

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

**Module 1**  
**MOST is a different way of thinking**

**Lesson 8: Review of Module 1**



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PUBLIC HEALTH**

**Intervention Optimization Initiative**

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- This lesson will review what you have learned in Module 1 and how it relates to course learning objectives.

# **Course learning objective**

## **Learn how to:**

- Relate the MOST framework to the objectives of intervention research

# Module 1 learning objective: Apply key concepts

- You have learned how to define:
- Intervention
- Intervention component
- The multiphase optimization strategy (MOST)
- RCT

Course learning objective: Relate the MOST framework to the objectives of intervention research

# Module 1 learning objective: Apply key concepts

- You have learned how to define:
- Classical treatment package approach
- Intervention ***EASE***
- Constraint
- Optimization
- Candidate component

Course learning objective: Relate the MOST framework to the objectives of intervention research

# **Module 1 learning objective: Relate the three phases of MOST to the objectives of intervention research**

- You learned what activities make up each phase of MOST: preparation, optimization, and evaluation.

Course learning objective: Relate the MOST framework to the objectives of intervention research

# **Module 1 learning objective: Relate the two fundamental principles of MOST to the objectives of intervention research**

- You learned the meaning of the continual optimization and resource management principles.

Course learning objective: Relate the MOST framework to the objectives of intervention research



# **Course learning objective**

## **Learn how to:**

- Compare and contrast the classical treatment package approach and MOST

# **Module 1 learning objective: Summarize key differences in perspective between the classical treatment package approach and MOST**

- You learned how to:
- Assess what knowledge the classical treatment package approach can and cannot provide

Course learning objective: Compare and contrast the classical treatment package approach and MOST

# **Module 1 learning objective: Summarize key differences in perspective between the classical treatment package approach and MOST**

- You learned how to:
- Contrast the classical treatment package approach to how an engineer might go about developing an intervention

Course learning objective: Relate the MOST framework to the objectives of intervention research

# **Module 1 learning objective: Summarize key differences in perspective between the classical treatment package approach and MOST**

- You learned how to:
- Contrast the MOST perspective to that of the classical treatment package approach

Course learning objective: Relate the MOST framework to the objectives of intervention research

# **Module 1 learning objective: Summarize key differences in perspective between the classical treatment package approach and MOST**

- You learned how to:
- Articulate why MOST is a different way of thinking

Course learning objective: Relate the MOST framework to the objectives of intervention research

Congratulations! You have completed  
Module 1



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