

HOW TO APPLY THE MULTIPHASE OPTIMIZATION STRATEGY (MOST) IN YOUR INTERVENTION DEVELOPMENT RESEARCH

Module 1
MOST is a different way of thinking

Lesson 2: Definitions of key concepts, Part 2



NYU

**SCHOOL OF GLOBAL
PUBLIC HEALTH**

Intervention Optimization Initiative

This course was developed by

Linda M. Collins

School of Global Public
Health

New York University
(narrator)

Kate Guastaferro

College of Health and
Human Development

The Pennsylvania State
University



NYU

SCHOOL OF GLOBAL
PUBLIC HEALTH

Intervention Optimization Initiative

In the previous lesson you learned how to:

- Define key concepts:
 - The multiphase optimization strategy (MOST)
 - Intervention
 - Intervention component

In this lesson you will learn how to:

- Define additional key concepts:
 - RCT
 - The classical treatment package approach

Scenario 1: Developing an intervention aimed at reducing viral load among HIV+ individuals who drink heavily

- Goal: identify a set of components/component levels for inclusion in the intervention

Scenario 1: Developing an intervention aimed at reducing viral load among HIV+ individuals who drink heavily

- Components:
- Motivational interviewing (no [not included], yes [included])
- Peer mentoring (no, yes)
- Text message support (no, yes)
- Mindfulness meditation (no, yes)
- Behavioral skills training (low intensity, high intensity)

The usual way of building an intervention out of these components

- Construct new intervention:
 - Set each component to higher level
 - Combine to form a treatment package made up of all the components

The usual way of building an intervention out of these components

- Treatment package =
 - Motivational interviewing +
 - Peer mentoring +
 - Text message support +
 - Mindfulness meditation +
 - The high-intensity level of behavioral skills training

The usual way of building an intervention out of these components

- Then compare treatment package to control group via RCT
- Possibly conduct subsequent analyses
- Let's call this the classical treatment package approach

Another definition: RCT

- RCT can stand for
 - Randomized control trial
 - Randomized controlled trial
 - Randomized clinical trial

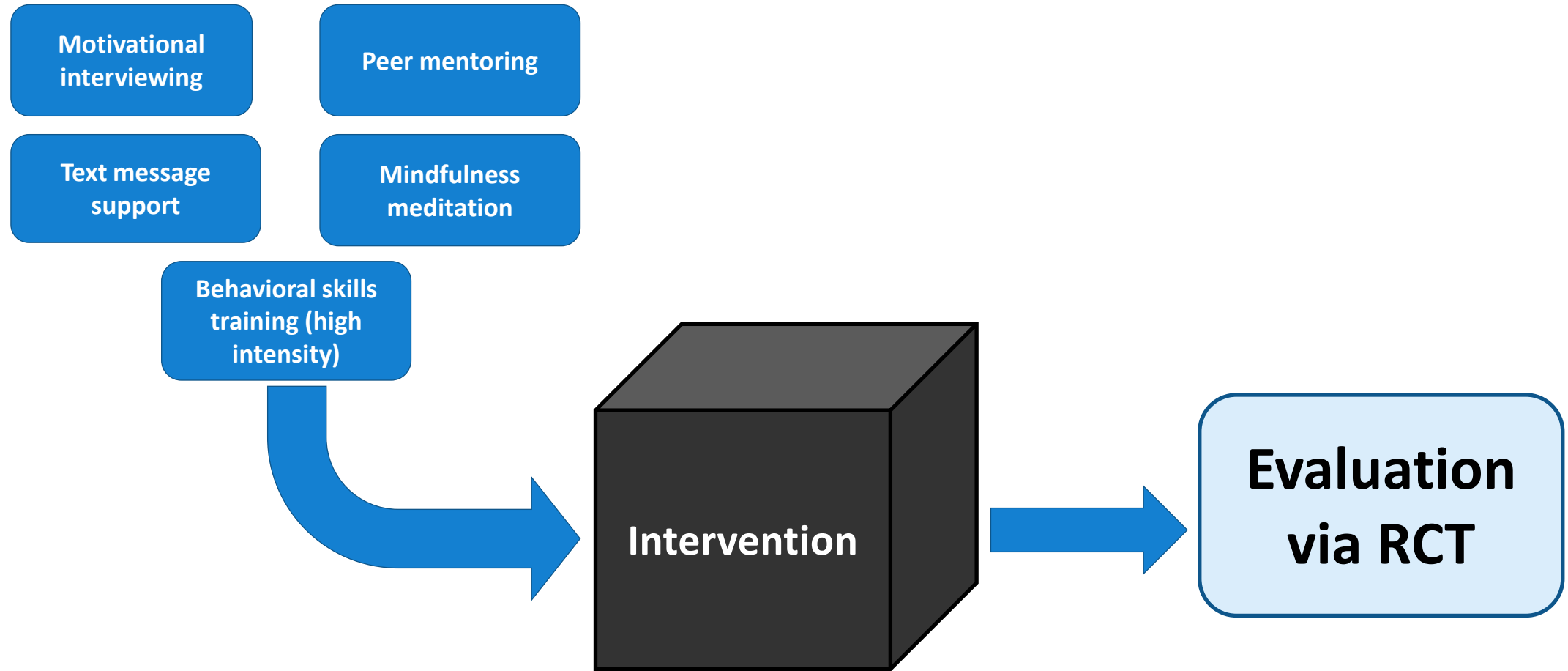
Another definition: RCT

- Any randomized experiment that includes control could be called a randomized control trial...
- HOWEVER in intervention science RCT refers to a particular family of experimental designs

Another definition: RCT

- In this family of experimental designs the objective is direct comparison of the means of a limited number of experimental conditions (typically 2)
- We will reserve the term RCT for this kind of experimental design

Classical treatment package approach



In this lesson you learned how to:

- Define key concepts:
 - RCT
 - The classical treatment package approach

In the next lesson you will learn how to:

- Assess what knowledge the classical treatment package approach can and cannot provide



NYU

**SCHOOL OF GLOBAL
PUBLIC HEALTH**

Intervention Optimization Initiative