



## 2021 AAEBI Evidence-Based Intervention Review Criteria

The Osteoarthritis Action Alliance (OAAA) is being funded by the Centers for Disease Control and Prevention (CDC) Arthritis Program to manage the review process to consider eligible physical activity and self-management programs for recognition as Arthritis Appropriate, Evidence-Based Interventions (AAEBIs). Below are the criteria used by reviewers to determine such recognition.

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### Program-Specific Documents Needed for the Review

Program developers are required to submit the following documents for consideration during the review:

- An intervention overview (required).
  - Research article(s) concerning the intervention (one is required; max of three permitted).
  - Additional documents the program developers wanted to include (optional).
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### AAEBI Criteria

- In collaboration with the CDC, the OAAA has defined the following criteria for AAEBIs:
  - The program research had to be published in a **peer-reviewed journal article**. Only one article is required for the review; the program developers could submit up to three articles.
  - The program's **pilot study or studies had to include ~75 or more subjects in the treatment group**.
  - **Pre- and Post-test (at least 3 months post) measurement** or more rigorous design.
  - The program research had to **measure at least two arthritis relevant outcomes** (e.g., health status, pain, stiffness, balance, function [physical, psychological, or work], weight management, injury prevention, and disability).
  - The program research had to have **statistically significant changes in at least two arthritis relevant outcomes**.
  - The program **research had to include people with arthritis**.
  - There should be **consistency of evidence** (consistent trend of study results), particularly if more than one article was submitted.
  - Studies documenting evidence judged to have **reasonable rigor**.
  - Infrastructure must be in place to support the program for dissemination (training, manuals, technical assistance, etc.).

#### *Additional Notes:*

- Information about characteristics of the intervention design, characteristics of the physical activity or self-management education (depending on the type of program), and characteristics of the research are not specifically requested, for example, in an independent document for review; however, this information should be available in the intervention overview and/or in the article(s).
- Program developers have the opportunity to provide their input in the intervention document and provide research articles. However, if there is information program reviewers do not have and need for

the review, **the review committee reserves the right to ask the program developers for additional input.**

- Each program is reviewed by a minimum of three reviewers. If there is disagreement about whether to approve/recognize a program, we will schedule a call with the three reviewers for that program to moderate.
- As a reminder, **programs are not competing against each other**; this review is to determine if programs meet the AAEBI criteria.
- All reviews and all materials are kept confidential. Upon completion of the review process, programs that meet criteria for recognition are announced first to the program developers and then publicly.