

# Realist Evaluation

Principles and Practice

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## Chapter 3

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### **Nothing as practical as an analytical strategy in realist evaluation**

Findings and recommendations from a  
comprehensive review

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# 3 Nothing as practical as an analytical strategy in realist evaluation

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## Introduction

At the European Evaluation Society conference in 2002, Ray Pawson dubbed his keynote address ‘Nothing as practical as a good theory’ (2003). The phrase, originally coined by Kurt Lewin and since reiterated by Carol Weiss, was an argument for the centrality of theory in understanding whether and how programmes work (Weiss, 1995). Over the years, and parallel to a similar growth in theory-informed evaluation at large (Coryn et al., 2011), realist evaluation has gained momentum as an alternative to experimental designs – a counter to so-called ‘black box evaluations’ (Pawson & Tilley, 1997).

The main question driving realist evaluation is to uncover how programmes work, for whom and under what conditions through the elicitation of a programme theory (Pawson & Tilley, 1997). The realist evaluation approach is grounded in generative causation, whereby a sequence of unobserved entities – so-called mechanisms – are activated in specific contexts to generate one or more outcomes. Moreover, the approach recognises that an outcome is sometimes produced by a complex combination of causes – or causal packages – so a configurational approach to understanding and explaining how and why interventions work is imperative. Accordingly, realist causal analysis focuses on identifying ‘the configuration that links the outcome to mechanism(s) triggered by the context, often combining quantitative and qualitative data’ (Van Belle et al., 2016: n.p.).

In line with this thinking, realist evaluation structures the data collection and analysis around Context–Mechanism–Outcome (CMO) configurations. These CMOs are intended to capture the generative processes (mechanisms) that in a specific setting (context) contribute to one or more psychological, attitudinal and behavioural changes (outcomes) among intervention participants. As Pawson and Tilley (1997) explain, ‘outcomes are explained by the action of particular mechanisms in particular contexts, and this explanatory structure is put in place over time by a combination of theory and experimental observation’ (p.59).

Since Pawson and Tilley’s publication of *Realistic Evaluation* in 1997, there has been an exponential growth of published realist evaluations, especially in

the area of public health and health (Lemire et al., 2020; Nielsen et al., 2022). The growing volume of publications has been followed by books (Emmel et al., 2018) and several conferences dedicated to the topic of realist evaluation. Speaking to the formalisation of realist evaluation, quality standards for realist evaluations have been published as part of the RAMESES Projects, covering both methodological quality and reporting standards for realist evaluations and realist syntheses (Wong et al., 2014; Greenhalgh et al., 2016; Wong et al., 2017).

Emerging from the growing literature on realist evaluation, several reviews of realist evaluations have over the years been published. Some reviews have focused on the application of realist evaluation in particular domains, such as the application in health systems research (Marchal et al., 2012) or knowledge transfer (Salter & Kothari, 2014). Other more methodology-oriented reviews have focused on the practical challenges of using realist evaluation (Ridde et al., 2012), data collection methods used in realist evaluation (Manzano, 2016; Renmans & Pleguezuelo, 2023), how mechanisms have been conceptualised and applied in realist evaluations (Lacouture et al., 2015; Lemire et al., 2020), underlying ontological and epistemological variations in the conceptualisation of context (Greenhalgh & Manzano, 2021; Nielsen et al., 2022), as well as variants of realist evaluations, such as realist trials (Nielsen et al., 2023).

The present review both builds on and reaches beyond previous reviews of realist evaluations by focusing specifically on the analytical strategies applied in realist evaluation. To our knowledge, as at the time of writing, there is no systematic examination of the analytical strategies used in realist evaluation. Based on a comprehensive review of published realist evaluations, we aim to open this analytical black box by identifying and illustrating the analytical strategies commonly used in realist evaluations and discussing how these are related to the research designs and data collection methods employed. Informed by the findings of our review, we discuss how to advance analytical rigour in future realist evaluations.

The chapter is structured in four parts. In the first part, we describe the iterative process of refining CMOs, as initially intended by Pawson and Tilley (1997). In the second part of the chapter, we describe the review methodology. In the third part, we present the findings from our review; focusing on how realist evaluators formulate initial CMOs; collect data on CMOs; and analyse, test and refine CMOs based on findings. In the fourth part, we conclude our chapter with a discussion on the need for further attention to analytical strategies and how these relate to data collection strategies in future realist evaluations.

### **The realist cycle – Iterative refinement of CMOs**

Pawson and Tilley (1997) introduced realist evaluation as a logic of inquiry structured around iterative rounds of testing and refining CMOs, which typically involve multiple rounds of data collection and analysis.

In their review, Salter and Kothari (2014) found that realist evaluations typically consist of four phases: (1) formulation of the initial programme theory articulated as CMOs, (2) collection of data on the CMOs, (3) data analysis and testing of the CMOs and (4) formulation of a refined set of CMOs based on the findings. As Salter and Kothari (2014) note, this realist inquiry cycle is intended to be iterative, with each cycle further refining the CMOs. Table 3.1 provides an overview of the four phases and the main activities within each phase. In the third column, we have added common data collection methods and analytical techniques applied in each phase. In the fourth column, we also provide published practice examples that provide inspiration and guidance pertaining to each phase of the realist inquiry cycle.

In the remainder of this chapter, we will examine how realist evaluators conduct each of these four phases as described in published realist evaluations, awarding particular attention to phase three where analytical strategies come to the forefront. Before advancing our findings, we provide a brief description of the review methodology.

*Table 3.1* The four phases of a realist evaluation

<i>Phase</i>	<i>Activities</i>	<i>Data collection and analytical tools</i>	<i>Exemplars</i>
1 Formulating initial programme theory and its CMOs	1 Formulation of initial programme theory 2 Development of potential CMOs 3 Generate testable hypotheses for CMOs	1 Research literature analysis 2 Document analysis 3 Stakeholder consultation 4 Programme theory construction	Vareilles et al. (2015) Westhorp (2013)
2 Data collection	1 Collect data appropriate to test hypotheses for CMOs	1 Research Design 2 Quantitative data collection methods 3 Qualitative data collection methods	Manzano (2016) (qual) Oroviogoicoechea and Watson (2009) (quant)
3 Data analysis and hypothesis testing	1 Data analysis centred on testing hypotheses	1 Statistical analytical techniques 2 Qualitative analytical techniques 3 Mixed-methods convergence	Von Thiele Schwarz et al. (2017) (quant) Martin and Tannenbaum (2017) (mixed)
4 Refining the CMOs	1 Assess on empirical findings and verification of hypotheses 2 Refine CMOs	1 Programme theory revision	Martin and Tannenbaum (2017) Vareilles et al. (2015)

*Source:* Adapted from Salter and Kothari (2014).

## Review methodology

The present review of analytical strategies in realist evaluation emerges from a broader review of published realist evaluations (Lemire et al., 2020; Nielsen et al., 2022; Nielsen et al., 2023). A detailed description of the search strategy and terms, screening criteria, coding framework and procedures, among other aspects of the review methodology, is available in Lemire et al. (2020) and Nielsen et al. (2022).

The review was based on an electronic and manual search for realist evaluations published between 1997 and 2017 – the two decades after Pawson and Tilley’s ground-breaking publication. The review identified 195 published studies with case examples of realist evaluations, of which 126 realist evaluations presented one or more CMOs. The focus of the present chapter is on the analytical strategies used for refining CMOs thus examining exclusively the 126 realist evaluations with one or more codable CMOs and the analytical strategies that could be discerned from these studies.

Table 3.2 provides an overview of the basic characteristics of the 126 cases with CMOs. As the table shows, realist evaluations are primarily from Europe (91 realist evaluations), of which most (69 realist evaluations) are from the United Kingdom alone. Realist evaluation appears to have gained traction within the (public) health sector, within which 94 (75%) of the realist evaluations are published.

The 126 case applications were coded according to a pre-specified coding framework structured around the characteristics of the realist evaluations (i.e., year, country, sector, study design, data collection methods [how data is collected; e.g., survey, interview], and data sources [from whom data is

Table 3.2 Characteristics of 126 realist evaluations (1997–2017)

	Count	Percent
<b>Geography</b>		
Europe	91	72.2
Australia	11	8.7
Africa	8	6.3
North America	7	5.6
Asia	6	4.8
South America	3	2.4
<b>Sector</b>		
Health (medicine/public health)	94	74.6
Social welfare	11	8.7
Other (public government, civic, tourism)	10	7.9
Education	5	4.0
Criminal justice	3	2.4
Environment	3	2.4
Employment	0	0.0
<b>Total</b>	126	100.0

Source: Adapted from Nielsen et al. (2022).

collected; e.g., programme staff, recipients or policy-makers], as well as types of mechanisms, context factors and outcomes presented in the CMOs). In addition, information on analytical strategies applied in the realist evaluations was extracted and coded for further analysis. We categorised the analytical strategies according to the label and description provided by the authors. Finally, we recorded whether CMOs were refined.

No review is without its limitations. One limitation of the present review is that it solely pertains to published realist evaluations that use explicit CMOs. These published applications represent a smaller subsample of all realist evaluations conducted during the time period. Some examples of realist evaluation without CMOs can be identified in the published literature (Pawson et al., 2011; Pawson et al., 2014). Second, the timeframe of the review (1997–2017) may have caused us to miss important publications that address some of the analytical gaps we identified, for example, Pattyn et al.'s incisive application of Qualitative Comparative Analysis (QCA) and process tracing in a realist evaluation study (2022).

As such, the published subsample of realist evaluations may differ in important ways from some currently published and non-published realist evaluations. For this reason, generalisation of findings beyond the boundaries of the sample should be approached with caution. Despite this limitation, the position we take is that the present review provides important and useful insights into how realist evaluations are designed and implemented.

## Findings

This section presents the review findings structured in accordance with the four phases in the realist evaluation cycle of inquiry: (1) formulation of the initial CMOs (informed by a programme theory), (2) collection of data on the CMOs, (3) data analysis and CMOs testing and (4) refinement of CMOs based on the findings.

### Phase 1: Formulation of initial CMO configurations

In our earlier review, we identified CMOs in two-thirds (65%) of the 195 published cases of realist studies (Nielsen et al., 2022). In these 126 cases, we identified 517 CMOs, averaging 4.1 CMOs per evaluation. Over three-quarters (77%) of the realist evaluations contained five or fewer CMOs. Another 18% contained between six and ten CMOs (Table 3.3). The number

Table 3.3 Number of CMOs in study distributed research design ( $n = 126$ )

	1–5 CMOs	6–10 CMOs	11–15 CMOs	16 or more CMOs
Experimental	11	3	0	
Non-experimental	84	20	2	4
Quasi-experimental	2			
Total (%)	97 (76.9)	23 (18.2)	2 (1.6)	4 (3.1)

Source: Adapted from Nielsen et al. (2022).

of CMOs varied noticeably across the realist evaluations, with as many as 23 CMOs identified in one evaluation. There is no clear variation across designs. Typically, the studies do not report on whether, how or why the number of CMOs initially developed and eventually tested differ.

As formulating the programme theory, and thereby uncovering CMOs, is pivotal in realist evaluation, we first describe how realist evaluators defined and operationalised each of the main concepts comprising their CMOs.

**Mechanisms**

In realism there are different constructs of mechanism (Westhorp, 2018). Pawson and Tilley (1997; 2008) proposed at least three different conceptualisations of mechanism: (1) as a programme component, (2) as participant reaction to programme component and (3) as an explanatory account (Lemire et al., 2020). Astbury and Leeuw (2010) furthermore describe mechanisms as underlying and hidden. In their review, Lemire and colleagues found that 46% of the studies did not include an explicit definition of mechanism (2020).

In our earlier review of realist evaluation, we examined the mechanisms included in 126 realist evaluations (Lemire et al., 2020). They contained a total of 904 mechanisms. (See Table 3.4). Most mechanisms were in the form of programme components (39%), participant psychological reactions (31%) or participant behavioural reactions (21%). Interestingly, the types of mechanisms examined in the evaluations – the actual CMOs around which the evaluation was structured – did not necessarily correspond with the definition of mechanisms offered by the author(s). That is, a realist evaluation defining mechanism as a programme component in the methods section might include a broader range of mechanisms in the subsequent CMO configurations, such as participant reactions to programme activities.

*Table 3.4 Mechanisms in realist evaluations (n = 126)*

<i>Mechanism type</i>	<i>Frequency</i>	<i>Percent</i>
Programme component	351	38.8
Participant psychological reaction	277	30.7
Participant behavioural reaction	185	20.5
Contextual conditions	78	8.6
Other	13	1.4
Total	904	100.0

*Source:* Database on published realist evaluations, 1997–2017.

**Context**

Nielsen et al. (2022) expanded on this analysis and examined how another key term, context, was conceptualised and operationalised by realist evaluators. The authors found that in 126 case applications with CMOs, 48%

contained an explicit definition of context. This finding aligned well with a contemporary review by Greenhalgh and Manzano (2021), which found that 45% of realist evaluations include explicit definitions.

*Table 3.5* Contextual factors in realist evaluations  
(*n* = 126)

<i>Context type</i>	<i>Frequency</i>	<i>Percent</i>
Individual	138	16.2
Interpersonal	53	6.2
Institutional	310	36.5
Infrastructure	124	14.6
Intervention features	180	21.2
Other	45	5.3
Total	850	100.0

*Source:* Adapted from Nielsen et al. (2022).

Table 3.5 shows at what level the actual context factors were operationalised. Nielsen and colleagues (2022) noted a broad dispersion at different levels, with institutional (37%) and intervention features (21%) representing the most common levels.

In both reviews of context and mechanism conceptualisations in realist evaluations, the authors noted that methodological challenges remain, insofar as analytically distinguishing programme components, mechanism and contexts from each other both conceptually and operationally seems difficult for realist evaluators (Lemire et al., 2020; Nielsen et al., 2022).

### **Outcomes**

Obviously, the number and types of outcomes depend on the programme being evaluated. On average, the 126 realist evaluations included five outcomes. Bearing in mind that most realist evaluations are conducted in the health and social service domains (see Table 3.2), it is no wonder that most outcomes pertain to human behaviour, knowledge, mental and physical health (see Table 3.6). A notable share of outcomes relates to changes in

*Table 3.6* Outcomes in realist evaluations (*n* = 126)

<i>Type</i>	<i>Frequency</i>	<i>Percent</i>
Outcome psychological change	105	15.4
Outcome knowledge/understanding	75	11.0
Outcome skill/behaviour change	180	26.4
Outcome health change	28	4.1
Outcome programme change	252	36.9
Outcome other	43	6.3
Total	683	100.0

*Source:* Database on published realist evaluation, 1997–2017.



programme (37%), which may be an immediate or intermediate step towards longer-term outcomes measured on programme participants, and/or the programme's target population.

Considered collectively, the findings for the first phase of the realist cycle suggest that many realist evaluations have not defined the key constructs comprising the analytical template – the CMOs – for realist evaluations in the published articles. The mechanisms and context factors included in realist evaluations do not always align with the definitions of the terms provided in the article.

In most cases, realist studies include ten or fewer CMOs.

## Phase 2: Data collection

A central premise for realist evaluation is that the analysis of the programme theory should drive all phases of the inquiry. As realist evaluation is 'methods neutral' (Van Belle et al., 2016), one could expect variation in research design, methods for data collection and data analysis across realist evaluations. Additionally, multiple rounds of data collection would be expected as the programme theory is translated into CMOs and further tested and refined in an iterative fashion.

Variation in research design seemed somewhat limited across realist evaluations. Almost all the realist evaluations involved non-experimental designs (87%), with only a few using an experimental (11%) or quasi-experimental design (2%) (see Table 3.3). The prevalence of non-experimental designs is perhaps not too surprising given the initial introduction of realist evaluation as an alternative to experimental designs. Indeed, realist evaluation and experimental designs are considered incompatible in some realist evaluation circles (see Nielsen et al., 2023).

The data collection techniques in our sample primarily relied on qualitative data (49%) or mixed methods data (44%) (Table 3.7). As expected, given realist adherence to method pluralism, realist evaluations display a wide variety of data collection techniques and sources. However, interviews and surveys are common. Moreover, a sizeable proportion of all realist evaluations (37%) involved only one round of data collection, deviating from the

Table 3.7 Type of data collection methods in realist evaluation ( $n = 126$ )

	<i>Frequency</i>	<i>Percent</i>
Qualitative	62	49.2
Mixed methods	56	44.5
Quantitative	8	6.3
Total	126	100.0

Source: Database on published realist evaluation, 1997–2017.

intended iterative rounds of data collection initially intended to be included in the realist evaluation cycle to refine the programme theory (Table 3.9), a point we return to later in this chapter.

### Phase 3: Analysis and testing of CMOs

Given the diversity in data collection methods, one could expect similar variation in data analytical techniques. Table 3.8 illustrates the analytical techniques mentioned by realist evaluators when analysing CMOs. Notably, 58 of 126 cases (46%) did *not* explicitly report the analytical techniques they applied. By far, the most commonly reported analytical technique is thematic analysis followed by framework analysis, both of which are qualitative coding and analysis techniques. It is notable that explicitly stated analytical techniques and the chosen research design do not always seem to align. For example, one would expect an experimental design (realist trial) to rely on quantitative analytical techniques. This may be due to emphasis in the published account where multiple lines of inquiry were included in the study and results using the experimental design are published elsewhere (Nielsen et al., 2023).

Table 3.8 Types of analytical techniques applied in realist evaluation cases ( $n = 126$ )

Analytical technique	Type of research design			
	Experimental	Non-experimental	Quasi-experimental	Total
Unspecified	4	54		58
Thematic Analysis	5	39	1	45
Framework Analysis	3	8		11
Qualitative Comparative Analysis		2		2
Structural Equation Modelling	2			2
Causal Loop Diagram		1		1
Cognitive Mapping, Constant Comparative Method		1		1
Concept Mapping and Framework Analysis		1		1
Delphi Technique		1		1
Explanatory Effects Matrix		1		1
Linked Coding Approach		1		1
Statistical Multivariate Analysis		1		1
Systematic Text Condensation/Statistical analysis			1	1
<b>Total</b>	<b>14</b>	<b>110</b>	<b>2</b>	<b>126</b>

Source: Database on published realist evaluation, 1997–2017.

In the following section, we will outline the analytical techniques applied. The section is structured based on the prevalence of the analytical strategy in the realist evaluations.

### ***Thematic analysis***

Thematic analysis is a qualitative analytical technique, which is used across a range of epistemologies and research questions. Thematic analysis can be used for identifying, analysing, organising, describing and reporting themes found within a body of text, such as existing literature, administrative texts and interview transcripts (Nowell et al., 2017). As thematic analysis does not rest on a specific methodological and procedural prescription as some other qualitative approaches do, it offers a more accessible form of analysis which is useful for in-depth description of a phenomenon. However, it may be more suitable for initial theory development rather than for testing and refining CMOs, as the latter process requires additional systematic techniques (e.g., the Linked Coding Approach), which are not inherently part of thematic analysis. This holds true for the Explanatory Effects Matrix as well. Both the Explanatory Effects Matrix and the Linked Coding Approach will be discussed later in this section.

### ***Framework analysis***

Closely related to thematic analysis, the overall purpose of Framework Analysis is to identify, describe and interpret key patterns within, and across, cases. As such Framework Analysis is an inherently comparative form of thematic analysis, which applies an organised structure of inductively and deductively derived themes (i.e., in a matrix or visual diagram) to conduct cross-sectional analysis (Goldsmith, 2021). The technique has the advantage of lending structure to thematic analysis. As is the case with thematic analysis and concept mapping, it is highly flexible and may be applied under many different circumstances, but lacks systematic steps and transparency needed for configurational causal analysis. As such, the technique seems most appropriate for formulating CMOs than to test concrete hypotheses.

### ***Qualitative comparative analysis***

Qualitative Comparative Analysis (QCA) is a case-based approach to causal analysis that uses Boolean algebra as a set of logical procedures in order to minimise the configuration of conditions (i.e., combinations of contexts conditions) that distinguish the cases with a specific outcome (Ragin, 2000). It uses minimisations of qualitative data into binary or interval (quantitative) data that are then computed to arrive at generalisations about the factors that generate a certain outcome. Renmans (2023) has developed and tested a specific version of QCA in realist evaluation. QCA uses a systematic set of steps and is supported by software. It is particularly useful for testing and refining

CMOs as it tests different configurations of conditions (contextual factors) that are tied to a particular outcome.

### ***Structural equation modelling***

Structural Equation Modelling (SEM) is a particular variant of Multivariate Analysis, which is widely used in the social sciences. It provides a flexible framework for developing and analysing complex relationships among multiple variables that allow researchers to test the validity of theory using empirical models (Beran & Violato, 2010). Its ability to test theoretical models makes it especially useful for theory-informed evaluations that apply quantitative data. It has also been applied in realist evaluations (Von Thiele Schwarz et al., 2017) and other types of theory-based evaluation (Lemire et al., 2023). As with statistical multivariate analysis in general, it is particularly useful for quantitatively testing CMOs and hypothesised causal processes.

### ***Causal loop diagram***

Rooted in systems thinking, causal loop diagrams are best described as a form of visualisation of complex relationships. In a recent review, Baugh Littlejohns et al. (2021) documents its applications using mixed methods. Examples in realist evaluation include Byng et al. (2005), who used causal loop diagrams to depict more complex interactions between individual CMOs. As a visualisation tool it can be applied when formulating, testing or refining CMOs. See Lemire et al. (2023) for examples of causal loop diagrams.

### ***Cognitive mapping***

Cognitive mapping is a qualitative and phenomenologically informed method of recording how different actors perceive reality. Parlour and McCormack (2012) used the techniques to collate data from converging lines of inquiry for the final analysis. The technique is essentially a visualisation of links between meaning units and does not offer a systematic procedure for analysing the proposed links. Therefore, the technique seems more appropriate to elicit CMOs through the collation of stakeholder perspectives.

### ***Constant comparative method***

In the Constant Comparative Method (CCM) every new data unit is compared with previous data to identify similarities and differences within the meaning unit. Saturation is achieved when further empirical data do not add further insights compared with previous data. CCM seems most appropriate for testing and refining CMOs as it pursues a within-case or across-case comparison of data for a proposed relation between meaning units such as CMO configurations (see Parlour & McCormack, 2012). According to Malterud (2012), the synthesis

procedure in Systematic Text Condensation (discussed later in this section) is comparable to the Constant Comparative Method (Glaser & Strauss, 2017).

### ***Concept mapping***

Closely related to cognitive mapping, concept mapping is a visual strategy for displaying concepts, and relationships between concepts, that are typically linked by connecting lines (De Ries et al., 2022). Concept maps can be applied at each step of the research process and can be particularly useful as part of thematic analysis (Ward & Haigh, 2017). There are examples of using concept mapping in conjunction with quantitative data and analysis (Mehdipanah et al., 2013) and programme theories (Lemire et al., 2023). The technique can be used to formulate CMOs through the identification of potential contexts and mechanisms, but also to test CMOs.

### ***Delphi survey***

The Delphi Survey is a technique used to obtain a consensus of opinion from a panel of stakeholders (Fisher & Downes, 2008). Delphi Surveys use questionnaires in multiple rounds to identify and consolidate a consensus position. Researchers can report findings on a specific question (or set of questions) that are based on the knowledge and experience of experts in their field (such as propositions as about mechanisms and contexts). Participants are able to see the results of previous rounds – including their own responses. Marginal positions are asked to reflect on their assessment and reposition their own opinions accordingly (Barrett & Heale, 2020). As such the technique often drives towards a consensus. It has been applied in realist evaluation (Fisher & Downes, 2008) and theory-based evaluation more broadly (Lemire et al., 2023) and can be useful for both the initial development and testing of CMOs.

### ***Explanatory effects matrix***

Explanatory Effects Matrix is a technique developed by Miles and Huberman (1994) and aims to order the (causal) relations in a particular domain in the shape of a chart linking certain concepts (e.g., mechanisms, context factors) with outcomes. According to its creators, it is useful for initial exploration of causation in a particular domain. It has been applied in a realist evaluation by Kovacs and Corrie (2016). As it is recommended for exploration of causation, the technique seems most appropriate for formulating CMOs.

### ***Linked coding approach***

Linked Coding Approach (LCA) is a qualitative analytical technique developed specifically to analyse and test CMOs (Jackson & Kolla, 2012). Essentially, textual data are coded for individual meaning units (a discrete C, M or O identified in a prior step). In text sections dyads, triads or more complex

strings may be coded. As such textual data can be analysed for implicit and explicit CMO connections as represented by different sources. The approach can be used for eliciting, testing and refining CMOs.

### ***Statistical multivariate analysis***

Multivariate Analysis is a frequently used inferential statistical technique used to analyse data with multiple variables simultaneously. Multivariate analysis aims to understand relationships between these variables and explore patterns, correlations and interactions among them. Multivariate analysis encompasses a wide range of discrete methods, including regression analysis, multivariate analysis of variance, discriminant analysis, principal component analysis and factor analysis (Hutcheson & Sofroniou, 1999). It has been used in realist evaluation to test causal pathways in programme theories (Orovio-goicoechea & Watson, 2009). The various techniques hold multiple options for quantitatively testing CMOs and hypothesised causal processes.

### ***Systematic text condensation***

Systematic Text Condensation (STC) is a qualitative analytical technique which is used to identify and elicit themes. STC consists of four steps: (1) reading through the material to identify preliminary themes; (2) identifying and developing meaning units; (3) systematically abstracting meaning units; and (4) reconceptualising data and develop concepts and descriptions (Malterud, 2012). In one of the cases reviewed, coding was guided by the previously developed programme theory, but unexpected findings were also coded. Further, the authors used ordinal logistic regressions for the quantitative analysis of outcome data (Pals et al., 2016). The technique is used to elicit meaning units (nodes) that are linked. Such links can create and test configuration. As such it seems most appropriate for formulating and testing CMOs.

Considered collectively, we were surprised that we did not find any published examples of some different analytical techniques that we considered particularly amenable to realist evaluation and generative causation. These include Process Tracing (Bennett et al., 2019), Outcome Pattern Matching (Trochim, 1989), Contribution Tracing (Befani & Stedman-Bryce, 2017) and Logic Analysis (Brousselle & Champagne, 2011). We shall consider these further in the discussion below.

## **Phase 4: Refinement of CMOs**

There is only general procedural guidance on how refinement of CMOs should be carried out in realist evaluations (Wong et al., 2016). Of the 126 realist evaluations in our review, 64% included refined CMOs. Most of these were in narrative and or table format. Moreover, the refinements of CMOs were mostly carried out by the evaluator alone, sometimes in collaboration with staff or other stakeholders. (See Table 3.9).

Table 3.9 Refined CMO reported in study (n = 126)

<i>Refined CMO reported:</i>				
<b>Yes</b> 81 (64%)				<b>No</b> 45 (36%)
<i>Refined CMO developed by:</i>				
<b>Evaluator</b> 62 (77%)	<b>Evaluator with staff/stakeholder</b> 19 (23%)			
<i>Refined CMO reported as*:</i>				
Narrative 78 (96%)	Table 37 (46%)	Diagram 21 (26%)	Other 3 (4%)	

Source: Database on published realist evaluation, 1997–2017.

\* Does not sum to 126 (100%) as multiple options possible

Summarising across the phases of the realist inquiry cycle, our review findings reveal that many realist evaluations have not defined the key constructs comprising the analytical template – the CMOs – for realist evaluations. In most cases, realist studies include ten or fewer CMOs. The methodological diversity hailed by realists is evident in the wide variety of data collection methods and to some extent the analytical techniques applied in realist evaluations. Analytical strategies and the techniques applied are central to empirically substantiating theories and claims about the existence of CMOs. Ultimately the analytical strategy is central to providing a plausible explanatory account of why a programme works.

### Discussion and recommendations for practice

In this chapter, we argue that an analytical strategy that includes the application of concrete analytical techniques is an indispensable tool for substantiating programme theories. This is the case for realist evaluations and for theory-based evaluation more broadly. Towards advancing analytical strategies in evaluation, evaluators should apply rigor in thinking. This implies knowing a broad range of methodological tools for evaluation design, data collection, analysis and inferring judgement, as well as making an explicit and reasoned application of analytical strategies to fit the specific purposes of the evaluation.

Some analytical techniques may be more fit-for-purpose at different stages of the realist endeavour. Based on our presentation of the techniques and concrete application in realist evaluation cases, we have summarised what we consider the most appropriate fit for the different analytical techniques

Table 3.10 Appropriateness of analytical techniques for developing/testing/refining CMO configurations

<i>Analytical technique</i>	<i>Step of CMO configuration development</i>				<i>Type of data</i>
	<i>Formulating CMOs</i>	<i>Testing CMOs</i>	<i>Refining CMOs</i>		
Cognitive Mapping	●	●			Qualitative
Concept Mapping	●				Qualitative
Constant Comparative Method		●	●		Qualitative
Delphi Technique	●		●		Qualitative
Explanatory Effects Matrix	●				Qualitative
Framework Analysis	●	●			Qualitative
Linked Coding Approach	●	●	●		Qualitative
Process Tracing		●			Qualitative
Systematic Text Condensation	●	●			Qualitative
Thematic Analysis	●				Qualitative
Statistical Multivariate Analysis		●			Quantitative
Structural Equation Modelling		●			Quantitative
Causal Loop Diagram	●	●	●		Mixed
Contribution Tracing		●			Mixed
Logic Analysis	●	●			Mixed
Outcome Pattern Matching		●			Mixed
Qualitative Comparative Analysis		●	●		Mixed

applied (and some promising but absent, in the sample we used for analysis). These are presented in Table 3.10. Following Salter and Kothari (2014), we have related them to the three stages wherein programme theory and CMOs are formulated, tested and refined. The table indicates that some techniques may be more appropriate for gleaning programme theories and establish (potential) CMOs, but less applicable for testing CMOs and providing a rigorous explanatory account that takes into account configurational causal analysis.

Other than applying analytical strategies for the right purposes, the data from our comprehensive review of published realist evaluation cases suggests that some lessons can be learned and principles for rigor in thinking in realist evaluation practice can be discerned. These principles should form a point of reference for the application of realist evaluation.

- 1 *Define key constructs – mechanisms, context and outcomes.* Too many realist evaluators report methodological challenges in distinguishing mechanisms, context and outcomes from another. Realist evaluators should consult established definitions and determine why and how said definition is most useful in their particular evaluation context. Clear and operable definitions promote transparency and provide a firm foundation for data collection and analysis.
- 2 *Ensure that sufficient CMOs are identified to test the programme theory.* Operatively, one may have too few or too many CMOs to create a convincing argument that a programme works in a specific way. The adequate



number of CMOs ultimately hinges on the complexity of the programme. Shaw and colleagues (2018) provide an insightful example of analysing CMOs moving from a macro to a micro level, skilfully showing how different mechanisms and contexts can be at play at different levels of the analysis and thereby some mechanisms at a higher level (i.e., policy level) may become context at a lower level (i.e., organisational level).

- 3 *Make explicit priorities for selected CMO configurations and hypotheses.* There is an unending range of possibilities as to what contexts may be imparted in CMO configurations, and one can speculate an infinite number of mechanisms. Often evaluators need to prioritise which ones are salient and should be the object of study. Tools and techniques to do so rigorously and explicitly are necessary (Lemire et al., 2012).
- 4 *Decide on an analytical strategy early on.* The ever-presence of theory implies that realist evaluators must be clear on what analytical techniques should be applied at different stages of the research so that they support a realist logic of analysis. These tools are essential in shaping fieldwork data collection, and formulating, testing and refining the CMOs. In recent publications, there are promising examples of applying conventional qualitative analytical techniques (Dalkin et al., 2021) and combining a realist logic of analysis with other techniques, such as QCA and process tracing (Pattyn et al., 2022).
- 5 *Converge and fit research design, data collection methods and analytical strategy.* The professed methodological plurality of realist evaluation means that many options exist. Design, data collection methods and instruments and analytical techniques should be logically and transparently aligned so they can support the theory testing and refining strategy. We recommend creating a protocol/methodology note early on, which details how and why each activity is conducted and how it is related to subsequent procedures of analysis and data collection that eventually leads to a refined programme theory. However, it is important for this protocol to remain flexible to accommodate fieldwork contingencies and the emergence of new theories.
- 6 *Triangulate sources and data collection methods.* Realist evaluators are focused on middle-range theories with context-dependent applicability. Realist evaluators should deftly collect data from multiple sources using multiple forms of data collection and analysis to strengthen the validity of their findings.

Returning to the initial clarion call of Ray Pawson, that there is nothing as practical as a good theory, we posit that there is nothing as practical as a good analytical strategy. Rigour in realist evaluation necessarily implies an explicit, reasoned application of an analytical strategy that purposefully deploys data collection methods and analytical techniques that enable the formulation, testing and refinement of said theory. Ultimately, this is the

empirical testing ground of evaluation. As such there is nothing as practical as an analytical strategy.

### **Conclusion**

In this chapter, we focused on the analytical strategies applied in published cases of realist evaluations. We found that (too) many realist evaluators struggled to define key constructs and specify the analytical strategy and techniques used to substantiate the programme theory and CMOs forwarded in their realist evaluation. We found that about nine of ten cases applied non-experimental research designs and used qualitative or mixed-methods. About six of ten applied one or more explicit analytical techniques. We then examined which analytical techniques were applied, and assessed whether the techniques we found were particularly appropriate at different stages of the realist evaluation cycle. Finally, we recommended a number of principles that we consider important towards advancing the practice of designing and conducting realist evaluations.

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