

Who's in it?

ImpleMentAll is a true multidisciplinary international collaboration that unites key experts in clinical practice, health innovation, clinical research, patients' interests, and implementation science.



DENMARK

Region of Southern Denmark
(lead)



THE NETHERLANDS

Stichting Vu-Vumc, Stichting GGZ
inGeest & University Medical
Center Groningen



UK

Northumbria University in
collaboration with University of
Southampton & London School of
Hygiene and Tropical Medicine



GERMANY

Get.ON Institute & European Alli-
ance Against Depression EV



SPAIN

Badalona Serveis Assistencials



FRANCE

Fondation FondaMental



ITALY

Azienda Sanitaria Locale TO3



KOSOVO

Zyra Për Shëndet Mendor
Prizren



ALBANIA

Tirana Community Centre for
Health and Wellbeing



BELGIUM

GAMIAN Europe AISBL



AUSTRALIA

Australian National University &
Black Dog Institute



ImpleMentAll

Getting eHealth implementation right



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Why do we need ImpleMentAll?

ImpleMentAll (nickname IMA) will take **eHealth implementation processes** to the next level by providing an **evidence-based tool** for making them more effective and efficient. eHealth interventions have been around for decades and large investments of time and money have already gone into their development, testing, and implementation. However, the road from idea to routine care is still long and bumpy for most of these interventions. IMA is convinced that what this field needs now is a thorough understanding of the context-specific barriers to implementation in routine care.

What's it all about?

IMA represents a unique approach to implementation research by **developing, applying, and evaluating** tailored strategies in the setting of current eHealth implementation initiatives. This way IMA's research on implementation processes also has the potential to allow valuable eHealth interventions move more efficiently to routine care.

The project will step into the ongoing implementation of Internet-based Cognitive Behavioural Therapy (iCBT) across **nine countries - including six EU countries, Albania, Kosovo, and Australia** - as a natural laboratory for testing tailored implementation in practice. Being regarded as an evidence-based psychotherapeutic eMental health intervention, iCBT has the potential to overcome the rising societal challenge of common mental health disorders.

Starting from implementing eMental health interventions for common mental disorders, the ambition of IMA is to develop a generic evidence-informed toolkit for implementing eHealth interventions in various healthcare settings.

How will this work?

The research carried out in IMA is operationalised and transformed into the web-based **ItFits-toolkit** - digitally accessible step-by-step guidance for tailoring a specific eHealth implementation process. ItFits is based on ideas from **Normalization Process Theory (NPT)**, which suggests that lasting changes in practice only happen through people working together.

The ItFits-toolkit offers a systematic approach to ongoing tailoring based on evidence-informed implementation strategies and determinants of practice. This includes providing context-specific ways of achieving tasks within each step so that sites can choose which methods are likely to work best for them. The research design is centred around a randomised Stepped Wedge Trial with Implementation-as-Usual as the control condition.

What do we want to achieve?

The objectives of IMA are:

- 1) To **develop an Intervention** (the ItFits-toolkit) that will facilitate the tailored implementation of eHealth interventions by taking into account the site-specific care context and barriers.
- 2) To **study the impact** of the ItFits-toolkit on the implementation of eHealth for common mental disorders in nine countries.
- 3) To disseminate the **validated toolkit** in various healthcare contexts across the EU and beyond.

With the completion of the project in 2021, we expect to have achieved the following:

- Insight in answering the question if continuous tailoring is more effective and/or efficient than Implementation-as-Usual.
- Thorough insight in tailoring processes of implementation strategies in specific healthcare contexts.
- Advanced understanding of implementation processes and development of concrete instruments to assess implementation outcomes reliably.
- The validated ItFits-toolkit ready-made to disseminate further in the research community and implementation practice.

The hardcore facts about ImpleMentAll

The project runs from 1 January 2017 to 31 March 2021 and is funded by €6m from the EU and €1.1m from Australian funding sources, including the National Health and Medical Research Council.

IMA has 16 partners from 11 countries (see them all on the back) and 12 implementation trial sites across 9 countries. The coordinator of IMA is the Region of Southern Denmark.

Learn more about the project on www.ImpleMentAll.eu and follow us on Twitter @EU_ImpleMentAll.