

SCAFFOLD

Social-ecological framework

Social-ecological framework template

Name of intervention program: _____

Are the following factors used in your program's strategies? Write Y (yes), N (no) or n/a (not applicable) in each box.

Individual (intrapersonal factors)	Environment		Policy and organisational factors
	Social (interpersonal) environment factors	Physical environment factors	
<input type="checkbox"/> Increases knowledge & attitude towards physical activity. <input type="checkbox"/> Increases self-efficacy. <input type="checkbox"/> Enhances behavioural skills (e.g. goalsetting, reward systems, reminder systems). <input type="checkbox"/> Builds fundamental motor skill confidence <input type="checkbox"/> Implements education programs. <input type="checkbox"/> Uses mass media. <input type="checkbox"/> Uses counselling. <input type="checkbox"/> Involves support groups. <input type="checkbox"/> Uses incentives.	<input type="checkbox"/> Considers family. <input type="checkbox"/> Considers peer group, friends. <input type="checkbox"/> Considers social support via: <input type="checkbox"/> someone to be active with <input type="checkbox"/> someone to encourage physical activity <input type="checkbox"/> someone to drive to venues for physical activity <input type="checkbox"/> Considers relationship with work colleagues. <input type="checkbox"/> Considers neighbours. <input type="checkbox"/> Provides access to role models. <input type="checkbox"/> Provides new social networks and/or opportunities. <input type="checkbox"/> Provides new social roles (e.g. player, coach). <input type="checkbox"/> Includes social events, meetings, training.	<input type="checkbox"/> Changes the built environment (e.g. new walking trails, traffic calming). <input type="checkbox"/> Removes barriers in the environment. <input type="checkbox"/> Considers the natural environment (e.g. coastal area, climate). <input type="checkbox"/> Includes new facilities (e.g. gymnasium, tennis courts, oval). <input type="checkbox"/> Provides access to showers and change rooms. <input type="checkbox"/> Increases accessibility. <input type="checkbox"/> Introduces signs. <input type="checkbox"/> Provides new equipment (e.g. for playground, balls). <input type="checkbox"/> Provides shelter near activity areas (e.g. shade cloth).	<input type="checkbox"/> Creates organisational change (e.g. timing, programming, changes to PE). <input type="checkbox"/> Changes rules, guidelines, governance, policy. <input type="checkbox"/> Uses new resources and funding. <input type="checkbox"/> Forms new partnerships or networks. <input type="checkbox"/> Changes the power structure. <input type="checkbox"/> Targets changes in social norms or beliefs.
<input type="checkbox"/> At least one factor above has been addressed.	<input type="checkbox"/> At least one factor above has been addressed.	<input type="checkbox"/> At least one factor above has been addressed.	<input type="checkbox"/> At least one factor above has been addressed.