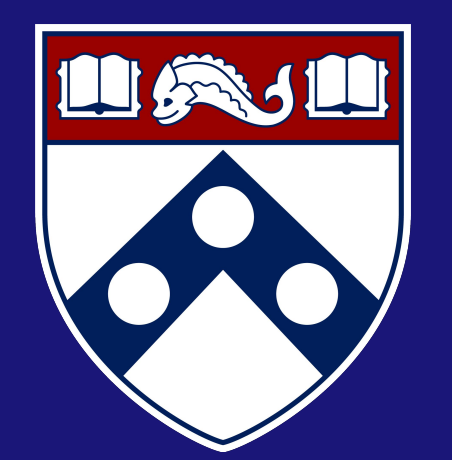


The Healthy Brains and Behavior Study: Methodology and Challenges in Community-Based Follow-Up Studies of Young Adults

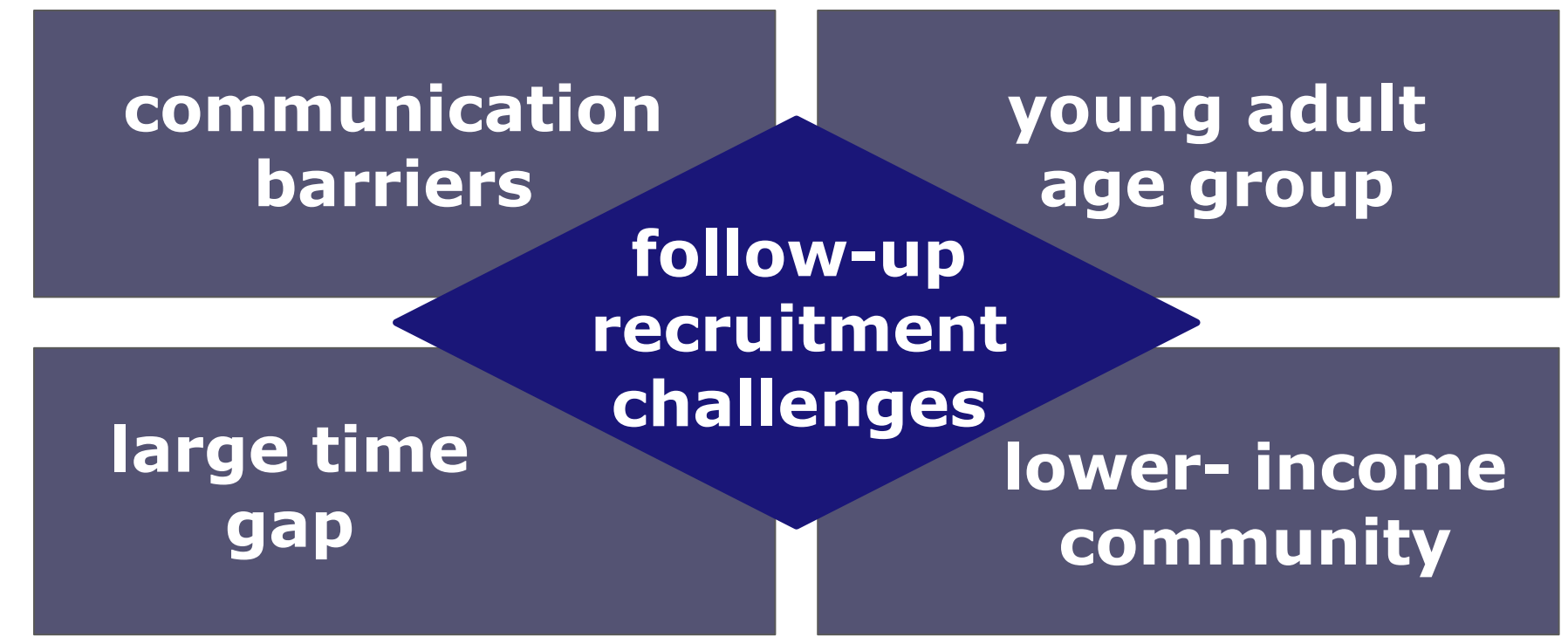


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BACKGROUND

- ❖ Life-course research has become increasingly appreciated as a method for understanding the effect of adverse experiences in early childhood on health outcomes in young adults (Jones et al., 2020)
- ❖ **2011 HBB Study:** assess multidimensional biosocial risk factors and environmental influences on behavioral outcomes in 450 West Philadelphia 11-13 year-olds (Liu et al., 2013)
- ❖ **2018 pilot follow-up:** assess feasibility of a large-scale follow-up to study longitudinal relationships of early lead exposure, childhood social adversity, and later health outcomes in the 2011 cohort
- ❖ There is a gap in the literature regarding longitudinal health data for lower-income communities (Tobler & Komro, 2011)
- ❖ Existing literature that details specific steps in retention and re-recruitment in longitudinal and follow-up studies, especially using modern communication methods, is sparse (Abshire et al., 2017)
- ❖ Retention is vital to the accuracy and significance of findings for follow-up studies in order to get an accurate picture of the sample (Nicholson et al., 2011)

Recruiting participants for community-based studies is challenging, especially for follow-up studies with time gaps. Additionally, changing technologies and standards of communication make re-contacting participants difficult and can hinder the development and implementation of follow-up and longitudinal studies. Researchers must adapt to new technologies to optimize recruitment and retention in participant-based research.

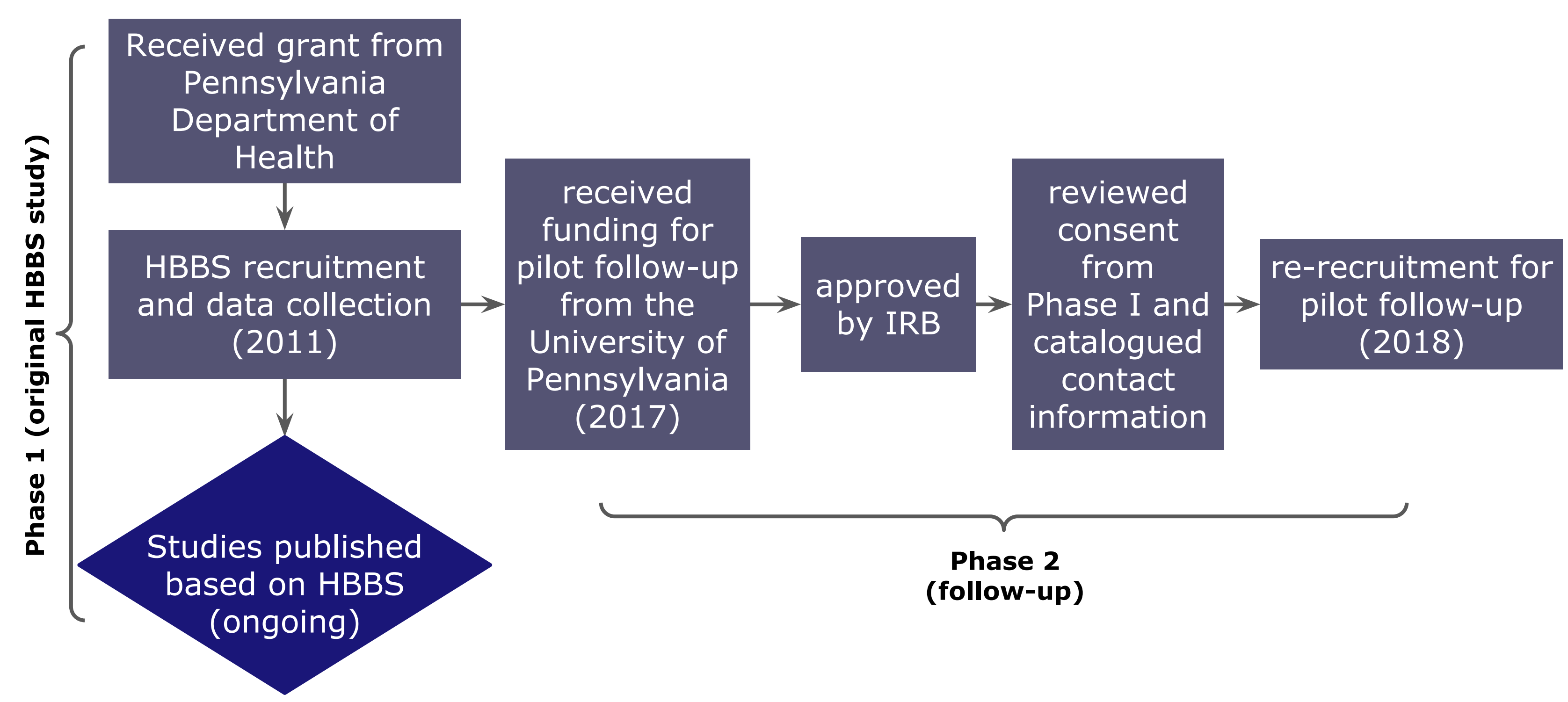


DISCUSSION

- ❖ Existing literature emphasizes success of mailings for retention (Tobler & Komro, 2011; Nicholson et al., 2011), but communication standards change quickly
- ❖ In more recent studies, Facebook has been a successful recruitment and retention tool (Mohan et al., 2017)
- ❖ Minority participants on average consent later than white participants (Mohan et al., 2017) and generally report more distrust of research institutions (Ejiogu et al., 2011)

CONCLUSIONS

- ❖ Using social media and other online platforms as a recruitment and retention strategy
- ❖ Shift away from mail and in-person recruitment
- ❖ How will COVID-19 impact the way participant-based studies are conducted?



References: Jones, M. S., Burge, S. W., Sharp, S. F., & McLeod, D. A. (2020). Childhood adversity, mental health, and the perpetration of physical violence in the adult intimate relationships of women prisoners: A life course approach. *Child abuse & neglect*, 101, 104237. <https://doi.org/10.1016/j.chiabu.2019.104237>; Liu, J., Richmond, T. S., Raine, A., Cheney, R., Brodtkin, E. S., Gur, R. C., & Gur, R. E. (2013). The Healthy Brains and Behavior Study: Objectives, design, recruitment, and population coverage. *International Journal of Methods in Psychiatric Research*, 22(3), 204-216.; Tobler, A. L., & Komro, K. A. (2011). Contemporary options for longitudinal follow-up: lessons learned from a cohort of urban adolescents. *Evaluation and program planning*, 34(2), 87-96. <https://doi.org/10.1016/j.evalprogplan.2010.12.002>; Abshire, M., Dinglas, V. D., Cajita, M. I., Eakin, M. N., Needham, D. M., & Himmelfarb, C. D. (2017). Participant retention practices in longitudinal clinical research studies with high retention rates. *BMC medical research methodology*, 17(1), 30. <https://doi.org/10.1186/s12874-017-0310-z>; Nicholson, L. M., Schwirian, P. M., Klein, E. G., Skybo, T., Murray-Johnson, L., Eneli, I., Boettner, B., French, G. M., & Groner, J. A. (2011). Recruitment and retention strategies in longitudinal clinical studies with low-income populations. *Contemporary clinical trials*, 32(3), 353-362. <https://doi.org/10.1016/j.cct.2011.01.007>; Mohan, Y., Cornejo, M., Sidell, M., Smith, J., & Young, D. R. (2017). Re-recruiting young adult women into a second follow-up study. *Contemporary clinical trials communications*, 5, 160-167. <https://doi.org/10.1016/j.conctc.2017.02.006>; Ejiogu, N., Norbeck, J. H., Mason, M. A., Cromwell, B. C., Zonderman, A. B., & Evans, M. K. (2011). Recruitment and retention strategies for minority or poor clinical research participants: lessons from the Healthy Aging in Neighborhoods of Diversity across the Life Span study. *The Gerontologist*, 51 Suppl 1(Suppl 1), S33-S45. <https://doi.org/10.1093/geront/gnr027>

Phase 1 (original HBBS study)

Received grant from Pennsylvania Department of Health

HBBS recruitment and data collection (2011)

received funding for pilot follow-up from the University of Pennsylvania (2017)

approved by IRB

reviewed consent from Phase I and catalogued contact information

re-recruitment for pilot follow-up (2018)

Studies published based on HBBS (ongoing)

Phase 2 (follow-up)

**communication
barriers**

**young adult age
group**

**follow-up recruitment
challenges**

large time gap

**lower-income
community**

Questions?

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