



Research UpDATE

..... DECEMBER 2006

Utah State University • College of Education and Human Services • Office of Research Services

From the Associate Dean

This month's newsletter features the research contributions of two Psychology faculty members, Margaret Lubke and Kerstin Schroder. This past year Psychology's highly productive faculty were awarded 28 contracts and grants for an impressive \$4 million in funding. Faculty were equally productive with publications and presentations, accumulating more than 160.

Be sure to make note of the call for nominations for the College of Education and Human Services Researcher/Scholar of the Year. (See announcement below.)

Finally, two CEHS faculty have been successful in the recent Innovation Funding competition sponsored by the Provost's office. You can find information on that on the back page.

Jim Dorward, CEHS Associate Dean

COLLEGE OF EDUCATION
and HUMAN SERVICES

RESEARCHER/SCHOLAR OF
THE YEAR AWARD
2007-2008

Deadline: January 22, 2007

More information can be found at <http://www.cehs.usu.edu/ors/home.htm> or phone 435-797-1469.



Developing and Measuring Part C and Part B Section 619 Child Outcomes in Utah

Margaret Lubke (Psychology) and R. Brad Althouse (Psychology) are Co-PIs on an Early Childhood Outcomes project. This project, funded for more than \$800,000, is sponsored by the U.S. Department of Education and is being conducted on behalf of the Utah Department of Health's Part C program for infants and toddlers with disabilities (birth to three), Susan Ord, coordinator; and the Utah State Office of Education's Part B Section 619 program for young children with disabilities (ages three through five), Connie Nink, coordinator. Linda Goetze and Diane Behl from the Early Intervention Research Institute at the Center for Persons with Disabilities are also assisting with this project. Granite School District's preschool program, headed up by Brenda Van Gorder, is serving as the development site.

Using a Participatory Action Research (PAR) model, this project will develop preschool outcome indicators, measurement methodology, and evaluation tools that take into account

critical demographic and program service variables for measuring progress.

This project will also assist the Part C program in verifying program outcome data that providers enter into their new data management information system, *Baby and Toddler Online Tracking System* (BTOTS). The verification system will gather evidence to determine whether family centered services are being delivered as planned, and whether the lives of infants and toddlers and their families are improving. Finally, this project will improve the tracking and services of children who transition from Part C to Part C Section 619 services and reduce the number of children who are lost to follow-up.



Intervention Study with Overweight and Obese Adults

Kerstin Schroder, who joined the Department of Psychology in Fall 2003, focuses her research efforts on health risk behaviors and health behavior interventions.

Using the funds from her New Faculty Research Grant, she conducted an intervention study with overweight and obese adults in Cache Val-

ley, testing the effects of a computer-assisted dieting (CAD) intervention on diet, blood chemistry, and weight loss. The intervention featured daily self-monitoring of food intake via a nutrition software program that provided detailed feedback regarding calorie consumption, macronutrients, and diet composition in comparison to the USDA food guide pyramid.

Ninety participants were randomly assigned to a CAD-only intervention (a single-session introduction and provision of the dieting software for individual self-monitoring at home), a CAD plus additional four-session self-management group training intervention (CAD+G), and a waitlist control group. Both intervention groups showed an average weight loss of about 5 lbs during the first three months of the study.

However, during the second quarter, weight loss was retained in the combined (CAD+G) intervention only. CAD+G also led to a greater improvement in diet quality, a greater increase in vegetable consumption, and a greater reduction of fat intake. In contrast, participants in the CAD-only condition returned to their initial weight at the 6-month follow-up. Lipid panel results showed significant health benefits in both intervention groups.

The results suggest that computer-assisted self-monitoring can support initial weight loss, but additional self-management training appears necessary to support maintenance. Dr. Schroder explained that “it is important to understand the degree and longevity of weight loss that overweight and obese people can accomplish on their own, supported by a sophisticated self-monitoring tool only. Cur-

rently, 66% of the U.S. American population are either overweight or obese, and thus, carry multiple risks for chronic disease and premature death. In order to fight the obesity epidemic efficiently, we need intervention strategies that produce maximum, long-term results with powerful, but low-maintenance efforts.”



Innovation Funding Success

The Provost’s office recently concluded the first Innovation Fund campaign, whose goal was to provide funds for “bold, new initiatives that move the university forward.” Cross-departmental collaborations were encouraged.

Ten out of more than 90 proposals were approved campus-wide for a total of \$488,188. Of the 22 Innovation Fund proposals submitted from the CEHS, two were among the final ten that were approved. Below are brief descriptions of the two successful College applicants.

Interdisciplinary Media Research Consortium. Brett Shelton, Instructional Technology faculty member, was successful in acquiring funding for his Interdisciplinary Media Research Consortium (IMRC) proposal. Funds from the Innovation grant will supplement a professional digital

media lab that will create new and advanced educational media products specializing in serious or educational games. A collaborative project between faculty in Instructional Technology, Art, and English, the IMRC will encourage other cross-campus collaborations with content experts and interested research students.

Web-Augmented Hybrid Development Initiative. Nancy Glomb, Special Education and Rehabilitation (SPER) faculty member, will partner with Bob Morgan, also from SPER, and Donna Gilbertson (PYSCH), along with Brett Shelton (InsT) on her recently approved hybrid learning project.

Hybrid learning formats are growing in popularity because they maximize the benefits of traditional face-to-face and online instructional formats. Nancy’s goal is to develop a conceptual framework for converting traditional face-to-face courses to web-augmented “hybrid” delivery configurations. The ultimate goal is to produce a tested model that can be disseminated university-wide.

Oops! Our Mistake. Last issue we credited Sylvia Niehuis with 15 publications from her recent CURI grant. We should have said 13 publications and presentations; specifically four publications and nine presentations. Since then two more articles are under revision and two master’s thesis have been written on the data collected by Sylvia. Still impressive! We apologize for the error.

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Think
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CEHS Research Council: Kim Corbin-Lewis • Jim Barta • Rich Gordin • Grace Huerta • Mimi Recker • Richard Roberts • Lori Roggman • Tim Slocum • Karl White

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