

THE ASSESSMENT OF COUNSELLING INTERVENTIONS REDUCING EMPLOYEES' CARDIOVASCULAR RISK FACTORS

Project implementation period: 2015-2016

Aim – to assess the effectiveness of counselling interventions reducing employees' cardiovascular risk factors.

3 tasks were set to reach the aim:

1. To systematically review scientific evidence about the effectiveness of counselling interventions aimed at reducing employees' cardiovascular risk factors.
2. To describe the most effective interventions (or their groups) in detail.
3. To determine the applicability of the described interventions to Lithuanian enterprises based on expert opinion.

Methodology

A systematic review and a survey of expert opinion will be conducted. In order to conduct the systematic review, literature searching in 5 databases using specific search strategies will be performed. The obtained article titles and abstracts will be screened by two independent reviewers. Full texts of each potentially relevant article will be reviewed to determine whether inclusion criteria are met. Various data will be extracted from the included articles. The quality of the included studies will also be assessed. In order to conduct the survey of expert opinion, 4 requirements were set to select the experts. The experts will be asked several open questions on the applicability of the most effective counselling interventions to Lithuanian enterprises. Their answers will be analysed using the qualitative content analysis method.

Contacts:

Lolita Pilipavičienė, Research and Technology Assessment Department of the Occupational Health Centre, Institute of Hygiene. Phone no. (370 5) 212 2589, e-mail: lolita.pilipaviciene@dmc.lt