

## ABSTRACT SUBMISSION AIC 2016: #44

1. **Title:**

Application of the Theoretical Domains Framework (TDF) to school-based interventions

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3. **Key words:** Theoretical Domains Framework, schools, policy, implementation.

4. **Abstract text:**

- a) Background and aims:** There is little evidence to inform government agencies about how best to design interventions that increase the implementation of health policies in schools. This presentation will overview the development of a multi-component intervention and use of the Theoretical Domains Framework (TDF) to increase schools' implementation of a mandatory healthy canteen policy.
- b) Methods:** A four-step approach was used to design the multi-component intervention which included; i) literature reviews; ii) interviews with canteen managers and principals and iii) observations of school canteens. Following these data collection procedures, an advisory group mapped the identified barriers and enablers against TDF constructs, and implementation strategies to address these were purposefully selected using the matrix and strategy selection process described by Michie et al. To be included implementation strategies were also required to be judged as feasible, and acceptable to school communities.
- c) Results:** A multi-strategy implementation intervention was designed that included such strategies as; executive support, training, resources, audit and feedback, communication strategies and ongoing support. Implemented over a 12-month period as part of a randomised controlled trial the intervention resulted in significant absolute improvements in policy compliance of greater than 60%; larger than previous interventions which have sought to enhance implementation of nutrition policies in schools.
- d) Conclusion:** A theoretically designed multi-strategy intervention can achieve significant improvements in policy implementation. The method of development provides a systematic framework that could be used by others in the development of similar school implementation trials.