Will your planned intervention meet the core defining characteristics of Lifestyle Redesign (as outlined in Pyatak et al., 2022), AND do you plan to describe it as Lifestyle Redesign in any public-facing materials?

- No: Lifestyle Redesign research guidelines do not apply.
- Yes: Is your study best described as preliminary research leading to an LR intervention, or as secondary analysis of LR data?
  - No: Is a member of the research team LR certified?
    - No: Your research team can work independently.
    - Yes: Engage an LR-KMI consultant for ongoing collaboration (minimum 1 hour/month).
  - Yes: Is the study’s PI LR certified?
    - No: Are the interveners LR certified?
      - Yes: Your research team can work independently.
      - No: Interveners must complete all LRC requirements except practice hours prior to initiating intervention. An LRC (PI or other) must provide at least 1 hour/week mentorship to interveners until they become certified. In certain circumstances, this may substitute for the Mentored Practicum; contact LR-KMI for details.
    - Yes: Engage an LR-KMI consultant for ongoing collaboration (minimum 1 hour/month). Interveners must complete all LRC requirements except practice hours prior to initiating intervention. An LRC must provide at least 1 hour/week mentorship to interveners until they become certified. In certain circumstances, this may substitute for the Mentored Practicum; contact LR-KMI for details.

Is the study’s PI LR certified?

- No: Are the interveners LR certified?
  - Yes: Your research team can work independently.
  - No: Interveners must complete all LRC requirements except practice hours prior to initiating intervention. An LRC (PI or other) must provide at least 1 hour/week mentorship to interveners until they become certified. In certain circumstances, this may substitute for the Mentored Practicum; contact LR-KMI for details.

Are the study interveners LR certified?

- Yes: Engage an LR-KMI consultant for periodic review of research progress. At a minimum, you should plan to consult at the following three project phases: (1) When developing research questions and analytic plan; (2) When reviewing and interpreting data analysis output/results; and (3) When determining how to disseminate study findings.
- No: For all projects: Any resultant manuscripts, abstracts, posters, or other products for public dissemination must be sent to LR-KMI for review and final approval before journal/conference submission or other public disclosure. If the project involves data, resources, or consultation from USC-LR-KMI, consider acknowledgment and/or co-authorship as appropriate and per any existing agreements (e.g., data sharing or consulting agreements).