

Programme fidelity in a large pragmatic trial: findings from a process evaluation of the Strengthening Families Programme 10-14UK (SFP10-14UK)



DE: CIPHer

Development and Evaluation of Complex
Interventions for Public Health Improvement
A UKCRC Public Health Research Centre of Excellence



Jeremy Segrott

L Moore, J Holliday, K Hood,
S Murphy, C Phillips, Z Roberts,
J Scourfield, D Foxcroft, H
Rothwell,
D Gillespie, C Thomas



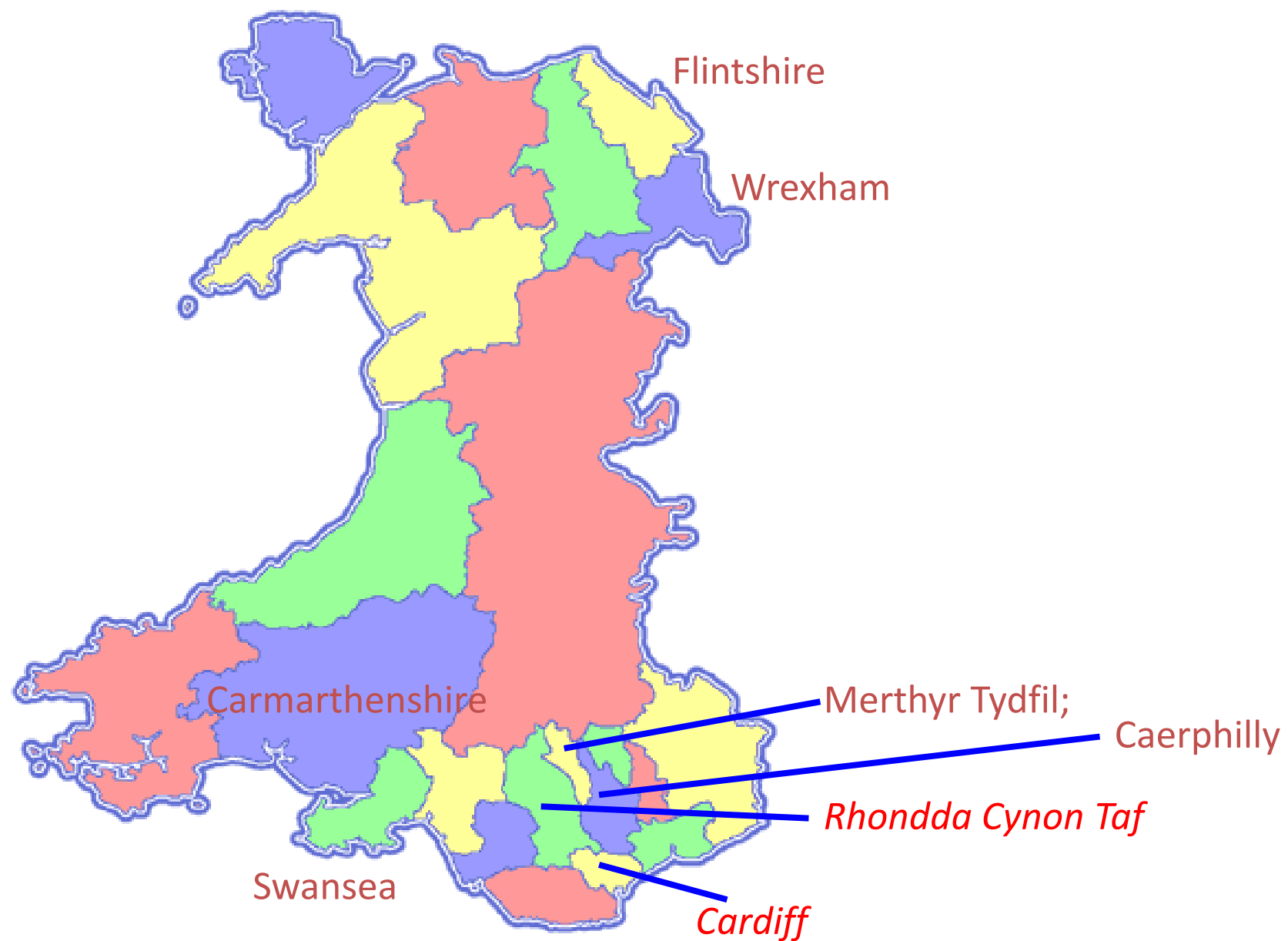
DECIPHER

Development and Evaluation of Complex
Interventions for Public Health Improvement
A UKCRC Public Health Research Centre of Excellence

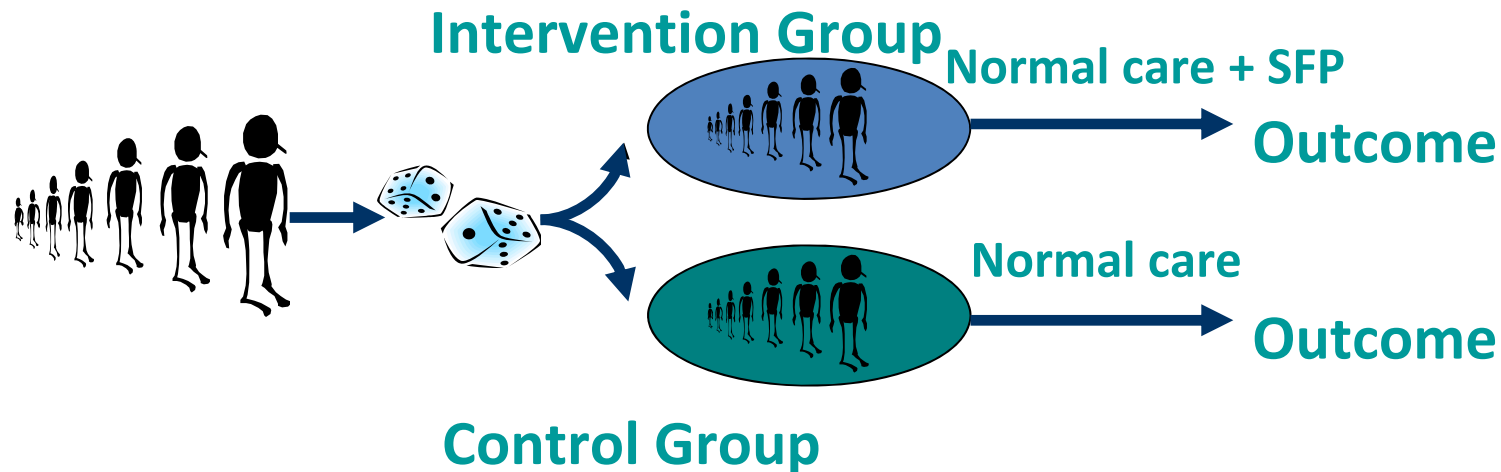
Presentation Overview

- ➡ Project SFP Cymru study background and design
- ➡ Strengthening Families Programme 10-14UK
- ➡ Process evaluation
- ➡ Findings – key influences on fidelity:
 - *Staff response to programme design*
 - *Time management*
 - *Quality control*
 - *Age-appropriateness*
- ➡ Next steps





Project SFP Cymru: study design

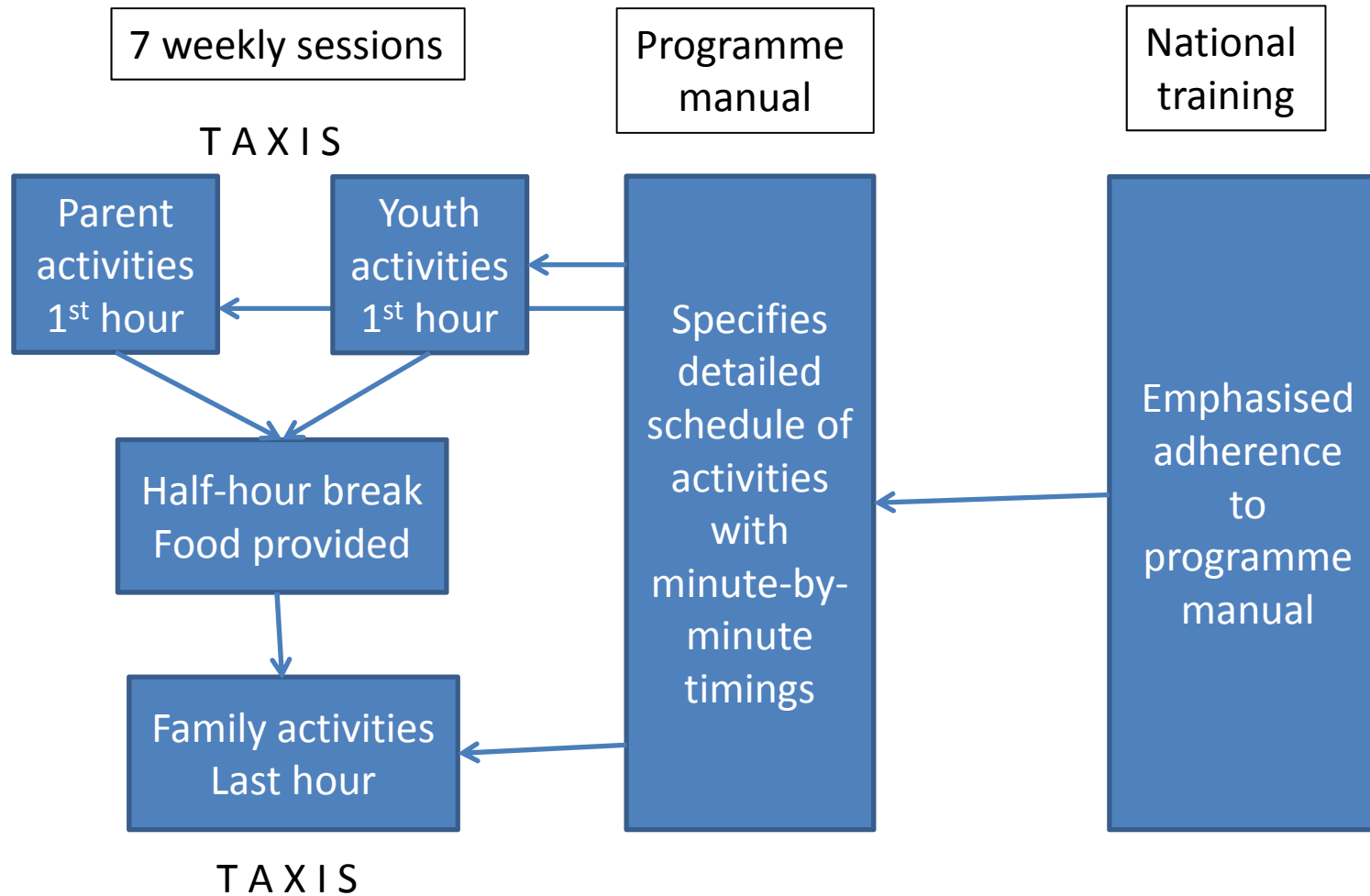


- 👉 Pragmatic randomised controlled trial
- 👉 Embedded process evaluation seeks to understand change processes, ascertain intervention fidelity, and key influences

The intervention: SFP10-14

- ➡ Substance misuse prevention intervention for families with children aged **10-14**
- ➡ Aims to strengthen protective factors in the family
- ➡ Focuses on parenting, family functioning and young people's peer-resistance skills
- ➡ Universal prevention intervention for ANY family.
- ➡ Does not address very high needs levels or current substance misuse

SFP10-14: tightly structured and strictly timed



Intervention implementation

- ➡ Full-time SFP co-ordinator appointed in each area was employed by local agency
- ➡ Co-ordinator responsible for all aspects of implementation
- ➡ SFP facilitators delivering each session were from a range of local service providers

Data sources and analysis

- ➡ Interviews with Welsh Government programme lead trainers (n=2), managers (n=7), co-ordinators (n=12) and facilitators (n=20) from programme delivery areas
- ➡ Data stored and coded using Atlas ti.6.2 software
- ➡ Analysis used process evaluation aims as a framework within which to identify relevant themes (Braun and Clarke 2012)

Findings:

Contextual influences on fidelity

- ➡ Staff response to programme design
- ➡ Time management
- ➡ Quality control
- ➡ Age-appropriateness

1. Positive staff response to SFP design potentially facilitated fidelity

- ☞ SFP filled a gap in services
- ☞ Supported positive change through practical learning activities which changed “family dynamics”
- ☞ Activities in each session and 7 sessions in each programme fitted together and had coherence
- ☞ Detailed manual “*helpful*” and promoted confidence

2. Prescriptive timings: Potential facilitators of fidelity

- ☞ Strict timings were helpful
 - *Everyone gets same information*
 - *Assists management of group dynamics*
 - *Parents get used to and accept timings*
- ☞ Necessary for programme to work
- ☞ SFP is about “*opening things up*” not going in depth
- ☞ Strategies to manage timings:
 - *Timekeeper*
 - *Ask parents to raise issues in break*

2. Prescriptive timings: Potential barriers to fidelity

Parents:

- ☞ want more time to talk things through
- ☞ sometimes have to wait for the (DVD) clock to count down.
- ☞ talk at the same time as the DVD



2. Prescriptive timings: Potential barriers to fidelity

Potential barriers to fidelity (continued):

- ☞ Lack of awareness of relative importance of activities
- ☞ Watching the time is “distracting”
- ☞ Too little time to cover content especially with a group who are slow to grasp new ideas
- ☞ Small problems can have big effect on session timing
- ☞ Too few experienced facilitators
- ☞ Strict timings very different from usual practice

3. Quality control

Likely determinants of quality and fidelity:

- ☞ Co-ordinator's logistical and leadership expertise:
- ☞ Degree of consistency in staffing on each programme
- ☞ Understanding of each group and function of activities to guide adaptation
- ☞ Quality assurance

4. Age-appropriateness

- ☞ Children of all ages enjoy the opportunity to spend family time with parents
- ☞ Some staff reported no challenges in engaging children

Challenges posed by mixed age groups:

- ☞ Enjoyment of SFP games and icebreakers
- ☞ Younger children may not understand or may respond inappropriately to some content
- ☞ Potential for emergence of “in-groups” of older children

Age-appropriateness (2)

Strategies for dealing with mixed age groups:

- *“older” and “younger” versions of one game available*
- *Adapting presentation of activities*
- *Planning/debrief meetings*

Potential barriers to fidelity:

- *Not clear that staff understand function of each game within the whole programme and substitute/adapt appropriately*
- *Insufficient staff / staff not available for meetings*

Next steps

- ☞ Analysis of quantitative data on session timings; coverage; and engagement of parents and children
 - *Programme run, delivery area, etc.*
- ☞ Integration with qualitative data to achieve a more complete assessment of fidelity and key influences
- ☞ Linkage of implementation data with trial outcomes

Funding

Project SFP Cymru is funded by the National Prevention Research Initiative (<http://www.npri.org.uk>)

Funding partners: Alzheimer's Research Trust; Alzheimer's Society; Biotechnology and Biological Sciences Research Council; British Heart Foundation; Cancer Research UK; Chief Scientist Office, Scottish Government Health Directorate; Department of Health; Diabetes UK; Economic and Social Research Council; Engineering and Physical Sciences Research Council; Health & Social Care Research & Development Office for Northern Ireland; Medical Research Council; The Stroke Association; Welsh Government; and World Cancer Research Fund

Additional funding for programme delivery is provided by the Welsh Government. Cardiff Drug and Alcohol team provide financial support for recruitment through schools.

Contact details

segrottj@cardiff.ac.uk

Project website: <http://www.projectsfpccymru.co.uk>

DECIPHER website: <http://www.decipher.uk.net/>



follow us on
twitter

@projectsfpccymru @DrJeremySegrott

DECIPHER

Development and Evaluation of Complex
Interventions for Public Health Improvement
A UKCRC Public Health Research Centre of Excellence

Reference

Braun V, Clarke V. Thematic Analysis. In: Cooper H, Camic PM, Long DL, Panter AT, Rindskopf D, Sher KJ, editors. APA Handbook of Research Methods in Psychology. 2. Washington DC: American Psychological Association; 2012. p. 57-71.