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

**Mediators**
- Baseline, 1 month and 6 months post intervention