

Developing the Precision Paradigm Theories of Behavior and Behavior Change Home Visiting Model Survey Results



Version 1 • May 2023

BACKGROUND

HARC is building a standard framework and language – the Precision Paradigm – to promote cross-model, precision home visiting research. Our foundation is the work of the [Human Behaviour Change Project](#) and we are using input from those with an interest in home visiting to specify details of the Paradigm to make sure it is useful and relevant. One such group, and the focus of this brief, is national home visiting model developers and representatives.

To develop resources to support the use of relevant, high-quality theories in intervention design and research, we first surveyed intervention researchers to assess the quality and relevance of theories of behavior and behavior change to home visiting. The methods and findings of these surveys can be found [here](#).

Next, we elicited feedback from representatives of national home visiting models to assess the comprehensiveness of the list of theories selected to include in HARC resources. This brief details other theories, models, and frameworks that representatives named as relevant to the theoretical underpinning of their home visiting models.

METHODS AND RESULTS

- We invited representatives from 28 evidence-based and emerging home visiting models to complete a brief survey. Representatives from 17 (61%) home visiting models responded (*see box*).
- Respondents reviewed a list of 23 theories that were deemed to be high quality and relevant for home visiting based on surveys with intervention researchers. They were asked to identify additional theories of behavior or behavior change that are foundational or are being used to expand their model’s theoretical base for how they work with families to achieve intended outcomes.
- Most models did not indicate additional theories beyond those identified from the researcher surveys. Additional theories mentioned are listed below.

- Baby Talk
- Early Head Start
- Early Steps to School Success
- Family Check-Up
- HIPPI
- INSIGHT
- MECSH
- Family Spirit
- Promoting First Relationships
- PCAP
- NFP
- SafeCare
- PAT
- MIHOW
- ABC
- HFA
- MIHP

Additional Theories that Serve as the Foundation for How Home Visiting Models Work with Families to Achieve Intended Outcomes*

- Neurosequential Model
- Relational-Cultural Theory
- Salutogenesis
- Cognitive Dissonance
- Developmental Parenting
- Empowerment Theory
- Attribution theory
- G.R. Patterson's Model of Parenting/Coercion Theory
- Strengthening Families Protective Factors Framework
- Infant Mental Health Framework/Theory

**Other relevant concepts mentioned included tenants of child development and trauma-informed approaches that are grounded in theory.*

Additional Theories that Home Visiting Models are Using to Expand Their Theoretical Base

- Theory of Human Caring
- Critical Caring Theory
- Neurosequential Model
- Indigenous Ecological Model