



ALMA MATER STUDIORUM
UNIVERSITÀ DI BOLOGNA

DIPARTIMENTO
DI PSICOLOGIA
"RENZO CANESTRARI"

PhD Program in Psychology

Seminar "Introduction to Development of Evidence-Based Intervention to Promote Health "

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21/04/2026, 14:00 – 18:00 (Aula Europa 3, Cesena)

22/04/2026, 14:00 – 18:00 (Aula Europa 2, Cesena)

Abstract

Evidence-based programs are essential for both the prevention of mental health problems and the promotion of wellbeing across the life course. They rely on theoretical foundations and empirical testing to ensure that interventions are effective and capable of producing meaningful outcomes. However, many existing social and psychological programs still lack sufficient scientific evidence of their effectiveness. Developing an evidence-based program requires a systematic, multi-step process, including theoretical grounding, program design, pilot testing, rigorous evaluation, and dissemination.

This seminar will be divided into two parts. The first part will provide a brief theoretical overview of the key stages involved in developing and evaluating a social program, from initial design to empirical validation and dissemination.

The second part will focus on the early phases of program development, with particular attention to program theory, mechanisms of change, and the alignment between theoretical frameworks and intervention components. Through practical examples, participants will explore how scientific knowledge can guide the development of interventions aimed at preventing social and mental health problems and promoting wellbeing.



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Reading:

Fraser et al. (2009). *Intervention Research*. Oxford University Press. ISBN:9780195325492.

Eldredge, L. K. B., Markham, C. M., Ruitter, R. A., Kok, G., & Parcel, G. S. (2016). *Planning health promotion programs: an intervention mapping approach*. John Wiley & Sons. ISBN: 978-1-119-03549-7.