J. R., Ockene, J. K., Saperia, G. M., Stanek, E., Nicolosi, R., et al. (1999). Effect of physician-delivered nutrition counseling training and an office-support program on saturated fat intake, weight, and serum lipid measurements in a hyperlipidemic population: Worcester Area Trial for Counseling in Hyperlipidemia (WATCH). *Arch Intern Med*, 159(7), 725-731.
- Orlinsky, D., Grawe, K., & Parks, B. (1994). Process and outcome in psychotherapy - noch einmal. In A. Bergin & S. Garfield (Eds.), *Handbook of Psychotherapy and Behavior Change* (4th ed., pp. 270-378). New York: Wiley.
- Osborne, R. H., Wilson, T., Lorig, K. R., & McColl, G. J. (2007). Does self-management lead to sustainable health benefits in people with arthritis? A 2-year transition study of 452 Australians. *J Rheumatol*, 34(5), 1112-1117.
- Prochaska, J. O., & DiClemente, C. C. (1986). Towards a comprehensive model of change. In W. R. Miller & N. Heather (Eds.), *Treating Addictive Disorders: Processes of Change*. New York: Plenum Press.
- Prochaska, J. O., Velicer, W. F., Rossi, J. S., Goldstein, M. G., Marcus, B. H., Rakowski, W., et al. (1994). Stages of change and decisional balance for 12 problem behaviors. *Health Psychol*, 13(1), 39-46.

Rogers, C. (1980). *A Way of Being*. Boston: Houghton Mifflin.

Rollnick, S., Mason, P., & Butler, C. (1999). *Health Behavior Change: A Guide for Practitioners*. Edinburgh: Churchill Livingstone.

Rubak, S., A. Sandbaek, et al. (2005). "Motivational interviewing: a systematic review and meta-analysis." *Br J Gen Pract* **55**(513): 305-12.

Safran, D. G., Taira, D. A., Rogers, W. H., Kosinski, M., Ware, J. E., & Tarlov, A. R. (1998). Linking primary care performance to outcomes of care. *J Fam Pract*, *47*(3), 213-220.

Sherbourne, C. D., Hays, R. D., Ordway, L., DiMatteo, M. R., & Kravitz, R. L. (1992). Antecedents of adherence to medical recommendations: results from the Medical Outcomes Study. *J Behav Med*, *15*(5), 447-468.

Squier, R. W. (1990). A model of empathic understanding and adherence to treatment regimens in practitioner-patient relationships. *Soc Sci Med*, *30*(3), 325-339.

Stewart, M., Brown, J. B., Boon, H., Galajda, J., Meredith, L., & Sangster, M. A. (1999). Evidence on Patient-Doctor Communication. *Cancer Prevention & Control*, *3*(1), 25-30.

Wagner, E. H. (1998). Chronic disease management: what will it take to improve care for chronic illness? *Eff Clin Pract*, *1*(1), 2-4.

Wagner, E. H., Glasgow, R. E., Davis, C., Bonomi, A. E., Provost, L., McCulloch, D., et al. (2001). Quality improvement in chronic illness care: a collaborative approach. *Jt Comm J Qual Improv*, *27*(2), 63-80.

Whitlock, E. P., Orleans, C. T., Pender, N., & Allan, J. (2002). Evaluating primary care behavioral counseling interventions: an evidence-based approach. *Am J Prev Med*, *22*(4), 267-284.

Williams, G. C., Rodin, G. C., Ryan, R. M., Grolnick, W. S., & Deci, E. L. (1998). Autonomous regulation and long-term medication adherence in adult outpatients. *Health Psychol*, *17*(3), 269-276.