

**APPENDIX:**  
**Repeated Measures Analysis: 12-Month Outcomes Comparing Life Goals Collaborative Care (LGCC)**  
**Versus Enhanced Treatment as Usual among Patients with Elevated Cardiometabolic Risk Factors**

N=50 Patients with BMI >=30 Cardiometabolic Risk	LGCC (N=21)						Enhanced Treatment as Usual (N=29)						Repeated Measures Analysis <sup>d</sup>					
	Baseline		6 month		12 month		Baseline		6 month		12 month		Beta	95% CI	T	df	P	D <sup>e</sup>
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD						
BMI	36.2	5.3	35.9	6.5	35.0	5.0	38.7	7.1	38.9	8.0	39.0	9.4	-.44	-1.5, .6	-.8	47	.40	-.05
Waist circumference, in	44.9	5.1	46.6	6.3	44.6	6.7	48.3	5.3	50.6	5.9	48.0	5.9	-.63	-1.9, .6	-.9	47	.32	-.12
Blood pressure-systolic mmHg	131.1	13.2	134.5	12.1	135.1	17.4	139.3	24.8	135.8	14.2	138.8	17.7	-2.22	-6.9, 2.5	-.9	47	.34	-.01
Blood pressure-diastolic mmHg	84.6	10.4	84.2	13.0	84.5	11.4	86.9	12.6	86.2	13.8	85.5	12.4	-1.48	-4.9, 1.9	-.9	47	.38	-.13
<b>Quality of Life<sup>a</sup></b>																		
SF-12 MCS	32.1	7.7	32.4	7.1	34.7	5.0	30.0	6.7	31.6	8.3	30.1	6.6	-.34	-2.6, 1.9	-.3	47	.75	-.06
SF-12 PCS	34.3	7.7	35.9	6.9	36.0	9.7	37.0	9.0	35.0	7.3	34.5	7.3	1.67	-.6, 3.9	1.5	47	.14	.23
<b>Functioning<sup>b</sup></b>	18.0	10.7	16.7	8.2	15.3	12.8	21.3	7.7	20.5	6.2	21.5	7.9	-2.07	-4.0,-.1	-2.1	47	.04	-.29
<b>Symptoms<sup>c</sup></b>																		
Depressive	8.0	6.2	5.6	5.7	5.5	5.5	9.9	6.2	9.5	6.5	9.8	6.8	-2.02	-3.9,-.1	-2.1	47	.04	-.39
Manic	17.2	13.1	19.2	16.1	18.3	17.8	22.1	10.7	22.0	12.1	18.1	10.8	.58	-3.2, 4.4	.3	47	.75	.07

- Health-related quality of life (SF-12) includes a mental health (MCS) and physical health component score (PCS). Possible scores range from 0 to 100, with higher scores indicating better health scores. For both summary scores, the population  $M \pm SD$  is  $50 \pm 10$ .
- Impaired functioning was assessed using the World Health Organization Disability Assessment Scale, a 12 item measure that assesses the degree of functional impairment experienced over the past month regarding self-care, mobility, cognition, social functioning, and role functioning, with possible scores ranging from 0 to 48 (higher scores indicating worse functioning).
- Symptom scores were based on the Internal State Scale, an 8-item assessment of depressive and manic symptoms that are strongly correlated with clinician ratings. For depressive symptoms, possible scores range from 0 to 20. For manic symptoms, possible scores range from 0 to 50, Higher score indicate more severe symptoms.
- Repeated measures analysis adjusted for the baseline value of the outcome, effect of the Life Goals Collaborative Care (LGCC), time (6, 12 months), and the interaction of time and LGCC effect.
- Cohen's D is a measure of effect size, with  $D > .3$  indicating small to moderate effect

**Repeated Measures Analysis: 12-Month Outcomes Comparing Life Goals Collaborative Care (LGCC)  
Versus Enhanced Treatment as Usual among Patients with Elevated Cardiometabolic Risk Factors (continued)**

N=20 Patients with Systolic blood pressure >=140 Cardiometabolic Risk	LGCC (N=8)						Enhanced Treatment as Usual (N=12)						Repeated Measures Analysis <sup>d</sup>					
	Baseline		6 month		12 month		Baseline		6 month		12 month		Beta	95% CI	T	df	P	D <sup>e</sup>
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD						
BMI	35.1	7.9	35.4	8.5	36.3	6.0	40.2	7.8	41.9	8.9	41.2	11.7	.69	-.6, 2.0	1.1	17	.28	.09
Waist circumference, in	45.0	7.2	49.1	8.0	48.6	5.8	50.0	4.1	52.9	6.2	49.0	5.4	1.02	-1.4, 3.4	.9	17	.38	.22
Blood pressure- systolic mmHg	147.5	3.3	145.7	14.9	151.8	15.0	162.8	21.3	142.6	14.7	148.6	25.1	4.58	-5.3, 14.5	.9	17	.34	.21
Blood pressure- diastolic mmHg	91.4	11.4	94.2	13.7	95.3	7.5	93.1	12.2	94.6	11.7	87.	15.1	1.85	-5.1, 8.8	.6	17	.58	.16
<b>Quality of Life<sup>a</sup></b>																		
SF-12 MCS	28.2	9.1	33.4	8.4	37.0	4.7	30.5	8.4	28.3	8.0	30.3	8.2	1.75	-1.6, 5.1	1.1	17	.27	.28
SF-12 PCS	35.7	9.5	39.3	8.6	34.8	11.7	34.7	7.1	34.3	6.6	35.3	7.3	1.43	-1.7, 4.5	.9	17	.33	.29
<b>Functioning<sup>b</sup></b>	16.4	11.3	13.4	8.5	15.3	15.4	24.7	8.1	23.0	5.6	23.3	8.1	-3.82	-7.4, -.3	-2.3	17	.04	-.61
<b>Symptoms<sup>c</sup></b>																		
Depressive	9.6	7.9	5.7	6.7	3.8	5.9	10.8	6.9	12.3	7.2	12.3	8.6	-3.52	-6.8, -.2	-2.3	17	.04	-.65
Manic	14.7	13.9	17.9	16.6	22.5	21.4	19.0	10.1	26.0	16.3	12.4	6.6	.70	-5.8, 7.2	.2	17	.82	.07

a. Health-related quality of life (SF-12) includes a mental health (MCS) and physical health component score (PCS). Possible scores range from 0 to 100, with higher scores indicating better health scores. For both summary scores, the population  $M \pm SD$  is  $50 \pm 10$ .

b. Impaired functioning was assessed using the World Health Organization Disability Assessment Scale, a 12 item measure that assesses the degree of functional impairment experienced over the past month regarding self-care, mobility, cognition, social functioning, and role functioning, with possible scores ranging from 0 to 48 (higher scores indicating worse functioning).

c. Symptom scores were based on the Internal State Scale, an 8-item assessment of depressive and manic symptoms that are strongly correlated with clinician ratings. For depressive symptoms, possible scores range from 0 to 20. For manic symptoms, possible scores range from 0 to 50, Higher score indicate more severe symptoms.

d. Repeated measures analysis adjusted for the baseline value of the outcome, effect of the Life Goals Collaborative Care (LGCC), time (6, 12 months), and the interaction of time and LGCC effect.

e. Cohen's D is a measure of effect size, with  $D > .3$  indicating small to moderate effect

**Service Utilization Comparing Patients with Bipolar Disorder Enrolled in  
LGCC Versus Enhanced Treatment as Usual from Baseline to 12-Month Follow-up**

	Total (N= 47)		LGCC (N=24)		Enhanced Treatment as Usual (N=23)				
	N	%	N	%	N	%	t or Chi- Square statistics	df	p-value
<b>Service utilization</b>									
# General Medical visits	5.2±6.8		5.5±7.6		4.9±6.0		-.31	63	.76
0 visits	18	38.3	9	37.5	9	39.1	.71	1	.91
1-2 visits	10	21.3	6	25.0	4	17.4			
3-5 visits	3	6.4	1	4.2	2	8.7			
6 or more visits	16	34.0	8	33.3	8	34.8			
# Mental health visits	12.8±6.1		13.8±5.3		11.7±6.8		-1.14	63	.26
0 visits	1	2.1	0	0	1	4.4	2.19	1	.61
1-2 visits	1	2.1	0	0	1	4.4			
3-5 visits	2	4.3	1	4.2	1	4.4			
6 or more visits	43	91.5	23	95.8	20	87.0			
# Inpatient admissions	.3±.8		.3±.8		.2±.9		-.49	63	.62
0 admissions	40	85.1	19	79.2	21	91.3	1.37	1	.42
1 or more admissions	7	14.9	5	20.8	2	8.7			
# ER visits	.5±.9		.4±.7		.6±1.0		.57	63	.57
0 visits	32	68.1	16	66.7	16	69.6	.05	1	.83
1 or more visits	15	31.9	8	33.3	7	30.4			
<b>Specific programs at sites (not part of LGCC)</b>									
Diet/Exercise counseling at site	19	40.4	12	50.0	7	30.4	1.87	1	.17
Wellness program	7	14.9	3	12.5	4	17.4	.22	1	.64
Tobacco cessation	15	31.9	9	37.5	6	26.1	.70	1	.40