



Evidence and  
Implementation  
Summit 2023  
9-11 October

Melbourne, Australia & Online



Behavioural and Implementation  
Science Interventions  
Yong Loo Lin School of Medicine



Centre for  
Evidence and  
Implementation

[www.eisummit.org](http://www.eisummit.org)

[@EISSUMMIT2023](https://twitter.com/EISSUMMIT2023)

[#EIS2023](https://twitter.com/EISSUMMIT2023)

## #223 - Barriers and facilitators before implementing a lifestyle treatment for inpatients with mental illness

### Presenting Author(s)\*

Myrthe van Schothorst<sup>1,2</sup>

### Affiliation

1. Scientific research department, GGz Centraal, Amersfoort, NL
2. School for Mental Health and Neuroscience, Maastricht University, Maastricht, NL

### Country of residence

The Netherlands

### Objectives/aims

There is increasing evidence for the efficacy of lifestyle interventions on the physical and mental health of people with mental illness. Despite this increasing evidence there has been very little structural change in daily clinical care. Understanding factors that may promote or hinder the implementation of lifestyle interventions can contribute to effective integration into routine clinical care. GGz Centraal is implementing a multidisciplinary lifestyle focused approach in the treatment of inpatients with mental illness (MULTI+). MULTI+ aims to improve lifestyle factors through a holistic approach by focusing on 10 core components. This study aims to identify perceived barriers and facilitators of both inpatients and health care professionals (HCPs) prior to the implementation of MULTI+. Additionally, to examine relationships with demographic and disease-related factors in inpatients.

### Methods

Data from an open cohort stepped wedge cluster randomized trial. The Measurement Instrument for Determinants of Innovations (MIDI) was used to identify barriers and facilitators. This was done through a semi-structured interview for inpatients and through an online questionnaire for HCPs.

### Main findings

Results show that patients (N= 134) experienced barriers and facilitators related to the innovation and themselves. For example, they perceived MULTI+ as complex, but think it should be part of their treatment. Healthcare professionals (N=125) experienced facilitators related to themselves and the organization, such as perceived support, but felt like they lacked information related to the MULTI+. Relationships with demographic and disease-related factors are currently being explored. The results provide insight into perceived barriers and facilitators for a multidisciplinary lifestyle focused approach in the treatment of inpatients with mental



Evidence and  
Implementation  
Summit 2023  
9-11 October

Melbourne, Australia & Online



Behavioural and Implementation  
Science Interventions  
Yong Loo Lin School of Medicine



Centre for  
Evidence and  
Implementation

[www.eisummit.org](http://www.eisummit.org)

[@EISSUMMIT2023](https://twitter.com/EISSUMMIT2023)

[#EIS2023](https://twitter.com/EISSUMMIT2023)

illness. Insights into relationships with demographic and disease-related factors may contribute to effective integration into practice.

[www.eisummit.org](http://www.eisummit.org)