Feasibility/ piloting
1. Testing procedures
2. Estimating recruitment/ retention
3. Determining sample size

Development
1. Identifying the evidence base
2. Identifying/ developing theory
3. Modelling process and outcomes

Evaluation
1. Assessing effectiveness
2. Understanding change process
3. Assessing cost-effectiveness

Implementation
1. Dissemination
2. Surveillance and monitoring
3. Long-term follow-up