Figure 5: Flow design for ADAPT randomized controlled trial

Recruit, consent, and randomize eligible physicians

Identify and recruit eligible patients
RA calls, screens, and consents participants

Baseline physical activity and survey assessment
Pedometers mailed, participants wear for one week and pedometers returned, participants answer survey

Intervention Group

Participants select behavior-change goals
Administered by RA via survey the day before appointment

Study appointment (0, 3, 6 months)
Participants watch video with testimonials about prediabetes

Study appointment (0, 3, 6 months)
Brochure about prediabetes given to participants

Control Group

Providers and patient negotiate behavior-change goals and reminded to check laboratory tests via EHR-embedded tool

Behavior-change props, samples, and prescription given

Website-based reminders (between visits)
Implementation-intentions exercise
Tailored reminders about behavior-change goals
Frequent feedback about progress towards behavior goals with social comparisons

Final physical activity and survey assessment
Participants wear pedometers for one week and pedometers returned, participants answer survey

ADAPT = Avoiding Diabetes Thru Action Plan Targeting; RA = research assistant; EHR = electronic health record.