

Evaluation

Step 1: Needs Assessment

- Plan needs assessment or problem analysis
- Assess health, quality of life, behaviour, and environment
- Assess capacity
- Establish programme outcomes

Step 2: Matrices

- State expected changes in behaviour and environment
- Specify performance objectives
- Specify determinants of the target behaviour of the at risk group
- Create matrices of change objectives

Step 3: Theory-Based Methods and Practical Strategies

- Review programme ideas with interested participants
- Identify theoretical methods
- Choose programme methods
- Select or design strategies
- Ensure that strategies match change objectives

Step 4: Programme

- Consult with intended participants and implementers
- Create programme scope, sequence, theme, and materials list
- Develop design documents and protocols
- Review available materials
- Develop programme materials
- Pretest programme materials with target groups and implementers and oversee materials production

Step 5: Adoption and Implementation Plan

- Identify adopters and users
- specify adoption, implementation, and sustainability performance objectives
- Specify determinants and create matrix
- Select methods and strategies
- Design interventions to affect programme use

Step 6: Evaluation Plan

- Describe the programme
- Describe programme outcomes and effect questions
- Write questions based on matrix
- Write process questions
- Develop indicators and measures
- Specify evaluation designs

Implementation