

ABSTRACT SUBMISSION AIC 2016: #89

1. Title:

Novel use of CFIR and NIRN models: sports clubs, mental health and young males

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3. Key words:

Implementation protocol, adolescent males aged 12-17, mental health, prevention

1. Abstract text:

a. Background and aims

It is critical to implement evidence-based practices in mental health with a concurrent need to test implementation strategies that effectively promote adoption of interventions. Two conceptual models are frequently used to plan and evaluate implementation in the real world: The National Implementation Research Network (NIRN) model and the Consolidated Framework for Advancing Implementation Research (CFIR). These models are complimentary, related to process and stages of implementation (NIRN), and key constructs for change (CFIR).

This study evaluated the principal constructs of implementation advocated by the CFIR/NIRN models in the novel context of implementing a multilevel mental health intervention in community-based organised sports clubs.

b. Methods

A multi-site case study explored implementation in various sporting clubs in the Illawarra region of NSW, across two sporting seasons. A modified Organisational Readiness for Change Assessment (ORCA) was administered pre-implementation at each site, alongside key informant interviews examining: (a) stakeholder expectations and experiences of change drivers and processes, and (b) CFIR constructs associated with implementation effectiveness. Individual stakeholders included: sports club-based champions, coaches and adolescent male athletes, and club engagement officers embedded in the research team.

c. Results

Results focus on the preliminary analysis of modified-ORCA data and stakeholder interviews following the pilot interventions in soccer, Australian football and basketball clubs. Outcomes will also be reported from a two-day workshop reflecting on the pilot implementation and requirements for the second stage of implementation.

d. Conclusion

The utility and implications for using the CFIR/NIRN models in this novel setting will be discussed.