(B) Feasibility/piloting
1. Testing procedures
2. Estimating recruitment
3. Determining sample size

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

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

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