

Adapting Evidence Based Interventions: How to Make them Work

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Course Objectives

- Participants will be able to identify common terminology and concepts related to adaptation
- Participants will be able to describe the systematic process for adaptation of evidence based interventions
- Participants will understand how to adapt evidence based interventions for their target populations

Diffusion of Effective Behavioral Interventions

DEBI's

DEBI's

- The Diffusion of Effective Behavioral Interventions project (DEBI) is a national-level strategy to provide high quality training and on-going technical assistance on selected evidence-based HIV/STD/prevention interventions to state and community HIV/STD program staff.
- The selected interventions have been proven effective through research studies that showed positive behavioral (e.g., use of condoms; reduction in number of partners) and/or health outcomes (e.g., reduction in the number of new STD infections).

DEBI's

- Community Level
- Group Level

DEBI's

Community-level interventions seek to change attitudes, norms, and values of an entire community/target population as well as social and environmental context of risk behaviors of the target population/community. Examples of community-level interventions diffused through the DEBI project are:

- Holistic Health Recovery Program (HHRP)
- Popular Opinion Leader (POL)

DEBI's

- Community PROMISE
- MPowerment
- Real AIDS Prevention Program (RAPP)

DEBI's

- Group-level interventions seek to change individual behavior within the context of a group setting. Examples of group-level interventions diffused through the DEBI project are:
 - Healthy Relationships (HR)
 - Many Men, Many Voices (3MV)
 - Safety Counts
 - SISTA

DEBI's

- Street Smart
- Together Learning Choices (TLC)
- VOICES/VOCES

What is Adaptation?

Adaptation

Adaptation is the process of modifying key characteristics of an intervention without competing with or contradicting the core elements. The key characteristics are adapted to include the following:

- the risk behaviors
- influencing factors
- availability of the target population

Core Elements

- Critical feature thought to be responsible for an intervention's effectiveness. The elements must be maintained without alterations.

Key Characteristics

- Crucial activities and delivery methods for delivering an intervention. They can be adopted and/or tailored.

Fidelity

- Fidelity is adapting or implementing an intervention that adheres to the core elements and internal logic as originally designed.

Intervention Intent and Internal Logic

- The intent of an intervention is the outcome(s) that it is designed to achieve.
- The internal logic of an intervention is the explanation of the relationships between intervention activities, influencing factors, and targeted behaviors

Reinvention

- Reinvention occurs when changes are made that compete or are in conflict with the core elements of an intervention that was previously shown to be effective.
- When reinvention occurs it is not known whether the program outcomes will be similar to those in the original research; therefore, rigorous evaluation and renaming of the altered intervention is advised.

Adaptation

Adaptation

Step 1: Assessment

- Assess Target Population
- Assess Stakeholders
- Assess Intervention
- Assess Organization Capacity
- Goodness Fit
- Select Intervention

Adaptation

Step 2: Preparation

- Make necessary Changes
- Organization Preparation
- Pre-test
- Implementation Plan for Adapted Intervention

Adaptation

Step 3: Implementation

- Successful Pilot test of Adapted Intervention
- Implementation of Adapted Intervention

Step 1: *Assessment*

Assessing the Target Population

- Identity the target population
- Identity the risk behaviors
- Identify influencing factors
- Identify where and when and how often the target population can be reached

Who is being targeted?

- Geographic Location
- Racial/Ethnic Background
- Other demographic characteristics
- General risks

HIV Risk Behaviors

Those behaviors **in and of themselves** that can result in an HIV infection.

Behavioral Influencing Factors

- Common aspects of our thoughts, social interactions, or the environment that support or prevent behavior change
 - These factors are connected to the theory that support the intervention

Internal Factors Affecting Behavior Change

- Knowledge
- Attitude and Beliefs
 - Perceived risk/susceptibility
 - Perceived severity
 - Perceived benefits
 - Ambivalence
 - Perceived barriers
 - Outcome expectancy

Internal Factors Affecting Behavior Change

- Ability (adequate skills)
- Intention (commitment)
- Norms (social pressure)
- Self-standards (self-image)
- Emotion (feelings)
- Self-efficacy (view of self as capable of doing something)

External Factors Affecting Behavior Change

- Sexual relationship dynamics
- Family/cultural/religious norms
- Social/group/peer norms, Social influence
- Policies, Procedures of agency/provider
- Laws, Regulations
- Environmental factors/barriers

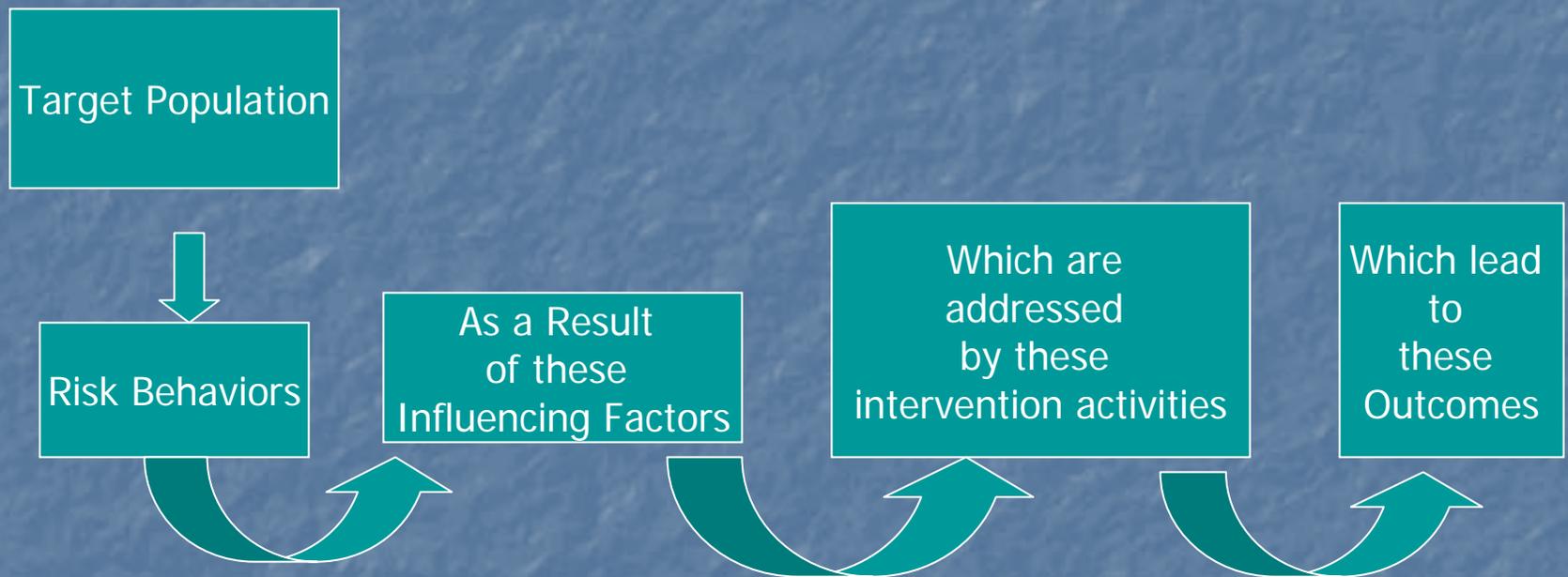
Assessing the Intervention

- Identify potential intervention
- Understand the theoretical foundation guiding the intervention
- Identify risk behaviors and influencing factors targeted by intervention activities
- Identify core elements and key characteristics
- Assess overall cost and resources requirements

Common Framework

- How the intervention is designed?
- What are the specific goals/objectives of the intervention?
- What theory or theories is the intervention based on?
- What are the core elements of the intervention?
- What are the key characteristics of the intervention?

Understanding Intervention Basic Logic Model



Voices/Voces

- Voices/Voces is a single-session, video based HIV/STD prevention intervention
- Voices/Voces is designed to encourage condom use and improve condom negotiation skills.

Theory of Reasoned Action

Ajzen and Fishbein, 1980

- Behavior
- Intention
- Attitude
- Norms

Theoretical Framework

- Theory of Reasoned Action helps to explain why people take health risk
- Theory of Reasoned Action explained that peoples' behaviors are guided by:
 - Their attitudes, beliefs, past experience
 - How they believe others will act
 - Social and cultural norms in their communities

Core Elements

- Viewing culturally-specific videos portraying condom negotiation
- Convening small group skill-building sessions to work on overcoming barriers to condom use
- Educating program participants about different types of condoms and their features
- Distributing samples of condom identified by participants as best meeting their needs

Key Characteristics

- Introduction of Voices/Voces as a routine part of organization services
- Convene 4 to 8 of the same gender race/ethnicity to allow for open discussion of sensitive issues
- Conduct the intervention in a private space
- Deliver the intervention in a single 40 to 60 minute session

Key Characteristics

- Viewing of a 15 to 20 minute culturally-specific video as the intervention's starting point
- Using the characters and situation in the video to launch group discussion
- Addressing barriers to condom use and safer sex
- Providing three condoms to each client of the type identified as best meeting their needs

Goodness Fit

- Use target population assessment data and knowledge of interventions to determine if intervention risk behavior and influencing factors match to target population's risk behaviors and influencing factors.
- Identify potential area where intervention needs adaptation
- Identify areas where agency need to build capacity to adapt and implement intervention
- Scale down list of potential interventions based on risk and influencing factors match

Assess Stakeholder

- Identify existing and potential stakeholders
- Identify stakeholders needs
- Seek input from advisory board and community planning group
- Assess availability of referring and referral agencies
- Assess potential for collaboration

Assessing the Agency

- Resources
- Staffing Physical space
- Mission Statement
- Priorities
- Skills
- Cultural competency
- Experience
- Access to target population

Select Intervention

- Build capacity with subject mater
- Consult with community regarding decision
- Consult with staff regarding decision

Step 2: Preparation

Make necessary changes to the intervention

- Determine what needs to be changed based on step one assessments
- Develop overall logic model and timeline for adapting the intervention
- Plan and make necessary changes to the intervention
- Track changes to activities and intervention. Keep appropriate records through process and monitoring evaluation

Organization Preparation

- Recruit volunteers
- Train staff and volunteers
- Assign and coordinate staff and volunteer roles and responsibility
- Set up space
- Assemble materials

Pre-testing

- Pre-testing
 - A trial run used to assess some part of an instrument, procedure, or materials for a study or intervention
- What to pre-test?
 - Brochures
 - Role model stories

Purpose Pre-testing

- Accuracy
- Relevance
- Consistency
- Clarity
- Appropriateness
- Effectiveness

Implementation Plan for Adapted Intervention

- Target population
- Risk behaviors
- Influencing factors
- Intervention activities
- Core elements

Implementation Plan for Adapted Intervention

- Anticipated outcomes
- Develop organizational policies around adapted intervention
- Timeline for activities

Step 3: Implementation

Successful Pilot test of Adapted Intervention

- Components of successful pilot includes the following:
- Fidelity to core elements and internal logic of the adapted intervention
- Some movement towards intermediate outcomes
- Staff implementation with quality

Implementation of Adapted Intervention

- Implement adapted intervention
- Collect process measures on adapted intervention
- Conduct process monitoring and evaluation on adapted intervention
- Collect intervention outcome measures
- Conduct outcome monitoring and evaluation
- Make changes based on process evaluation

Adapting Evidence-Based Behavioral Interventions

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