**Title:** Exploring mechanisms of impact in an adaptational program for people with chronic health conditions: A process evaluation of the ‘ADAPT program’

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**Introduction:** The ADAPT program was developed to meet the need for evidence-based intervention programs focusing on adaptational strategies for people with chronic health conditions experiencing problems performing activities of daily living (ADL). The program follows the Medical Research Council guidance on developing and evaluating complex interventions. The ADAPT program is a group-based educational program, based on occupational therapy theory, models and evidence, guiding the occupational therapist to practice in a manner that is top-down, client-centered and occupation-focused/based. Evidence has provided initial evidence of the ADAPT program’s effectiveness to improve ADL motor ability among women with fibromyalgia. For future development of the program, it is relevant to investigate mechanisms of impact and contextual factors facilitating or hindering effect.

**Objectives:** To evaluate the ADAPT program including mechanism of impact, barriers and contextual factors impacting effects in women with fibromyalgia.

**Method:** This qualitative study included three semi-structured focus-group interviews exploring experiences of 15 women with fibromyalgia. The interviews were conducted six months after completion of the ADAPT program, then transcribed and subjected to thematic analysis.

**Results:** Data has not been analysed yet, but will be presented at the ERGO18 conference. It is expected to identify mechanisms and contextual factors that are valuable to incorporate and/or eliminate in the further development of the ADAPT program.

**Conclusion:** Evidence will be used to further develop, implement and evaluate the ADAPT program and provide knowledge to occupational therapists wanting to design similar complex intervention programs.

**Key words:** Chronic health condition, occupational therapy, group-based intervention, process evaluation