

Indicators of Intervention Success

Exposure/
process

Mediators

Outcome measures

Implementation

Exposure to
intervention
(frequency,
length,
appreciation)

Social cognitive variables/ Change objectives

E.g. intention,
monitoring,
coping planning

Secondary outcomes/ Performance objectives

Behaviour:
Energy intake
Energy
expenditure

Primary outcomes/ objective measures

Weight/ BMI
Waist
circumference
Skin fold thickness

Time of measurement

1 month post
intervention

Baseline, 1 month and 6 months post
intervention

Baseline and 6
months post-
intervention