



Evidence and
Implementation
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Behavioural and Implementation
Science Interventions
Yong Loo Lin School of Medicine



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#293 - Measuring fidelity after implementing a modifiable lifestyle-focused approach in treatment

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Objectives/aims

There is increasing evidence for the efficacy of lifestyle interventions on the physical and mental health of people with mental illness, but implementation is lacking. The translation of evidence-based interventions into real-world settings is complex and few interventions are successfully implemented or sustained in the long-term. A lifestyle focused approach, consisting of 10 core components has been implemented into all inpatient wards of the specialist mental healthcare organisation GGz Centraal (the Netherlands). MULTI + can be tailored to fit individual psychiatric wards and includes 10 core components aimed at improving lifestyle factors. This oral presentation focuses on the challenges of implementing such a modifiable lifestyle intervention and how to measure fidelity.

Methods

This study is an open cohort stepped wedge cluster randomized trial conducted at all inpatient wards of GGz Centraal. The organization has implemented the MULTI + semi-annually in three geographical regions (clusters) over the course of 18 months, covering a total of ~ 830 places of residence in which ~ 2000 patients are treated annually. Measurements on routine screening data, lifestyle factors, mental health outcomes and implementation factors are conducted every 6 months in both healthcare professionals and inpatients. We have developed our own fidelity instrument.

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Main findings

Preliminary results show that the degree of implementation of the MULTI+ varies in different psychiatric clinics, possible reasons and challenges that may have influenced these varying degrees of implementation are discussed.