

Implementation of Change Model [16]

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graph TD; A[Implementation of Change Model [16]] --> B[Step 1  
Development of a concrete proposal and selection of targets for improvement or change]; B --> C[Step 2  
Analysis of performance, target group and setting]; C --> D[Step 3  
Development or selection of strategies and measures to change practice (the development of the behaviour change intervention)]; D --> E[Steps 4 and 5  
Development, testing execution and evaluation of implementation plan]; F[Theoretical Domains Framework (TDF) [18]] --> C; G[Model for mapping behaviour change techniques to the TDF domains [24]] --> D; H[Adult Learning Theory [27]] --> D;
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Step 1

Development of a concrete proposal and selection of targets for improvement or change

Step 2

Analysis of performance, target group and setting

Theoretical Domains Framework (TDF) [18]

To identify determinants of behaviour change

Step 3

Development or selection of strategies and measures to change practice (the development of the behaviour change intervention)

Model for mapping behaviour change techniques to the TDF domains [24]

To select behaviour change techniques for addressing determinants identified at step 2

Adult Learning Theory [27]

To inform the style of delivery of the behaviour change intervention

Steps 4 and 5

Development, testing execution and evaluation of implementation plan