

'I wouldn't swap semi-skimmed milk for whole milk' Using the Person-based approach to develop a personally relevant intervention

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STREAM Project: Screen and TREAt for Malnutrition

Objective:

To develop and test an intervention to:

- 1. Identify older adults (75 and over) who may be at risk of undernutrition
- 2. Advise, encourage and support older adults identified as at risk
- 3. Enable staff at the GP surgery to identify and support older adults who may be at risk of undernutrition









Food List

Condiments

salad cream

Salad dressings, mayonnaise,

Oils: flax, coconut, olive or

Cranberry or apple sauce, redcurrant jelly, jam or honey

Pickles chutneys relish

Brown sauce, ketchup • Tartare or mint sauce

usually rapeseed oil)

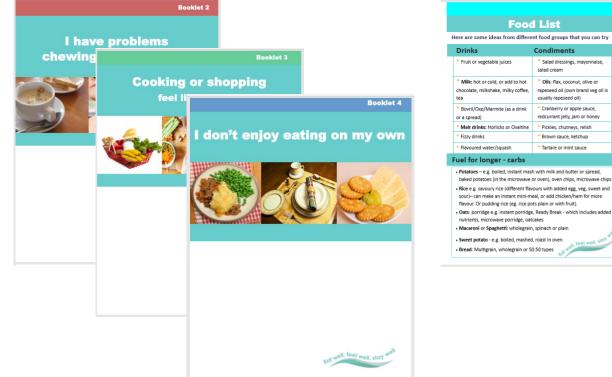
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Person-based intervention development



Funded by

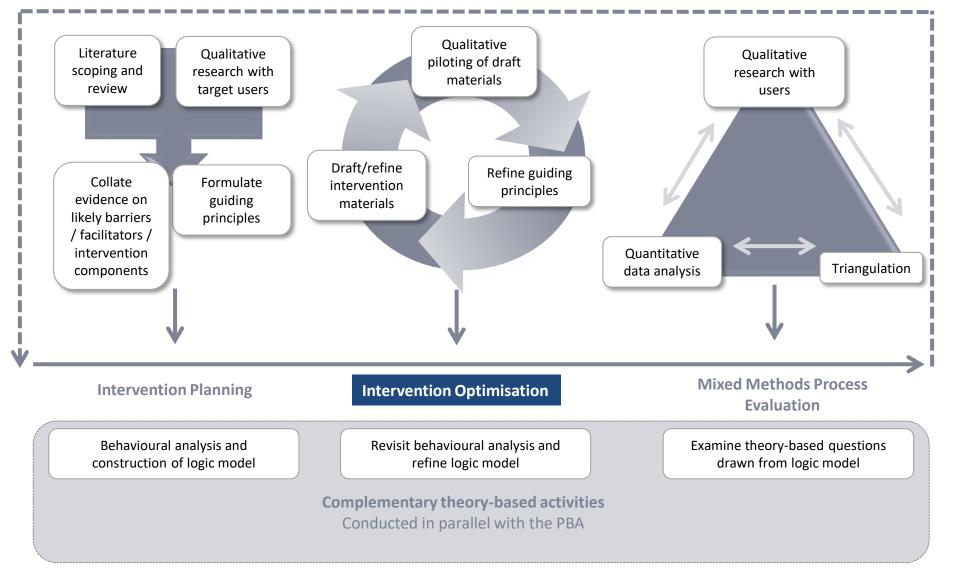
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Southampton Person-based approach to intervention development





Think Aloud study

Aim: Check whether all intervention components are:

- Comprehensible, acceptable, feasible
- Easy to use, motivating, enjoyable, informative, convincing

Analysis:

Positive / negative comments decision-making process
Thematic analysis to aid understanding





Eat well, feel well. soft

Southampton Person-based changes: decision-making process

Table 7: Main booklet							
Negative Comments	Positive Comments	Possible Change	Reason for change	Agreed change	Date of change	Broad problem code	MoScoW
Contradictory diet advid	ce						
			IMP – important				
			for behaviour				
			change				
			EAS – easy and				
			uncontroversial				
			EXP – supported				
			by experience				
			(PPIs, experts,				
			lit)				1





Thematic analysis: Personal relevance

I thought oh that's good, I'm going the right way. (P21)

I thought they were very helpful for certain people that really needed them. I don't think I would need one.... (P163)

Perhaps it's because I've got the common sense, not to be big-headed, or what I don't know, but I feel I don't need booklets like that. (P513)









Thematic analysis: My diet is already optimal

You've just got to sort of, I don't know, eat when you know when you're hungry if you like, like I say, not just eating for the sake of it. (P47)

[Reading from booklet] 'Use whole milk instead of semi-skimmed, use cream instead of water in soup. You can use juice instead of water.' What I'm thinking is if I took any notice of those, so I would end up probably being at about twenty stone within the next six months. (P223)

'Loss of weight is good isn't it', so yeah, that's me.No, I don't, I don't, I don't agree with putting on too much weight, because I've never been big, not even when I was pregnant. (P005)







Diet already optimal: changes

Fund

Here are a few ways to make eating and drinking easier when you don't feel well

lf you	You could try	
Have a small appetite	eating little and often. Try having a small bite every couple of hours e.g. crackers and cheese, a boiled egg, toast with marmite, crumpets, yoghurt or a pot of rice	
	drinking in between having small bites, instead of just before eating, to feel less full eating what you think of as comfort food	
nded by	Eat	vell, feel well.



Thematic analysis: Advice contradicting beliefs about healthy diet

.....if she [**the nurse**] gave me this [**booklet**], like the last time, I'd say it's a load of rubbish, I can do it myself. I've always managed my diet myself.....My yoghurts are low fat; everything is low fat, and low cholesterol. (P111)

I mean you know it's always the concern that something's going on underneath the surface that you don't know about, but umm we do what we can to manage our diet and particularly our exercise properly. (P14)









Advice contradicting beliefs about healthy diet: changes

Did you know... Over time, ou food and drink needs and our body chan we eat less we need to make the smaller We c • Milk (full fat)

conti

and e

Flavoured or add to hot

chocolate, milkshake, milky

coffee/tea

• Plain milk

Here are two ways to eat well when you may not feel like it

Tip 1: Eat little and often

Tip 2: Add tasty extras to your usual plate

ooklet includes a few suggestions to help follow these tips.

e are four booklets with more suggestions - see page 11.

Milk: hot or cold, or add to hot

chocolate, milkshake, milky coffee,

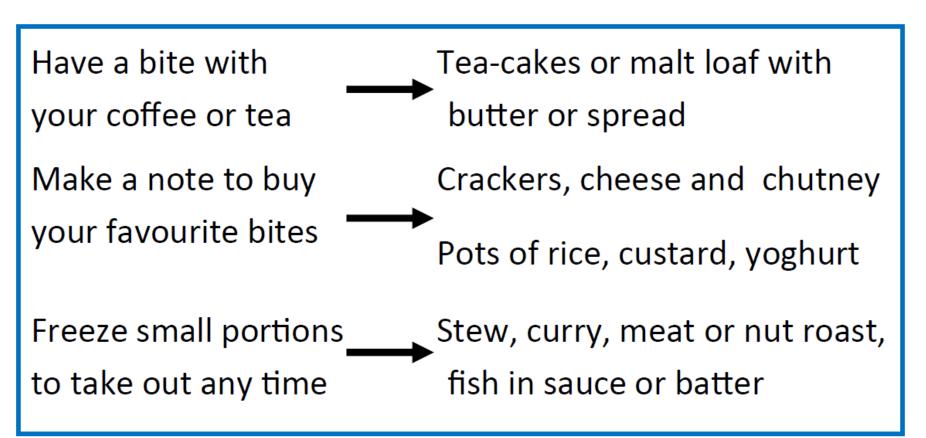
tea







Advice contradicting beliefs about healthy diet: changes **How about...**







Positive views from feasibility interviews

And then it gives you the advice of what to do, which is good ('I don't fancy food and drink')

And you know it gave, like you know you don't put it [**weight**] on very quick, so that helped me, to know that I would put it on gradually. (Main booklet)

I've drunk more water, ate more umm plain food, umm and enjoyed it, umm, more or less everything. Yes, the booklets were so helpful, so helpful, and er enjoyable reading anyway. (Main and goal booklet and 'Cooking or shopping feels like a chore')





Summary: what did the Person-based approach contribute?

Person-based approach enabled us to:

- Reveal personally relevant issues
- Understand crucial ways that engagement with key messages was undermined
- Adjust intervention materials to make them more personally relevant
- Test potential solutions

Key examples

- Clarified changing diet needs in older adulthood
- Recommended choosing one or more relevant suggestions to try
- Added food suggestions appropriate for those on special diets





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Intervention materials: optimised



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Bere are some ideas from different food groups that you can try Drinks Condiments ⁹ Fuilt or vegetable juices ⁹ Said dressing, mayonaise, salad cream ⁹ Mile hot or coid, or add to het chocate, milishake, miliky coffee, issued y repseed oil (own brand veg oil is usully repseed oil) ⁹ Oils: Tax, coonut, oilwe or repseed oil (own brand veg oil is usully repseed oil) ⁹ Bourd drinks: Horitics or Ovatime ⁹ Crahery or apple sause, redcurrant jelky, jam or honey ⁹ Ravourd water/squash ⁹ Tarare or mit sauce Potatoes – e.g. bolled, instant mash with milk and butter or spread, baked potatos: (in the microwee or oven), oven chips, microwee chips Rike e.g. savoury tie (different fhacours with added egy, evg, were that on sour-can make an instant mini-meal, or add chickin/ham for more flavour. To publicative red piler with hirtik, microwee portide, or taxias Nacoroid or Sappettri: wholegrain, spinach or pilai	Drinks Condiments * Fruit or vegetable juices * Salad dressings, mayonnaise, salad cream * Milk: hot or cold, or add to hot chocolater, milkshake, milky coffee tea * Oils: flax, coconut, olive or rapeced oil (own brand veg oil is usually rapeseed oil) * Borin(/Xox/Marmite (as a drink or a spread) * Crahberry or apple sauce, redcurrant lepid, sino r honey * Malt drinks: Horificks or Ovaltine * Pickles, chutneys, relish * Fizzy drinks * Brown sauce, ketchup * Hart drinks: Horificks or Ovaltine * Pickles, chutneys, relish * Rizor drinks * Brown sauce, ketchup * Tartare or mint sauce * Fload optatoes (in the microwave or oven), oven chips, microwave chips sour)- can make an instant mini-meal, or add chicken/ham for more flavour. Or pudding rice (gr. rice pots plain or with fruit). • Dats, portige a, instang portinge, Ready Break - which includes added nutrients, microwave portige, natcakes	Food List					
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Read more ...

Tutorial papers on the Person-based approach:

Yardley et al. (2015). The person-based approach to intervention development: Application to digital health-related behaviour change interventions. *J Med Internet Res, 17*(1), e30. <u>http://www.jmir.org/2015/1/e30/</u>

Yardley et al. (2015). The person-based approach to enhancing the acceptability and feasibility of interventions. *Pilot and Feasibility Studies, 1,* 37.

https://pilotfeasibilitystudies.biomedcentral.com/articles/10.1186/s40814-015-0033-z



Further PBA publications

Series of papers further illustrating use of PBA submitted and in preparation:

- synthesising evidence to support PBA intervention planning
- using the PBA to improve trial materials

PBA website has references of all publications: <u>www.personbasedapproach.org</u>

About us.....

Southampton





Prof Lucy Yardley

Initiated and leads the LifeGuide multidisciplinary research programme, and development and mixed methods evaluation of numerous digital interventions using the **Person-based approach**.



The CCCAHP PBA/Lifeguide team – STREAM project

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Kate Morton	Rosie Stanford	Laura Parry			
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Sarah Williams	Frank Han	Adele Krusche		Plus many other	
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Sascha Miller	Lis Grey			research team members	