



# LOOKING UPSTREAM. WHAT ARE THE DIRECT AND INDIRECT INFLUENCES ON ONE OR MORE FACTORS ?

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screenshot-113-6-looking-upstream-what-are-the-direct-and-indirect-influences-on

Looking upstream is just the opposite of looking downstream.

The map above helps you understand the upstream causes and contributing factors that lead to specific outcomes. Looking at the example above, we can see how multiple factors may influence health improvements through various pathways. Here's what this type of analysis allows you to do:

- Trace back all direct and indirect influences that contribute to specific outcomes
- Identify which factors are most influential in driving changes
- Map intervention points that could strengthen positive outcomes
- Recognise interconnections between different influence pathways

To focus on stories told in their entirety by individuals, we can again use source tracing.

## Related

- [chapter intro](#)
- [Formatting your map \(recipe\)](#)