

Chapter 37

From Science to Practice: Implementation and Clinical Guidelines for an Internet Intervention for Postpartum Depression

Filip Drozd

National Network for Infant Mental Health, Norway

Silje Marie Haga

National Network of Infant Mental Health, Norway

Kari Slinning

National Network for Infant Mental Health, Norway

ABSTRACT

This chapter provides a practical hands-on blueprint needed to design and plan the implementation of internet interventions, addressing all the important aspects of the implementation process. The guidelines are based on the active implementation framework by Fixsen and colleagues (2005) and provide readers with a case example of an internet intervention in Norwegian primary care. They describe the “how-to” of implementation from presenting the background of the intervention, the theory behind implementation, actual implementation planning, evaluation, and clinical work. This serves to give stakeholders a common framework for understanding the requirements for implementing an intervention in practice, the activities and resources needed, and may guide an organization through the implementation process. The case example also shows that implementation and clinical guidelines are mutually affected by each other, and should be developed and viewed together.

INTRODUCTION

Internet interventions have shown positive effects for preventing and treating mental health problems (Andersson, Cuijpers, Carlbring, Riper, & Hedman, 2014). However, when interventions are imported, replicated or scaled up, it is critical not only to understand whether an intervention works, but also how to translate and integrate the intervention effectively into practice. Effective interventions that are imple-

DOI: 10.4018/978-1-5225-6915-2.ch037

mented with low quality are not going to benefit users and provide safer and better healthcare services (Blase & Fixsen, 2013; Proctor & Rosen, 2007), and may even have unintended negative consequences (Barnoski & Aos, 2004). Thus, it is of utmost importance that the implementation of internet interventions is considered and studied to the same extent as their efficacy and effectiveness. However, to date, no studies of internet interventions have any hard data about their implementation. A recent review of internet interventions for depression demonstrated the absence of research and information about their implementation, in particular on aspects of leadership and organization (Drozd, et al., 2016). None of the identified studies examined the relationship between the implementation quality and intervention outcomes, and few studies were even considered to investigate the effects of specific implementation strategies. There are some articles describing “lessons learned” in the development and delivery of internet-based cognitive behavior therapy (e.g., Hadjistavropoulos et al., 2011), case studies (e.g., Christensen & Griffiths, 2007), and methodological papers (e.g., Andrews & Williams, 2015). However, few provide any direct input for implementation. Consequently, the implementation of internet interventions must be better documented and studied to accelerate their uptake in practice.

MAIN FOCUS OF THIS CHAPTER

The purpose of this chapter is to provide a practical, hands-on blueprint for the implementation of internet interventions presented by a case for the prevention of perinatal depression in well-baby clinics. This can contribute to a systematic and comprehensive description and reporting of the implementation of internet interventions, which, in turn, may contribute to speed the translation of research findings into routine practice. The guidelines are based on the Active Implementation Framework (AIF) by Fixsen and colleagues (2005) and The Norwegian Center for Child Behavioral Development’s implementation of comprehensive programs in Norway (Gomez, Grønlie, Kristiansen, & Richardsen, 2014). In addition, the guidelines are based on the National Network for Infant Mental Health’s extensive knowledge and experiences of implementing nationwide programs over the past decade, including the internet intervention used as a case herein. These guidelines serve to provide stakeholders with a common framework and understanding of what is required to offer an intervention in an organization, and guide the organization in the implementation process.

IMPLEMENTATION GUIDELINES

The guidelines are structured and organized in four sections. Section 1 briefly presents the historical background for the intervention, its research and development, and describes the intervention, its target group, and the context for implementation. Section 2 presents the theory behind the guidelines to provide stakeholders with a common understanding of the different concepts of implementation. Section 3 translates the theory into practice, illustrated with examples from a plan for the implementation of an internet intervention for perinatal depression in well-baby clinics. Finally, section 4 includes the clinical guidelines for the use of the intervention with pregnant women. The clinical and implementation guidelines affect each other mutually and must be viewed together. Implementation, for example, affects the timing of guided support and guided support, in turn, influences the contents of training and coaching.

23 more pages are available in the full version of this document, which may be purchased using the "Add to Cart" button on the publisher's webpage:

www.igi-global.com/chapter/from-science-to-practice/209157

Related Content

Determinants of Inward Bound Foreign Direct Investment in Africa and China: FDI Determinants in Africa and China

Tafirenyika Sunde (2021). *Handbook of Research on Institutional, Economic, and Social Impacts of Globalization and Liberalization* (pp. 427-445).

www.irma-international.org/chapter/determinants-of-inward-bound-foreign-direct-investment-in-africa-and-china/266043

Social Entrepreneurship, Value Creation, and Sustainability: Systematic Review and Thematic Mapping of the Research

Raihan Taqui Syed, Dharmendra Singhand David Philip Spicer (2024). *Research Anthology on Business Law, Policy, and Social Responsibility* (pp. 1433-1448).

www.irma-international.org/chapter/social-entrepreneurship-value-creation-and-sustainability/335765

Strategies to Green Economics: Analyzing the Renewable Energy Impact in Making the Economy Green

Nima Norouzi (2022). *Eco-Friendly and Agile Energy Strategies and Policy Development* (pp. 28-49).

www.irma-international.org/chapter/strategies-to-green-economics/311872

Leadership and Turnover Intention in UAE Public Schools: To Stay or Not?

Mohammed Humaid Aljanahi, Mona Humaid Aljanahand Abdulla Alzarouni (2023). *Restructuring Leadership for School Improvement and Reform* (pp. 159-180).

www.irma-international.org/chapter/leadership-and-turnover-intention-in-uae-public-schools/321994

Sufficiency Economy as an Alter-Globalist Concept for Modern Reformatations: The Case of Thailand

Denis Ushakovand Pratheep Wajeetongratana (2018). *Economic Reforms for Global Competitiveness* (pp. 79-98).

www.irma-international.org/chapter/sufficiency-economy-as-an-alter-globalist-concept-for-modern-reformatations/189599