

RAPID EVIDENCE AND PRACTICE

REVIEWS

BehaviourWorks

AUSTRALIA

EVIDENCE-BASED DECISION MAKING

At the beginning of, or during the course of, a behaviour change program, questions may arise about the direction the program should take and/or how particular problems, behaviours or challenges can - or should be - tackled.

Having worked with dozens of government, non-government and private sector organisations on a range of behaviour change programs since 2011, BehaviourWorks Australia (BWA) believes the best way to make these kinds of decisions is by answering two questions: 1: What does the research tell us? and, 2: What's happening on the ground right now?

Experience tells us that question 1 can be answered with a Rapid Review, while question 2 requires can benefit from a Practice Review.

IF TIME IS OF THE ESSENCE

The traditional route to finding answers to complex research questions is the Systematic Review (SRs).

SRs provide an overview of all primary studies or trials pertaining to a particular research question and include explicit statements of objectives, materials and methods. Because they are so exhaustive, SRs are resource-intensive, taking anywhere from nine months to two years to complete.

While always recommended when time - and budgets - allow, we recognise that many organisations need a faster and more cost-effective route to finding answers, which is where the Rapid Reviews comes in.

ABOUT RAPID REVIEWS

Rapid Reviews are an emerging method of efficiently synthesising research evidence within a short timeframe; anywhere from three to eight weeks. Researchers are able to achieve these short timeframes because Rapid Reviews focus on publications that have already reviewed a body of research evidence. In other words, they are an 'overview of reviews'.

By using an established method of gathering evidence and evaluating the quality of included reviews, BWA is able to ensure that the rigour of the search is maintained. The outcome is a high-quality review that not only summarises the latest thinking on the topic, but insights to support the decision-making process.

RAPID EVIDENCE AND PRACTICE REVIEWS

RAPID EVIDENCE AND PRACTICE REVIEWS, CONT..

Rapid Reviews provide fast and effective answers to research questions at specific junctures and can help to resolve tensions around which direction the behaviour change program should take, based on evidence of what has worked in the past to solve the problem under investigation ('what we're saying is the right thing to be doing').

BWA's Rapid Reviews are scaled according to the anticipated time and the resources available from the commissioning agency.

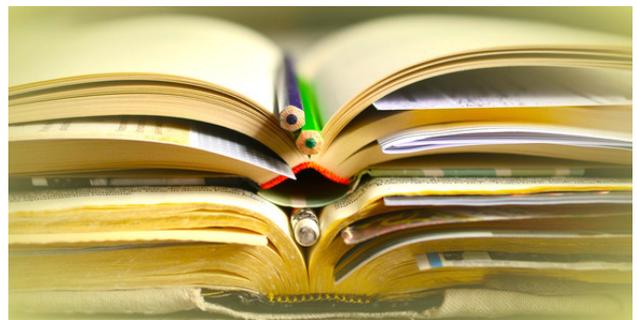
WHAT'S HAPPENING ON THE GROUND RIGHT NOW?

While stand-alone Rapid Reviews have considerable value, commissioning organisations also have a lot to gain by asking, 'What's happening on the ground right now?'

Practice Reviews consist of structured one-on-one interviews with a small number of people who are actively involved in the issue at hand (i.e., policymakers, researchers, practitioners and project managers).

Practice Reviews reveal invaluable information on how best-practice recommendations from research have played out in the real world, and what barriers to implementation have been faced.

This information allows agencies to respond to the evidence and design a feasible and practical response.



OUR EXPERTISE AND RESOURCES

BehaviourWorks has developed significant skills in conducting Rapid Reviews and Practice Reviews.

BWA researchers have been trained to interrogate literature using both traditional and new methods and are able to draw upon an in-house database of more than 5,000 behaviour change research articles, as well as Monash University's extensive catalogue of research journals and databases that aggregate contemporary thinking in behaviour change across different disciplines and topics.

With regard to Practice Reviews, BWA researchers are experienced in conducting one-on-one or small group interviews and extracting key themes from these interviews to describe how practice reflects the evidence.

RAPID EVIDENCE AND PRACTICE REVIEWS

OUTPUTS

Commissioning agencies can expect the following outputs from BWA's Rapid Reviews and Practice Reviews:

- executive summary
- detailed information on the methods, aims, search strategy, screening and selection process, as well as data extraction methods, quality appraisals and volume of literature searched
- information on the key characteristics of the studies identified, such as year, country, setting, number of studies, participants and intervention types
- 'real world' insights from those involved in developing and/or delivering strategies to address the problem under investigation
- evidence and practice findings, conclusions and behavioural insights, as well as discussion points for the commissioning agency to consider with respect to other research opportunities
- commentary on the implications of the review in the context of the commissioning agency.

BWA also endeavours to publish its Rapid Reviews and Practice Reviews in peer-reviewed journals.

The reviews are also used as a key input to BWA's stakeholder Forums (brief description, page over), which bring teams together to consider the findings and discuss how they can be applied to their own problems and challenges.



BehaviourWorks Australia has recently conducted Rapid Reviews and Practice Reviews for several small and large-scale organisations, including:

- For the NSW Environment Protection Authority, a review of research and data from 47 container deposit recycling schemes around the world to ascertain their sustainability and effectiveness.
- A series of Forums for the Victorian Managed Insurance Authority to better understand how to reduce the risk of harm to patients in Victoria.
- For the Victorian Department of Health, a Rapid Review and Practice Review to better understand how to reduce the high number of non-emergency calls to 000 in Victoria.
- For Ernst & Young and The Heart Foundation, a Rapid Review on the effectiveness of interventions to promote healthy eating when dining out.
- For the Environment Protection Authority (Vic), a review of public value measurements and return on investment of litter reduction programs.

RAPID EVIDENCE AND PRACTICE REVIEWS

FACILITATED DIALOGUES

While BWA's Rapid Reviews and Practice Reviews are stand-alone products, they are also a key input to our Facilitated Dialogues, a proven method of bringing stakeholders together to identify opportunities for action (more information available on request).

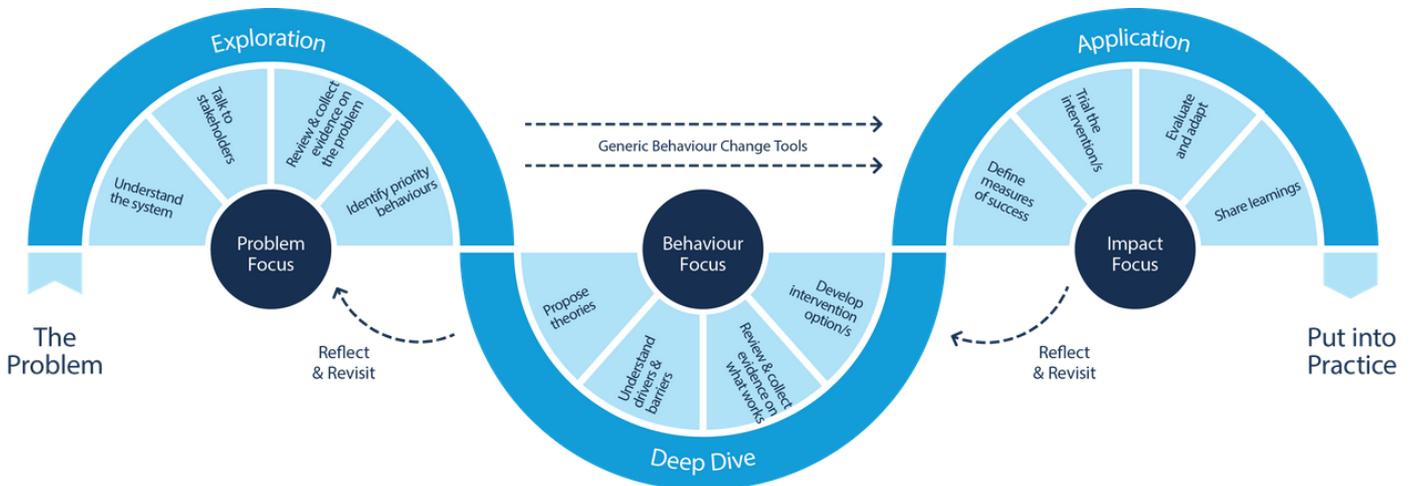
Forums are a key feature of the BehaviourWorks Method (below) a three-phase change kit for unpacking problems, identifying and prioritising behaviours and trialling interventions.

FURTHER INFORMATION

To learn more about our Rapid Reviews and Practice Reviews, the BWA Method (below) or other research services, please contact us on:

T: + 61 3 9905 9656

E: behaviourworksaustralia@monash.edu



BehaviourWorks Australia is a behaviour change research enterprise within the Monash Sustainable Development Institute at Monash University, with offices in Melbourne and Sydney.

Consortium partners include Environment Protection Authority Victoria, The Shannon Company, Sustainability Victoria, Department of Transport (formerly VicRoads), NSW Department of Planning, Industry and Environment and The Department of Agriculture, Water and Environment (formerly Department of Environment and Energy).

Visit: www.behaviourworksaustralia.org to learn more.