## Treatment Fidelity Assessment Grid

<table>
<thead>
<tr>
<th>Type of Fidelity</th>
<th>Steps Taken to Ensure Fidelity</th>
<th>How Was Fidelity Assessed?</th>
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</table>
| Fidelity to Theory (did the intervention include the relevant “active ingredients” based on theory?) | ○ Review by experts  
○ Ensure adequate “dose” of treatment is received  
○ Ensure equivalent dose of treatment across conditions (if applicable) | ○ Documentation of review, comments, suggestions  
○ Statistics on number, frequency, length of contact  
○ Show no difference in number, frequency, length, and type of content |
| Provider Training (were the treatment providers capable of delivering the intervention as designed?) | ○ Initial training of interventionists  
○ Test of provider skills  
○ Ongoing supervision of interventionists  
○ Periodic re-training to prevent “drift” | ○ Training protocols and standardized materials  
○ Results on post-training test  
○ Forms used to document supervision  
○ Schedule & protocols for re-training |
| Treatment Implementation (did the treatment providers actually implement the intervention as it was designed?) | ○ Standardized intervention protocol  
○ Provider monitoring (e.g., video, audio, in-person)  
○ Participant rating of treatments’ credibility  
○ Minimize treatment contamination | ○ Treatment manual or other standard delivery materials  
○ Individual or aggregate results of monitoring  
○ Survey of participants’ perceptions of treatment  
○ Methods used to prevent contamination (e.g., separate sites, patient exit interviews, checklist of non-allowed provider behaviors) |
| Treatment Receipt (did the participant receive the relevant “active ingredients” as intended?) | ○ Check of participants’ understanding  
○ Measure of change in participants’ knowledge  
○ Review of homework completion  
○ Self-report or diary to measure use of new skills | ○ Results from participant measures  
{note: this section may be “N/A” if the participant is not expected to learn something from the intervention – e.g., in behavioral interventions with cognitively impaired patients} |
| Treatment Enactment (did the participant put new skills or behaviors into practice? Were all necessary steps completed?) | ○ Success in implementing new behaviors  
○ Level of skill in performing new behaviors (e.g., using an inhaler correctly) | ○ Lab assessment of actual participant skills/behaviors  
○ Self-report or home visit to assess actual skills/behaviors  
{note: this may be N/A in some but not all cases, when behavior is the outcome variable} |