

**The Intervention Mapping Approach**  
**A “Speedy” Introduction**  
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1. Identify the issues/problems with which you (or others) are concerned (resulting in identification of **desired health-related “outcomes”**) (IMA Step 1)
  
2. Identify individual behaviours and/or environmental conditions that are responsible for, or contribute to, your issues/problems identified in #1 above (resulting in identification of **required IMA “performance objectives”**) (IMA Step 2)
  
3. Identify the determinants/factors that are responsible for, or contribute to, the individual behaviours and environmental conditions identified in #2 above (IMA Step 2)
  
4. Identify what needs to be done to bring about changes in the personal and external determinants identified in #3 above (resulting in identification of **required IMA “change objectives”**) (IMA Step 2)

1. **Identify the issues/problems with which you (or others) are concerned (resulting in identification of your desired health-related “outcomes”)**

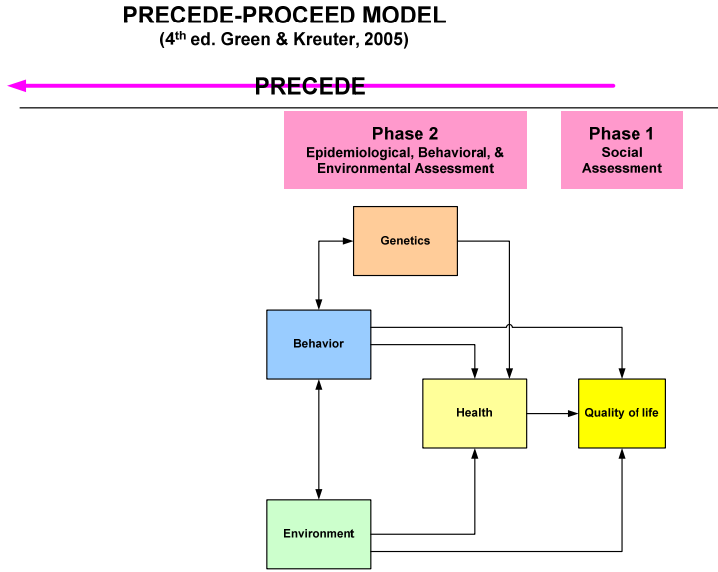
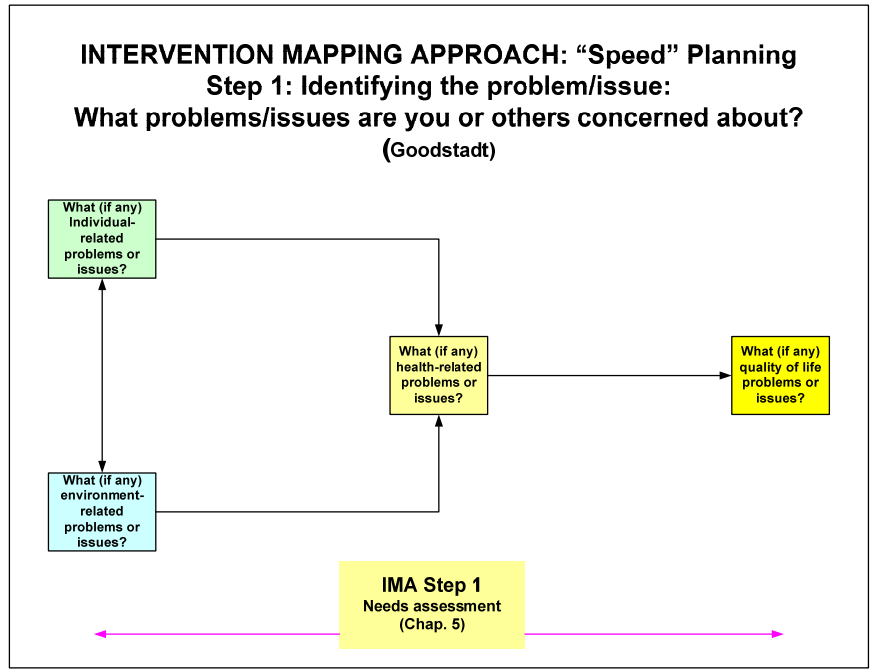
a. Brainstorm for problems/issues:

b. Prioritize problems/issues:

c. Write a very short statement of your principal problems/issues

d. Express the desired changes in the status of your problems/issues as your intervention's **desired OUTCOMES**

e. Provide a visual representation of how your main problem/issue is related to higher-order and/or lower-order problems/issues



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2. Identify individual behaviours and/or environmental conditions that are responsible for, or contribute to, your issues/problems (resulting in identification of required IMA “performance objectives”)

**Individual behaviours**

**Environmental conditions (at all relevant ecological levels)**

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IMA refers to desired changes in these individual behaviours and external/environment-conditions as (**“performance”**) **OBJECTIVES**

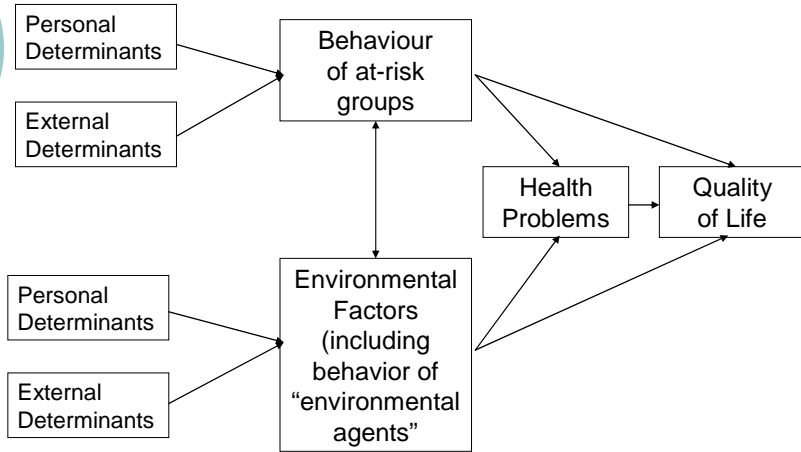
3. **Identify the determinants/factors that are responsible for, or contribute to, the individual behaviours and environmental conditions identified in #2 above**

**Personal determinants/factors?**

**External determinants/factors (at all relevant socio-ecological levels)?**

# Logic Model of Risk

(Bartholomew et al. 2006, p.26)

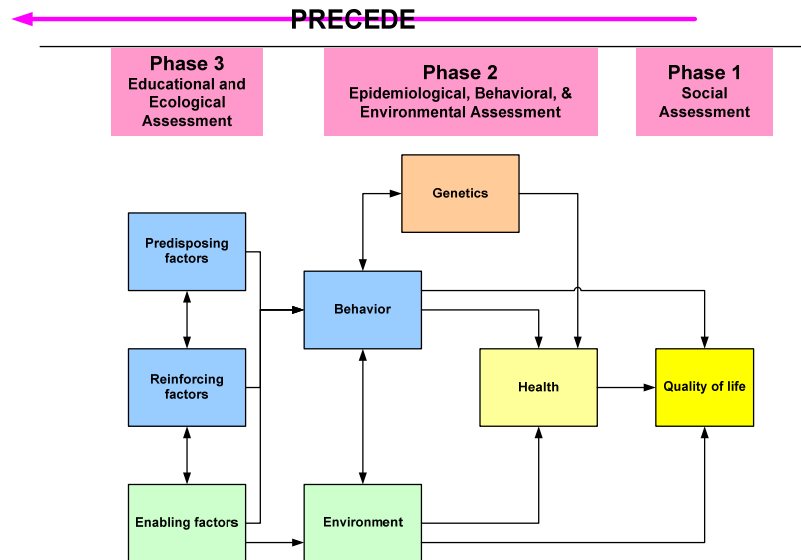


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# PRECEDE-PROCEED MODEL

(4<sup>th</sup> ed. Green & Kreuter, 2005)



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4. **Identify how to make a difference to the personal and external determinants identified in #3 above (resulting in identification of the required IMA “change objectives”)**

That is, what changes need to occur in the personal and external **DETERMINANTS** that will result in the achievement of your identified (“**performance**”) **OBJECTIVES** with respect to both **INDIVIDUALS** and **ENVIRONMENTS**, which will ultimately lead to the achievement of your desired **OUTCOMES** with respect to your health-related issues/problems?

This step requires a sophisticated examination of both **THEORY** and **RESEARCH** related to how to bring about individual and environmental change (at all relevant socio-ecological levels)

This step results in the identification of **IMA CHANGE OBJECTIVES** with respect to individual and environmental change (at all relevant socio-ecological levels).

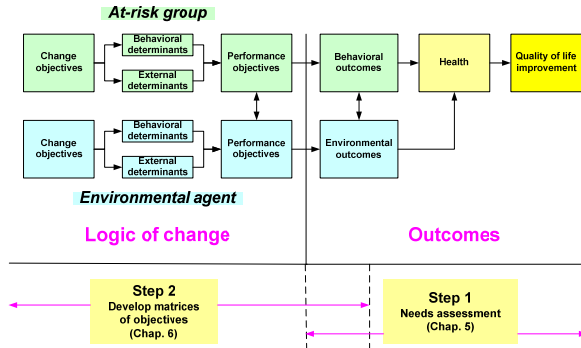
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This step will be followed by the identification of **PROGRAM OUTPUTS**, and the development and implementation of **PROGRAM INPUTS**, which (it is expected) will lead to:

- i. Achievement of the **CHANGE OBJECTIVES** related to both **PERSONAL AND EXTERNAL DETERMINANTS** resulting in
- ii. Achievement of the **OBJECTIVES** related to **INDIVIDUAL** behaviours and the **EXTERNAL** environments resulting in
- iii. Achievement of the **OUTCOMES** related to the health-related issues/problems (at all relevant socio-ecological levels)



**INTERVENTION LOGIC MODEL**  
(Bartholemew et al., 2006, Table 10.1)

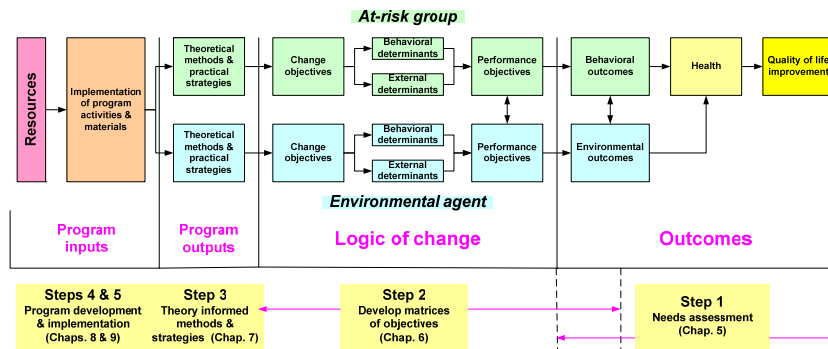


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**INTERVENTION LOGIC MODEL**  
(Bartholemew et al., 2006, Table 10.1)

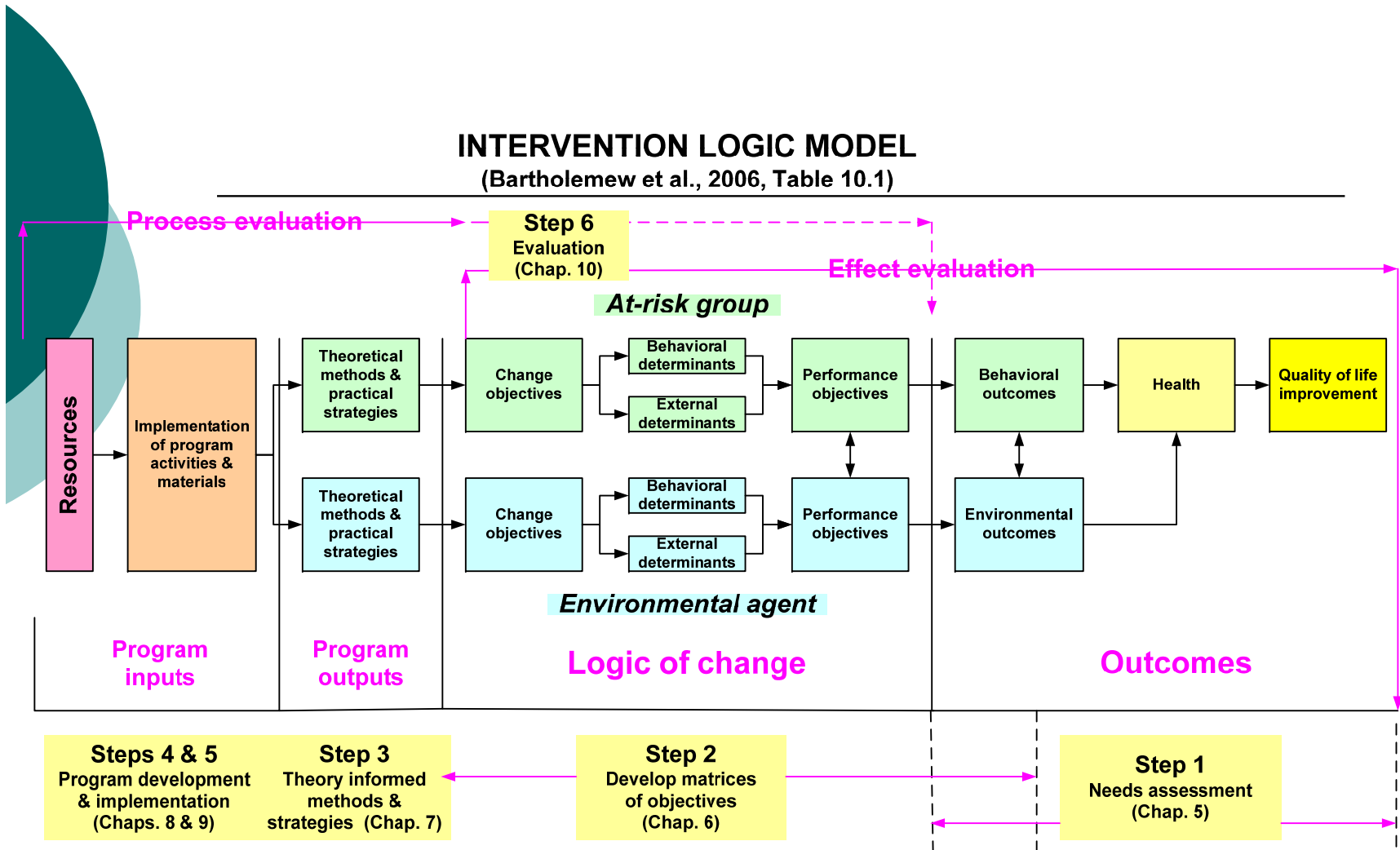


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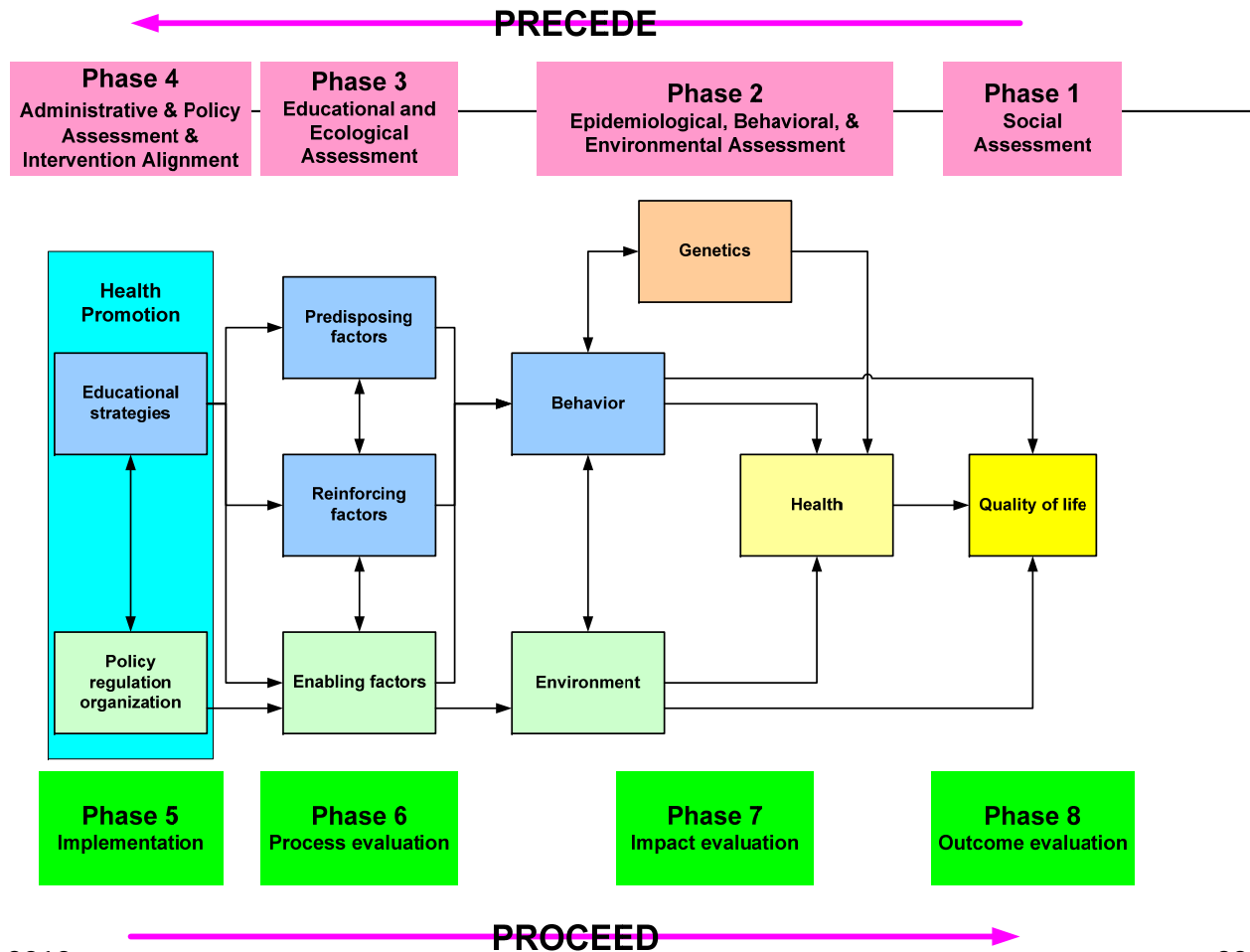
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# INTERVENTION LOGIC MODEL

(Bartholemew et al., 2006, Table 10.1)



## PRECEDE-PROCEED MODEL (4<sup>th</sup> ed. Green & Kreuter, 2005)



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