



## Balancing perspectives on intervention feasibility: using stakeholder views in decision-making

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# Balancing perspectives on intervention feasibility: using stakeholder views in decision-making

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## Abstract

**Background:** Anxiety and stress are prevalent in general practice and primary care settings, particularly among women. The ‘Redesigning Daily Occupations’ (ReDO) programme is a manualised occupational therapy-led intervention designed to improve balance in daily life and reduce stress. A pilot study aiming to explore the feasibility of implementing ReDO in primary care settings was carried out. Despite predicted demand, recruitment was slower than anticipated.

### Objectives:

- To understand the feasibility and acceptability of ReDO from the perspective of stakeholders.
- To understand the study processes better.
- To use this information in decision-making to plan future intervention evaluation/development.

**Methods:** Six women diagnosed with anxiety or stress-related conditions were recruited to take part in the 10 week group programme via their general practitioner. Qualitative interviews were completed with five group participants, two group facilitators, and nine general practitioners (n=17). The data analysis was informed by principles of qualitative evaluation research where the focus is on achieving practical, actionable understandings of real-world issues in context.<sup>1</sup>

**Results:** Results demonstrated conflicting perspectives on the feasibility of ReDO. The participants noted changes in their daily lives in mental health and daily functioning and recommended longer interventions. In contrast, the length of the intervention was balanced with a heavy clinical workload for the occupational therapists, while general practitioners felt the length of the programme restricted study recruitment. The occupational therapy programme facilitators and participants contributed to understanding how changes had taken place within the context of group dynamics adding to insight into who the intervention might best be suited to.

**Conclusions:** The qualitative approach contributed greatly to decision-making. The programme will be delivered again in 2019 with small changes to the inclusion/exclusion criteria and recruitment strategy. Future research will explore the mechanism of change as understood by participants and facilitators within this intervention.

## **Reference**

1. Patton M. *Qualitative research and evaluation methods: Integrating theory and practice (4th Edition)*, 2015. Thousand Oaks, CA: SAGE Publications, Inc