Contents

1 Overview and Perspective .................................................. 1
   Background ............................................................... 2
   School Drug Education Research ..................................... 3
   School Health and Alcohol Harm Reduction Project (SHAHRP) .... 4
   Results ................................................................. 5
      Impact on the Research Field ..................................... 6
      Translational Impact ............................................... 7
      The SHAHRP Studies ............................................... 7
   A Final Comment ...................................................... 8
   References ............................................................. 9

2 The Intervention Research Framework: Background and Overview ........................................ 11
   Intervention Research Framework: Background and Development ... 12
   Description of the Intervention Research Framework ............... 13
   Sources of Information for the Notification Phase .................. 15
   The SHAHRP Study Experience ...................................... 15
      The Notification Phase of the SHAHRP Study ................. 15
   Benefits of Developing Links Between Researchers and Policy-Practice Professionals During Intervention Research ............ 18
      The Notification Phase ......................................... 19
      The Development Phase .................................... 19
      The Assessment Phase ........................................ 19
      The Dissemination Phase .................................... 20
   Recommendations ................................................. 20
   References ............................................................. 21
3 The Formative Phase of the Intervention Research Framework:
   Theories ................................................................. 23
   The Formative Phase of the Intervention Research Framework ........ 23
   Theories and Models ................................................... 25
   The Prevention Framework ......................................... 26
   Commonly Used Theories and Models .................................. 27
   Individual Behaviour Change Theories ............................... 30
   Community Theories that Enable Individual Behaviour Change ....... 30
   Organisational Change Theories ..................................... 30
   Theories that Describe Dissemination or Diffusion into Policy and Practice .................................................. 31
   The SHAHRP Study Example .......................................... 31
   How SHAHRP Incorporated Theories .................................. 31
   Social Learning Theory [excerpt from (26)] .......................... 32
   Recommendations ..................................................... 36
   References .............................................................. 36

   Reviewing Research Literature ....................................... 39
   Components of a Systematic Literature Review ..................... 40
   Objectives ..................................................................... 41
   Parameters ..................................................................... 42
   Documenting the Process ............................................... 44
   Overview of Studies that are Accepted and Rejected ............... 44
   Analytical Processes and Summaries .................................. 45
   Recommendations to the Research Field and Profession ........... 46
   Expert Review ................................................................ 47
   How to Conduct an Expert Review ..................................... 47
   The SHAHRP Study Example .......................................... 48
   Systematic Literature Review: Parameters and Methodology, the School Health and Alcohol Harm Reduction Project (SHAHRP Study) ............... 48
   Recommendations ..................................................... 52
   References .............................................................. 52

5 The Formative Phase of the Intervention Research Framework: Target Group Input ................................. 55
   Benefits of Involving Primary and Secondary Target Groups in Research Intervention Development .................. 56
   Focus Groups and In-depth Interviews with the Target Group .... 57
   When to Use Focus Groups and In-depth Interviews .............. 57
   In-depth Interview Methodology ...................................... 57
6 The Formative Phase of the Intervention Research Framework: Intervention Pilot, and Assessing Fidelity of Implementation

Incorporating Formative Findings into Initial Pilot Intervention
Benefits of Conducting an Intervention Pilot
Recruitment and Engagement of Pilot (and Research) Schools
Consent.
Methods for Collecting and Incorporating Pilot Data to Refine Intervention Design
Trialling and Recording Fidelity of Implementation
How the Formative Phase Impacts on Cost, Staffing and Timeline
The SHAHRP Study Experience
Piloting the Intervention Program
Fidelity of Implementation
Quotes from Teachers and Students

7 The Assessment Phase of the Intervention Research Framework: Study Design

The Study Team.
Components of Good Study Design
Study Hypothesis, Aims and Objectives
Study Analysis Plan
Control Group
Fidelity of Implementation
Biases in Intervention Research
Factors Affecting the Internal Validity of the Study
8 The Assessment Phase of the Intervention Research Framework: Selecting a Study Sample

- Defining the Population of Interest
- Sampling
  - Types of Random Sampling
- Stratified Sampling or Stratification
- Cluster Sampling
- Random Assignment to Intervention and Control Groups
- Methods for Random Selection and Allocation
- Non-respondent Rate During Selection; and Attrition
- Sample Size and Power Analysis
- Comparing the Study Sample to the Total Population Using State or National Level Data
- Qualitative and Quantitative
- Generalizability
- The SHAHRP Study Experience (Excerpt from [6])
- Other Sample Considerations
- Recommendations
- References

9 The Assessment Phase of the Intervention Research Framework: Recruitment of a Study Sample

- Recruitment Strata’s in Educational Settings
  - System
  - District
  - Individual School Level
- At the School
  - Gatekeepers
  - Informing Other School Staff
  - Parents
  - Students
- Comparing the Study Sample to the Total Population Using State or National Level Data
- Qualitative and Quantitative
- Generalizability
- The SHAHRP Study Experience (Excerpt from [6])
- Other Sample Considerations
- Recommendations
- References

Contents

External Validity ............................................. 93
Study Design Manual ...................................... 93
Replication of Findings .................................. 93
Ethical Considerations ................................... 94
Costs ......................................................... 95
Nil or Adverse Effects .................................... 95
The SHAHRP Study Experience—Selected Issues ............... 96
SHAHRP Study Implementation Cost (Excerpt from [14]) ........ 96
Limitations of the SHAHRP Study (Excerpt from [14]) ........ 97
Recommendations ......................................... 98
References .................................................. 98

8 The Assessment Phase of the Intervention Research Framework: Selecting a Study Sample

- Defining the Population of Interest .................. 101
- Sampling .................................................. 102
  - Types of Random Sampling ......................... 103
- Stratified Sampling or Stratification ................. 103
- Cluster Sampling ...................................... 104
- Random Assignment to Intervention and Control Groups 104
- Methods for Random Selection and Allocation ........ 105
- Non-respondent Rate During Selection; and Attrition 105
- Sample Size and Power Analysis ..................... 106
  - Comparing the Study Sample to the Total Population
    Using State or National Level Data .................. 108
    Qualitative and Quantitative ....................... 109
    Generalizability .................................... 109
    The SHAHRP Study Experience (Excerpt from [6]) 110
    Other Sample Considerations ...................... 111
    Recommendations .................................. 112
    References ......................................... 112

9 The Assessment Phase of the Intervention Research Framework: Recruitment of a Study Sample

- Recruitment Strata’s in Educational Settings ........ 115
  - System ................................................. 116
  - District .............................................. 116
  - Individual School Level ............................ 117
- At the School .......................................... 117
  - Gatekeepers ....................................... 117
  - Informing Other School Staff ....................... 119
  - Parents .............................................. 120
  - Students ........................................... 121
10 The Assessment Phase of the Intervention Research Framework: The Measurement Instrument and Data Collection  
Dimensions of a Study Measurement Instrument  
Using Findings from the Formative Phase to Inform Survey Development  
Target Group Input  
Expert Input  
Instruments/Items from Other Similar Studies  
Assessing the Parametric Qualities of a Research Instrument  
Validity  
Reliability  
Data Collection  
Linking Respondents Surveys  
Managing Data  
Data Collection Protocol  
Recruitment of Data Collectors  
Data Collection Protocol Documentation and Manual  
Training of Data Collectors  
Analysis of Data Collector Impact  
Data Management Plan  
The SHAHRP Study Experience  
Reliability Analysis and Results  
Recommendations  
References

11 Dissemination Phase of the Intervention Research Framework: Presentation and Dissemination of Results  
Research Results  
Main Effects  
A Bit More on Effect Size.
The Chances of a Chance Finding; and Practical Significance ........ 153
Extrapolation of Study Findings ........................................ 154
Comparisons to Other Findings in the Field ......................... 154
Replication of Findings .................................................. 154
Evidence-Based and Proof-of-Impact .................................. 155
Practical Significance ..................................................... 155
Developing Research and Translational Recommendations .......... 156
Disseminating Research Findings ....................................... 157
Translation of Research Findings to Policy and Practice ............ 158
The SHAHRP Study Experience ......................................... 159
Effect Size ................................................................. 159
A Sample of SHAHRP Study Recommendations ..................... 159
Dissemination of SHAHRP ............................................... 161
The SHAHRP Dissemination Project .................................... 161
The SHAHRP Refresh Study ............................................. 162
Recommendations .......................................................... 163
References ................................................................. 163

12 Final Comments and Recommendations ............................ 165
Final Comments ........................................................... 165
Recommendations .......................................................... 166
  Chapter 2: The Intervention Research Framework:
  Background and Overview .............................................. 166
  Chapter 3: The Formative Phase of the Intervention
  Research Framework: Theories ....................................... 166
  Chapter 4: The Formative Phase of the Intervention
  Research Framework: Literature and Expert Review ............... 166
  Chapter 5: The Formative Phase of the Intervention
  Research Framework: Target Group Input .......................... 167
  Chapter 6: The Formative Phase of the Intervention
  Research Framework: Intervention Pilot and Assessing
  Fidelity of Implementation ............................................ 167
  Chapter 7: The Assessment Phase of the Intervention Research
  Framework: Study Design ............................................. 168
  Chapter 8: The Assessment Phase of the Intervention Research
  Framework: Selecting a Study Sample ................................ 168
  Chapter 9: The Assessment Phase of the Intervention Research
  Framework: Recruitment of a Study Sample ......................... 169
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter 10: The Assessment Phase of the Intervention</td>
<td>169</td>
</tr>
<tr>
<td>Research Framework: The Measurement Instrument</td>
<td></td>
</tr>
<tr>
<td>Chapter 11: Dissemination Phase of the Intervention Research</td>
<td>170</td>
</tr>
<tr>
<td>Framework: Presentation and Dissemination of Results</td>
<td></td>
</tr>
<tr>
<td>Glossary</td>
<td>171</td>
</tr>
</tbody>
</table>
Intervention Research
A Practical Guide for Developing Evidence-based School Prevention Programmes
McBride, N.
2016, XV, 173 p. 8 illus., Hardcover