Identifying and assessing different approaches to developing complex interventions:
An introduction to the INDEX Study


UK Society for Behavioural Medicine 12th Annual Scientific Meeting – 2nd of December 2016
Typology

• Theory based/informed/driven
• Participatory approach
• Pragmatic/mixed methods
• Etc.
Study design

Phase 1: Systematic reviews

Phase 2: Qualitative interview study: developers, funders, journal editors, policy makers

1. Approaches to intervention development
2. Review of context, mechanisms, strengths and weaknesses, methods
3. Review of links between development and successful interventions

Phase 3: Consensus Exercise: Delphi and workshops
2015-2016 (12 months)

• 111 papers + 33 possibles
Outputs of INDEX study

Guidelines development

Typology