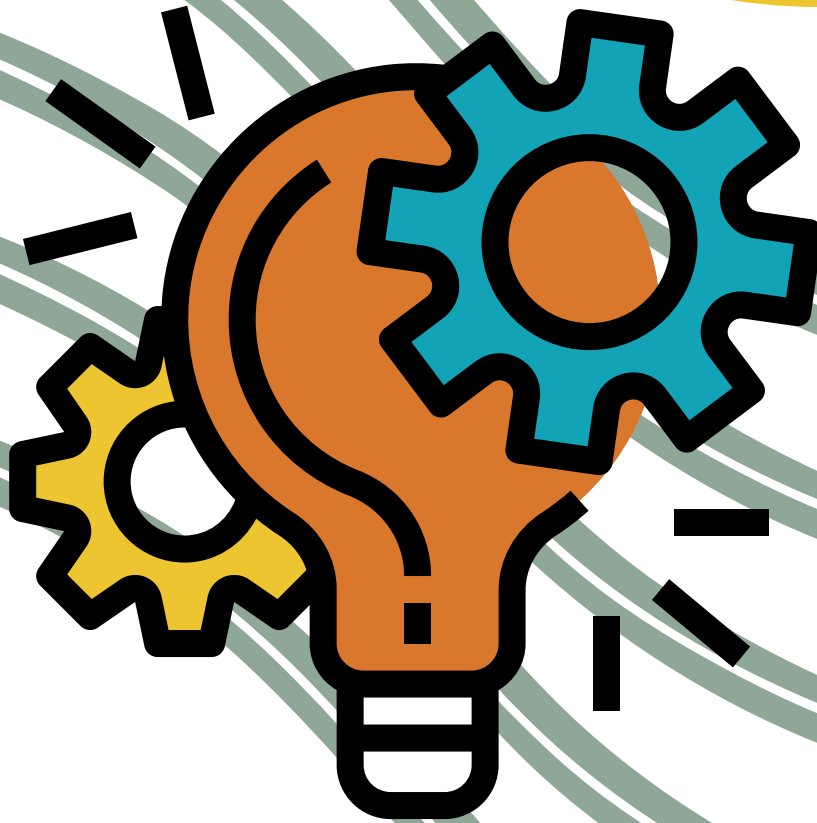


FIDELITY

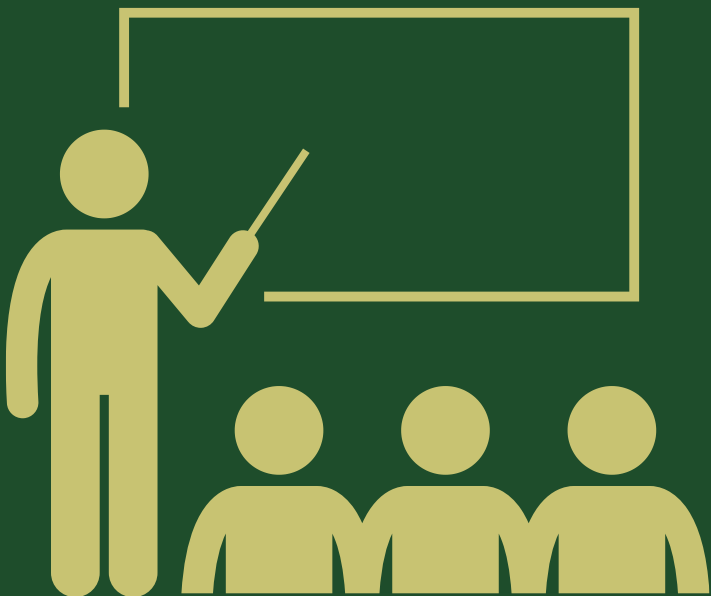
**What is it &
Why does it matter?**



Fidelity

What is it?

Fidelity refers to the extent to which planned procedures, activities, and roles are implemented in the way they were originally intended. Fidelity serves as a measure of fit between the planned procedures of an evidence-based program (EBP) and the actual procedures that ensue.



5 Components of Fidelity

Adherence

The extent to which core components of a program are utilized (i.e. using original instructional techniques and procedures)

Exposure

i.e., dosage—number, frequency, and length of program sessions

Quality of Delivery

The quality and thoroughness in preparation, skills, leadership, and enthusiasm

Participant Responsiveness

The participants' engagement with the program

Program Differentiation

The extent to which components of the program are recognizable and identifiable

Fidelity

Why Does it Matter?

As supported by research, programs that are not implemented in the way they were originally designed are often ineffective (e.g., yielding NO positive outcomes or harmful outcomes)

Monitoring implementation fidelity helps to understand participant outcomes and identify if additional supports are needed



Measures of Fidelity



Sometimes EBPs provide a measure of fidelity (fidelity checklists) to ensure that the adopter is implementing the program as intended. This is the best way to monitor fidelity.

When a program does not provide a fidelity checklist an alternative but approved measure of fidelity may be used.

In this case, consider using our

[Fidelity Monitoring Checklist \(Self-Report\)](#)

& [Fidelity Monitoring Checklist \(Observer-Report\)](#)

Some measures of fidelity are designed to be completed by an outside expert or observer, and others are designed to be completed by the facilitator. Ideally, checklists can be completed by both the facilitator and an observer.

Below are examples of program-specific fidelity checklists

Take time to understand your program's logic model and theory of change that inform the fidelity checklists

Measures of Fidelity

Examples

Botvin LifeSkills Training (LST)

A substance abuse prevention program focused on skill acquisition. For all youths.

[LST Fidelity Checklist, Middle School](#)

[LST: Logic Model](#)

[LST: Blueprints Website](#)

[TND Fidelity Monitoring Checklist](#)

[TND: Logic Model](#)

[TND: Blueprints Website](#)

Project Toward No Drug Abuse (TND)

A substance abuse prevention program that is classroom-based. For high school youths.

Positive Action (PA)

A multi-level program that incorporates a whole-child approach to prevention. For youths of all ages.

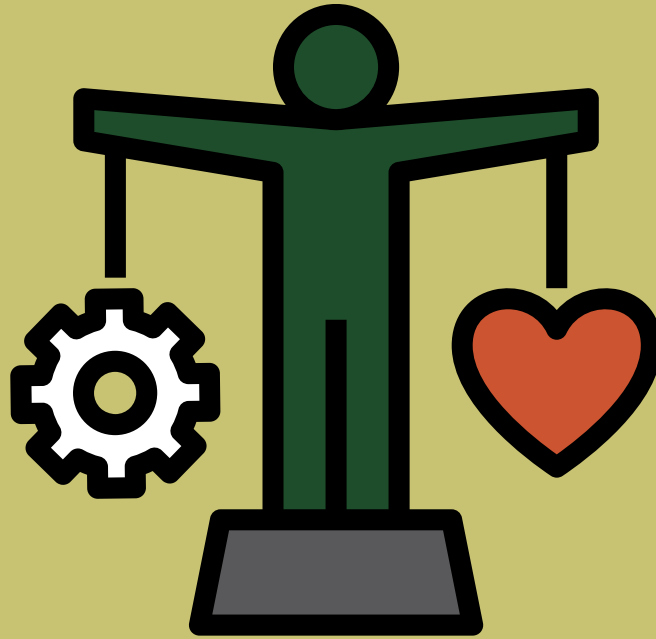
[PA Fidelity Monitoring Checklist](#)

[PA: Logic Model](#)

[PA: Blueprints Website](#)

Fidelity vs. Adaptation

Where is the Balance?



There is typically tension between fidelity and adaptation when implementing an EBP

Even when adaptations (changes/modifications) are made with the best intentions, they can decrease the program's effectiveness and waste valuable time when made haphazardly

It can be challenging, but necessary, to find a balance between the two to attain positive outcomes (and avoid harmful outcomes) in your unique community



Fidelity vs. Adaptation Guidance

Making adaptations to your EBP can be a reasonable approach to increase program reach and engagement. Adaptations that maintain fidelity to the program's theory may retain or increase program **effectiveness**, but those that do not maintain fidelity to the program's theory will likely yield **ineffective** program outcomes.

Suggestions for finding the balance:

Work as a team to adopt the best fitting EBP during the program selection phase to avoid program-community mismatch

Work as a team to understand the best reasoning and practices regarding program adaptations

Work as a team to decide on adaptations prior to implementation

Monitor & Evaluate program fidelity & program adaptations

For adaptation guidance, refer to our
[Adapting EBPs \(Part 1\) Research to Practice Tool](#)

Fidelity & Adaptation

Use this map as a guide to find the balance

For any further guidance visit the [PRC Implementation Toolbox](#)

