

ENHANCING TREATMENT FIDELITY IN HEALTH BEHAVIOR CHANGE STUDIES: BEST PRACTICES AND RECOMMENDATIONS FROM THE BEHAVIOR CHANGE CONSORTIUM

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Treatment fidelity refers to several key methodological concepts and practices to enhance internal and external validity and reliability of a study. The Behavior Change Consortium (BCC), comprised of 15 National Institutes of Health funded projects investigating mechanisms of health behavior change, established a Treatment Fidelity workgroup in order to advance the definition and measurement of treatment fidelity in health behavior change studies. The seminar presenters are members of the workgroup. They performed a comprehensive assessment of treatment fidelity techniques used within the BCC and, coupled with existing models of treatment fidelity, designed a set of best practices and recommendations for enhancing treatment fidelity. The model of treatment fidelity includes: (1) design (e.g., is the study consistent with the underlying theory); (2) training (e.g., provider skill acquisition and maintenance); (3) delivery (e.g., was the intervention delivered as intended); (4) receipt, (e.g., did the participant understand the intervention), and (5) assimilation, (e.g., is the participant able to incorporate the new knowledge in their every day life). Seminar participants will learn about the theory and practice of treatment fidelity, and techniques to enhance treatment fidelity will be illustrated. The seminar will help participants to incorporate treatment fidelity into their ongoing studies and future research proposals.

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