

## **Intervention Mapping: Designing Theory-based and Evidence-based Interventions**

This year's workshop focuses on the introduction of Intervention Mapping, a protocol for the development of theory- and evidence-based health education & promotion programs. The emphasis will be on applying the Intervention Mapping processes to the development of prevention programs. Participants will be guided through a series of steps that will teach them in theory- and evidence-based program development.

### **Objectives**

Course participants will apply Intervention Mapping to selected prevention issues. As a result, participants will be taught the skill of designing their own theory- and evidence-based prevention interventions.

### **Contents**

Orientation to, and application of Intervention Mapping; orientation to prevention; approaches to using theory; prevention program case examples; review of theories used in health promotion.

### **Intervention Mapping steps:**

- Needs Assessment
- Writing Performance Objectives
- Change Objectives
- Selecting Intervention Methods
- Translating Methods into Strategies
- Organizing Strategies into Programs
- Creating Program Products
- Planning for Program Adoption and Implementation
- Planning for Program Evaluation

### **References**

Participants are strongly advised to read the following book and paper in advance:

Bartholomew, L.K., Parcel, G.S., Kok, G. & Gottlieb, N., 2006; Planning Health Promotion Programs. An Intervention Mapping Approach. San Francisco CA: John Wiley & Sons.

Bartholomew, L.K., Parcel, G.S. & Kok, G., 1998. Intervention Mapping: a process for designing theory- and evidence-based health education programs. Health Education & Behaviour, 25, 545-563.

### **Course Format**

Plenary sessions will cover the principles and processes of Intervention Mapping and include examples of prevention programs that have successfully applied the Intervention Mapping process. Small groups will discuss and apply the process to the selected prevention topics. Groups will be formed on the basis of interest.

### **Certificate**

Upon completion of the course participants will receive a certificate conditional upon their active participation.

### **PROGRAM**

#### **Sunday 12<sup>th</sup> August**

- Orientation to Intervention Mapping
- Needs Assessment
- Small Group Work
- Approaches to using Theory
- Overview of Theories used in Health Promotion

#### **Monday 13<sup>th</sup> August**

- Writing Performance Objectives
- Writing Change Objectives
- Small Group Work
- Selecting Intervention Methods
- Translating Methods into Strategies
- Small Group Work

#### **Tuesday 14<sup>th</sup> August**

- Organising Strategies into Programs
- Planning for Program Adoption and Implementation
- Small Group Work
- Planning for Program Evaluation
- Small Groups
- Epilogue and Evaluation