

## ABSTRACT

**POSTER TITLE:** Coaches' fidelity in delivering a novel coaching intervention for parents of children with suspected developmental delay

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**Background:** Health coaching - an educational and structured program - occurs through a process of client enlightenment and empowerment. A multisite, randomized clinical trial is underway, examining the effects of a novel online health coaching intervention, *BRIGHT Coaching*, delivered by coaches to parents of children with suspected developmental delays. It is essential for coaches' intra- and inter- skills to be consistent with the intervention goals. To promote and ensure coaches fidelity, we developed and implemented a novel rating tool, the CO-FIDEL (**CO**aches **F**idelity in **I**ntervention **DEL**ivery). Objectives were: (O1) To describe the CO-FIDEL's development; (O2) using the CO-FIDEL, to determine the extent of coaches fidelity and its change over time in providing the *BRIGHT Coaching* program; and (O3) to appreciate the coaches' perspectives in the usefulness and satisfaction with the tool.

**Methods:** O1: A qualitative opinion-seeking technique and a rapid literature review were employed. O2: A repeated-measures single-subject study design was used with participating coaches (n=4). Their fidelity in delivering the intervention was assessed with the CO-FIDEL by the Lead Coach at the end of each session. O3: A Likert scale and open-ended questions-based survey on CO-FIDEL's usefulness, impacts, and satisfaction was administered to coaches.

**Results:** Designed using excerpts from the Motivational and Solution-Focused Interviewing Skill Codes, the CO-FIDEL contains 4 ratable sections. Pilot *BRIGHT Coaching* participants (n=11 parents of children with suspected developmental delays) completed the entire program (range: 2-4 participant/coach) and fidelity assessments (n=113) were issued. Coaches' average fidelity from completing the first round of the program was high (94.3±5.6%), and 0-2 sessions were needed to achieve and maintain a ≥85% overall fidelity rating. Three coaches showed significant improvements in 1-to-2 sections of the CO-FIDEL from the 1st to the 2nd round of providing the intervention. Coaches reported moderate satisfaction with CO-FIDEL's usefulness and logistics, along with certain challenges and limitations.

**Conclusion:** A new tool ascertaining coaches' fidelity was developed and applied, fortifying the validity of the *BRIGHT Coaching* trial. We further propose revising the CO-FIDEL by addressing emerging limitations and studying its psychometric properties in future studies.