

Implementation Science and Evaluation #12:

FIDELITY

WHAT is programme fidelity?

Fidelity refers to the degree to which an intervention or programme is delivered as intended.

Let's illustrate with an example:

Workout Programme

5 COMPONENTS OF FIDELITY:



Hey Eva, I've been trying out this workout programme for a few months now but I just can't seem to lose weight!

How about trying this programme again but this time, follow the 5 components of fidelity?



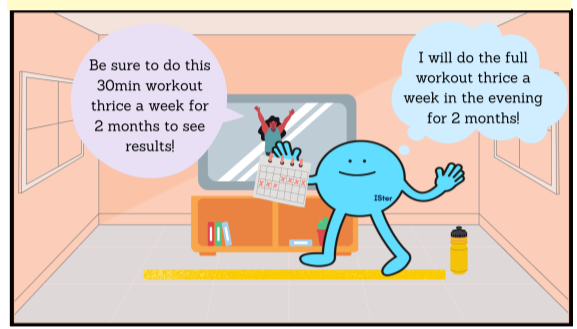
ADHERENCE

- Complete all necessary components of the programme (e.g. activity xyz) in a manner indicated in the programme manual/plan



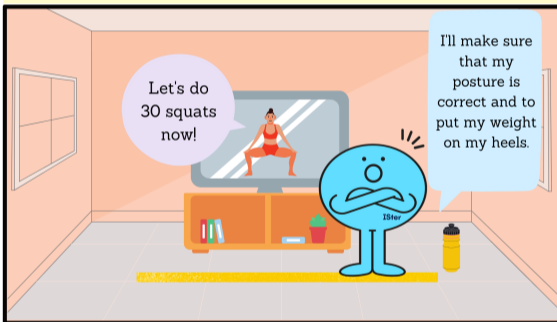
DOSAGE OF DELIVERY

- Frequency of sessions, total programme duration and programme hours
- Programme reach or coverage



QUALITY OF DELIVERY

- How competent a practitioner is in delivering the programme as intended



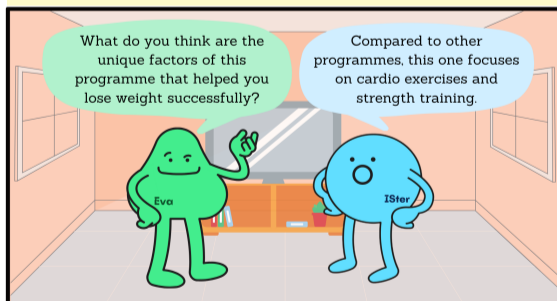
PARTICIPANT RESPONSIVENESS

- Degree to which participants are engaged

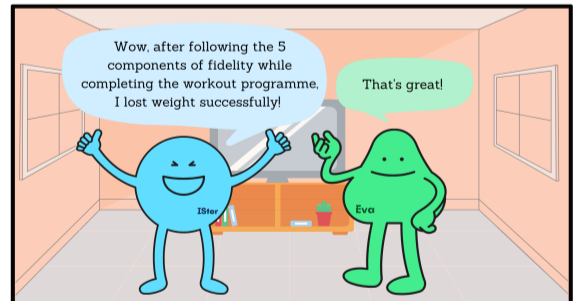


PROGRAMME DIFFERENTIATION

- Identifying unique features of the programme, which leads to the intended effect



2 MONTHS LATER...



Pause and Think!

Can you identify these 5 components of fidelity in your project(s)/programme(s)?

But wait, fidelity needs to be monitored as well!



Look out for our next info-poster on fidelity processing monitoring. Stay tuned!

References:

Carroll, C., Patterson, M., Wood, S., Booth, A., Rick, J., & Balain, S. (2007). A conceptual framework for implementation fidelity. *Implementation science: IS*, 2, 40. <https://doi.org/10.1186/1748-5908-2-40>

Dusenbury, L., Brannigan, R., Falco, M., & Hansen, W. B. (2003). A review of research on fidelity of implementation: Implications for drug abuse prevention in school settings. *Health Education Research*, 18(2), 237-256. <https://doi.org/10.1093/her/18.2.237>

Proudly brought to you by:

