

## Guidelines

### Assignment A (Individual Report)

Based on the knowledge gained from the course content and your additional readings, you will practice on how to better be able to identify on published papers with main aim to promote any sort of physical activity behavior, the most significant information regarding the design, application and evaluation of behavioral interventions.

- First, choose a topic and pick five (5) published papers (download .pdf) related to a physical activity promotion intervention for a specific target group (e.g. depression or cancer survivors, or sedentary adults, or.....) on a specific context (e.g. outpatients, home based, community, school, etc....).

(tip: consider matching the topic of this assignment with the topic of assignment B)

- Second, Use the TIDIER checklist (find below) to: Identify on each paper the 12 topics of the CHECKLIST (the full TIDieR guide is uploaded to e-class), highlight them with yellow color and add a sticky Note with the number of the corresponding checklist topic.

(tip: make sure you use a .pdf edit software, available from our IT services, or computer room)

- Third, write a report (max 3 pages), including the following:
  - For each paper, discuss how well the authors have described the intervention as the checklist requires.
  - A summary at the end discussing overall, how well authors of these five papers complied with the guidelines, as well as, what difficulties you had as a reader to identify the information you were looking for.
- Then use the same 5 papers and locate on each paper the description of the intervention contents for all treatment groups (intervention, control or comparator).
- Use the BCT's Taxonomy v1. (.pdf uploaded to e-class) and "code" the BCT's that are described on the section of the intervention description, for all treatment groups. Highlight them with bright green color and add a sticky Note with the name of the identified BCT.
- Finally, add a section to the previous report regarding your experience of coding intervention description using the BCT's Taxonomy v1.

### Learning Outcomes

This assessment piece is designed to give students an opportunity to develop their skills to better identify, compare, and characterize the most essential information needed to take under account when reporting (and planning) a health behavior change intervention program.

**Assignment A should be submitted through e-class system, before Sunday, 18 April, 2021**



Template for Intervention  
Description and Replication

## The TIDieR (Template for Intervention Description and Replication) Checklist\*:

Information to include when describing an intervention and the location of the information

Item number	Item	Where located **	
		Primary paper (page or appendix number)	Other † (details)
1.	<b>BRIEF NAME</b> Provide the name or a phrase that describes the intervention.	_____	_____
2.	<b>WHY</b> Describe any rationale, theory, or goal of the elements essential to the intervention.	_____	_____
3.	<b>WHAT</b> Materials: Describe any physical or informational materials used in the intervention, including those provided to participants or used in intervention delivery or in training of intervention providers. Provide information on where the materials can be accessed (e.g. online appendix, URL).	_____	_____
4.	<b>WHO PROVIDED</b> Procedures: Describe each of the procedures, activities, and/or processes used in the intervention, including any enabling or support activities.	_____	_____
5.	<b>HOW</b> For each category of intervention provider (e.g. psychologist, nursing assistant), describe their expertise, background and any specific training given.	_____	_____

6.	Describe the modes of delivery (e.g. face-to-face or by some other mechanism, such as internet or telephone) of the intervention and whether it was provided individually or in a group. <b>WHERE</b>	_____	_____
7.	Describe the type(s) of location(s) where the intervention occurred, including any necessary infrastructure or relevant features.	_____	_____
<b>WHEN and HOW MUCH</b>			
8.	Describe the number of times the intervention was delivered and over what period of time including the number of sessions, their schedule, and their duration, intensity or dose. <b>TAILORING</b>	_____	_____
9.	If the intervention was planned to be personalised, titrated or adapted, then describe what, why, when, and how. <b>MODIFICATIONS</b>	_____	_____
10.†	If the intervention was modified during the course of the study, describe the changes (what, why, when, and how). <b>HOW WELL</b>	_____	_____
11.	Planned: If intervention adherence or fidelity was assessed, describe how and by whom, and if any strategies were used to maintain or improve fidelity, describe them.	_____	_____
12.†	Actual: If intervention adherence or fidelity was assessed, describe the extent to which the intervention was delivered as planned.	_____	_____

\*\* **Authors** - use N/A if an item is not applicable for the intervention being described. **Reviewers** – use ‘?’ if information about the element is not reported/not sufficiently reported.

- † If the information is not provided in the primary paper, give details of where this information is available. This may include locations such as a published protocol or other published papers (provide citation details) or a website (provide the URL).
- ‡ If completing the TIDieR checklist for a protocol, these items are not relevant to the protocol and cannot be described until the study is complete.
- \* We strongly recommend using this checklist in conjunction with the TIDieR guide (see *BMJ* 2014;348:g1687) which contains an explanation and elaboration for each item.
- \* The focus of TIDieR is on reporting details of the intervention elements (and where relevant, comparison elements) of a study. Other elements and methodological features of studies are covered by other reporting statements and checklists and have not been duplicated as part of the TIDieR checklist. When a **randomised trial** is being reported, the TIDieR checklist should be used in conjunction with the CONSORT statement (see [www.consort-statement.org](http://www.consort-statement.org)) as an extension of **Item 5 of the CONSORT 2010 Statement**. When a **clinical trial protocol** is being reported, the TIDieR checklist should be used in conjunction with the SPIRIT statement as an extension of **Item 11 of the SPIRIT 2013 Statement** (see [www.spirit-statement.org](http://www.spirit-statement.org)). For alternate study designs, TIDieR can be used in conjunction with the appropriate checklist for that study design (see [www.equator-network.org](http://www.equator-network.org)).

## Assignment B (Group Project plan)

Based on the knowledge gained from the course content and your additional reading so far on theories applied to predict and explain behavior, and interventions designed to change people's behavior, develop a question for a significant societal problem that needs to be addressing (tip: remember the stages of intervention development we explored in the first block of lectures, starting with the problem, the population who behavior needs to change, and the theory-based mechanisms that need to be activated to bring about that change), and then design a behavior change intervention to address the issue (use as a helpful guide to plan the intervention project the Planning Tool below).

(tip: the intervention will likely involve some sort of study with the appropriate design and evaluation elements).

- First, choose a behavior that is likely to solve a significant problem in society, and is of interest to you.
- Second, review the relevant literature to provide a comprehensive basis for the significance of the behavior in promoting a positive or adaptive change (tip: think of behaviors that might improve health or well-being, promote better learning, increase work productivity, or promote better interpersonal relationships), identify existing research applied to understand and change your chosen behavior including relevant theory applied to understand the behavior and the methods used to change it.
- Third, based on the review, identify the proposed theory- and evidence-based methods you will use to change the target behavior, and develop an intervention aimed at changing the behavior in the target population.
- Fourth, design a proposal for a plan aimed at providing the necessary evidence to support the effectiveness (efficacy) of your intervention (tip: use an appropriate design and include relevant measures of the target behavior and/or outcome to demonstrate the change – use the planning tool below to help guide your thoughts).

Your project presentation should be structured under the following subheadings:

- **Background.** Provide a short review of the literature related to the problem of interest, and use it to develop a rationale for the proposed behavior change intervention. Include the relevant and current literature that has addressed the issue as well as the theory that has been applied to better understand and change the behavior.
- **Project Aims & Hypotheses:** Outline the specific aims of the proposed intervention which reflect the literature on the topic. Present clear questions/hypotheses to test your predictions and achieve the aims of your intervention.

- Method: Discuss the methods of the proposed intervention including: participants, procedure, and measures/materials used to evaluate its effectiveness.
- Outcomes, Implications and Impact: Describe the expected outcomes, associated implications, and potential impact of the behavioral intervention promotion you have proposed to undertake.

**Self and peer evaluation forms will be completed at the end of the presentations.**

### **Learning Outcomes**

This assessment piece is designed to give students an opportunity to demonstrate their knowledge of behavior change theory and how it can be utilized to inform an intervention to change a target behavior and produce outcomes of interest.

**Assignment B is scheduled to be presented on the exam date of this course (To be scheduled).**

**Planning Tool**  
**Physical activity Behavioral Intervention Project Assignment B**

1. Describe the exact physical activity behavior you want to promote and why (what is the health problem you aim to “solve” or prevent).
2. Present the theoretical background you are basing your project on, and why you have chosen this theory or model approach. (i.e., Why the theory/theories that you have chosen, best serve your planning, intervention application and evaluation of your chosen (target) physical activity behavior?)
3. State your specific questions/ aim/s and prediction/s for your project.
4. Describe who your participants are going to be and the rationale for using your target sample. <ul style="list-style-type: none"> <li>▪ Number</li> <li>▪ Gender</li> <li>▪ Age/age range</li> <li>▪ Any other characteristics</li> <li>▪ Any participants likely to exclude</li> </ul> <p>State how you will obtain/recruit your participants (e.g., volunteers, active recruitment)</p>
5. Outline the proposed design of your study – how are you going to evaluate whether your chosen intervention ‘works’ in changing the chosen physical activity behavior?
6. State any measures/materials/apparatus required to evaluate your intervention (e.g., provide examples of the content of the intervention, measures used – such as questionnaire items – and means used to measure change in the target behavior, what equipment/materials are going to be used in the study?).
7. Describe the content of your intervention including the behavior change techniques that you are going to use and how they link up with your theory.
8. Describe the procedure. Include: <ul style="list-style-type: none"> <li>▪ Context (e.g., in a gym, clinic, online, mass media, in schools, in the workplace)</li> <li>▪ Data collection techniques (e.g., paper-based surveys, intervention delivery details)</li> <li>▪ Ethics procedures</li> <li>▪ Project evaluation</li> </ul>
9. Discuss the expected outcomes and implications of the project. Include: <ul style="list-style-type: none"> <li>▪ Expected results</li> <li>▪ Limitations</li> <li>▪ Potential impact</li> </ul>