

Understanding the Path to Change: Developing a Logic Model for EUPC in Estonia

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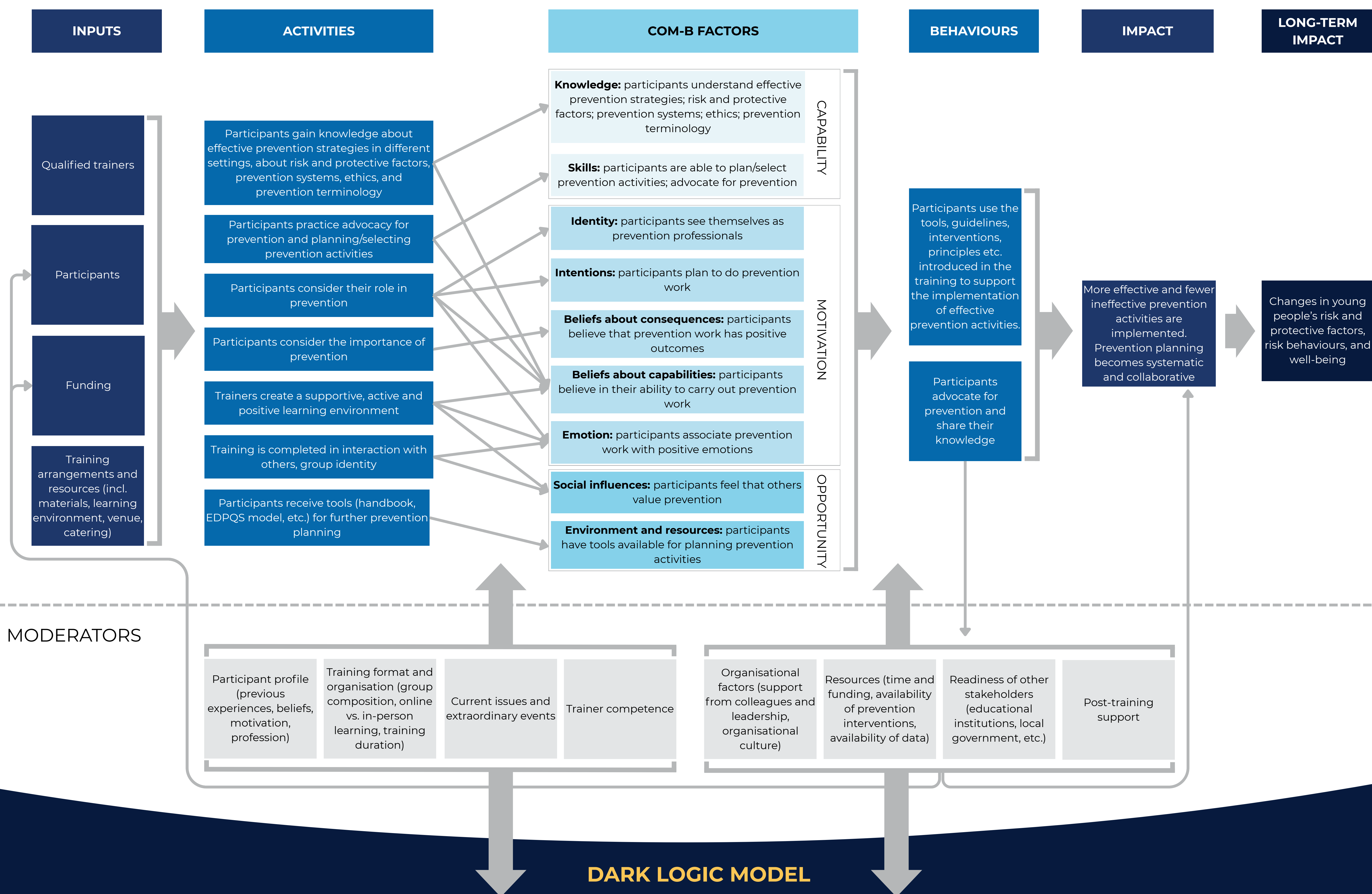
BACKGROUND

The European Prevention Curriculum (EUPC) is a standardized training program designed to improve professionals' knowledge and skills in evidence-based prevention. In Estonia and across Europe, EUPC trainings have been implemented since 2018, but with varying goals, target groups, and expectations, leading to differing assumptions about the training's short- and long-term outcomes. To address this, we are developing a logic model that maps the key inputs, activities, outputs, and expected outcomes of the training.

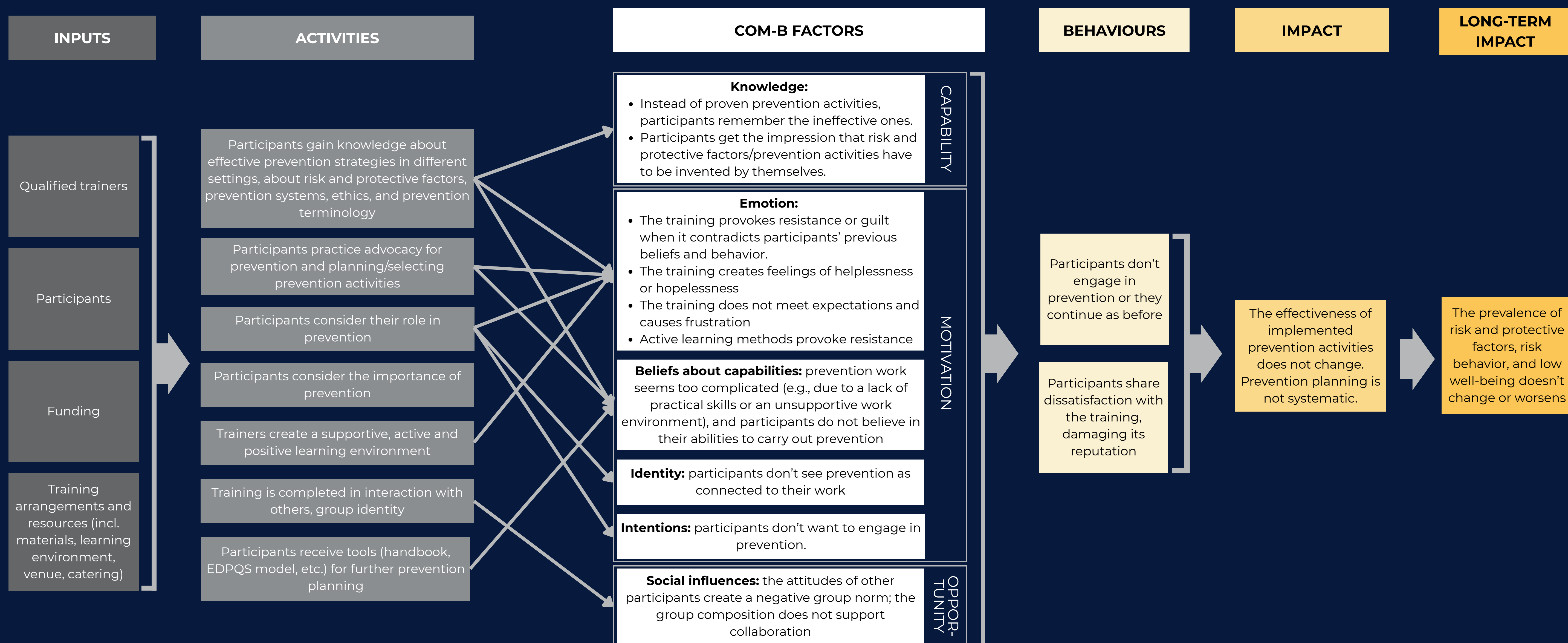
METHOD

Possible components of the model were extracted from documents describing the implementation of EUPC in Estonia (e.g. the learning outcomes for the training and previous evaluation reports). These were used in combination with the COM-B model of behaviour (Michie et al. 2011) to build the initial model. A workshop with EUPC trainers was then conducted to refine the model. A dark logic model was created in the same way to explore the training's potential side-effects.

THE LOGIC MODEL



DARK LOGIC MODEL



DISCUSSION

The Estonian EUPC logic model provides a structured framework that helps guide the selection of indicators to measure, identify necessary actions for effective implementation, and understand the broader contextual factors that influence the impact of the training. Preliminary evidence from evaluation studies in Estonia support the relationships between the training activities and COM-B factors, as well as the relevance of the moderators. Further evaluation is needed to confirm the training's impact on behaviour and long-term results.

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