



The impact of positive social reinforcement on time-to-attrition from the Diabetes Prevention Program in college students at high risk for Type II Diabetes (IMSPIRE-DPP): a study protocol for a phase 3, multicenter, cluster randomized trial

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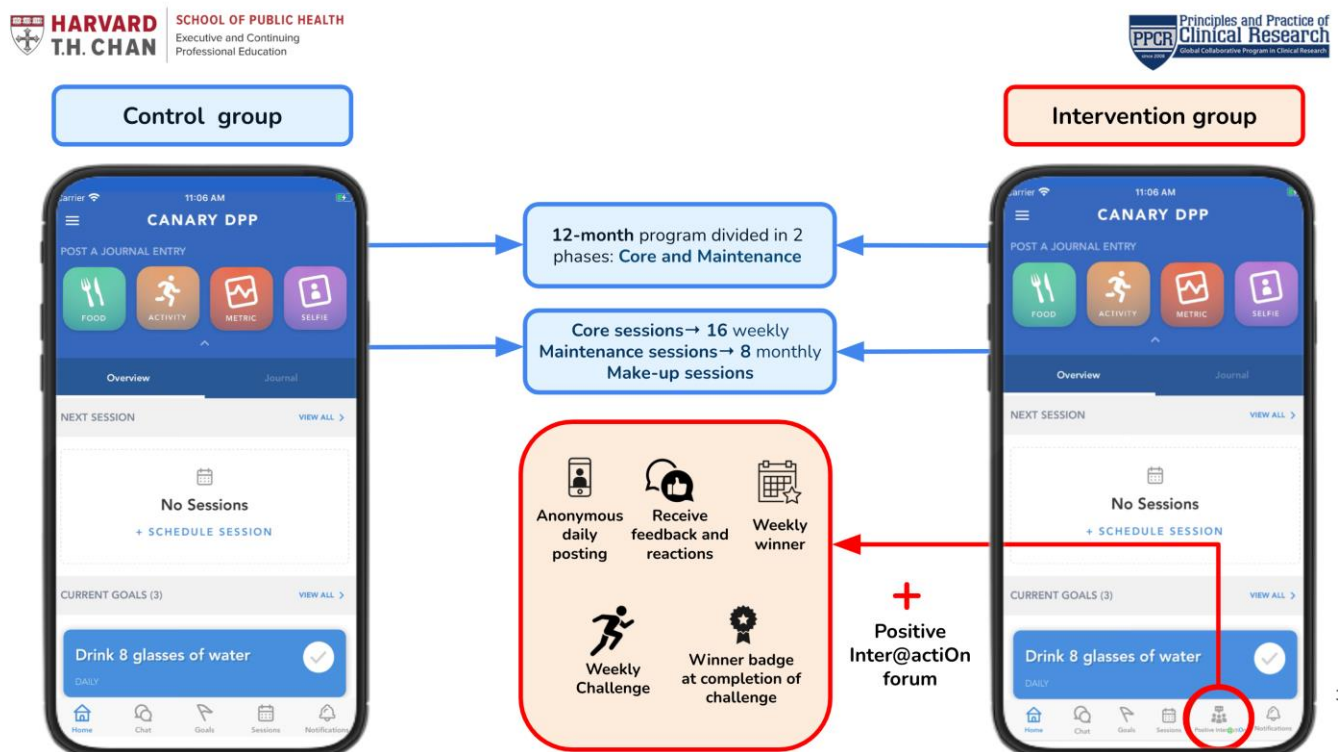
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APPENDICES

A. Schematic diagram of the intervention



B. Conceptual framework of social positive reinforcement

Social reinforcement conceptual framework for the Prevent Diabetes® Program integrated with *Positive Inter@ctiOn* forum.

Conditioned reinforcer	Positive reaction/feedback by health coaches and participants from the intervention group
Operant behavior	Posting of photos/comments of healthy behavior and reached goals set in the action plan
Outcome	Strengthen behavior
Mediators	Health coaches and participants from the intervention group
Reinforcement schedule	<p>Compound reinforcement schedule:</p> <ol style="list-style-type: none"> 1. Variable-interval intermittent schedule: reinforcer will be provided by participants every time a participant posts on the Forum at random times. Expecting slow and steady rates of responding but lasting effect on outcome. 2. Fixed-interval intermittent schedule: reinforcer will be provided by external health coaches after a specific amount of time (24hrs) after the behavior is completed. Expecting slow and steady rates of responding but lasting effect on outcome.

C. Pre-made list of challenges for the Weekly Challenge in the Positive Inter@ctiOn forum based on PreventT2 curriculum*



Stand up & get active! Substitute one sedentary activity you usually do (e.g. taking the elevator to get to class, studying sitting down) for one that increases your physical activity (e.g. taking the stairs, studying walking). Take a picture!



Perfect week tracking 2.0: track your activity in your Fitness Log or journal AND your meals in your Food Log. Be creative and post a picture each day!



Perfect week tracking: track your activity in your Fitness Log or journal. Be creative and post a picture each day!



Start and end your day with something inspiring, read a book or watch motivational content to balance mental health. Take a picture and share it in the forum!



Healthy food swaps! Trade one or two unhealthy foods for similar healthy options. Share with the group!

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