



Word Package 6: Good Practice Tool Kit

Overview of the assessment criteria for evidence based interventions of one of the following three groups of interventions:

- Early interventions (early identification and brief intervention for hazardous and harmful drinking)
- Public Awareness/education interventions (including new media, social networks and online tools for behaviour change)
- School-based interventions (information and education)

PART I: Explanation of the criteria used for the assessment

1. Objectives of the Tool Kit

The toolkit aims to present transferable interventions on which some evidence of effectiveness and cost estimates are available. The ultimate objective is to facilitate exchange between MS public health bodies and to provide practical guidance on the adoption of evidence-based approaches to reduce alcohol related harm.

2. Definition of good practice for the Tool Kit

Good Practice refers to an intervention that was found to be effective in accomplishing the set objectives and thus in reducing alcohol related harm. The intervention in question is theory based and has been evaluated. Furthermore it has been implemented in a real world setting so that the feasibility of the intervention has been examined. The intervention has a public health perspective and it was developed and implemented by an organization with a clear public health goals that are in line with the goals of JA RARHA (which can be seen as indication of some level of relevance in terms of quality and feasibility).

3. Basic characteristics of a best practices in the Tool Kit

An intervention in the Tool Kit:

- is well described (information about objectives, target groups, approach/method are available)
- is implemented in real world setting (information about the feasibility of the intervention is available)
- is theoretically sound (information about the theoretical basis is available)
- has been evaluated and has positive results (most relevant objectives in terms of changes within the target group have been achieved)

Level of evidence

- Basic level: theoretically sound and with positive results (observational or qualitative studies)
- First indications for effectiveness (pre- and post-design)
- Good indications for effectiveness (pre-post controlled design)
- Strong indications for effectiveness (pre-post controlled design with follow-up)

Part II. Assessment criteria in detail

1. The intervention is well described (all criteria must be answered with a Yes)

The following elements are described in such detail that the methodology is comprehensible, allowing for some estimate of effectiveness

- **Problem:** risk or theme is comprehensively and clearly described (e.g. description of nature, severity and possible consequences of the problem).
- **Objectives:** is clearly described and if relevant differentiated in the main objectives and sub-objectives.
- **Target group:** is clearly described based on relevant characteristics.
- **Approach:** the design of the intervention is described (frequency, intensity, duration, timing of activities, recruitment method and location where it will be implemented).

2. The intervention is implemented in the real world/feasible/transferable (all criteria must be answered with a Yes)

The following elements are described in such detail that the intervention is transferable

- **Participants' satisfaction:** The intervention is accepted by the target group.
- **Prerequisites for implementation:**
 - The necessary costs of and/or hours needed for the intervention are specified and transparent.
 - The specific skills and vocational training of the professionals who will implement the intervention are described, it is stated which people are needed to support the intervention, and it is described how this support can be created.
 - There is an implementation or action plan.
 - A manual is available with a concrete description of the activities (if relevant).
 - The methods and instruments used are didactically sound and comprehensibly described.

3. The intervention has a theoretical base (all criteria must be answered with a Yes)

- The intervention is built on a well-founded programme theory or is based on generally accepted and evidence-based theories.*
- The effective elements (or techniques or principles) in the approach are stated and justified, in the framework of a change model or an intervention theory, or based on results of previously conducted research.

**Evidence base: e.g. meta-analyses, literature reviews, studies on implicit knowledge*

4. The intervention has been evaluated

- Method of the evaluation is described.
- The outcomes found are the most relevant given the objective, programme theory and the target group of the intervention.
- Possible negative effects have been identified stated.
- Information on attrition (dropout rate) is available.

To enter the toolkit the intervention is well described, is implemented in the real world, feasible and transferable, has a sound theoretical base and has been evaluated.

PART III. Levels of evidence

There are four levels of evidence based on the design of the studies into the effects of the intervention. A Good Practice must accomplish all listed criteria in the specific section to be recognized as theoretically sound in the basic level or in the level of first indications of effectiveness or in the level of good indications effectiveness etc.

a. Basic level: theoretically sound

- * Theoretically sound and with positive results (observational or qualitative studies).

b. First indications of effectiveness

- The above basic level criteria and
- Pre-post study without control group.

c. Good indications of effectiveness

- All of the above criteria for the first indications for effectiveness and
- A reliable and valid measurement of the intervention's effect was conducted with
 - An experimental or quasi experimental design or
 - A repeated N = 1 study (at least 6 cases) with a baseline or a time series design with a single or multiple baseline or alternating treatments or a study into the correlation between the extent to which an intervention has been used and the extent to which the intended outcomes were achieved or
 - The effects of the study are compared with other research into the effects of the usual situation or another form of care for a similar target group

d. Strong indications of effectiveness

- All of the above criteria for the good indications for effectiveness and
- There is a follow-up of at least 6 months