

Introduction to Theories, Models, and Frameworks

Theories, Models, and Frameworks (TMFs) are key tools that guide the translation of research into practice. They offer structured approaches to identify factors that facilitate or hinder successful implementation.

What are Theories, Models, and Frameworks?

Theories explain how and why different factors influence outcomes.

Models outline the key steps or stages involved in putting evidence into practice.

Frameworks serve as comprehensive structures for planning, analysing, and evaluating implementation projects, often integrating various theories and models.

How do we use Theories, Models, and Frameworks?

TMFs can be applied in planning, implementation and evaluation to systematically plan and implement practice change.

TMFs can help identify what supports or hinders successful change.

Selecting a theoretical approach to implementation depends on your project goals and the complexity of your practice change.

You can use parts of TMFs or merge frameworks if this suits your project.

When do we use Theories, Models, and Frameworks?

TMFs can be used to:

- Describe or guide the process of translating research into practice (process models*)
- Understand or explain what influences implementation outcomes (determinant frameworks, classic theories, and implementation theories)
- Evaluate implementation (evaluation frameworks)

Classic Theories	Implementation Theories	Process Models	Determinant Frameworks	Evaluation Frameworks
Describe change mechanisms and how change occurs.	Support a better understanding and clarification of specific aspects of implementation.	Describe and guide the TRIP process.	Describe what might influence an implementation outcome at an individual, organizational and/or societal level.	Provide structure to evaluate the TRIP project.
<i>Examples</i>				
Theory of Reasoned Action / Theory of Planned Behaviour	Normalisation Process Theory Organisational Readiness for Change	Knowledge To Action (KTA) Exploration, Preparation, Implementation, Sustainment (EPIS) PRISM Active Implementation Frameworks (AIF) Dynamic Sustainability Intervention Mapping	Theoretical Domains Framework (TDF) COM-B Behaviour Change Wheel Consolidate Framework for Implementation Research (CFIR) Expert Recommendations for Implementing Change (ERIC) Integrated Promoting Action on Research Implementation in Health Services Framework (i-PARIHS)	Reach, Effectiveness, Adoption, Implementation and Maintenance (RE-AIM) PRECEDE-PROCEED Implementation Outcomes Framework

Find out more



[Theories, Models, & Frameworks | Implementation Science at UW \(impsciuw.org\)](https://impsciuw.org)



[There is Nothing so Practical as a Good Theory: A Pragmatic Guide for Selecting Theoretic Approaches for Implementation Projects](#)



[Making Sense of Implementation Theories, Models and Frameworks](#)

References

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