Implementation of Change Model [16]

Step 1
Development of a concrete proposal and selection of targets for improvement or change

Step 2
Analysis of performance, target group and setting

Step 3
Development or selection of strategies and measures to change practice (the development of the behaviour change intervention)

Steps 4 and 5
Development, testing execution and evaluation of implementation plan

Theoretical Domains Framework (TDF) [18]
To identify determinants of behaviour change

Model for mapping behaviour change techniques to the TDF domains [24]
To select behaviour change techniques for addressing determinants identified at step 2

Adult Learning Theory [27]
To inform the style of delivery of the behaviour change intervention