

## IBTN Conference Abstract

**Title:** A scoping review of embedded behavioural research trials in health organisations - Protocol

**Authors:** \*Amy Waghorne<sup>1</sup>, MSc, Lucie M. T. Byrne-Davis<sup>1</sup>, PhD, Jo Hart<sup>1</sup>, PhD, Katherine R. K. Saunders<sup>2</sup>, PhD, Alana Ledwith<sup>1</sup>, MSc, Mai Haiba<sup>3</sup>, MSc, Ananya Ananya<sup>1</sup>, MSc and Nia Coupe<sup>1</sup>, PhD.

### **Affiliations:**

1: Division of Medical Education, School of Medical Science, The University of Manchester, United Kingdom

2: Centre for Behaviour Change, University College London, London, United Kingdom

3: Division of Cancer Sciences, School of Medical Science, The University of Manchester, United Kingdom

**Background:** Behavioural research is growing rapidly worldwide, particularly within health settings, where an increasing number of health organisations are applying behavioural science across diverse topics. Despite this growth, it remains unclear how this research becomes embedded within day-to-day organisational practice.

**Objectives:** To identify Randomised Controlled Trials (RCTs) of embedded behavioural research conducted by health organisations and to explore the methodological approaches used within these trials.

**Methods:** A comprehensive search strategy of five databases was conducted for studies published between 2015-2025. Two reviewers independently searched titles, abstracts, and full texts using a predefined criterion. Eligible studies reported a RCT conducted within a health organisation, included at least one affiliated author and a behavioural outcome, and used a usual care control group. Data will be extracted and synthesised narratively.

**Results:** The search identified 1655 records, of which 329 underwent full-text screening. A total of 123 studies met the inclusion criteria and are undergoing data extraction. To date, 10% of the data extraction is complete. Preliminary observations indicate most studies involve public-sector health organisations, are conducted in hospital settings, delivered by existing staff during routine practice, and target behaviours such as physical activity, diet and smoking. Grey literature search of organisation websites and repositories is ongoing.

**Conclusion:** This review is expected to provide a comprehensive overview of how behavioural RCTs are embedded within health organisations and inform future implementation and organisational approaches to embedding behavioural research.

**Corresponding Author:** \*Amy Waghorne, MSc