



# The Physical Activity Referral Scheme Taxonomy: *Getting Criteria Right*

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# Physical Activity Referral Scheme (PARS) Taxonomy – why are we creating one?

- PARS are a widespread and popular intervention but there is little evidence about ‘what works best’
- Constructing an evidence base is difficult because there is limited understanding of what schemes are delivering and how.



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# PARS Taxonomy aim

- To provide a classification system for evidence reviews of effectiveness
- To provide an audit and monitoring tool for funders, partners and providers to capture service delivery
- To provide a reporting checklist for PARS providers and academics evaluating schemes

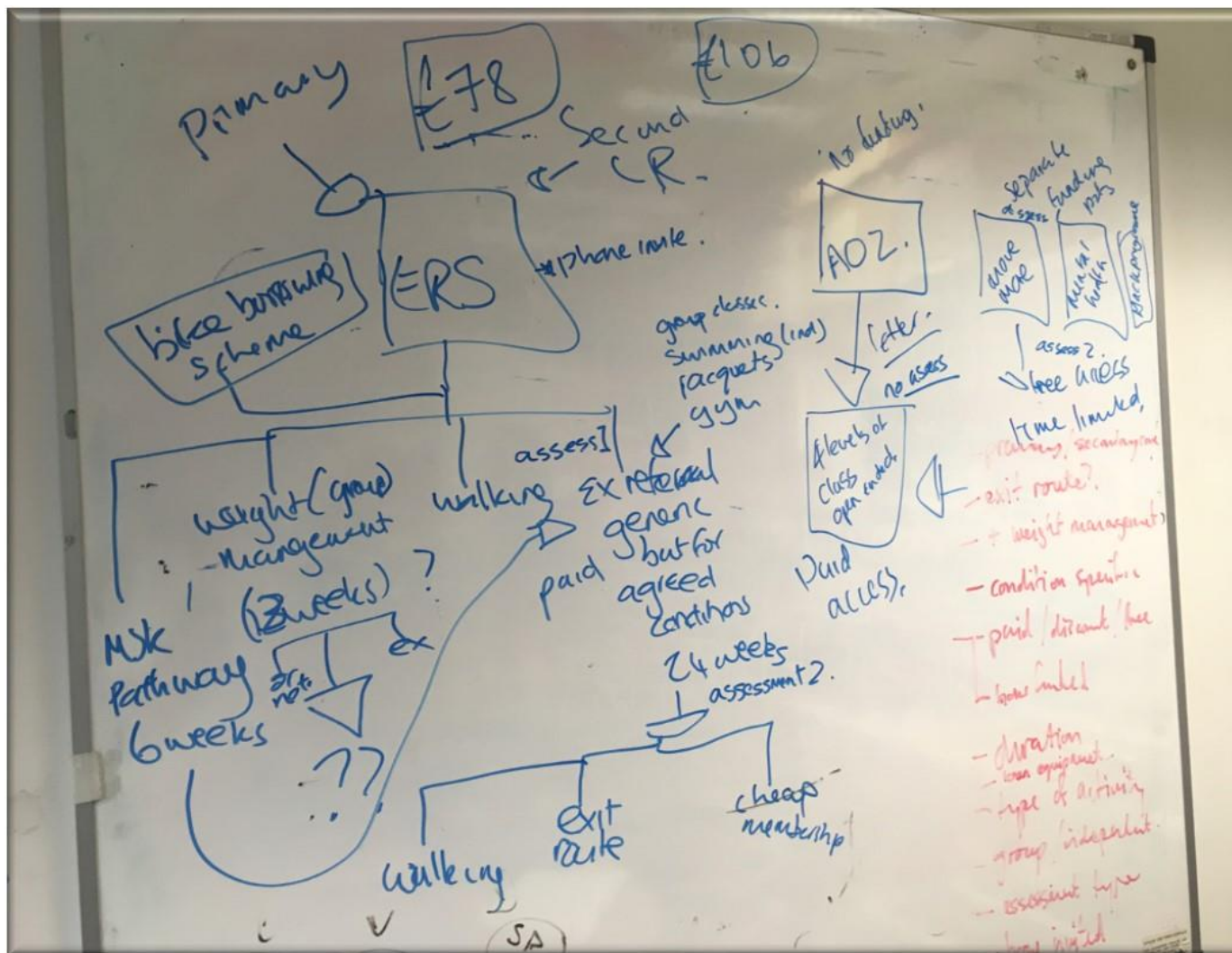


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# Initial planning



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# The Physical Activity Referral Taxonomy

*Operates on three levels:*

- 1. Classification** (type of scheme)
- 2. Characteristics** (what is delivered and how)
- 3. Participant Measures** (what data is collected)



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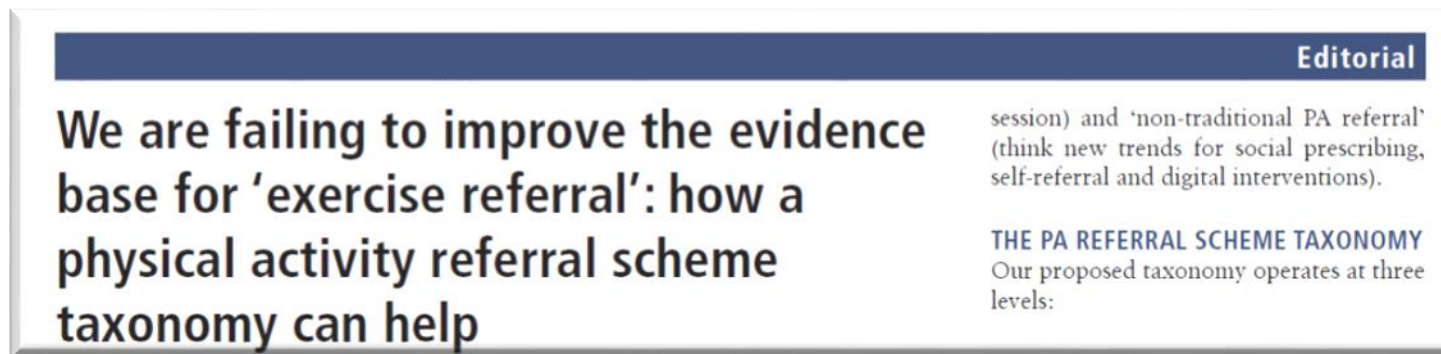
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# Gaining consensus about the PARS taxonomy

1. Initial proposals developed by academics from three universities
2. Consultation with Scottish PARS providers via this forum
3. Initial ideas published as an editorial in the British Journal of Sports Medicine



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# Delphi study stage 1: two scored questions

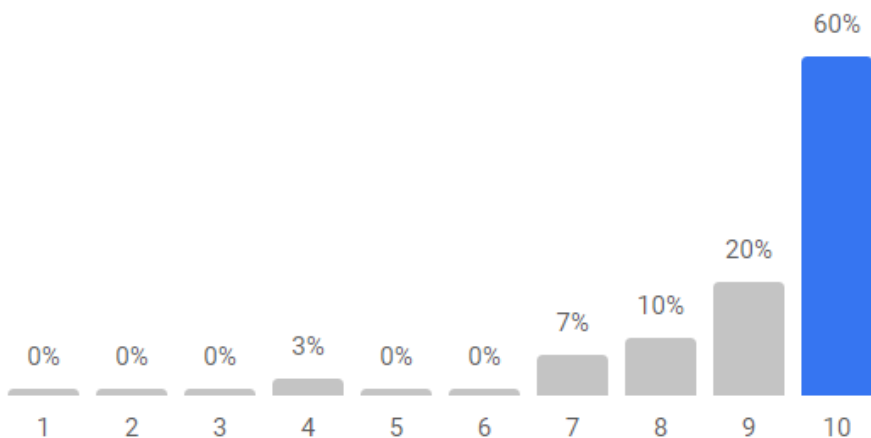
1) Do you believe there is value in developing a Physical Activity Referral Scheme (PARS) taxonomy?  
(0=Do not agree at all 10=Agree very strongly)

0 3 0

Results hidden

Show results

Score: 9.2



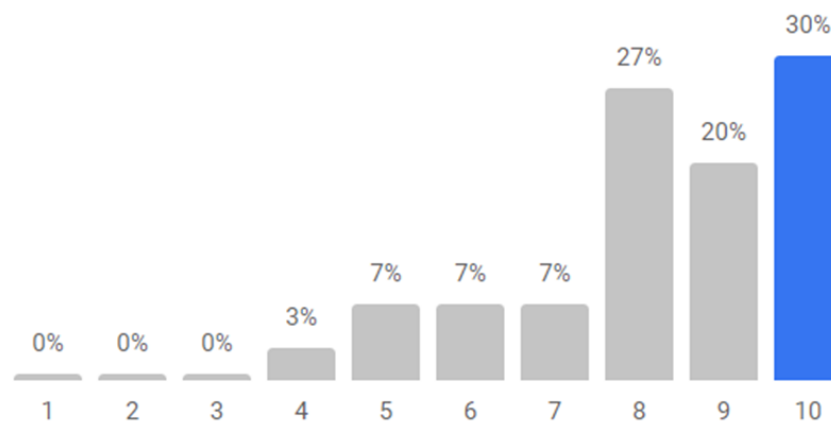
2) Do you agree that we need a three level approach to the proposed taxonomy?-  
Classifications/Characteristics/Participant Measures  
(0=Do not agree at all 10=Agree very strongly)

0 3 0

Results hidden

Show results

Score: 8.3



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# Delphi study Stage 1

*Free comments on every aspect of the taxonomy by academics, providers and health professionals*

1. Initial face-to-face meeting in Nov 19 (n=30)
2. Email completion of feedback form (Dec19-Jan20) via a snowball sample and Twitter promotion (n=16)
3. Changes made to the Taxonomy before electronic survey for second round (Feb 2020)



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# Level 1a: Primary classification

LEVEL 1a	Primary Classification	PARS with explicit behaviour change support <b>and</b>			PARS with <b>no</b> explicit behaviour change support <b>but</b>		
		Specialist supervised sessions	<i>and or</i>	Signposting to activities	Specialist supervised sessions	<i>and or</i>	Signposting to activities



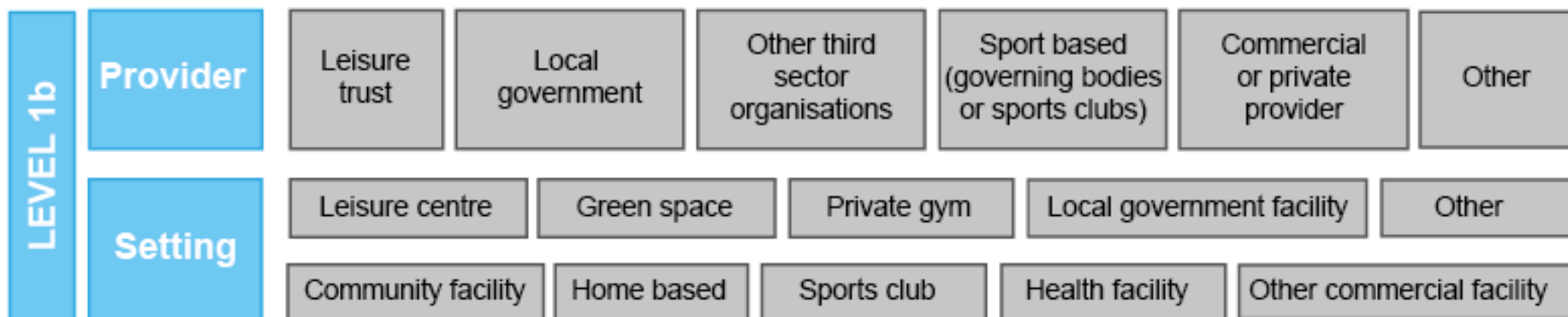
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# Level 1b: Provider and setting

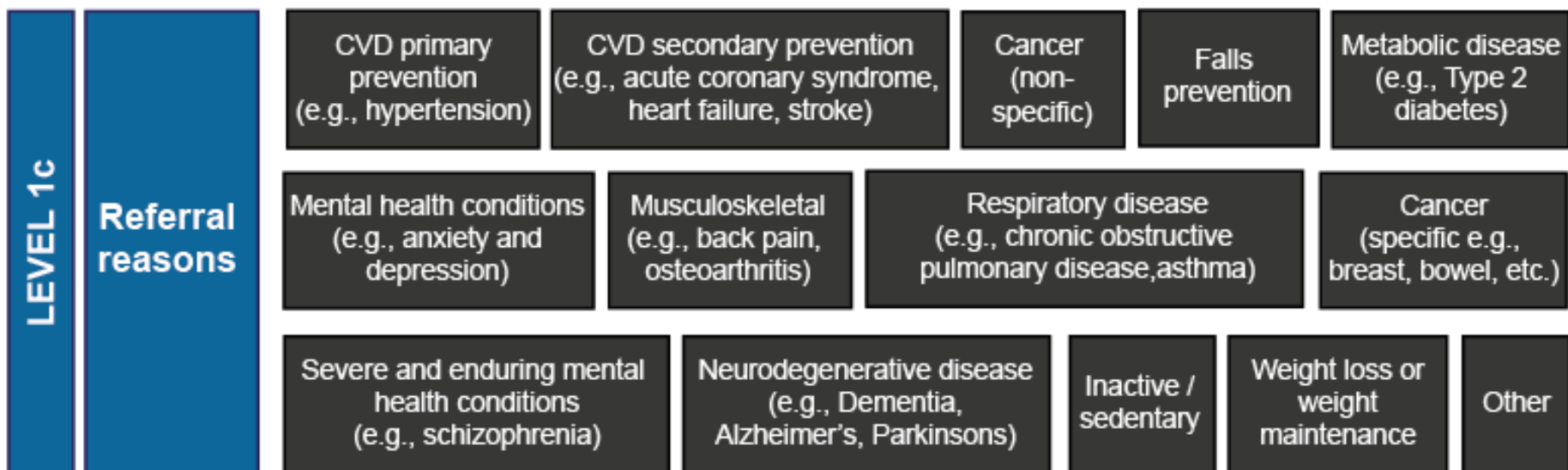


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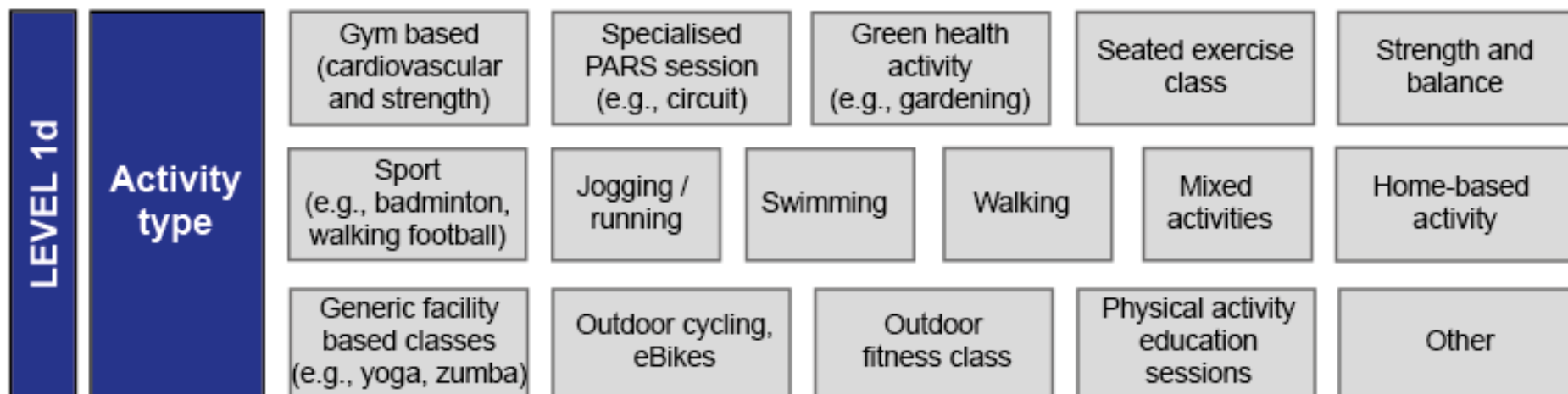
# Level 1c: Referral reasons



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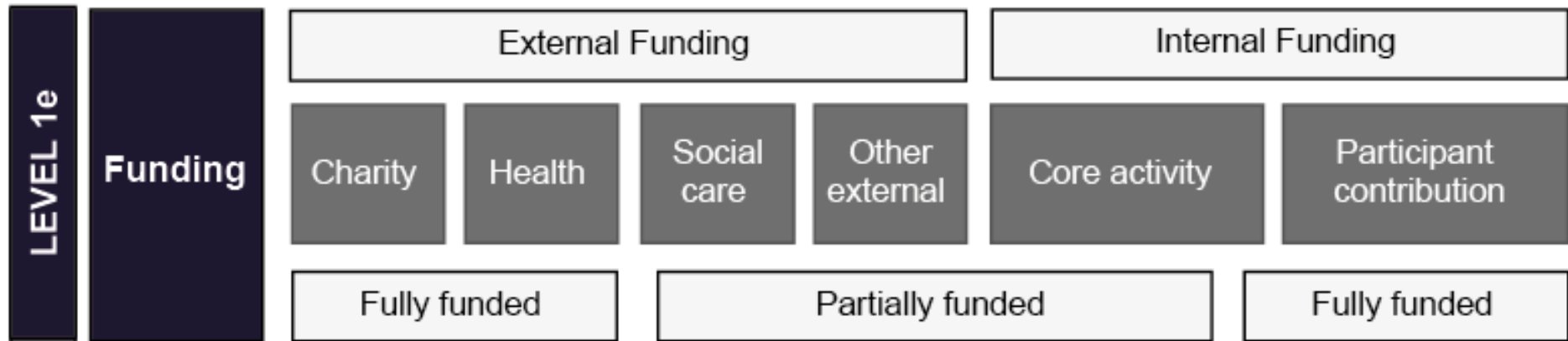
# Level 1d: Activities offered



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# Level 1e: Funding



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# Level 2: Characteristics

## Characteristics

Staff structure

Session frequency

Staff qualifications

Session type

Behaviour change theory

**Equipment loan ??**

Behaviour change techniques

Baseline assessment

Referral source

Exit assessment

Referrers

Feedback to referrer

Referral processes

Exit routes

Scheme duration

Action in the case of non-adherence



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# Level 3: Participant measures

## Characteristics

Sex

Age

Socioeconomic status

Ethnicity

Education level

Employment Status

Other Demographics

Number of referrals

Uptake, attendance and adherence

Measures of change

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# Next steps in the Delphi study

Round 2: Online survey where participants are asked to score each classification on a scale of 0-10 (0= do not agree at all, 10=agree very strongly)

## Primary Classification



We will ask for comments on the individual elements of each level but these will not be scored



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# Next steps in the Delphi study

- Any item that scores an average of 7 or more stays in the Taxonomy.
- Any item that scores less than 7 is removed
- We will consider comments on the individual elements and amend if considered necessary
- We will repeat this until a consensus is reached (we expect that there will be online two rounds in total).



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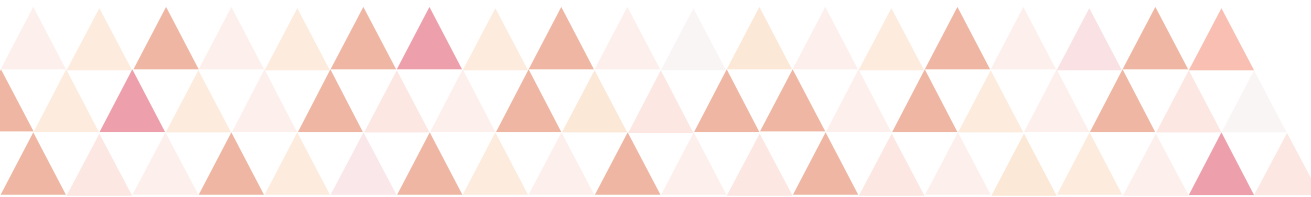
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# What will happen to the PARS Taxonomy?

- We hope that it will be adopted as a tool to help audit and evaluate PARS in Scotland
- There may be defined items in the Taxonomy that are essential reporting criteria for Scottish PARS
- It may be adopted by other areas of the UK and other countries



# The next steps

- If you want to get involved but haven't yet email me:  
[c.hanson@napier.ac.uk](mailto:c.hanson@napier.ac.uk)



Any questions?

