

# Adapting a Depression Self-management Intervention Integrating the Method for Program Adaptation through Community Engagement (M-PACE) and 8 Common Steps Frameworks

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## BACKGROUND

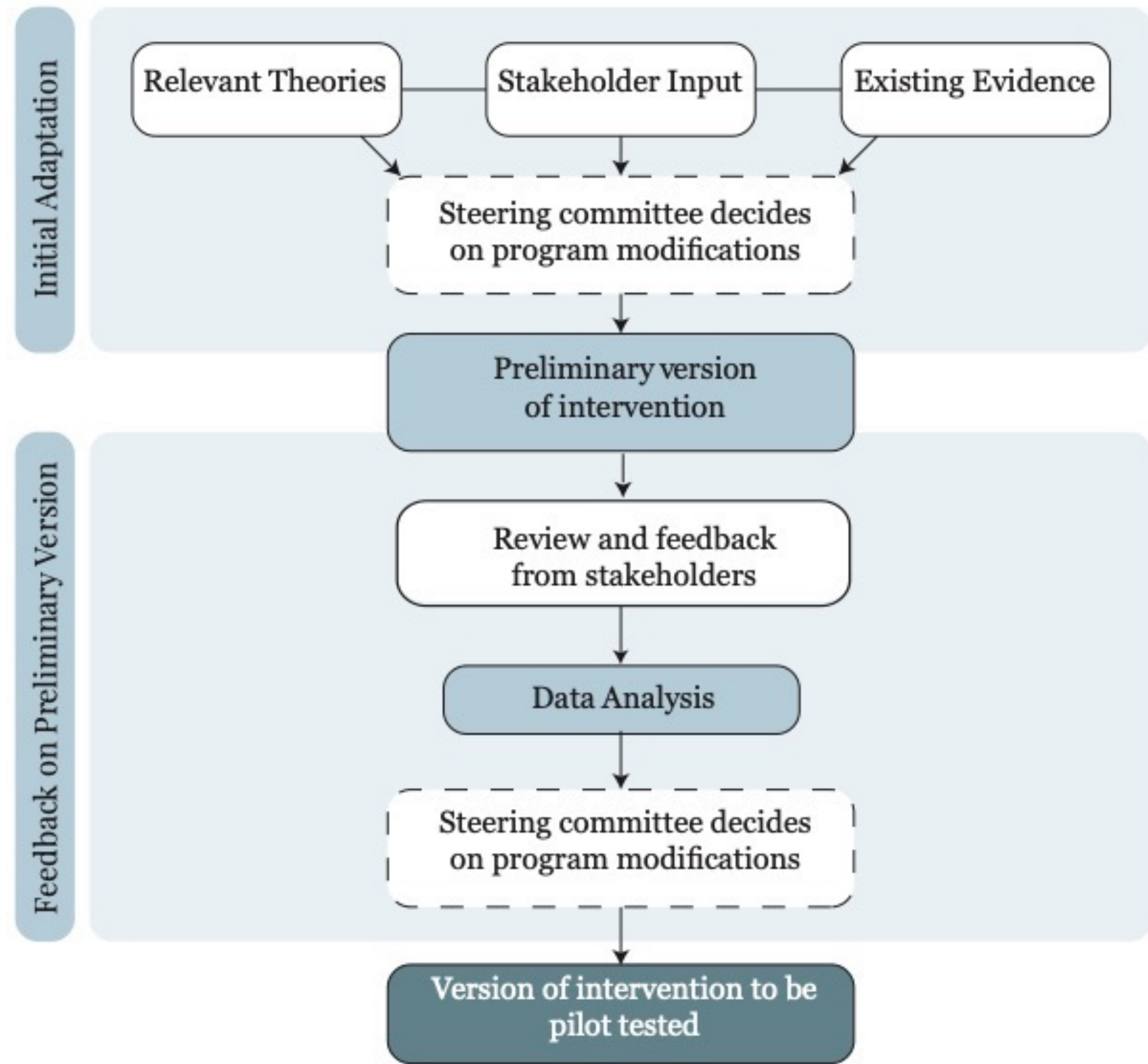
Intervention adaptation is more resource efficient than developing new ones.<sup>1</sup> However, adaptation needs to be **theoretically and empirically driven** to avoid changes to core components or misalignment with a new population that results in failure to reproduce initial effect.<sup>2</sup>

## OBJECTIVE

To adapt an existing **depression self-management** intervention for adults with chronic conditions,<sup>3</sup> called *DIRECT-sc*, to include a **caregiver** role.

## METHODS

- Frameworks selected to guide adaptation: 1) M-PACE<sup>4</sup> provides detail on operationalization and reflects patient-oriented research, and 2) a scoping review identifying 8 commonly used steps<sup>5</sup> (henceforth '8 common steps').
- Proposed changes to original intervention were generated from two systematic reviews, theory, and interviews with stakeholders (n = 21).
- A steering committee of 10 experts, including care recipient/caregiver partners used three criteria to adjudicate on proposed changes: 1) **importance** - the degree to which the change may improve effectiveness or reach, 2) **feasibility**, and 3) **congruence** with the core components of the original intervention.



## RESULTS

Challenges	Recommendations	Lessons learned
Deciding who will be on the steering committee of experts	Careful deliberate consideration of members	<ul style="list-style-type: none"><li>More than one patient partner for representation and comfort</li><li>Involving those who developed original intervention</li><li>Familiarity with other members may facilitate discussion</li></ul>
Availability of committee members	Schedule meetings well in advance (particularly for clinicians)	<ul style="list-style-type: none"><li>Avoid individual meetings as these result in loss of discussion and challenges integrating divergent feedback</li></ul>
What changes require committee approval	Prior to adjudication, discuss input at different decision-making points	<ul style="list-style-type: none"><li>Minor changes (e.g., aesthetic, editorial) may not be worth committee time</li><li>How many iterations of feedback are needed/feasible throughout the process (can some be via email)?</li></ul>
Balancing time efficiency with space for dialogue	Survey completed prior to meetings identified suggested modifications reaching a high level of (dis)agreement	<ul style="list-style-type: none"><li>Helped facilitator efficiently allocate meeting time</li><li>Streamlined discussion</li><li>Terminology of adjudication criteria may not be familiar to everyone</li></ul>
Providing avenues for dissent and facilitating disagreement	Consider using different strategies for meeting facilitation and receiving feedback	<ul style="list-style-type: none"><li>Prepare strategies to include all committee members' views (e.g., go around of take home messages)</li><li>Prepare how to facilitate when diverging opinions arise</li><li>Varied options for feedback: survey, direct messaging or emailing facilitator</li></ul>
Integrating incongruent feedback	Agree on decision-making process and rule (e.g., simple majority, consensus) prior to adjudication	<ul style="list-style-type: none"><li>Will 'voting' be formalized?</li><li>How will strong dissenting opinions be integrated (e.g., vetoes)?</li><li>Will certain perspectives/considerations be prioritized (e.g., patient partners, congruence)?</li></ul>

## STRENGTHS

- Agreed upon decision-making method (75% supermajority of committee members)
- Specific predetermined adjudication criteria
- Surveys to identify proposed changes reaching a high level of (dis)agreement among members to streamline discussion during meetings

## CONCLUSION

To evaluate acceptability, pre-testing is underway with an additional 10 care recipients and caregivers and 5 healthcare professionals.

In detailing this evidence-informed adaptation process, we aim to support the growing work seeking to identify best-practices for intervention adaptation and outline notable lessons learned.

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