

Developing Public Health Interventions

A Step-by-Step Guide

Ruth Jepson
John McAteer
Andrew James Williams
Larry Doi
Audrey Buelo

 SAGE

Los Angeles | London | New Delhi
Singapore | Washington DC | Melbourne

CONTENTS

<i>Acknowledgements</i>	ix
<i>About the Authors</i>	x
1 Introduction to the book	1
<i>Ruth Jepson</i>	
2 Principles of intervention development	13
<i>Ruth Jepson and John McAteer</i>	
3 Causality, systems and complexity	36
<i>Ruth Jepson, Andrew J. Williams and Lawrence Doi</i>	
4 6SQuID Step 1: Understanding the problem and its causes	59
<i>Ruth Jepson, Lawrence Doi and Audrey Buelo</i>	
5 6SQuID Step 2: Identifying modifiable causal factors	80
<i>Ruth Jepson and John McAteer</i>	
6 6SQuID Step 3: Identifying how to bring about change: theory of change	104
<i>John McAteer and Ruth Jepson</i>	
7 6SQuID Step 4: Identifying how to deliver change mechanisms – theory of action	134
<i>John McAteer and Ruth Jepson</i>	
8 6SQuID Step 5: Testing and adapting the intervention	157
<i>John McAteer, Lawrence Doi, Audrey Buelo and Ruth Jepson</i>	
9 6SQuID Step 6: Collecting sufficient evidence of effectiveness to proceed to a rigorous evaluation	174
<i>Andrew J. Williams</i>	
10 Case studies	194
<i>Ruth Jepson and John McAteer</i>	
Case study 1. HIV infection and treatment adherence	195
<i>Caroline Masquillier, Edwin Wouters, Linda Campbell, Anton Delpont, Neo Sematlane, Lorraine Tanyaradzwa Dube and Lucia Knight</i>	

Case study 2. Sedentary behaviour in contact centres	201
<i>Divya Sivaramakrishnan and Ruth Jepson</i>	
Case study 3. Physical activity in women at high risk of type 2 diabetes	210
<i>Audrey Buelo</i>	
Case study 4. ManaiaSAFE Forestry School	216
<i>Marg Wilkie and Henry Koia</i>	
11 Conclusion	223
<i>John McAteer and Ruth Jepson</i>	
<i>Glossary</i>	234
<i>Index</i>	238