

# A peer-based intervention to reduce the social isolation of older Chinese immigrants in Canada

<b>Submission date</b> 17/12/2019	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 23/12/2019	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 23/09/2020	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

There has been an increasing number of older Chinese immigrants in Canada, just as in other popular immigration destination countries such as the US, Australia, and New Zealand. They are at greater risk of social isolation and loneliness due to factors such as cultural barriers and adaptation difficulties. The aim of this study is to find out whether a peer-based intervention is effective at reducing older Chinese immigrants' social isolation and improving their psychosocial well-being.

### Who can participate?

People aged 65 years or older, who are independent and experiencing isolation or lack of social support.

### What does the study involve?

Participants were randomly allocated to the intervention or control group. The intervention group participants received two-on-one peer support services through home visits, telephone calls, emotional support, self-care, problem-solving, referrals to mental health and community resources, for an eight week period. The control group received no additional support.

### What are the possible benefits and risks of participating?

The intervention may increase social support and positive ties among older Chinese immigrants, especially those at greater risk of social isolation, bridge formal and informal support, and strengthen helping skills and knowledge of community helpers in terms of mental health and aging.

### Where is the study run from?

Calgary Chinese Elderly Citizens Association, Canada

### When is the study starting and how long is it expected to run for?

August 2018 to December 2018

### Who is funding the study?

Institute of Active Aging, Hong Kong

Who is the main contact?

Prof. Daniel W. L. Lai

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## Contact information

### Type(s)

Scientific

### Contact name

Prof Daniel W. L. Lai

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## Additional identifiers

### EudraCT/CTIS number

Nil Known

### IRAS number

### ClinicalTrials.gov number

Nil Known

### Secondary identifying numbers

Nil Known

## Study information

### Scientific Title

A randomized controlled trial of a peer-based intervention to reduce older Chinese immigrants' social isolation in Canada

### Study objectives

The peer-based intervention is effective in reducing older Chinese immigrants' social isolation and improving their psychosocial well-being.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approval 06/06/2018, Human Subjects Ethics Application Review System of the Hong Kong Polytechnic University (Room Z404, 4/F, Block Z, The Hong Kong Polytechnic University, Hung Hom, Kowloon, Hong Kong; Tel: +852 (0)27664329; Email: cherrie.mok@polyu.edu.hk), ref: HSEARS20180528003

**Study design**

Randomized controlled trial

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Community

**Study type(s)**

Quality of life

**Participant information sheet**

Not available in web format, please use contact details to request a participant information sheet

**Health condition(s) or problem(s) studied**

Social isolation and loneliness

**Interventions**

Each intervention group participant received two-on-one peer support services through home visits, telephone calls, and activities such as emotional support, referrals, help to establish goals such as self-care and social engagement, problem-solving, and mental health and community resources. Peer supporters also shared personal experiences with participants. Intervention group participants were invited to attend two monthly peer support group meetings organized by a trained staff program coordinator with professional training in social work and a Registered Social Worker, where they met with other participants and peer supporters, intended to help them develop strong, supportive, and sustainable social connections with other older people.

Control group participants only received brief telephone calls from the program coordinator over an eight-week period.

The duration of the intervention lasts for 8 weeks. The pre- and the post-test were conducted one week before and after the intervention. A range of psychosocial outcomes including loneliness, social support, barriers to social participation, depressive symptoms, anxiety, life satisfaction, happiness, and purpose in life were measured prior to and after the intervention.

**Intervention Type**

Behavioural

**Primary outcome measure**

Measured at baseline and week 10:

1. Loneliness (De Jong Loneliness Scale-6)
2. Social support (Lubben Social Network scale (LSNS))
3. Social participation (the Keele Assessment of Participation)

**Secondary outcome measures**

Measured at baseline and week 10:

1. Life satisfaction ('In general, how satisfied are you with your life?')
2. Depression (General Depression Scale, GDS-4)
3. Resilience (two-item Connor-Davidson Resilience Scale, CD-RISC 2)
4. Purpose in life (the seven-item subscale of Ryff's Psychological Well-being Scale)

**Overall study start date**

01/06/2018

**Completion date**

31/12/2018

**Eligibility****Key inclusion criteria**

1. Aged 65 years or above
2. Independent in activities of daily living
3. Experiencing social isolation or lack of social support

**Participant type(s)**

Healthy volunteer

**Age group**

Senior

**Sex**

Both

**Target number of participants**

60

**Total final enrolment**

60

**Key exclusion criteria**

Clinically diagnosed with a mental disorder or cognitive impairment

**Date of first enrolment**

15/06/2018

**Date of final enrolment**

01/09/2018

# Locations

## Countries of recruitment

Canada

## Study participating centre

**Calgary Chinese Elderly Citizens Association**

111 Riverfront Ave SW

Calgary

Canada

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# Sponsor information

## Organisation

Hong Kong Polytechnic University

## Sponsor details

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## Sponsor type

University/education

## Website

<http://www.polyu.edu.hk/web/en/home/index.html>

## ROR

<https://ror.org/0030zas98>

# Funder(s)

## Funder type

Charity

## Funder Name

Institute of Active Aging Internal Research Fund

# Results and Publications

## Publication and dissemination plan

The results of the trial are planned to be published in a gerontological journal in 2020. The study protocol will be available upon request. The statistical analysis plan is stated in the manuscript which is going to be submitted to an academic journal.

## Intention to publish date

01/06/2020

## Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are available from the corresponding author on reasonable request

## IPD sharing plan summary

Available on request

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	21/09/2020	23/09/2020	Yes	No