

The following are measurement tools and evidence-based programs that have been validated by outside research. This is not meant to be an exhaustive list. It is designed to give you a starting point and some options when creating a plan to measure your work. *The MetroWest Health Foundation does not endorse the use of one tool or program/method over another. It is up to you to decide which tools and methods are best for your program.*

General Program Planning and Evaluation Resources

- Centers for Disease Control Framework for Program Evaluation (overview of public health evaluation methodology): <http://www.cdc.gov/eval/framework/>
- Re-Aim Framework (framework for planning, implementing and evaluating public health programs): http://www.re-aim.org/about_re-aim/what_is_re-aim/index.html
- Kellogg Foundation Logic Model Development Guide (framework for developing program logic models): <http://www.wkkf.org/resource-directory/resource/2006/02/wk-kellogg-foundation-logic-model-development-guide>
- The Logic Behind Logic Models (Healthcare Georgia Foundation framework for logic model development): http://www.healthcaregeorgia.org/uploads/publications/The_Logic_Behind_Logic_Models.pdf

Healthy Aging

General Resources

- National Council on Health Aging: Center for Healthy Aging (lists of evidence-based programs and how to access them): <http://www.ncoa.org/improve-health/center-for-healthy-aging/where-to-find-evidence-based.html>
- LGBT Aging Project (resources, information, and programming focused on aging in the LGBT community): <http://www.lgbtagingproject.org/about-us/>
- Stanford School of Medicine Patient Education (numerous evidence-based assessment tools): <http://patienteducation.stanford.edu/research/>
- Re-Aim Framework applied to physical activity programs for older adults: http://www.cdc.gov/aging/pdf/community-based_physical_activity_programs_for_older_adults.pdf

Caregiver Support Measurement Tools

| Tool | What it Measures | How it is Administered | How to Access |
|------------------------------|-------------------------|---|--|
| Zarit Burden Interview | Caregiver Stress | Caregiver completes | Description of Scale: http://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/zarit.aspx Complete Scale: http://www.rgpc.ca/best/GiiC%20Resources/GiiC/pdfs/3%20Caregiver%20Support%20-%20The%20Zarit%20Burden%20Interview.pdf |
| SF-12 | Perceived health status | Caregiver completes or professional interview | Description of Scale: http://www.qualitymetric.com/WhatWeDo/GenericHealthSurveys/SF12v2HealthSurvey/tabid/186/Default.aspx <i>*There is a fee associated with this scale</i> |
| Patient Health Questionnaire | Depression symptoms | Caregiver completes | Complete Scale: http://www.phqscreeners.com/pdfs/02_PHQ-9/English.pdf Description and reliability/validity information: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1495268/ |

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| Revised Memory and Behavior Checklist | Observed behavior problems in patients with dementia and perceived caregiver burden or distress | Caregiver completes | Description of Scale: https://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/memory-behavior.aspx Complete Scale: http://www.alz.org/national/documents/c_assess-revisedmemoryandbehcheck.pdf |
| Caregiver Self-Assessment Questionnaire | Stress levels of caregivers | Caregiver completes | Description of Scale: https://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/self-assessment.aspx Complete Scale: http://www.caregiving.org/wp-content/uploads/2010/11/caregiverselfassessment_english.pdf |

Caregiver Support Evidence-based Practices and Resources

- American Psychological Association (Caregiver assessment tools and best practices in intervention): <https://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/index.aspx>
- Family Caregiver Alliance: Selected Caregiver Assessment Measures (a description of many other measurement tools): http://caregiver.org/caregiver/jsp/content/pdfs/SelCGAssmtMeas_ResInv_FINAL_12.10.12.pdf
- Assuring Healthy Caregivers (CDC): The Re-Aim Framework: http://www.cdc.gov/aging/pdf/caregiving_monograph.pdf
- New York University Caregiver Intervention (designed for spouse caregivers): <http://nrepp.samhsa.gov/ViewIntervention.aspx?id=74>
- Powerful Tools for Caregivers (6 session course focusing on caregiver self-care and communication): <http://www.powerfultoolsforcaregivers.org/>
- Stress Busting Program for Family Caregivers (9 week program designed for caregivers of those with Alzheimer’s disease and dementia): <http://www.caregiverstressbusters.org/>
- Savvy Caregiver Program (12 week course for caregivers of those with Alzheimer’s disease): http://www.rosalynncarter.org/caregiver_intervention_database/dementia/savvy_caregiver/

Social Isolation Measurement Tools

| Tool | What it Measures | How it is Administered | How to Access |
|---|--|--|--|
| De Jong Gierveld Loneliness Scale | Perceived loneliness | Consumer fills out; via phone; or via personal interview | Validation research and survey questions: http://home.planet.nl/~gierv005/ResonAging.pdf . |
| Lubben Social Network Scale | Size of social network and perceived support | Consumer fills out | Description of scale and links to complete scale: https://www.bc.edu/content/bc/schools/gssw/lubben/description_of_thelsns.html |
| Multi-dimensional Scale of Perceived Social Support | Perceived social support | Consumer fills or via telephone | Information: http://www.outcomesdatabase.org/node/666 Complete Scale: http://www.yorku.ca/rokada/psyctest/socsupp.pdf |
| UCLA Loneliness Sale | Perceived social support | Consumer fills out | Validation Study: http://www.tandfonline.com/doi/abs/10.1207/s15327752jpa6601_2 Complete Scale: http://www.fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/Self Measures for Loneliness and Interpersonal Problems V ERSION 3 UCLA LONELINESS.pdf |

Social Isolation Prevention Resources

- AARP Framework for Isolation in Adults Over 50:
http://www.aarp.org/content/dam/aarp/aarp_foundation/2012_PDFs/AARP-Foundation-Isolation-Framework-Report.pdf

Chronic Disease Management and Wellness Measurement Tools

| Tool | What it Measures | How it is Administered | How to Access |
|--|---|--|---|
| Mini Nutritional Assessment | Presence of malnutrition in seniors | Self-report or caregiver completes | Description and scale: http://mna-elderly.com/mna_forms.html |
| Patient Assessment of Care for Chronic Conditions (PACIC) Survey | Quality of care of patients with chronic disease receive | Patient completes | Description and scale: http://www.improvingchroniccare.org/index.php?p=PACIC_Survey&s=36 |
| Assessment of Primary Care Resources and Supports for Chronic Disease Self-Management (PCRS) | Level of support for self-management of chronic disease in primary care | Medical professionals | Description and scale: http://www.improveselfmanagement.org/index.aspx |
| Chronic Disease Self-Efficacy Scale | Patient confidence in managing their disease | Patient completes | Scale and links to validation data: http://patienteducation.stanford.edu/research/secd32.html |
| Rapid Assessment of Physical Activity (RAPA) | Physical activity levels in older adults | Consumer completes or telephone interview (different version of scale) | Description and Scale (the scale is free to use but you need to register on the site): http://depts.washington.edu/hprc/rapa |

Chronic Disease and Wellness Evidence-based Programs and Resources

**Most of these programs have measurement tools as part of them*

- My Life, My Health (chronic disease self-management program):
<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/health-disability/healthy-aging/programs-workshops/my-life-my-health-living-with-chronic-conditions.html>
- Healthy Eating for Successful Living in Older Adults (education course to improve knowledge of nutrition and exercise):
<http://www.ncoa.org/improve-health/center-for-healthy-aging/healthy-eating-for-successful.html>
- Walk with Ease (Arthritis Foundation program that promotes walking and exercise):
<http://www.arthritis.org/resources/community-programs/walk-with-ease/>
- Healthy IDEAS (integrates depression screening and management into existing case managements services):
<http://careforelders.org/default.aspx?menugroup=healthyideas>
- A Matter of Balance (fall prevention workshop): <http://www.ncoa.org/improve-health/center-for-healthy-aging/a-matter-of-balance.html>
- Enhance Fitness (exercise program for older adults): <http://www.projectenhance.org/EnhanceFitness.aspx>
- Stanford University Chronic Disease Self-Management Program: <http://patienteducation.stanford.edu/programs/cdsmp.html>
- BRITE-Brief Intervention and Treatment for Elders (Substance use screening and brief intervention):
<http://brite.fmhi.usf.edu/BRITE.htm>
- Community Healthy Activity Program for Seniors – CHAMPS (physical activity program for seniors):
<http://dne2.ucsf.edu/public/champs/>

Access to Care

| Tool | What it Measures | How it is Administered | How to Access |
|---|--|--|---|
| Behavioral Risk Factor Surveillance System (BRFSS) Survey | A number of health indicators including insurance enrollment and primary care visits | CDC administers via telephone to a random sample | Massachusetts results available at www.mass.gov (search for BRFSS) A Profile of Health Among Massachusetts Adults, 2011 (summary of 2011 results): http://www.mass.gov/eohhs/docs/dph/behavioral-risk/report-2011.pdf |

Evidence-based Resources

- Health Literacy Universal Precautions Toolkit (guide on how practitioners can improve patient health literacy): <http://www.ahrq.gov/professionals/quality-patient-safety/quality-resources/tools/literacy-toolkit/healthliteracytoolkit.pdf>
- Agency for Health Care Research and Quality (U.S. Dept. of Human Service site-various tools and fact sheets): <http://www.ahrq.gov/research/findings/factsheets/tools/toolsria/index.html>

Adolescent Mental Health

Resources

- SAMHSA’s National Registry of Evidence-based Programs (list of evidence-based mental health programs): <http://www.nrepp.samhsa.gov/Index.aspx>
- Mass General Hospital School of Psychiatry (list of tools that measure individual level mental health issues): http://www2.massgeneral.org/schoolpsychiatry/screeningtools_table.asp
- Bright Futures at Georgetown University (various tools and resources on child and youth mental health): <http://www.brightfutures.org/mentalhealth/pdf/tools.html>
- Maine Health (various adolescent mental health assessment tools): http://www.mainehealth.org/mh_body.cfm?id=3018
- National Assembly on School Based Health Care (list of organizational assessment tools for capacity building around mental health): <http://csmh.umaryland.edu/Resources/smhcapacitybuilding/tools.pdf>

| Tool | What it Measures | How it is Administered | How to Access |
|--|--|---|---|
| MetroWest Adolescent Health Survey | A number of health indicators, including mental health | Middle and High School students complete the survey in school every 2 years | Results can be found under the Adolescent Health Tab at: http://www.mwhealth.org/PublicationsampMedia/Reports/tabid/192/Default.aspx?CSSTabID=2 |
| Center for Epidemiological Studies Depression Scale for Children | Depression symptoms | Youth completes | Survey: http://www.brightfutures.org/mentalhealth/pdf/professionals/bridges/ces_dc.pdf Description: http://www2.massgeneral.org/schoolpsychiatry/screening_depression.asp#CES-DC |
| Patient Health Questionnaire (PHQ-9) | Presence & severity of depression | Youth completes | Survey: http://www.mainehealth.org/workfiles/depression/PHQ9_06.09.pdf |

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| CRAFFT Adolescent Alcohol/ Substance Abuse Screening | Alcohol and/or substance abuse | Youth completes | Survey: http://www.mainehealth.org/workfiles/depression/CRAFFT_06.09.pdf |
| CDC's Measuring Bullying Victimization, Perpetration and Bystander Experiences | A number of tools that measure frequency and type of bullying | Different tools are administered differently-most are completed by youth | Surveys and background: http://www.cdc.gov/violenceprevention/pdf/bullycompendium-a.pdf |

Evidence-based Programs and Resources: Bullying Prevention

- Second Step Curriculum (violence prevention curriculum for k-8th grade students): <http://www.secondstep.org/>
- Steps to Respect (school-wide approach to bullying prevention): <http://www.cfchildren.org/steps-to-respect.aspx>
- Stop Bullying. Gov (resource for curriculum and information on bullying prevention): <http://www.stopbullying.gov/index.html>

Evidence-based Programs: Mental and Social-emotional Health

- Brookline Resilient Youth Team (program for high school youth re-entering school after psychiatric hospitalizations): <http://www.brooklinecenter.org/bryt>
- Open Circle (classroom curriculum led by teachers designed to give children (k-5) skills in managing emotions, building positive relationships, and handling challenging social situations): <http://www.open-circle.org/>
- Signs of Suicide (program for middle and high school youth that shows them how to identify symptoms of depression and suicide in themselves and friends): <http://www.mentalhealthscreening.org/programs/youth-prevention-programs/sos/>
- Positive Behavioral Intervention and Supports-PBIS (school-level intervention that promotes positive behavior instead of reacting to negative behavior-it has three tiers of intervention-universal; at-risk students; high needs students): <http://www.pbis.org/default.aspx>