

## Appendix C: Data Extraction Form

Reference	Author	Journal	Year	Country	Type of Study	Chronic Condition	Setting	Population	Parties	Name of Contract	Purpose of Intervention/ Contract	How Developed	Training	Co-Intervention	Follow-Up Duration	Contract Reviewed	Patient Input	Elements of Contract	Incentives	Goals Discussed	Health Behaviour Theory
(7)	Bernstein, E. et al	Academic Emergency Medicine	2009	USA	RCT	marijuana	emergency department	adolescent, smoker	patient, peer educator	contract	alter behavior	unknown	unknown	yes	1 year	yes	yes	unknown	yes	unknown	unknown
(8)	Blokland, E. et al	Health, Education & Behavior	2009	Holland	longitudinal study	tobacco	school, home	adolescent	patient, guardian	no-smoking agreement	alter behavior, interpersonal (improve communication)	unknown	unknown	No	2 years	unknown	unknown	unknown	unknown	unknown	unknown
(46)	Bloom, P. et al	Journal of the American Geriatrics Society	2010	USA	pre and post intervention	sedentary	primary care clinic	geriatric	patient, health care provider	physical activity contract	alter behavior, care process (facilitate counseling), alter health indices	previously presented framework	unknown	yes	8 weeks	unknown	yes	activity prescription, instructions, activity suggestions, specific instructions (modifications)	unknown	yes	unknown
(33)	Born, C. et al	BMC Psychiatry	2015	Germany	retrospective chart review	anorexia nervosa	inpatient unit	AN patients	patient, health care provider	contract	alter health indices, motivation, alter behavior	unknown	unknown	yes	20 weeks	unknown	no	rules of behavior, types of therapy being offered, rewards, restrictions	unknown	unknown	unknown
(73)	Binkley, C.J. et al	Evaluation and program planning	2014	USA	pre and post intervention	intellectual and developmental disabilities	community	caregivers	guardian, dental hygienist or principal investigator	behavioral contract	alter beliefs (self-efficacy, alter behavior (support), alter health indices	unknown	unknown	yes	6 weeks	yes	no	unknown	unknown	unknown	social cognitive theory
(74)	Browne, A. et al	Cambridge Quarterly of Healthcare Ethics	2003	USA	case report	paraplegic	outpatient clinic	31yo male	patient, health care provider	contract	commitment, alter behavior	unknown	unknown	No	8 months	unknown	no	behavior	yes	unknown	unknown
(70)	Brown, B.L. et al	Journal of acquired immune deficiency syndromes	2011	Malawi	RCT	HIV	outpatient clinic	HIV +, adult	patient, health care provider	contract referral	change behavior	unknown	unknown	yes	2 weeks	unknown	no	unknown	unknown	unknown	unknown
(34)	Bryan, C.J. et al	Journal of affective disorders	2017	USA	RCT	suicidal	emergency department, outpatient clinic	active duty U.S. Army personnel, adult	patient, health care provider	contract for safety, no-suicide contract	alter behavior, alter beliefs	unknown	unknown	yes	6 months	unknown	no	one question: If you were to go home today, do you think you would be able to keep yourself safe?	unknown	unknown	unknown

(53)	Burkhardt, P. et al	Journal of Nursing Scholarship	2007	USA	RCT	asthma	primary care	adolescent	child, guardian, health care provider	contingency contracting	alter behavior, alter health indices	unknown	unknown	yes	16 weeks	unknown	no	unknown	unknown	unknown	social cognitive theory
(35)	Callan, J. et al	Journal of Psychosocial Nursing & Mental Health Services	2009	USA	case report	borderline personality disorder	inpatient unit	42yo female	patient, guardian, health care provider	contract	alter behavior	unknown	unknown	yes	unknown	unknown	no	acceptable and unacceptable behavior, consequences associated with infractions	unknown	yes	unknown
(54)	Charlson, M.E. et al	Translational Behavioral Medicine	2014	USA	RCT	coronary artery disease, asthma, hypertension	primary care clinic	patients, African American, adult	unknown	behavioral contract	alter beliefs (self-efficacy), alter behavior, alter health indices	unknown	unknown	yes	1 year	unknown	yes	what behavior, how often, when, how long	unknown	yes	unknown
(66)	Chassany, O. et al	Journal of Rheumatology	2006	France	RCT	osteoarthritis	primary care clinic	seniors	patient, health care provider	patient contract, therapeutic contract	alter behavior, alter health indices	unknown	yes	yes	2 weeks	unknown	yes	unknown	unknown	unknown	unknown
(77)	Chelminski, P.R. et al	BMC Health Services Research	2005	USA	pre and post intervention	chronic non-cancer pain	primary care clinic	adult	patient, health care provider	medication contract, pain contract	alter behavior, alter health indices	unknown	unknown	yes	3 months	unknown	no	prescription conditions	unknown	unknown	unknown
(79)	Cho, M.K.	Nursing & health sciences	2012	Korea	RCT	renal dialysis	outpatient clinic	adult	patient, health care provider	health contract	alter skills (self-care), alter behavior, alter health indices, interpersonal (nurse)	unknown	based on a theory	yes	4 weeks	yes	yes	goals, methods, expected rewards	unknown	yes	King's goal attainment theory
(82)	Claydon, B. et al	Ophthalmic and Physiological Optics	1997	UK	RCT	reduced vision (contact lens wearers)	optometrist clinic	adult	patient, health care provider	health care contract	alter behavior, knowledge, alter health indices	unknown	unknown	yes	1 year	unknown	unknown	unknown	unknown	unknown	unknown
(47)	Cloutier, M. et al	Journal of Pediatrics	2015	USA	RCT	obesity	primary care clinic	children, Hispanic or African American	guardian, health care provider	behavioral contract	alter behavior, alter health indices	unknown	yes	yes	1 year	yes	yes	action plan	unknown	yes	unknown
(9)	Crealey, G. et al	Pharmacoeconomics	1998	UK	RCT	tobacco	pharmacy	adult	patient, health care provider	contract	care process (cost-effectiveness), alter behavior, alter beliefs/knowledge	unknown	unknown	yes	2 years	unknown	yes	benefits, risks, stop date	unknown	unknown	unknown

(55)	Cruz, J. et al	European Respiratory Journal	2016	Portugal	RCT	chronic obstructive pulmonary disease	primary care clinic, outpatient clinic	adult	patient, health care provider	health contract	alter behavior, alter health indices	unknown	unknown	yes	6 months	yes	yes	behavior (long-term goal)	unknown	yes	social cognitive theory
(10)	Dallery, J. et al	Journal of applied behavior analysis	2008	USA	RCT	tobacco	home	adult	patient, health care provider	deposit contract	alter behavior, alter health indices	unknown	unknown	yes	24 days	unknown	no	unknown	yes	unknown	unknown
(11)	DeMarce, J.M. et al	Addictive Behaviours	2008	USA	RCT	substance abuse and psychiatric disorders	primary care clinic	adult	patient, health care provider	behavioral continuing care contract	alter behavior	unknown	unknown	yes	1 year	unknown	unknown	abstinence rates	unknown	unknown	unknown
(67)	Desai P.M. et al	American Journal of Health Behavior	2014	USA	RCT	osteoarthritis	community	geriatric	patient, health care provider	negotiated follow-up contract	alter behavior, alter beliefs (stage of change)	unknown	unknown	yes	18 months	yes	yes	preferences, capability, opportunities, strategies for handling relapse, barriers, plan/requirements	unknown	yes	unknown
(12)	Feeney, G. et al	Australian and New Zealand Journal of Psychiatry	2002	Australia	non-randomized historical cohort comparison	alcohol	outpatient clinic	adult	patient, health care provider	contract	alter behavior	Unknown	unknown	yes	12 weeks	unknown	unknown	Unknown	unknown	unknown	social cognitive theory
(13)	Feeney, G. et al	Australian and New Zealand Journal of Psychiatry	2001	Australia	non-randomized historical cohort comparison	alcohol	outpatient clinic	adult	patient, health care provider	contract	alter behavior	unknown	unknown	yes	1 year	unknown	unknown	unknown	unknown	unknown	unknown
(14)	Fishman, M.S. et al	Journal of pain and symptom management	2002	USA	retrospective chart review	chronic non-cancer pain	outpatient clinic	adult	patient, health care provider	trilateral opioid contract	care process (improve collaboration), alter behavior	unknown	unknown	No	10 months	unknown	no	requirements for opioid usage, commitment, agreement on prescription	unknown	unknown	unknown
(15)	Fleming, F.M. et al	The journal of family practice	1999	USA	RCT	alcohol	primary care clinic	adult	patient, health care provider	contract	alter behavior, alter care process (reduced acute care resource use)	unknown	unknown	yes	1 year	unknown	unknown	unknown	unknown	unknown	unknown

(36)	Foelsh, P.A. et al	Psychotherapy in practice	1998	USA	case report	borderline personality disorder	outpatient clinic	43 years old female	patient, health care provider	treatment contract	alter behavior	unknown	unknown	No	1 year	unknown	yes	therapy arrangements, behavior for client that could interfere with therapy, client limits and expectations, therapist responsibilities	unknown	yes	Kernberg's theory for transference-focused psychotherapy (unsure if specific to contract)
(16)	Gallucci, G. et al	The Academy of Psychosomatic Medicine	2001	USA	case report	hepatitis C, psychiatric disorders, substance abuse	outpatient clinic	38yo female	patient, health care provider	treatment contract	alter behavior, allow monitoring	unknown	unknown	No	3 months	unknown	unknown	rationale, patient's commitment to compliance, treatment regimen, abstinence	unknown	unknown	unknown
(75)	Gonda-Kotani, C. et al	Journal of Prevention and Intervention in the Community	2017	USA	ecological momentary study	physical disabilities	community	adult	patient, health care provider	contingency contract	alter behavior	unknown	unknown	yes	3 months	unknown	no	rewards for adhering to self-monitoring	yes	unknown	unknown
(48)	Haber, D. et al	The Gerontologist	2004	USA	post intervention study (completion rates)	sedentary	community	geriatric	patient, health care provider	health contract calendar	alter behavior, alter beliefs (motivation, self-efficacy)	unknown	yes	yes	2.5 months	yes	yes	motivation (information), goal setting, social support, memory techniques, problem solving, specific exercise goals	unknown	yes	social cognitive theory
(78)	Hariharan, J. et al	Journal of General Internal Medicine	2007	USA	retrospective chart review	chronic non-cancer pain	outpatient clinic	adult	patient, health care provider	medication contract (agreement), provider-patient agreement, opioid contract	alter behavior	unknown	yes	yes	unknown	unknown	no	patient and physician responsibilities, diagnosis, prescription, conditions under which/not prescribed, drug screens	unknown	unknown	unknown
(37)	Hartmann, A. et al	Psychotherapy Research	2007	Germany	longitudinal study	anorexia nervosa	inpatient unit	adult	patient, health care provider	treatment contract	alter behavior, alter health indices	unknown	unknown	yes	unknown	unknown	no	rate of weight gain, target weight, unclear if more included	unknown	unknown	unknown
(49)	Heneman, K. et al	Journal of the American Dietetic Association	2005	USA	RCT	nutrition	community	poverty, female, adult	patient, health care provider	contract for change tool	alter behavior, alter beliefs (readiness for change, self-efficacy)	adapted from previous work, tested in focus groups	yes	yes	10 months	unknown	yes	goals, methods for achieving them	unknown	yes	behaviour modification model

(56)	Hillman, H. et al	The Behavior Analyst Today	2009	USA	ABAC reversal design	asthma	home	30yo female	patient, health care provider	contingency contract	alter behavior	unknown	yes	yes	9 months	unknown	no	prescription conditions	yes	unknown	unknown
(17)	Hovell, M. et al	Nicotine & Tobacco Research	2009	USA	RCT	tobacco	community	mothers	patient, health care provider	behavioral contracting	alter behavior	unknown	unknown	yes	18 months	yes	yes	short and long term goals for reducing exposure	yes	yes	behavioral-ecological model
(71)	Hovell, M. et al	American Journal of Public Health	2003	USA	RCT	latent tuberculosis infection	community	Latino, adolescents	patient, peer counsellor	contingency contracting	alter behavior	unknown	unknown	yes	6-9 months	unknown	no	unknown	unknown	yes	behavioural-ecological model
(68)	Hughes, S. et al	American Journal of health Behaviour	2010	USA	RCT	osteoarthritis	community	geriatric	patient, health care provider	physical activity maintenance contract	alter behavior, alter health indices	unknown	unknown	yes	18 months	unknown	yes	exercise prescription	unknown	yes	social cognitive theory
(38)	Ijff, M. et al	BMC Health Services Research	2007	The Netherlands	RCT	depression	primary care clinic	adult	patient, health care provider	contract; treatment plan	alter behavior/skills, care process (cost-effectiveness), alter health indices	used from another study	yes	yes	18 weeks	yes	yes	preferred treatment, alarming symptoms, maintenance of meds, stepped care	unknown	yes	unknown
(18)	Jaffee, W. et al	Harvard Review of Psychiatry	2009	USA	case report	post-traumatic stress disorder, dissociation, substance dependence	community	15yo male	patient and health care provider; patient, guardian and health care provider	behavioral contract	alter behavior	unknown	unknown	yes	unknown	yes	no	treatment, random screens, targets, positive reinforcers, negative consequences, responsibilities (patient, therapist, parents)	yes	unknown	unknown
(50)	John, L. et al	Journal of General Internal Medicine	2011	USA	RCT	obesity	primary care clinic	Veterans, adults	unknown	deposit contract	alter behavior, alter health indices	unknown	unknown	yes	32-36 weeks	yes	yes	unknown	yes	yes	behavioral economic s

(39)	Kanahara, S.	International Journal of Behavioral and Consultative Medicine	2010	USA	case report	schizophrenia	community	adult male, immigrant	patient, guardian, health care provider	behavior contract	alter beliefs (commitment), alter behavior, alter health indices, interpersonal (communication with family), care process (making it concrete)	from behavioral assessment	unknown	yes	unknown	unknown	no	treatment goals and expectations, target behaviors, rationales, patient and parent responsibilities	unknown	unknown	unknown
(57)	Kegler, M. et al	American Journal of Public Health	2016	USA	RCT	overweight/obesity	community	adult, female	patient, peer coach	behavioral contract, family contract	alter behavior	healthy actions from a pilot study, refined by community advisory board members	unknown	yes	1 year	unknown	yes	6 healthy actions	unknown	yes	social cognitive theory
(58)	Kirschenbaum, D. et al	Obesity Research	2005	USA	longitudinal study	obesity	community	adolescent, low-income	patient, guardian, health care provider	behavioral contract	alter behavior, alter health indices	unknown	unknown	yes	3 months	unknown	no	parents and participants commitment to self-monitor diet and exercise	unknown	unknown	unknown
(19)	Knight, J. et al	Journal of Psychiatric Practice	2007	USA	retrospective chart review	mental and behavioral health problems including depression, bipolar, disruptive; also substance use	community	physician, adult	patient, health care provider	mental and behavioral health or substance use disorders contract; monitoring contracts	alter behavior/skills	unknown	unknown	yes	2-5 years	yes	no	elements of treatment, self-reports, collateral reports, specified tx plan, medication if indicated	unknown	unknown	unknown
(72)	Kominski, G. et al	Journal of Adolescent Health	2007	USA	RCT	latent tuberculosis infection	public health clinic	adolescent	patient, guardian	contingency contracting	alter behavior, care process (cost-effectiveness)	unknown	unknown	yes	6 months	unknown	yes	tangibles and privileges for adolescent if compliant	yes	yes	unknown
(20)	Kraft, D.	Contemporary Hypnosis and Integrative Therapy	2012	UK?	case report	tobacco	community	33yo male	patient, health care provider	verbal contract	alter behavior	unknown	unknown	yes	1 year	unknown	no	verbal agreement to give up smoking	unknown	unknown	unknown
(62)	Labhardt, N. et al	Tropical Medicine and International Health	2011	Cameroon	RCT	hypertension and diabetes	primary care clinic	adult	patient, health care provider	treatment contract	alter behavior, alter health indices	unknown	yes	yes	1 year	unknown	no	process of therapy, commitment, nurse responsibilities	yes	unknown	unknown

(21)	Lash, S. et al	Psychology of addictive behaviors	2007	USA	RCT	substance use	outpatient clinic	adult, Veteran	patient, health care provider	aftercare contract, behavioral contract	alter behavior	unknown	unknown	yes	1 year	yes	no	abstinence rates, commitment, exceptions, rewards, plans	yes	unknown	unknown
(22)	Lash, S. et al	American Journal of Drug and Alcohol Abuse	1998	USA	RCT	substance abuse	outpatient clinic	adult, Veteran	patient, health care provider	aftercare participation contract	alter behavior	unknown	unknown	yes	8 weeks	unknown	yes	info on relapse rates, commit to a group, alternative plans optional	unknown	unknown	unknown
(23)	Lash, S. et al	Journal of Substance Abuse Treatment	2013	USA	RCT	substance use	outpatient clinic	adult, Veteran	patient, health care provider	behavioral contract	alter behavior, alter beliefs (motivation)	informed from prior studies	unknown	yes	1 year	yes	yes	as above but also to obtain a sponsor and when to contact, incentives	yes	unknown	unknown
(51)	Lemstra, M. et al	Patient Preference and Adherence	2015	CAN	pre and post intervention	obesity	community	adult	patient, peers	social support contract	alter behavior, alter health indices	components recommended by a guideline	unknown	yes	24 weeks	unknown	yes	goals, barriers, solutions, how friends can help	unknown	yes	unknown
(40)	Lievers, L.	European Child and Adolescent Psychiatry	2009	FRANCE	retrospective chart review	anorexia nervosa	inpatient unit	adolescent, female	patient, guardian, health care provider	therapeutic contract, weight contract	care process (length of stay), alter behavior	unknown	unknown	yes	unknown	unknown	yes	separation period, target discharge weight, end of separation weight	yes	yes	unknown
(69)	Lundervold, D. et al	International Journal of Behavioral Consultation and Therapy	2008	not stated (NS)- but guessing US since that's where authors are from	pre and post intervention	fibromyalgia	unknown	44yo female	patient, health care provider	behavioural contract	alter behavior/skills, alter health indices	unknown	unknown	yes	6 months	unknown	no	commitment to practice skills, fill out a chronic daily pain record, mail weekly self recorded data	unknown	unknown	unknown
(24)	Magneberg, R.	Addictive Behaviors	1998	Sweden	case report	alcohol	community	Adult	patient, health care provider	moral contract	alter behavior	unknown	unknown	yes	1 year	unknown	no	commitment to carry out the project by a handshake	unknown	unknown	unknown
(59)	Mancuso C.A. et al	Archives of Internal Medicine	2012	USA	RCT	asthma	primary care clinic	Adult	patient, health care provider	contract	alter behavior	unknown	unknown	yes	1 year	yes	yes	commitment to prescribed activity	unknown	unknown	unknown

(60)	Mancuso C.A. et al	Annals of Allergy, Asthma and Immunology	2010	USA	RCT	asthma	primary care clinic	Adult	patient, health care provider	contract	alter behavior, alter health indices	workbook	unknown	yes	2 years	unknown	yes	commitment to activity to improve asthma	unknown	unknown	unknown
(41)	MartinezTaboas, A. et al	Dissociation: Progress in the Dissociative Disorders	1997	Puerto Rico	case report	dissociative identity disorder (DID)	community	28yo female	patient, health care provider	contract	alter behavior	unknown	unknown	yes	1 year	unknown	no	commitment to not hurt body, therapist responsibilities	unknown	unknown	unknown
(25)	Masson, S. et al	Transplant International	2014	UK	non-randomized historical cohort comparison	alcoholic liver disease (ALD)	outpatient clinic	adult	patient, health care provider	alcohol contract	alter behavior, alter health indices	unknown	unknown	yes	unknown	unknown	no	commitment by alters to not hurt other	unknown	unknown	unknown
(42)	Mishara, B. et al	American Journal of Community Psychology	1997	Canada	retrospective observational study	suicidal	call center	Unknown	patient, health care provider	contract	alter behavior, alter health indices	unknown	yes	yes	unknown	unknown	no	commitment to not commit suicide and to follow-up	unknown	unknown	unknown
(43)	Moljord, I.E.O. et al	Patient education and counseling	2017	Norway	RCT	psychiatric disorders	community	adult	patient, health care provider	self-referral to inpatient treatment contract	alter behavior, alter beliefs (confidence), support rights to self-determination, promote user participation in decision-making in own treatment	unknown	unknown	yes	1 year	unknown	unknown	unknown	unknown	unknown	unknown
(26)	O'Farrell, T.J. et al	Journal of studies on alcohol	1998	NS but I'm guessing the U.S b/c that's where the authors are from	RCT	alcohol	primary care clinic	married, male, adult	unknown	antabuse contract	alter behavior, interpersonal (marriage)	unknown	unknown	yes	30 months	unknown	no	patient and spouse responsibilities	unknown	unknown	unknown
(63)	Ogedegbe, G.O. et al	Archives of Internal Medicine	2012	USA	RCT	hypertension	primary care clinic	African American, adult	patient, health care provider	behavioural contract	alter beliefs (commitment), alter behavior, alter health indices	unknown	unknown	yes	1 year	unknown	no	commitment to take meds as prescribed	unknown	unknown	unknown



(64)	Ostfeld, R.J. et al	International journal of cardiology	2007	NS but I'm guessing the U.S b/c that's where the authors are from	non-randomized historical cohort comparison	cardiovascular disease	outpatient clinic	adult	patient, health care provider	weight loss contract	alter behavior, alter health indices	unknown	unknown	yes	unknown	unknown	no	commitment to rate of weight loss	unknown	unknown	unknown
(65)	Peterson, J.C. et al	Archives of Internal Medicine	2012	USA	RCT	coronary artery disease	outpatient clinic	adult	patient, health care provider	behavioural contract	alter behavior, alter health indices	unknown	unknown	yes	1 year	unknown	yes	commitment to self-selected physical activity	unknown	unknown	unknown
(27)	Piotrowski, N.A. et al	Experimental and clinical psychopharmacology	1999	USA	RCT	opioid	primary care clinic	adult	patient, health care provider	contingency contract	alter behavior, alter health indices, interpersonal (family)	unknown	unknown	yes	unknown	unknown	no	commitment to abstinence	yes	unknown	unknown
(28)	Resnicow, K. et al	Preventive medicine	1997	USA	RCT	tobacco	community	African Americans, adult	patient	quit contract	alter behavior	unknown	unknown	yes	6 month	unknown	yes	patient-selected quit date	yes	yes	unknown
(80)	Sagawa, M. et al	International journal of nursing studies	2003	Japan	pre and post intervention	chronic haemodialysis (HD)	outpatient clinic	adult	patient, health care provider	self-contracting	alter behavior, care process (clarify objectives), alter beliefs (commitment)	unknown	unknown	yes	4 weeks	unknown	yes	specific behaviours, commitment to plan, fluid intake objectives, reinforcers when successful	yes	yes	unknown
(81)	Schlenk, E.A. et al	Applied Nursing Research : ANR	1998	USA	RCT	diabetes	outpatient clinic	adult	patient, health care provider	contingency contract	alter behavior, alter health indices	behavioral model	yes	yes	unknown	unknown	yes	behavior to be performed	yes	yes	social cognitive theory
(76)	Shaw, S.E. et al	Journal of Rehabilitation Research and Development	2005	USA	pre and post intervention	traumatic brain injury (TBI)	outpatient clinic	adult	patient, health care provider	behavioral contract	alter behavior, alter health indices	unknown	unknown	yes	2 years	unknown	yes	activities the participant should perform, activities for which the mitt could be removed	unknown	unknown	unknown
(61)	Sherman, J.M. et al	Clinical pediatrics	2001	USA	pre and post intervention	asthma	outpatient clinic	children	patient, guardian, health care provider	behavioral contract	alter behavior, care process (use of acute resources)	unknown	unknown	yes	1 year	unknown	no	acknowledgment of poor control and adherence, prescription, guardian and patient behaviors, action plan, responsibilities of treating team, consequences	unknown	unknown	unknown

(44)	Sibley, M.H. et al	Journal of consulting and clinical psychology	2016	USA	RCT	attention deficit hyperactivity disorder	school	adolescent	patient, guardian, health care provider	parent-teen contract	alter behavior	unknown	yes	yes	6 months	unknown	yes	monitoring plan	unknown	unknown	unknown
(29)	Stanger, C. et al	Drug and Alcohol Dependence	2009	USA	RCT	marijuana	outpatient clinic	adolescent	patient, guardian	substance monitoring contract	alter behavior, interpersonal (parenting), alter health indices	unknown	unknown	yes	9 months	yes	yes	positive and negative consequences	yes	unknown	unknown
(45)	van der Voort, T. et al	The British Journal of Psychiatry	2015	The Netherlands	RCT	bipolar disorder	outpatient clinic	adult	patient, health care provider	contracting	alter behavior, alter health indices	unknown	unknown	yes	1 year	unknown	yes	most important problems, treatment activities, treatment plan, goals	unknown	yes	unknown
(30)	Vinson, D. et al	Substance Abuse	2000	USA	RCT	alcohol	primary care clinic	adult	patient, peer, health care provider	behavioral contract	alter behavior, alter health indices	previous research	unknown	yes	1 year	unknown	yes	chosen behaviors	unknown	yes	unknown
(52)	Washington, W. et al	Translational issues in psychological science	2016	USA	RCT	sedentary	community	adult	patient, health care provider	deposit contract	alter behavior	unknown	unknown	no	21 days	unknown	no	unknown	yes	yes	unknown
(31)	White, J. et al	American Journal of Preventative Medicine	2013	Thailand	RCT	tobacco	community	adult	patient, health care provider	commitment contract	alter behavior, care process (cost)	unknown	unknown	yes	14 months	unknown	no	unknown	yes	unknown	behavioral economic, peer pressure
(32)	Young, R. et al	Journal of Substance Abuse Treatment	2011	Australia	pre and post intervention	alcohol	outpatient clinic	adult	patient, health care provider	contract	alter beliefs (expectancy, self-efficacy), alter behavior	unknown	unknown	yes	12 weeks	unknown	no	committing to abstinence for duration of program	unknown	unknown	unknown