'The TEnT PEGS online toolkit: Translating behaviour change techniques into communication tools for midwives'

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Study background

- Obesity in pregnancy = health risks¹-³
- ‘Teachable moment’ Midwives expected to address it⁴,⁵
- Lifestyle behaviour change could reduce obesity but discussions can be ‘uncomfortable’ ‘offensive’ ‘challenging’⁶,⁷
- ‘TEnT PEGS’ toolkit (www.tentpegs.info)⁸-¹⁰

*Online training for midwifery trainees; knowledge and skills around behaviour change techniques (BCTs)*

Can TEnT PEGS training:
- (1) transfer **knowledge** about BCTs to midwifery trainees?
- (2) increase midwifery trainees’ **motivation** to use BCTs?
- (3) is it **acceptable** to midwifery trainees?
Methods

Mixed-methods evaluation of training:

- 67 final year BMidwif students University of Manchester

- Pre- and post-survey:
  - Attitudes, subjective norms, perceived behavioural control & intentions\textsuperscript{11} (12-items 7-point Likert Scale)
  - BCT knowledge (Checklist 7 of 14 strategies)

- Semi-structured interviews post-training, thematic analysis and Grounded Theory principles\textsuperscript{12,13}
Key findings

**Survey scores** – Wilcoxon Signed Ranks Test:

<table>
<thead>
<tr>
<th>TPB Construct</th>
<th>Median (Range) of Scores</th>
<th>Z</th>
<th>r</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Baseline</td>
<td>After training</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intention</td>
<td>19(11-21)</td>
<td>19(14-21)</td>
<td>-1.842</td>
<td>-</td>
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<tr>
<td>Attitude</td>
<td>16(12-21)</td>
<td>17(12-20)</td>
<td>-1.468</td>
<td>-</td>
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<tr>
<td>Subjective Norms*</td>
<td>16(9-21)</td>
<td>18(14-21)</td>
<td>-4.103</td>
<td>0.57**</td>
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<tr>
<td>Perceived Behavioural Control*</td>
<td>13(5-18)</td>
<td>15(9-20)</td>
<td>-3.991</td>
<td>0.55**</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Skills checklist</th>
<th>Median (Range) of Scores</th>
<th>Z</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Baseline</td>
<td>After training</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BCT knowledge</td>
<td>9(5-12)</td>
<td>13(714)</td>
<td>-5.923</td>
<td>0.82**</td>
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</tbody>
</table>

**Interviews (Duration: 9-41 minutes):**

“Now I feel more **confident** about speaking to people” (1)
“Yeah I will **use** it [Tent Pegs]” (14)
“Doctors, nurses and midwives, all sorts of people could use it” (7)
“Pregnancy is a **window for change** really” (14)
“Maybe tent pegs then followed up by a **lecture**…even a **discussion** group or something” (6)
Conclusions

Prior to TEnT PEGS training midwifery trainees may already intend to speak with women about obesity but lack the confidence - Following training they may gain confidence in this task and knowledge of appropriate behaviour change skills to use.

Midwifery trainees liked and valued training format and content but wanted face-to-face contact to further their learning

Next steps: Consider how to enhance training to help midwifery trainees embed this learning in their practice.
References


