



6SQuID

Intervention development for public health

Learn how to develop more effective and sustainable solutions to **maximise health and social outcomes** for the communities you serve

Six Steps in Quality Intervention Development (6SQuID) Training

A practical approach to intervention development

6SQuID has been taught and applied to a wide variety of audiences, public health problems and settings, both nationally and internationally, since 2015.

The 6SQuID training aims to help individuals from public and third sector organisations embed into routine practice, the development of sustainable and effective health interventions and programmes so they can maximise health and social outcomes for the communities they serve.

Training can also be tailored to the needs of the organisation.

Designed with and for the public and third sector

The training is for those working in public and third sector organisations who would like to improve their intervention development skills. It was designed in partnership with Public Health Scotland, NHS Lothian, YMCA Scotland, YouthLink Scotland, Cyrenians, Venture Scotland and The Junction.

We have trained staff from organisations such as Public Health Scotland, NHS Lothian, YMCA Scotland, Cyrenians, Venture Scotland and more.

The Faculty of Public Health has accredited this activity for **6 CPD credits**

What we mean by 'intervention'

A set of **planned actions** that are designed to bring about a **desired change** (in one or more outcomes) in a defined population in order to address a social or health problem. Interventions may be called **programmes, policies, services or projects**, but their common aim is to 'intervene' in order to have a desired effect.

"Fabulous training which allowed us to work through practical scenarios related to our work. We see this as an excellent tool to use with our partners when designing new pieces of work or working through problems."

- YMCA Scotland

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Intervention development for public health

Why is robust intervention development important for public health?

- Facilitates full consideration of: the **problem** selected for intervention; underlying **causes**; **systems**; mechanisms of change and causal pathways towards **desired outcomes**
- Enables consideration of **evaluation** from the outset
- Provides a considered pathway towards **maximally effective** and **sustainable** interventions whilst making the most of the resources available
- Intuition or '**best bet**' interventions are likely to fail

What is 6SQuID?

6SQuID is an easy to follow method for developing, implementing and evaluating interventions which aim to improve public health outcomes.

There are six steps:

1. Define and understand the **problem** and its causes
2. Identify **modifiable** and non-modifiable factors, then decide which have the greatest scope for change
3. Identify how to bring about change (**theory of change**)
4. Identify how to deliver change (**theory of action**)
5. **Test and adapt** the intervention on small scale
6. Collect sufficient evidence of effectiveness to justify rigorous **evaluation**

Training outline

Training can be tailored to meet the needs of your organisation. Typically, it is comprised of **two 4-hour sessions** which take place on separate days to allow for consolidation of learning. It can be delivered within your workplace or at the University of Edinburgh.

Session 1 covers 6SQuID Steps 1-3 and revolves around one specific 'problem' to be decided by the group based on a pre-defined topic area (e.g., prevention of childhood obesity). The group will work through Steps 1-3 with this problem in mind.

Session 2 covers 6SQuID Steps 3-5, with some coverage of Step 6 and revolves around the specific 'problem' decided on in session 1.

Learning outcomes are consistent with various CPD frameworks.

6SQuID video



6SQuID paper



6SQuID book

