

Keto DNP Sigma

2022-07-18

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Date: 2022-07-18

Dataset: P2016- Keto Prescribed DNP - Sigma

Demographics

All participants were African American women. All had smartphones and internet access.

Characteristic	N	N = 15
age	14	
Mean (SD)		46 (9)
Median (IQR)		48 (41, 52)
Range		29, 58
Unknown		1
ethnicity	12	
Hispanic or Latino		1 (8.3%)
NOT Hispanic or Latino		11 (92%)
Unknown		3
education	15	
Associates		0 (0%)
Bachelors		5 (33%)
Doctoral		1 (6.7%)
High School		1 (6.7%)
Masters		8 (53%)
illness	15	3 (20%)
rx	15	11 (73%)
cancer	15	0 (0%)
diet	15	3 (20%)
weightloss	15	3 (20%)
surgery	15	1 (6.7%)
transportation	15	15 (100%)
ready	15	
Extremely ready		7 (47%)
Moderately ready		1 (6.7%)
Neutral		0 (0%)
Not ready		0 (0%)
Ready		2 (13%)
Somewhat ready		0 (0%)
Very ready		5 (33%)

Primary variables

Physical Outcomes

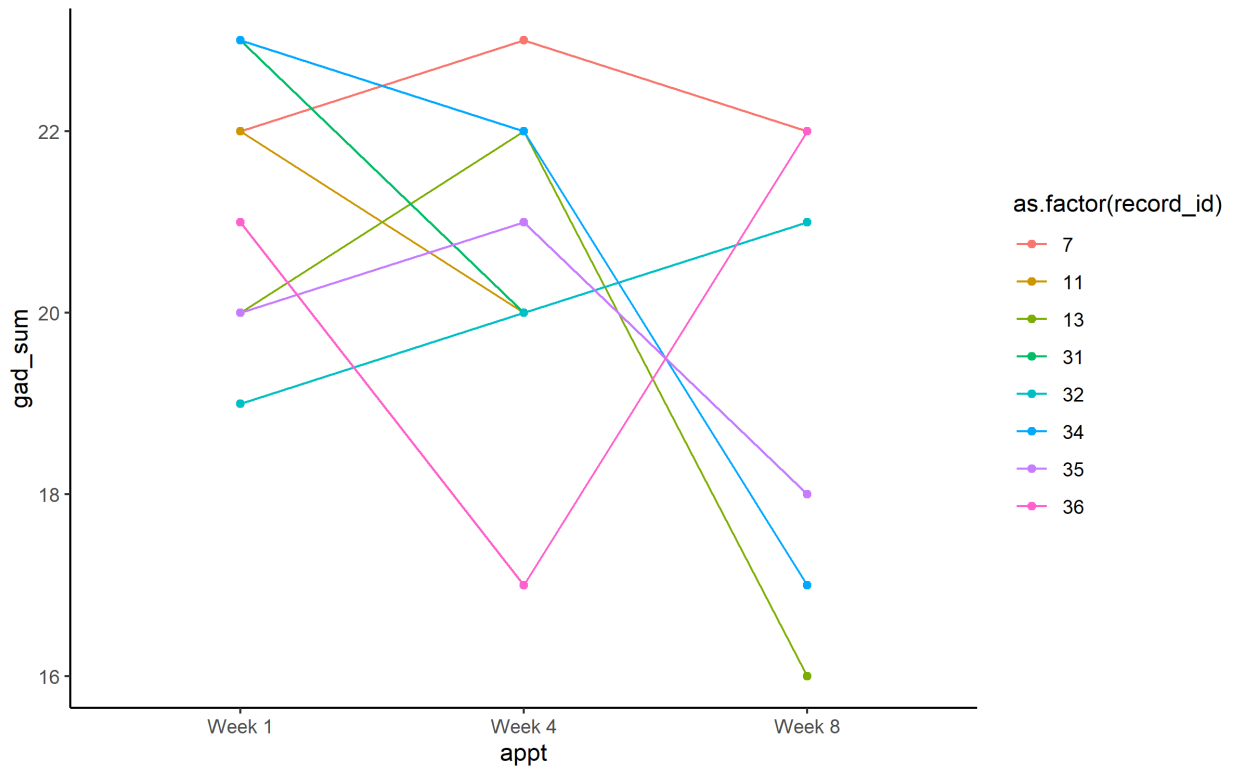
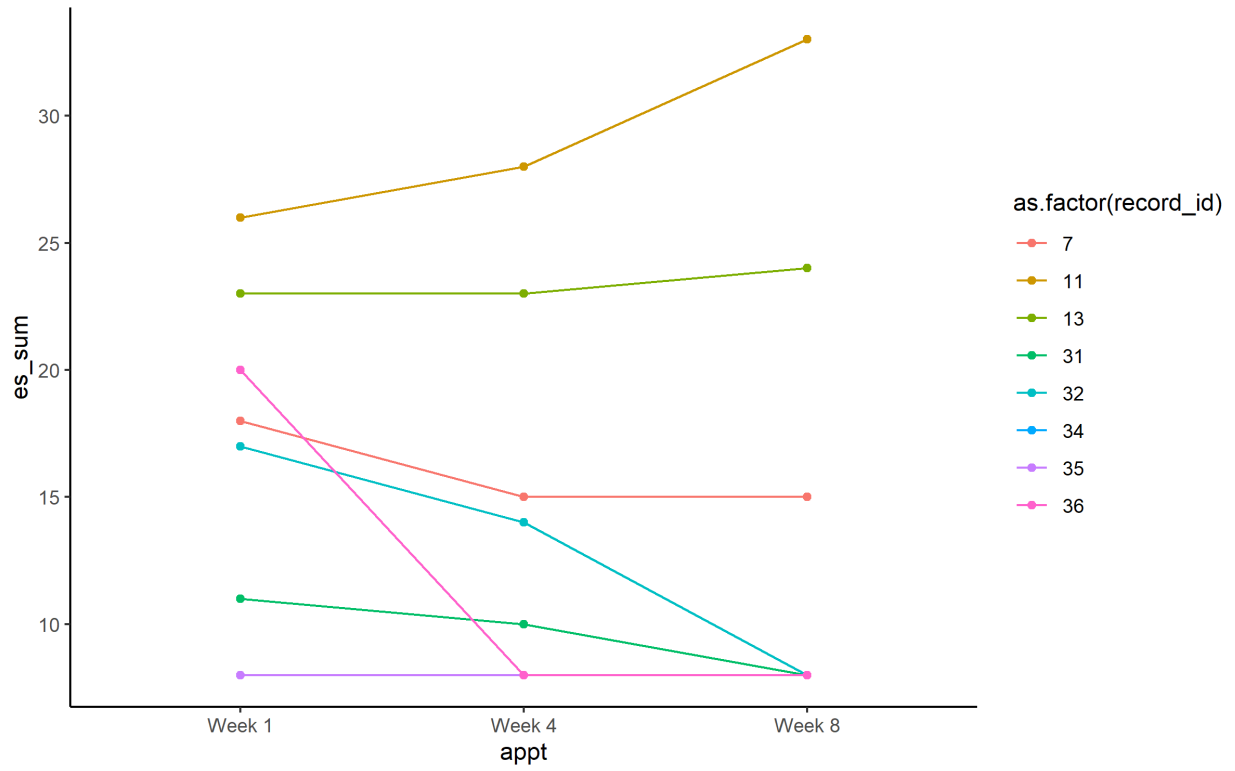
Characteristic	Week 1, N = 15	Week 4, N = 8	Week 8, N = 10
systolic			
Mean (SD)	131 (18)	124 (13)	128 (11)
Median (IQR)	127 (118, 137)	128 (120, 128)	128 (122, 131)
Range	112, 164	102, 148	114, 148
Unknown	7	0	0
diastolic			
Mean (SD)	72 (12)	75 (11)	76 (9)
Median (IQR)	76 (62, 80)	79 (74, 82)	78 (72, 80)
Range	52, 86	54, 84	62, 88
Unknown	7	0	0
wt_lbs_2			
Mean (SD)	237 (41)	214 (22)	217 (27)
Median (IQR)	235 (204, 256)	219 (191, 226)	218 (196, 229)
Range	192, 337	190, 252	180, 264
hip_size			
Mean (SD)	49.6 (5.0)	46.2 (3.3)	46.0 (2.9)
Median (IQR)	47.0 (46.2, 52.0)	45.8 (45.1, 46.8)	45.8 (45.0, 47.4)
Range	43.0, 60.0	42.0, 52.0	40.0, 51.0
Unknown	1	2	0
waist_size			
Mean (SD)	46.4 (5.8)	42.0 (3.8)	42.6 (5.5)
Median (IQR)	45.5 (42.0, 50.4)	41.0 (39.2, 44.2)	41.0 (38.6, 44.2)
Range	39.0, 57.0	38.0, 48.0	38.0, 55.0
Unknown	1	2	0
waist_hip_ratio			
Mean (SD)	0.94 (0.10)	0.91 (0.05)	0.93 (0.09)
Median (IQR)	0.94 (0.89, 0.98)	0.91 (0.87, 0.95)	0.91 (0.87, 0.95)
Range	0.73, 1.16	0.84, 0.98	0.84, 1.17
Unknown	1	2	0
ketones			
Mean (SD)	0.13 (0.12)	0.64 (0.93)	0.26 (0.30)
Median (IQR)	0.10 (0.08, 0.20)	0.30 (0.24, 0.45)	0.20 (0.02, 0.50)
Range	0.00, 0.40	0.00, 2.50	0.00, 0.80
Unknown	3	2	1

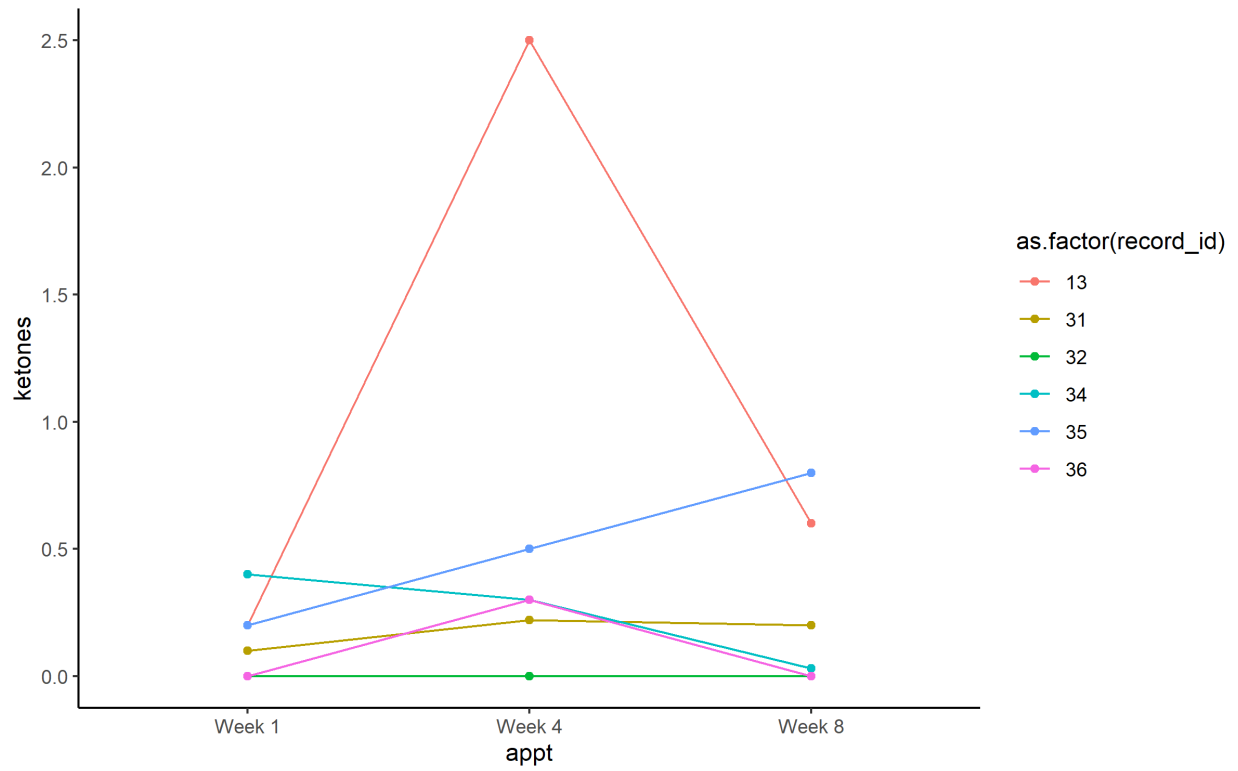
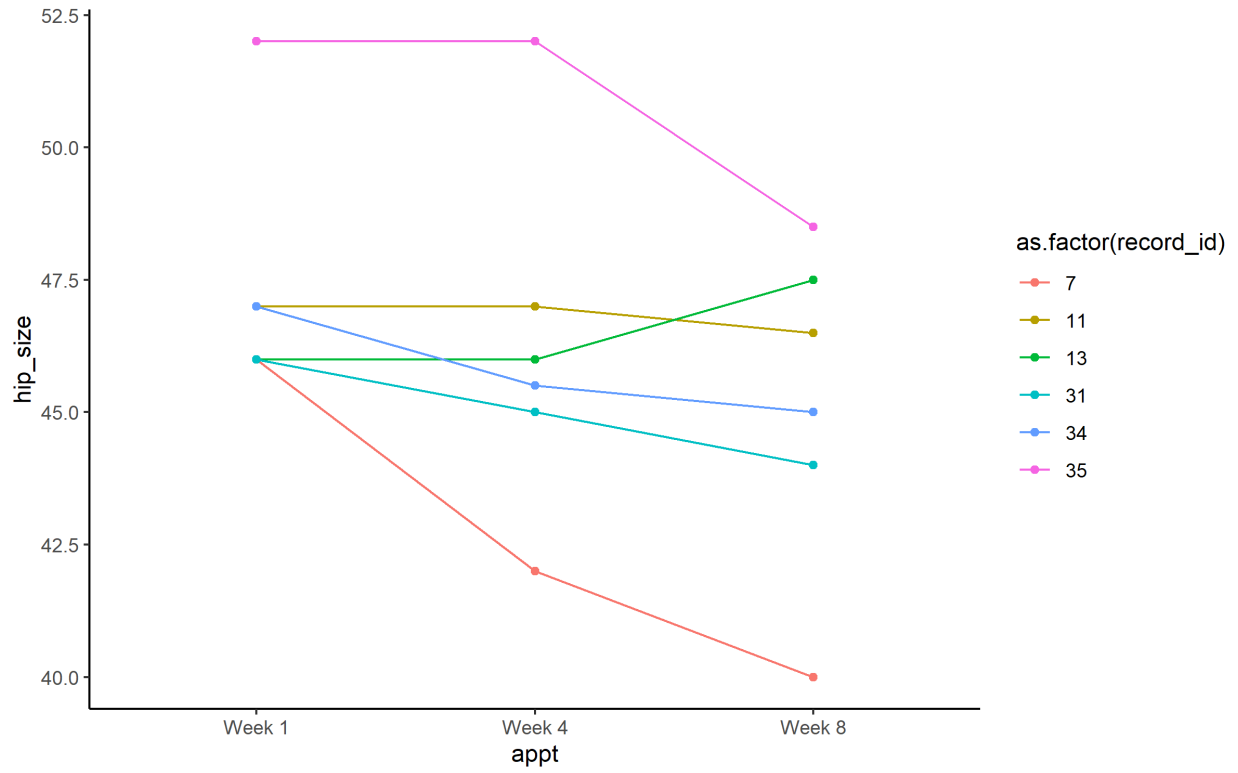
Non-physical outcomes

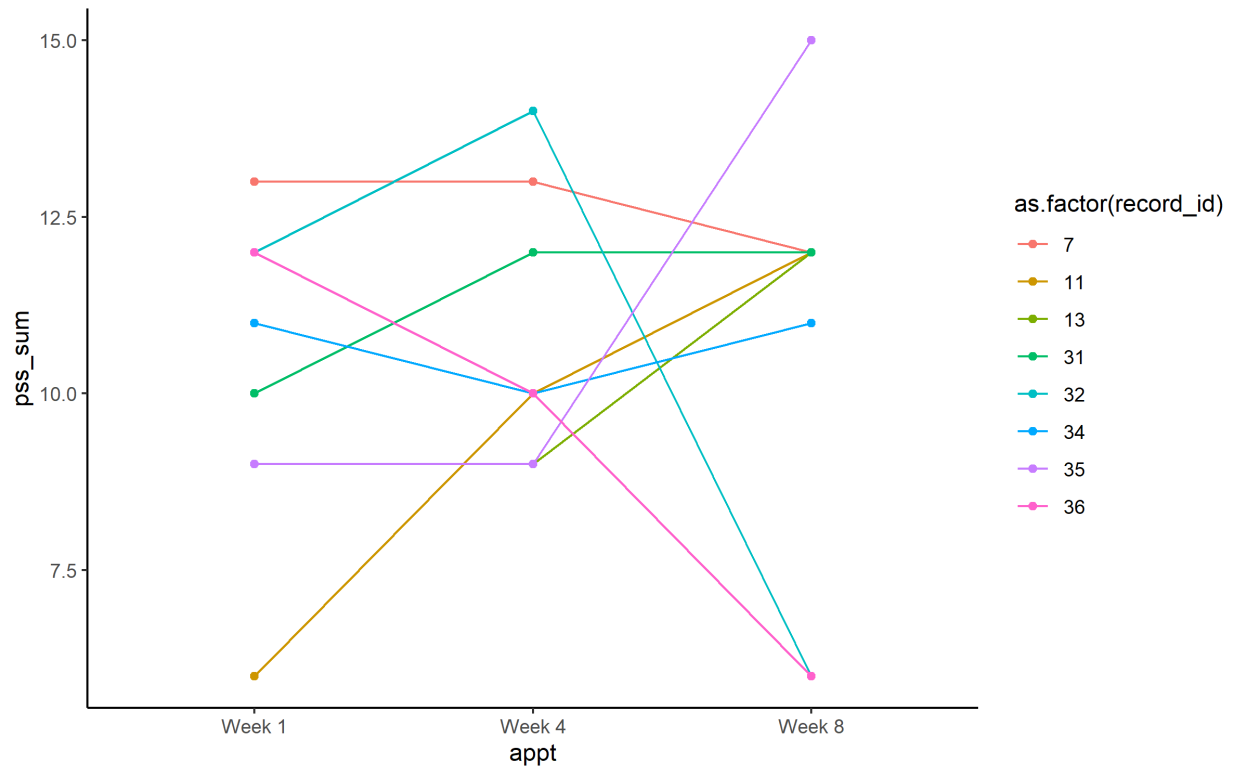
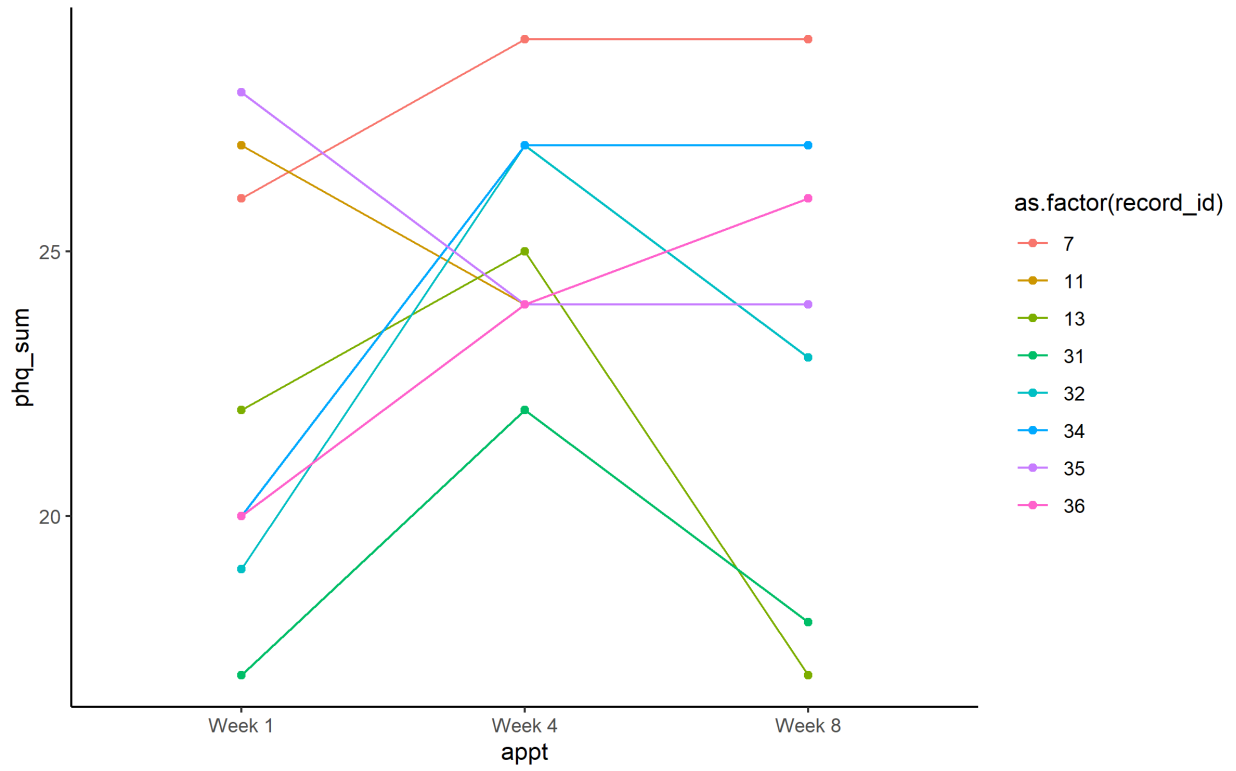
Characteristic	Week 1, N = 15	Week 4, N = 8	Week 8, N = 10
pss_sum			
Mean (SD)	10.00 (2.33)	10.88 (1.89)	10.90 (3.25)
Median (IQR)	10.00 (8.00, 12.00)	10.00 (9.75, 12.25)	12.00 (8.75, 12.00)
Range	6.00, 13.00	9.00, 14.00	6.00, 15.00
phq_sum			
Mean (SD)	23.0 (3.5)	25.2 (2.3)	22.6 (4.8)
Median (IQR)	22.0 (20.0, 26.0)	24.5 (24.0, 27.0)	24.0 (19.2, 25.5)
Range	17.0, 28.0	22.0, 29.0	14.0, 29.0
gad_sum			
Mean (SD)	22.00 (2.73)	20.62 (1.85)	19.80 (2.10)
Median (IQR)	22.00 (20.00, 23.50)	20.50 (20.00, 22.00)	20.50 (18.50, 21.00)
Range	17.00, 27.00	17.00, 23.00	16.00, 22.00
siwb_sum			
Mean (SD)	34 (9)	35 (7)	38 (13)
Median (IQR)	34 (26, 39)	36 (29, 40)	39 (28, 49)
Range	23, 52	24, 42	20, 52
es_sum			
Mean (SD)	16 (7)	14 (8)	14 (9)
Median (IQR)	17 (10, 19)	12 (8, 17)	8 (8, 22)
Range	8, 32	8, 28	8, 33

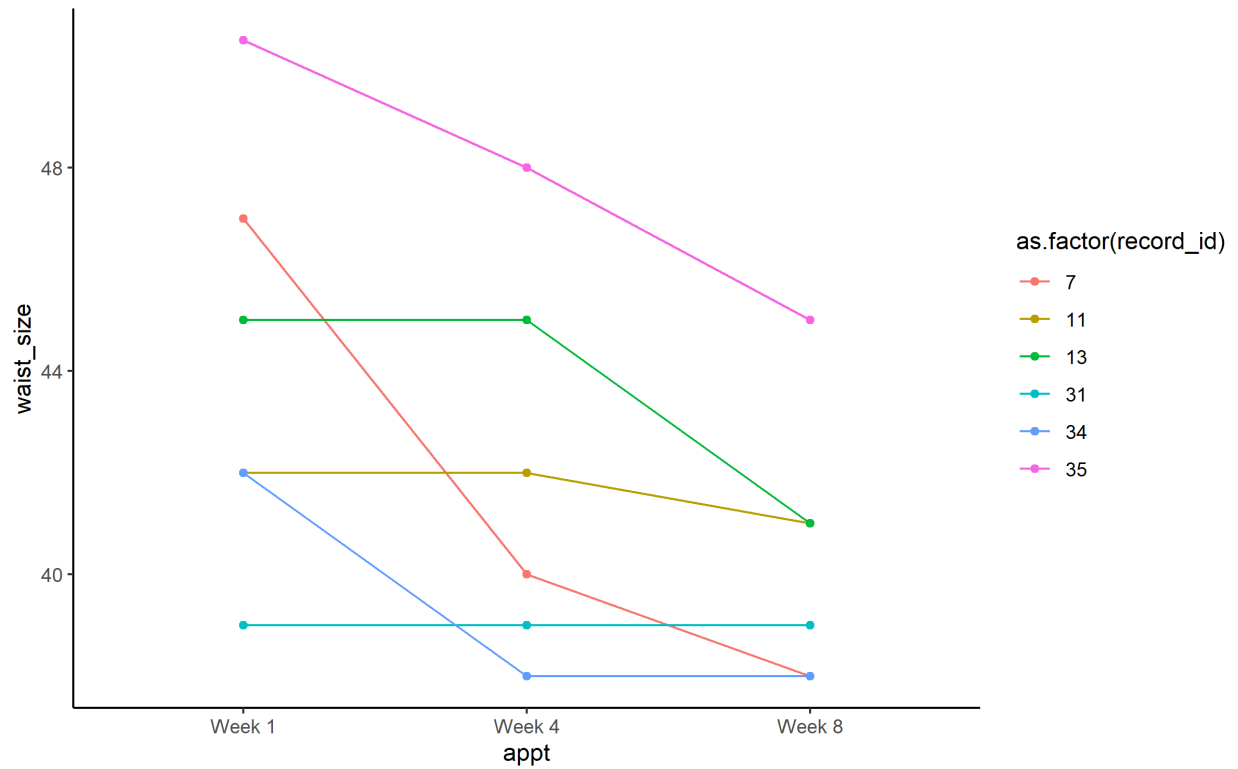
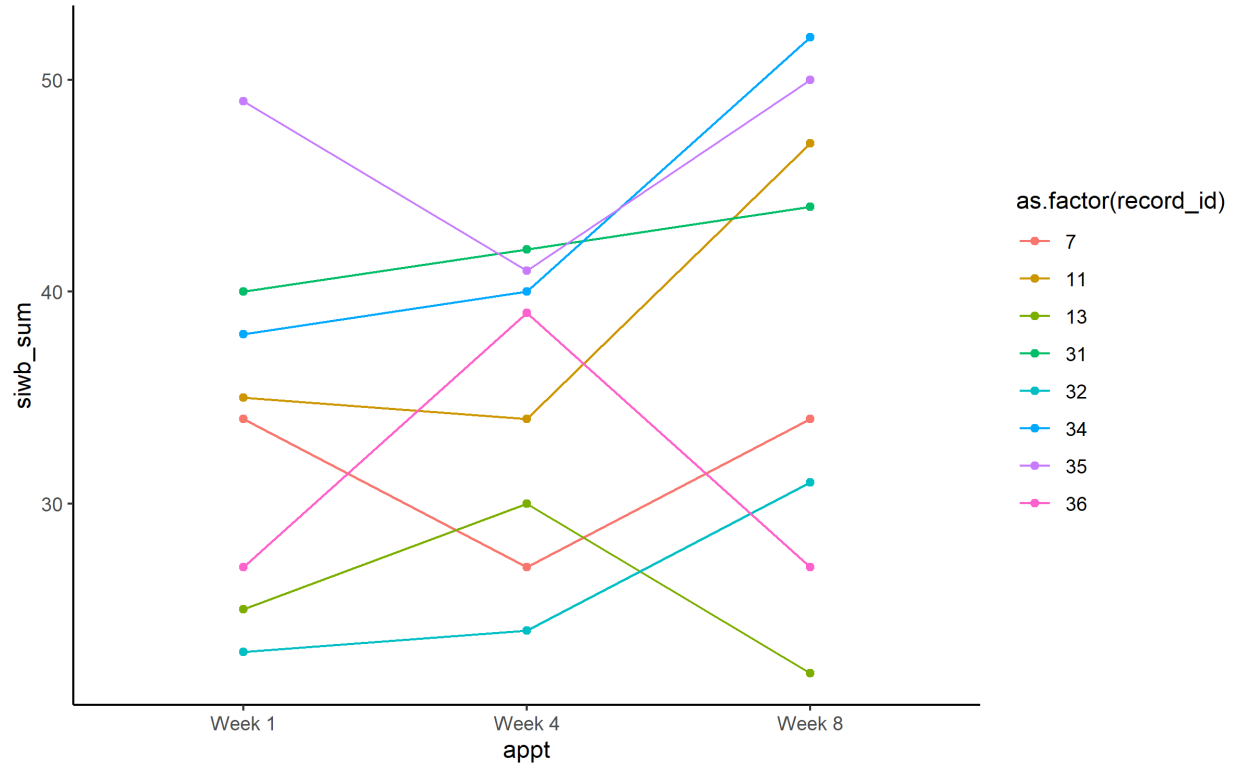
Below is the table that has the effect size from the paired Wilcoxon paired signed rank test. Only the participants who had observations at both week 1 and 8 were included in this analysis.

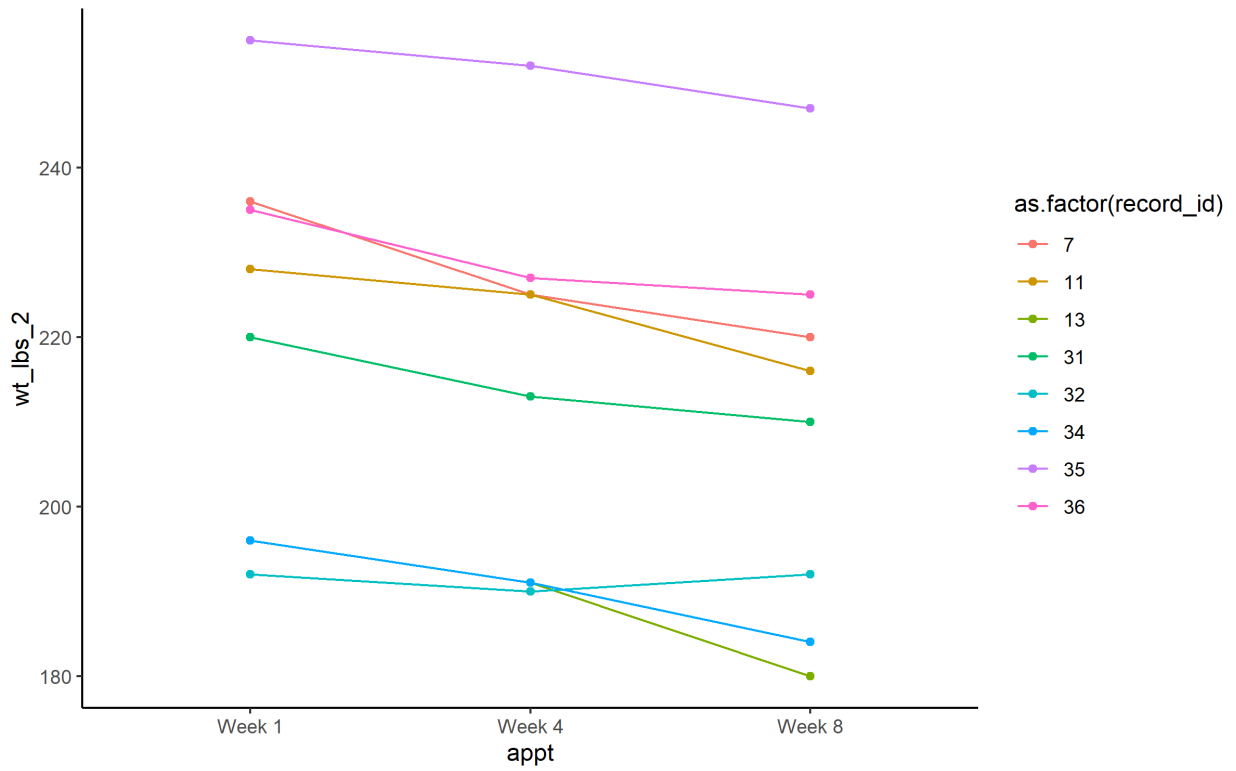
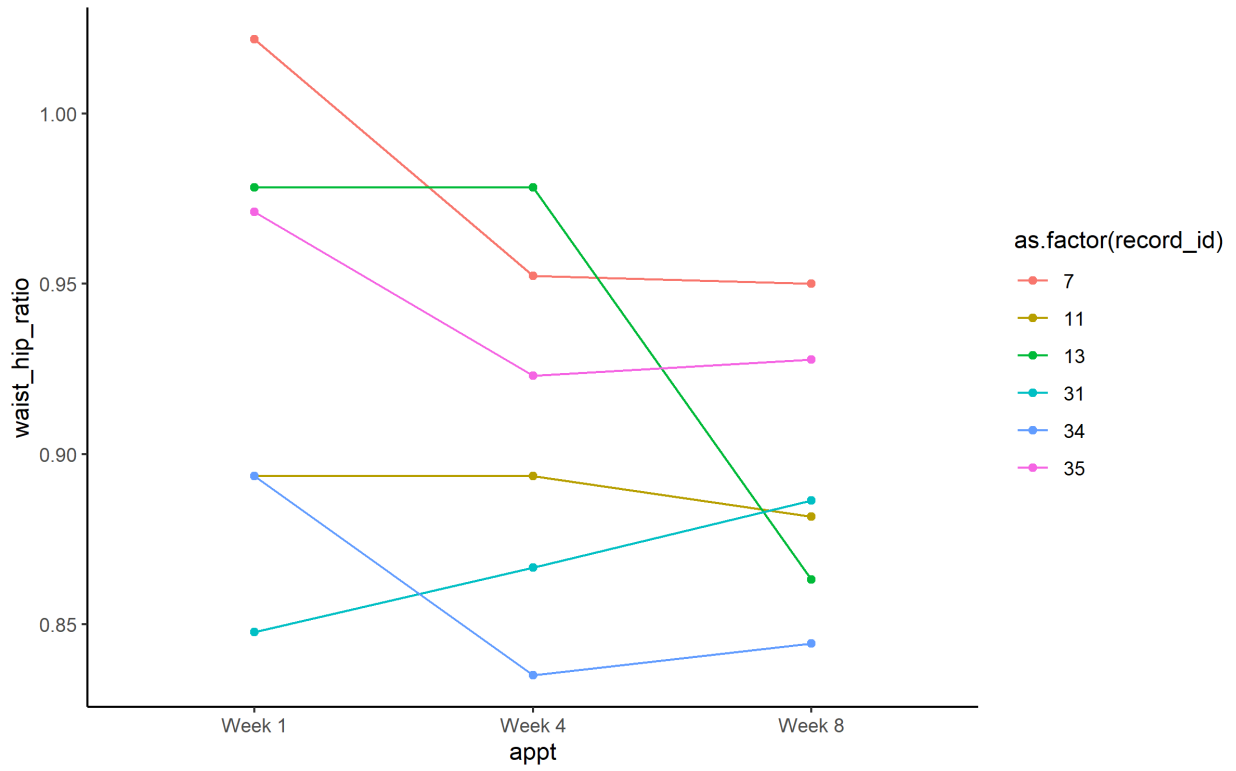
	group1	group2	effsize	n1	n2	magnitude
ketones	Week 1	Week 8	0.38	8	8	
systolic	Week 1	Week 8	0.39	6	6	
diastolic	Week 1	Week 8	0.09	6	6	
wt_lbs_2	Week 1	Week 8	0.87	10	10	
hip_size	Week 1	Week 8	0.74	10	10	
waist_size	Week 1	Week 8	0.81	10	10	
waist_hip_ratio	Week 1	Week 8	0.73	10	10	
pss_sum	Week 1	Week 8	0.24	10	10	
phq_sum	Week 1	Week 8	0.08	10	10	
gad_sum	Week 1	Week 8	0.54	10	10	
siwb_sum	Week 1	Week 8	0.33	10	10	
es_sum	Week 1	Week 8	0.18	10	10	











Feasibility

Characteristic	N = 10
I think that I would like to use this system frequently.	
Agree	4 (40%)
Neutral	3 (30%)
Strongly Agree	3 (30%)
I found the system unnecessarily complex.	
Agree	1 (10%)
Disagree	4 (40%)
Neutral	3 (30%)
Strongly Disagree	2 (20%)
I thought the system was easy to use.	
Agree	9 (90%)
Neutral	0 (0%)
Strongly Agree	1 (10%)
I think that I would need the support of a technical person to be able to use this system.	
Disagree	2 (20%)
Neutral	1 (10%)
Strongly Disagree	7 (70%)
I found the various functions in this system were well integrated.	
Agree	6 (60%)
Neutral	3 (30%)
Strongly Agree	1 (10%)
I thought there was too much inconsistency in this system.	
Agree	2 (20%)
Disagree	4 (40%)
Neutral	2 (20%)
Strongly Disagree	2 (20%)
I would imagine that most people would learn to use this system very quickly.	
Agree	3 (30%)
Disagree	1 (10%)
Neutral	4 (40%)
Strongly Agree	2 (20%)
I found the system very cumbersome to use.	
Agree	1 (10%)
Disagree	3 (30%)
Neutral	4 (40%)
Strongly Disagree	2 (20%)
I felt very confident using the system.	
Agree	3 (30%)
Disagree	1 (10%)
Neutral	3 (30%)
Strongly Agree	3 (30%)
I needed to learn a lot of things before I could get going with this system.	
Agree	2 (20%)
Disagree	3 (30%)
Neutral	4 (40%)

Characteristic	N = 10
Strongly Agree	1 (10%)
Strongly Disagree	0 (0%)
acceptability_usability_complete	
Complete	10 (100%)
Incomplete	0 (0%)
How satisfied are you with Keto Prescribed in-person portion?	
Satisfied	2 (20%)
Very satisfied	8 (80%)
Duration of weekly sessions?	
Neutral	8 (80%)
Short	2 (20%)
Too short	0 (0%)
Number of weekly sessions?	
Few	2 (20%)
Neutral	7 (70%)
Too few	1 (10%)
How satisfied with Keto Prescribed online portion?	
Neutral	3 (30%)
Satisfied	2 (20%)
Very satisfied	5 (50%)
Duration of bi-weekly sessions?	
Neutral	9 (90%)
Short	1 (10%)
Number of bi-weekly sessions?	
Few	0 (0%)
Neutral	9 (90%)
Too few	1 (10%)
Time required for suggested weekly goals?	
Little time	1 (10%)
Much time	1 (10%)
Neutral	7 (70%)
Not enough time	1 (10%)
How likely are you to continue ketogenic eating?	
Moderately	0 (0%)
Quite a lot	4 (40%)
Very	6 (60%)
Comments on Keto Prescribed Program:	
Awesome program! I would not be where I am today without learning and support from this program. I would love to continue if the study turns into an actual program. Expanding to encompass the family would be extremely effective. Thank you Audra and team!	0 (0%)
I actually enjoyed being a part of the program. I enjoyed having a base to come and talk to. That's the one part I wish would continue even if only bi-monthly and online. I have a terrible habit of losing sight of things where I am not required to check in. I'm going to do my best though. Thanks to all. Everyone was encouraging and insightful.	0 (0%)

Characteristic	N = 10
I encountered many personal challenges and setbacks that hindered my ability to show up 100% however the encouragement and support I received allowed me to feel I could preserve and keep going. I have learned through this experience that personal factors really dictated my overall mental readiness. I now have the tools to keep going one day at a time and I know it will get better and stick. I had many NSVs that makes me feel even more encouraged.	1 (14%)
I just want to thank all the individuals who coordinated the Keto Prescribed Program, they were very informative and helpful.	1 (14%)
I was not successful with my keto journey long term but am grateful for the resources, medical equipment, advice and literature that was provided during the 8 week session.	
I learned a lot and enjoyed learning the science behind keto. Thank you for your eagerness to assist with any questions or concerns that may have arosed.	1 (14%)
I learned quite a bit and the leaders were very knowledgeable.	1 (14%)
I love the program and look forward to learning more and making it a lifestyle. I wished it was longer with a definite program to follow with the participants that was shared in "phases" such as Intro to Keto, Understanding macros, Meal planning and prepping, etc.	1 (14%)
I love the program much more than I thought. I'm excited to continue, as well as come back the next session.	1 (14%)
Instructors were great!	1 (14%)
Would like to continue using the resources provided to reach my goal if possible.	0 (0%)
Unknown	3
feasibility_acceptability_complete	
Complete	10 (100%)
Incomplete	0 (0%)