Using Normalization Process Theory to understand professional stakeholders’ perceptions of barriers and facilitators to implementing a behavioural activation intervention for people with dementia

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Introduction

• Dementia continues to increase globally1
• Depression is commonly experienced by people with dementia (PwD)2
• Access to evidence-based psychological interventions for people with PwD and depression is limited3
• One potential solution is guided low-intensity behavioural activation4
• Following the new Medical Research Council Framework5 considering factors such as potential barriers and facilitators to implementation is recommended during intervention development6

Aim

Identify barriers and facilitators to intervention uptake informed by Normalization Process Theory (NPT)

Methods

• A qualitative study design conducted in central eastern Sweden during 2021-2022
• Semi-structured interviews and focus groups with:
  - Health and social care professionals (n=18)
  - Community stakeholders (n=7)
• Interview guide informed by the NPT7
• Data analysed using content analysis following the NPT code book8

Results

Coherence
Recognition of intervention values and benefits
Potential to fill a large treatment gap

Cognitive Participation
Recognition of their potential role in the intervention

Sigma
Low priority of dementia care in Sweden

Collective Action
Can easily be integrated into the daily lives of PwD and caregivers

NPT Main Mechanism
Facilitator
Barrier

Confidence and trust in professionals
Time saving and staffing resources
Professionals with experience in dementia

Conclusions

• A number of barriers and facilitators for future implementation were identified
• Barriers were mapped into evidence-based implementation strategies, e.g., active learning, group discussions, education, and hands-on training
• The acceptability and feasibility of the intervention and study methods, procedures, and outcomes of the intervention, will be examined in a pragmatic feasibility study in collaboration with a healthcare provider

References

8 Svedin Frida. The acceptability and feasibility of the intervention and study methods, procedures, and outcomes of the intervention, will be examined in a pragmatic feasibility study in collaboration with a healthcare provider

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Read the protocol here9

References