

Structured Assessment of FEasibility (SAFE) Version 1.1

SAFE assesses the extent to which an intervention is feasible for implementation in mental health services in the National Health Service (NHS) in England.

The reference for this measure is:

Bird V, Le Boutillier C, Leamy M, Williams J, Bradstreet S, Slade M (2014) *Evaluating the feasibility of complex interventions in mental health services: standardised measure and reporting guidelines*, British Journal of Psychiatry, 204, 316-321.

SAFE Version 1.1 (this document) and the SAFE Version 1.1 rating manual can be downloaded at www.researchintorecovery.com/safe

The measure comprises two sub-scales: Blocks (8 items) and Enablers (8 items). Circle **one** answer for each item.

BLOCKS SUB-SCALE

These items are blocks to implementation.

1. Do staff require specific training to deliver the intervention?

Yes Partial No Unable to rate

Yes: *The intervention requires four hours or more of training*

Partial: *The intervention requires up to four hours of training*

No: *The intervention does not require any specific training*

Unable to rate: *Not enough information provided to rate item*

2. Is the intervention complex?

Yes Partial No Unable to rate

Yes: *The intervention is made up of more than three separate components*

Partial: *The intervention contains two or three separate components*

No: *The intervention only has one component*

Unable to rate: *Not enough information provided to rate item*

3. Is the intervention time consuming to provide?

Yes Partial No Unable to rate

Yes: *The intervention requires two hours or more per week of work (per client)*

Partial: *The intervention requires half an hour or more but less than two hours of work per week (per client)*

No: *The intervention requires less than half an hour per week (per client)*

Unable to rate: *Not enough information provided to rate item*

4. Does the intervention include/require ongoing support and supervision?

Yes Partial No Unable to rate

Yes: *The intervention requires an extra weekly supervision or support session*

Partial: *The intervention requires an additional monthly supervision or support session*

No: *The intervention does not require any additional support sessions or supervision*

Unable to rate: *Not enough information provided to rate item*

5. Does the intervention require additional human resources?

Yes Partial No Unable to rate

Yes: *Either the whole team is required to provide the intervention or professionals not in the standard multidisciplinary team are needed.*

Partial: *More than one member of staff are involved in providing the intervention*

No: *The intervention can be provided by one member of staff*

Unable to rate: *Not enough information provided to rate item*

6. Does the intervention require additional material resources?

Yes Partial No Unable to rate

Yes: *The intervention requires sizeable resources or special equipment which staff would not usually have access to e.g. a specially equipped room, instruments, art materials*

Partial: *The intervention requires additional but readily available resources e.g. computers, workbooks*

No: *The intervention does not require any additional resources that staff would not usually have access to*

Unable to rate: *Not enough information provided to rate item*

7. Is the intervention costly?

Yes Partial No Unable to rate

Yes: *The intervention is likely to be too costly to provide without extra funding*

Partial: *The intervention is likely to require other costs to be de-prioritised*

No: *The intervention cost is low*

Unable to rate: *Not enough information provided to rate item*

8. Are there known serious or adverse events associated with the intervention?

Yes Partial No Unable to rate

- Yes:** *There are known serious adverse events associated with the intervention*
- Partial:** *There are known adverse events associated with the intervention*
- No:** *There are no known serious or adverse events associated with the intervention*
- Unable to rate:** *Not enough information provided to rate item*
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ENABLERS SUB-SCALE

These items are enablers of implementation.

9. Is the intervention applicable to the population of interest (e.g. adults using community mental health teams)

Yes Partial No Unable to rate

- Yes:** *The intervention has been designed for the population of interest*
- Partial:** *The intervention has been designed for a general mental health population or can be adapted to be applicable to the population of interest*
- No:** *The intervention is not applicable to the population of interest*
- Unable to rate:** *Not enough information provided to rate item*

10. Is the intervention manualised?

Yes Partial No Unable to rate

- Yes:** *All components of the intervention are manualised*
- Partial:** *Some components of the intervention are manualised*
- No:** *The intervention is not manualised*
- Unable to rate:** *Not enough information provided to rate item*

11. Is the intervention flexible (i.e. can it be tailored to the context and situation)?

Yes Partial No Unable to rate

- Yes:** *The intervention is flexible and can be tailored to the context and situation*
- Partial:** *Elements of the intervention can be tailored to the context and situation*
- No:** *The intervention cannot be tailored to the specific context*
- Unable to rate:** *Not enough information provided to rate item*

12. Is the intervention likely to be effective (i.e. evidence based and expected to produce positive outcomes)?

Yes Partial No Unable to rate

Yes: *There is an established evidence base regarding the effectiveness of the intervention (e.g. clinical trials)*

Partial: *There is some evidence for the effectiveness of the intervention (e.g. case studies but no clinical trials)*

No: *There is no evidence base for the intervention*

Unable to rate: *Not enough information provided to rate item*

13. Is the intervention cost saving?

Yes Partial No Unable to rate

Yes: *The intervention has been demonstrated to save costs*

Partial: *The intervention has been demonstrated to be cost-neutral*

No: *The intervention incurs more costs*

Unable to rate: *Not enough information provided to rate item*

14. Do the intended goals of the intervention match the prioritised goals of the NHS?

Yes Partial No Unable to rate

Yes: *The primary aims of the intervention match valued NHS outcomes e.g. improving mental health and wellbeing, supporting clinical and personal recovery, promoting good physical health, improving service satisfaction, reducing stigma and discrimination [Taken from No Health Without Mental Health, 2011, Department of Health]*

Partial: *The secondary aims of the intervention match the current valued outcomes*

No: *The primary and secondary aims of the intervention do not match the current valued outcomes of the NHS*

Unable to rate: *Not enough information provided to rate item*

15. Can the intervention be piloted?

Yes Partial No Unable to rate

Yes: *The intervention can be piloted by a few members of staff AND with only a few service users*

Partial: *The intervention can be piloted by a few members of staff OR with a few service users*

No: *The intervention cannot be piloted*

Unable to rate: *Not enough information provided to rate item*

16. Is the intervention reversible?

Yes Partial No Unable to rate

Yes: *It is possible to stop the intervention without harmful, or unwanted, effects*

Partial: *It is possible to stop the intervention, but there are likely to be some harmful, or unwanted, effects*

No: *It is not possible to stop the intervention without serious adverse effects*

Unable to rate: *Not enough information provided to rate item*

Scoring

It is recommended that no overall summary score is used, as barriers and facilitators differ in their importance depending on the context. See the SAFE paper (reference given on page 1) for further discussion of using SAFE ratings.