

Intervention Adaptation Chart

Some aspects of interventions can be altered without issue, while altering others could impact the intervention's effectiveness. This chart provides some basic information about what is generally acceptable to change, what requires more caution and care to modify, and what should never be altered.

STOP!

Changing these aspects will likely alter effectiveness

- Underlying model or theory
- Core elements
- Overall duration
- Focus health topic/behavior addressed

CAUTION!

These aspects require more thought before modifying

- Target audience
- Length of sessions (if the total time given to each component is affected)
- Session sequence (if the sessions do not stand-alone)
- Activities

GO!

These aspects can generally be modified without impacting effectiveness

- Recruitment techniques
- Incentives
- Pictures of people and places or quotes
- Words that are more appropriate to your audience due to literacy or culture