

Results from the COMPASS randomized controlled trial

COMPASS led to statistically significant improvements ($p < .05$) in health and safety behaviors, social resources, physical health indicators, and lost work days due to injury. Below is a table listing standardized effect sizes (Cohen's d). Effect size was computed as the change in mean outcome from baseline to follow-up divided by the baseline standard deviation for the intervention group, subtracted from the change in baseline to follow-up divided by baseline standard deviation for the control group. The effects have been categorized as small, medium, or large and organized by size. The effects listed below were assessed during the intervention (6 month) and immediately following the end of the 12-month intervention (12 month).

LARGE ($d=0.8$ and above)

Outcome	d (6 month)	d (12 month)
Talked about Work Hazards		0.84

MEDIUM ($d=0.5 - 0.7$)

Outcome	d (6 month)	d (12 month)
Lost Work Days Due to Injury	-0.66	
Used New Tools for Moving Objects	0.65	
Used New Tools for Housecleaning	0.51	0.64

SMALL ($d=0.2 - 0.4$)

Outcome	d (6 month)	d (12 month)
Corrected Slip Hazards at Home		0.45
Community of Practice	0.36	0.37
Fruits and Vegetables		0.31
Grip Strength, Dominant Hand		0.29
HDL Cholesterol	0.22	
*Meals from Home [<i>Note: not changed for better</i>]		-0.46