Intervention Mapping - 6 Steps to Intervention Plan Design

Step 6 of Intervention Mapping completes the program planning process begun in Step 5. Program planners make decisions about change objectives, methods, and strategies at each mapping step. These decisions are subject to error through effect and process evaluation. Developing an intervention can be complex and time consuming. It is important to be clear about [ace my homework](#) what steps are needed to design an effective intervention. Identifying the problem is a crucial first step in intervention plan design. This involves an assessment of a health problem, its related behaviors and environmental conditions. It also identifies the factors that influence those risk behaviors and environmental conditions. Using this information, the team can then decide how to change those factors.

The team can then develop an intervention that will address the problem. For example, a group may decide to conduct an intervention with a loved one who has a substance use disorder. They will create a plan to present the loved one with a consistent, rehearsed message and a clear plan that includes specific consequences. The plan might also include the help of a nonfamily member, who can be objective and keep the conversation from getting too emotional. In this step, the program-planning group assesses the health problem and its related behaviors and environmental conditions for at-risk groups. This assessment includes identifying desired behavioural [NHS FPX 6004 Policy Proposal Presentation](#) outcomes and determinants of those behaviours and defining measurable change objectives. Identifying the targets of change is critical to understanding the root causes of the problem and finding solutions. It's important to remember that if you want to solve a problem such as homelessness, you have to figure out what causes it in the first place. This may involve talking to people from different community sectors and getting to know who's affected by it, and who might be able to help bring about change.

Oftentimes the best "agents of change" are formerly targets themselves, such as former drug users who can empathize with those trying to quit using. This helps build trust and get to the root of the problem. Ultimately, it's the only way to truly affect change. Step 3 seeks to identify theory-informed change methods and translates them into practical applications that could be used to influence personal determinants of health behavior and environmental factors in a targeted population. This is done by using the determinants identified in steps 1 and 2. Determinant selection and application may be complicated by the fact that many determinants are interrelated, and the effect of one determinant on another cannot be known in advance. A useful [Intervention Plan Design](#) approach is to employ confidence interval-based estimation of relevance (CIBER), a statistical method for identifying important determinants. Finally, step 6 involves designing an evaluation plan for conducting effect and process evaluations of the intervention program. The evaluation plan should be based on the design that was developed during the needs assessment, mapping and implementation steps of this process. Maintaining user involvement throughout the entire process of development, prototyping and testing is critical for ensuring that all aspects of the program are relevant to users and that it will be effective in changing their health behaviors and environmental conditions.

In this step, the theory of change is outlined, or developed. A theory of change is a description of the logic, principles and assumptions that connect what an intervention or service does, why it does this, with its intended outcomes and impacts. It is also sometimes referred to as a logic model, programme theory, results chain or impact pathway. A good theory of [BUS FPX 3040 Assessment 2](#) change articulates what needs to change (in this case, students' behaviour) and how these will be changed, i.e., what the key actions will be, at selected ecological levels, and who must change them.

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