**How to Select Outcomes of Choir Interventions**

For those interested in implementing and evaluating a community choir, we propose a set of potential outcomes based. These outcomes take the form of a multi-dimensional conceptual framework of potential benefits for older adults of singing in a choir. This framework is a result of a series of studies.

* *Preliminary framework*: A study of community-dwelling older adults in Finland examined the relationship between the perceived benefits associated with choir singing and quality of life (QOL). Results indicated that older adult choir singers reported benefits in multiple domains of QOL such as psychological, social relationships, and environment.
  + *Citation*: Johnson JK, Louhivuori J, Stewart AL, Tolvanen A, Ross L, and Era P. Quality of life (QOL) of older adult community choral singers in Finland. *International Psychogeriatrics*, 2013, Jul;25(7):1055-64. PMCID:PMC3748797
* *Framework for designing outcomes of Community of Voices:* Based on the Finnish study and other literature, we modified the conceptual framework of potential benefits. Primary and secondary outcomes (benefits) were selected to reflect the hypothesized mechanisms of the cognitive, physical, and psychosocial engagement components of choral singing. Table 2 in this manuscript lists the specific components of the intervention and how each component might result in improvements in the specified outcomes (benefits).
  + *Citation*: Johnson JK, Nápoles AM, Stewart AL, Max WB, Santoyo-Olsson J, Freyre R, Allison TA, Gregorich SE. Study protocol for a cluster randomized trial of the Community of Voices choir intervention to promote the health and well-being of diverse older adults. *BMC Public Health*, 2015 Oct;15:1049. PMCID:PMC3748797
* *Refinements to the framework:* Based on qualitative debriefing focus groups and interviews with participants in the *Community of Voices* study, we revised the framework to incorporate types of benefits described by these participants that were not in our original framework. Although many of the themes overlapped with our existing framework, several new themes were identified. Three new psychosocial benefits included improved self-esteem, finding a place in society, and a sense of cultural identity and appreciation. The increased awareness and strength of voice encompassed both a physical effect (e.g., improved breath) and psychosocial effects (e.g., assertiveness and finding one’s voice).
  + *Citation*: Allison T, Nápoles AM, Johnson JK, Stewart AL, Rodriguez-Salazar M, Peringer J, Sherman S, Ortez-Alfaro J, Villero O, and Portacolone E. Perceived benefits of singing in a choir for older adults from diverse racial/ethnic and socioeconomic backgrounds. UNDER REVIEW.