

RECRUITMENT AND SAMPLING

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RECRUITMENT AND SAMPLING

1. Introduction

The primary goal of the Multicenter Osteoarthritis study (MOST) is to evaluate factors that affect the course of osteoarthritis (OA) in a population that already has osteoarthritis or is at high risk of getting osteoarthritis so that preventive interventions can be developed; i.e., to clearly demonstrate whether promising modifiable risk factors are genuinely related to disease occurrence. These risk factors include biomechanical abnormalities of the knee, muscle weakness, dietary deficiencies, physical activities that stress the knee, high bone density, and knee abnormalities that can be seen on MRI. This chapter outlines the sampling plan to obtain the study population, the general steps the field centers will follow in recruiting the study population, and the process for monitoring the field centers' progress in recruitment.

MOST will recruit a community-based sample of 3,000 men and women aged 50 to 79 drawn from the general population but selected so as to be likely to either have preexisting OA (30% of participants) or be at high risk of OA (70% of participants). High risk groups will include those who are overweight, those with knee symptoms, and those with a history of knee injuries or operations. Study recruitment goals have been set at 3,000: 855 women and 645 men at each study site.

The study population is selected from two U.S. communities--Birmingham, Alabama, and Iowa City, Iowa. Each of the two field centers will recruit 1,500 persons. Birmingham will contribute a higher proportion of African Americans than Iowa City recognizing the differences in the racial make-up of the two communities. See Tables 1 and 2 in section 2 below. Note that the estimated percentages of participants within each age group are based upon Jefferson County 1994 population estimates.

2. Sampling plan

Each center has extensive recruitment databases developed from local sources which will be used for all ages from 50 to 79. The primary recruitment strategy will be mass mailings of letters and study brochures, supplemented by media and community outreach campaigns. The recruitment goals for each clinic will be as follows: 1) 1,500 participants with the distribution by decile of age and gender the same as the proportion in the U.S. population ages 50 to 79, 2) 30% of participants in each 10-year age and gender strata will have frequent knee symptoms, and the remainder will be in the high risk group. Each center will also attempt to recruit ethnic minorities according to their representation in the recruitment area population.

Table 1. University of Alabama at Birmingham Recruitment Goals

Age	All (# of participants)	White or Other (# of participants)	African American (# of participants)	Men (# of participants)	Women (# of participants)	Knee Pain (# of participants)
50-59	586	410	176	258	328	176
60-69	525	368	157	232	293	157
70-79	389	272	117	155	234	117
TOTAL	1500	1050	450	645	855	450

Table 2. University of Iowa Recruitment Goals

Age	All (# of participants)	Men (# of participants)	Women (# of participants)	Knee Pain (# of participants)
50-59	586	258	328	176
60-69	525	232	293	157
70-79	389	155	234	117
TOTAL	1500	645	855	450

3. Initial contacts to potential participants

3.1 Targeted mass mailings

The clinical centers will employ a major direct-mail campaign to people in the target age group. Age-eligible people are identified through a variety of sources: HMO membership databases, voter registration tapes, commercial list brokers, etc. These sources usually include name, address, age, sex, and may include ethnicity and race. In addition to these general sources of age-eligible people, the clinics have identified several other enriched sources of participants.

3.2 Community promotion

Both clinical centers have identified the organizations, agencies, group residences, etc. that have older adults as their clientele. Arrangements can be made to address these groups and solicit participation.

3.3 Mass media

Both centers plan to use the media (newspapers, radio advertisements, television) for informing the community as described above, and for requesting volunteers for the study.

4. Tracking contacts

Each field center will be responsible for devising a system for tracking contacts made to potential participants. Such a system could include the use of a contact log as a worksheet that can be attached to a potential participant's file and notations made each time any type of contact is initiated. The contact log would also provide information about individual interviewer's efforts to contact potential participants. The contact log is not entered into a database; it is a clinic worksheet. (Labels including name and address may be generated and printed and stuck on individual contact logs). An example of such a contact log is included as Appendix B.

5. Recruitment reports

The clinical sites will complete a Recruitment Activity Report (Appendix C) each week and send it (either by fax or via the web) to the Coordinating Center.

The Coordinating Center will generate a Recruitment Eligibility Report (Appendix D) and a Recruitment Enrollment Report (Appendix E), and post these on the website for the clinical sites and the project office.

Appendices

Appendix A	MOST Brochure
Appendix B	Example of Contact Log
Appendix C	Recruitment Activity Report
Appendix D	MOST Recruitment: Eligibility Reports
Appendix E	Recruitment Enrollment Report

Appendix A Recruitment Brochure

Did you know...?

- * Osteoarthritis (OA) is a disease that can cause pain and stiffness in the joints. It is the most common cause of disability in adults, mostly due to arthritis of the knee.
- * There are more than 100 different forms of arthritis. OA is the most common form affecting more than 20 million Americans.
- * OA of the knee affects both men and women. OA of the hip is more common in men; the fingers are more commonly affected in women.
- * According to the Arthritis Foundation, signs of OA can be seen on x-rays for most people over age 60. Only one third of them have symptoms, so you may have OA and not know.
- * You may qualify for this study whether or not a doctor has told you that you have OA.



MOST

Multi-center Osteoarthritis Study

**Knee
Research Study**

You're invited...



*to help answer
important questions
about knee problems!*



MOST

Multi-center Osteoarthritis Study

Interested?

If you are between the ages of 50 and 79 and are interested in participating, please fill out the attached postage-paid postcard or call

The University of Iowa
(319) 384-5055 or
(800) 348-4692 (toll free)





The MOST Knee Research Study

MOST (Multi-center Osteoarthritis Study) is a research study about how physical activities, weight, diet and other factors affect knee pain and osteoarthritis. MOST is being conducted at the University of Iowa. This study is funded by the National Institute on Aging.

You may qualify if you:

- ★ Are a man or woman between the ages of 50 and 79
- ★ Do not have rheumatoid arthritis
- ★ Have not had knee replacement surgery on both knees

If you qualify you will be asked to come for 2 or 3 clinic visits over the next 3 years. The initial visit includes: knee X-rays and MRIs; bone density measurements; medical examination and strength testing.

No medications or treatment are used in this study. All visits and tests are provided at no cost.



For additional information about the MOST study, call:

The University of Iowa

(319) 384-5055 or (800) 348-4692 (toll free)

Yes, I'm interested in participating. Please call me with more information!

I'm not available right now, please call me later: _____ / _____ / _____
Month Year

Name: _____

Address: _____

City: _____ State: _____ Zip code: _____

Home phone: (____) _____ Work phone: (____) _____

Rest time to call: _____ Home/Work (circle one)

Date of birth: _____ / _____ / _____
Month Day Year

The initial visit includes:

Knee X-rays and MRIs

Bone density measurements

Medical examination

Strength testing

All visits and tests are provided at no cost.

Appendix B Sample Contact Log

ID#:

NAME: _____ SEX: _____

ADDRESS: _____ AGE: _____

PHONE: _____ Best time to call: S M T W T F S ____:____ AM
PM

DATES OF CONTACTS	DAY OF WEEK	TIME	TYPE OF CONTACT*	RESULTS/COMMENTS
___/___/___	S M T W T F S	___:___ AM PM	M T P	_____
___/___/___	S M T W T F S	___:___ AM PM	M T P	_____
___/___/___	S M T W T F S	___:___ AM PM	M T P	_____
___/___/___	S M T W T F S	___:___ AM PM	M T P	_____
___/___/___	S M T W T F S	___:___ AM PM	M T P	_____
___/___/___	S M T W T F S	___:___ AM PM	M T P	_____
___/___/___	S M T W T F S	___:___ AM PM	M T P	_____
___/___/___	S M T W T F S	___:___ AM PM	M T P	_____
___/___/___	S M T W T F S	___:___ AM PM	M T P	_____
___/___/___	S M T W T F S	___:___ AM PM	M T P	_____

PLEASE REFER TO RECRUITMENT RESULT CODES ON THE RECRUITMENT STATUS LOG SHEET

FIRST APPOINTMENT DATE ___/___/___

TIME ____:____ AM
PM

RESCHEDULED APPOINTMENT DATE ___/___/___

(if needed) TIME ____:____ AM
PM

*CODES: M = Mail
T = Telephone
P = Personal

Appendix C MOST Recruitment Activity Report
MOST Recruitment Activity Report

Submit form by Tuesday for recruitment activities for the previous week (Sunday through Saturday).

For the period: ____/____/____ through ____/____/____

Clinical site (check one):

University of Alabama at Birmingham University of Iowa

Staff ID number: _____

Brochures mailed: _____

Brochure reply cards received: _____

Incoming new calls: _____

Community Outreach:

1. Presentations _____

- Attendees at the presentations _____

2. Print ads _____

- Newspaper _____
- Newsletters _____

3. Posters _____

4. Electronic media _____

- Public service announcements radio _____
- Public service announcements TV _____
- Radio ads _____
- Other _____

5. Other activities _____

Comments: _____

Number of baseline visits scheduled: _____

SUBMIT

RESET

Appendix D MOST Recruitment: Eligibility Reports

Cumulative Numbers From 9/1/02 to 12/31/02

	# of Telephone Screening		# of Eligible		# of Eligible with Knee pain		
	N		N	% of TS	N	% of TS	% of Eligible
UAB	350		200	57.1%	80	22.3%	40%
UI	360		200	55.6%	60	16.7%	30%
Total	710		400	56.3%	140	19.7%	35%

	# of Telephone Screening		# of Eligible				# of Eligible with Knee pain					
			Male		Female		Male			Female		
	Male	Female	N	% of TS	N	% of TS	N	% of TS	% of Eligible	N	% of TS	% of Eligible
UAB	150	200	50	33.3%	150	75%	20	13.3%	40.0%	60	30%	40.0%
UI	180	180	100	55.6%	100	55.6%	30	16.7%	30.0%	30	16.7%	30.0%
Total	330	380	150	45.5%	250	65.8%	50	15.2%	33.3%	90	23.7%	36.0%

Monthly Numbers for December 2002

	# of Telephone Screening		# of Eligible		# of Eligible with Knee pain		
	N		N	% of TS	N	% of TS	% of Eligible
UAB	100		40	40.0%	25	25.0%	41.7%
UI	120		30	25.0%	15	12.5%	50.0%
Total	220		70	31.8%	40	18.2%	57.1%

	# of Telephone Screening		# of Eligible				# of Eligible with Knee pain					
			Male		Female		Male			Female		
	Male	Female	N	% of TS	N	% of TS	N	% of TS	% of Eligible	N	% of TS	% of Eligible
UAB	30	70	10	33.3%	30	42.9%	10	33.3%	100.0%	15	21.4%	50.0%
UI	60	60	15	25.0%	15	25.0%	5	8.3%	33.3%	10	16.7%	66.7%
Total	90	130	25	27.8%	45	34.6%	15	16.7%	60.0%	25	19.2%	55.6%

Appendix E MOST Recruitment Enrollment Reports

MOST Enrollment Numbers From 9/1/02 to 12/31/02

By Race/Ethnicity, Gender, and Site

	Total		White-nonHispanic		African American		Asian/Pacific Islanders		Hispanic	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
UAB	50	150	30	100	10	20	5	10	5	20
UI	100	100	60	60	20	20	10	10	10	10
Total	150	250	90	160	30	40	15	20	15	30

MOST Enrollment Numbers From 9/1/02 to 12/31/02

By Age, Gender, and Site

	Total		50-59		60-69		70-79	
	Male	Female	Male	Female	Male	Female	Male	Female
UAB	50	150	20	30	20	60	10	60
UI	100	100	40	40	30	30	30	30
Total	150	250	60	70	50	90	40	90

**MOST Percentages of TOTAL Goal as of 12/31/02
By Age and Site**

	Age 50-59			Age 60-69			Age 70-79			Total		
	Goal	N	% Goal	Goal	N	% Goal	Goal	N	% Goal	Goal	N	% Goal
UAB	586	50	8.5%	525	80	15%	389	70	18%	1500	200	13%
UI	586	80	13.7%	525	60	11%	389	60	15%	1500	200	13%
Total	1172	130	11.1%	1050	140	13%	778	130	17%	3000	400	13%

**MOST Percentages of Cumulative Goal as of 12/31/02
By Age and Site**

	Age 50-59			Age 60-69			Age 70-79			Total		
	Goal	N	% Goal	Goal	N	% Goal	Goal	N	% Goal	Goal	N	% Goal
UAB	132	50	37.9%	116	80	69%	88	70	80%	336	200	60%
UI	132	80	60.6%	116	60	52%	88	60	68%	336	200	60%
Total	264	130	49.2%	232	140	60%	176	130	74%	672	400	60%

**MOST Percentages of Monthly Goal for December 02
By Age and Site**

	Age 50-59			Age 60-69			Age 70-79			Total		
	Goal	N	% Goal	Goal	N	% Goal	Goal	N	% Goal	Goal	N	% Goal
UAB	33	20	60.6%	29	40	138%	22	20	91%	84	80	95%
UI	33	10	30.3%	29	30	103%	22	40	182%	84	80	95%
Total	66	30	45.5%	58	70	121%	44	130	295%	168	160	95%

**MOST Percentages of TOTAL Goal as of 12/31/02
By Gender and Site**

	Male			Female			Total		
	Goal	N	% Goal	Goal	N	% Goal	Goal	N	% Goal
UAB	645	50	7.8%	855	150	18%	1500	200	13%
UI	645	100	15.5%	855	100	12%	1500	200	13%
Total	1290	150	11.6%	1710	250	15%	3000	400	13%

**MOST Percentages of Cumulative Goal as of 12/31/02
By Gender and Site**

	Male			Female			Total		
	Goal	N	% Goal	Goal	N	% Goal	Goal	N	% Goal
UAB	146	50	34.2%	190	150	79%	336	200	60%
UI	146	100	68.5%	190	100	53%	336	200	60%
Total	292	150	51.4%	380	250	66%	672	400	60%

**MOST Percentages of Monthly Goal for December 2002
By Gender and Site**

	Male			Female			Total		
	Goal	N	% Goal	Goal	N	% Goal	Goal	N	% Goal
UAB	37	20	54.1%	47	60	128%	84	80	95%
UI	37	30	81.1%	47	50	106%	84	80	95%
Total	74	50	67.6%	94	110	117%	168	160	95%

**UAB Minority Goal
Percentages of TOTAL Goal as of 12/31/02**

	White			African American			Total		
	Goal	N	% Goal	Goal	N	% Goal	Goal	N	% Goal
UAB	1050	100	9.5%	450	50	11.1%	1500	200	13.3%

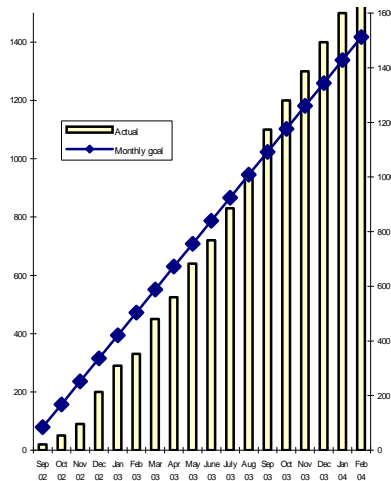
**UAB Minority Goal
Percentages of Cumulative Goal as of 12/31/02**

	White			African American			Total		
	Goal	N	% Goal	Goal	N	% Goal	Goal	N	% Goal
UAB	235	100	42.6%	101	50	49.5%	336	200	59.5%

**UAB Minority Goal
Percentages of Monthly Goal for December 02**

	White			African American			Total		
	Goal	N	% Goal	Goal	N	% Goal	Goal	N	% Goal
UAB	59	50	84.7%	25	30	120.0%	84	80	95.2%

**Univ of Iowa Cumulative
Monthly Recruitment Goal vs
Actual**



**UAB Cumulative Monthly
Recruitment Goal vs Actual**

