

Implementation Models, Theories & Frameworks

Intervention Mapping

Intervention Mapping is a theory- and evidence-informed planning framework designed to guide the development, implementation, and sustainability of health interventions.

Type

Process model

Purpose

To guide development, implementation, and sustainability of healthcare projects by linking identified determinants of behaviour and organisational context to specific, theory-based mechanisms, and systematically producing implementation-ready interventions.

Elements

1. Needs assessment / Problem analysis
2. Define program outcomes and objectives
3. Select theory-based intervention methods and practical strategies
4. Intervention program production
5. Adoption and implementation planning
6. Process and outcome evaluation planning

Use with

Consolidated Framework for Implementation Research (CFIR)

Theoretical Domains Framework (TDF)

Behaviour Change Wheel (BCW) and BCT Taxonomy

Knowledge-to-Action (KTA) framework

Quality Enhancement Research Initiative (QUERI)

Strengths and Limitations

STRENGTHS

- Provides a clear, stepwise process that links determinants to objectives and theory-based interventions.
- Emphasises end-user / stakeholder engagement.
- Explicitly supports planning across individual, organisational, and systems levels.

LIMITATIONS

- Can be demanding in terms of time, expertise, and funding.
- Evidence on full adoption and scaling is limited.
- Heterogeneity in how steps are defined or operationalised.
- Limited cross-country applicability.

See it in practice



[Prospective application of implementation science theories and frameworks to inform use of PROMS in routine clinical care within an integrated pain network \(Ahmed et al., 2021\).](#)

Find out more



[Intervention Mapping](#)



[Developing Implementation Strategies: Implementation Mapping \(Center for HIV and Research in Mental Health\)](#)



[Implementation mapping: using intervention mapping to develop implementation strategies \(Fernandez et al., 2019\).](#)



[Methods for designing interventions to change healthcare professionals' behaviour: a systematic review \(Colquhoun et al., 2017\).](#)



[Using intervention mapping framework to develop knowledge translation program: a scoping review \(Jiang et al., 2025\).](#)

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