

Q: What size class worked?

A: We found having a smaller class worked best, around 11-12, but we also had a class with 6. A lot depends on the kind of participants and ability of the leaders to control/manage a virtual group. Latest Self-Management Resource Center recommendation is 8-12, but they will allow 6. Of course, you need to consider usual attrition. To get 11-12, we register 15.

Q: If you needed to collect data for workshops how did you administer surveys?

A1: We start to work on collecting the pre- survey a week before the workshop via phone or if participants prefer we sent it by e-mail and collect it from them later. They also have the option to come to the Community Wellness Center in Downtown Bakersfield (CWC) to complete it. The majority visit their doctor in this area. For the post- survey they complete it when they come in to pick up their certificate and incentives (or complete it via phone).

A2: This varies according to the group. Some groups make it easy to collect the surveys and some others don't answer the phone or don't show up to complete it even if they have confirmed their attendance.

A3: We administered paper forms via the mail. In-class reminders about returning completed forms were necessary. In the end, compliance was very good. For 12 participants, we spent just over \$50 for three different mailings. One included a workbook. Next time, I would send fillable electronic versions of the forms and offer mailing paper copies upon request. This would cut down the staff time needed to assemble the mailings as well as lower the expense and the need for postage and supplies.