Intervention delivery fidelity assessment of a counselling based intervention for multiple behaviours.

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Background

• Multiple risky behaviours increases risk of mortality
• Disadvantaged groups engage in more risky behaviours (alcohol, physical activity, smoking, poor diet)
• Behaviours - simultaneously or sequentially, separately or integrated, time period?
• Single vs MHBC interventions may use different BCTs
• Treatment fidelity...?

Study aims

• Developing methods and assessing fidelity to understand delivery processes of an MHBC intervention on smoking and physical activity
• 11 active intervention processes
IF1: Active participant involvement

IF2: Motivation-building (smoking)

IF3: Motivation-building (physical activity)

IF4: Set goals (smoking)

IF5: Set goals (physical activity)

IF6: Review/problem-solving (smoking)

IF7: Review/problem-solving (physical activity)

IF8: Integration of concepts

IF9: Reinforce health-identity shifts

IF10: Manage social influences (smoking)

IF11: Manage social influences (physical activity)
The Intervention
- Health Trainer (practitioner) delivered intervention to support smoking reduction and increases in physical activity
- One to one motivational support (problem solving, action planning, self monitoring, goal setting)
- Up to 8 sessions over 12 weeks (plus extra support for any quit attempt)

Methods
- 90 sessions audio recorded and transcribed (30 participants: 3 sessions per participant, early middle and late) delivered by 3 HTs
- Scored using the Dreyfus model of skill acquisition (0-6) by 3 coders (TT, JL, CG) with 4th (AT) assisting with disagreements
Results

Overall mean score by intervention fidelity item

Notes: IF1: Active participant involvement; IF2: Motivation-building (smoking); IF3: Motivation-building (physical activity); IF4: Set goals (smoking); IF5: Set goals (physical activity); IF6: Review/ problem-solving (smoking); IF7: Review/ problem-solving (physical activity); IF8: Integration of concepts; IF9: Reinforce health-identity shifts; IF10: Manage social influences (smoking); IF11: Manage social influences (PA).
Thank you.
Lots more to say, so please come and have a chat!
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