

# AgeWell: promoting health and well-being in later life

<b>Submission date</b> 16/12/2011	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 08/02/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 18/12/2017	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Older people form an increasingly large group within our society. Living longer brings a greater risk of physical and mental decline and loneliness, and a greater need for care and support. There is also a greater risk of developing age-related diseases such as Alzheimers. Because of this, we urgently need to find ways of promoting good health in later life, and preventing, delaying or reducing the impact of age-related disability. This is essential if older people are to enjoy a good quality of life and remain independent for as long as possible. Lifestyle choices appear to influence well-being in old age. People who engage in plenty of mental, physical and social activity tend to have better well-being and remain independent for longer. Unfortunately, many older people are mentally and physically under-active and socially isolated. This suggests that we need to encourage lasting behaviour change. People are more likely to alter their behaviour if they have support from others and access to facilities and resources.

### Who can participate?

All individuals aged over 50 and attending the AgeWell centre

### What does the study involve?

Those who agree to take part will be allocated randomly to have one of three types of interview. One will involve a general chat about the centre. The second will focus on goal-setting, working with the person to identify up to five areas where they would like to make changes and devising a plan to achieve these goals. The third will be similar to the second but participants will also receive a mentoring phone call every two months. After a year, we will find out how much the three groups have increased their levels of mental and physical activity, and compare the effects of the different types of interview.

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

Participants will receive a health check and individualised health advice, and will have the opportunity to talk about how to get the most out of taking part in the Centre. By taking part people will be contributing to a research project which has made it possible to open the AgeWell Centre in Nefyn, and participation will help us to understand more about how to improve well-being for other over 50s in the future.

We do not think there are any risks associated with taking part. Once the study has been

completed we will provide everyone who took part with information about the findings. The findings will be used to inform policy makers and service providers about ways of improving well-being in later life. They will also provide a basis for developing a larger study in which we will follow up the participants for a number of years to find out whether changes in behaviour result in greater well-being and help to reduce the impact of age-related disability and disease.

Where is the study run from?

Resource centre for over 50s in Nefyn, North Wales

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

The study will commenced in November 2011 and we expect to complete the study towards the end of 2013

Who is funding the study?

This research study is being undertaken as a partnership between Bangor University and Age Concern Gwynedd a Môn, and is funded by the Medical Research Council as part of the Life-long Health and Well-being initiative.

Who is the main contact?

Professor Linda Clare

[l.clare@bangor.ac.uk](mailto:l.clare@bangor.ac.uk)

## Contact information

### Type(s)

Scientific

### Contact name

Prof Linda Clare

### Contact details

Bangor University  
School of Psychology  
Adeilad Brigantia  
Bangor  
United Kingdom  
LL57 2AS

## Additional identifiers

### Protocol serial number

G1001888/1

## Study information

### Scientific Title

Behaviour change to promote health and well-being in later life: a goal-setting intervention

### Study objectives

This study will provide information about the feasibility of a community-based lifestyle intervention model for over 50s and of the implementation of a goal-setting intervention for behaviour change, together with initial evidence about the short-term effects of goal setting on behaviour.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

North Wales Research Ethics Committee, 1 August 2011, ref: 11/WA/0219

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Quality of life

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

Healthy ageing

**Interventions**

A randomised controlled trial of a goal-setting intervention to promote behaviour change in both physical activity and cognitive activity in the context of a community resource centre for over 50s.

Group 1 - (control) will have a general discussion about the facilities and activities available

Group 2 - (goal-setting) will have a structured goal-setting interview

Group 3 - (goal-setting with mentoring) will receive the same interview as Group 2 plus a follow up mentoring by telephone

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

1. Extent of participation in cognitive activities: Florida Cognitive Activities Scale
2. Extent of participation in physical activity: Physical Activities Scale for the Elderly

For groups 2 and 3, changes in goal performance and satisfaction ratings, and the extent of goal attainment, will be assessed

**Key secondary outcome(s)**

Assessing the effects of intervention on cognitive, physical, social and psychological functioning, health and quality of life

**Completion date**

30/09/2013

## Eligibility

**Key inclusion criteria**

1. All individuals aged over 50 years of age
2. Resident in the local community
3. Attending the AgeWell centre

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

Does not meet inclusion criteria

**Date of first enrolment**

01/11/2011

**Date of final enrolment**

30/09/2013

## Locations

**Countries of recruitment**

United Kingdom

Wales

**Study participating centre**

**Bangor University**

Bangor

United Kingdom

LL57 2AS

## Sponsor information

**Organisation**

Bangor University (UK)

**ROR**

<https://ror.org/006jb1a24>

## Funder(s)

**Funder type**

Research council

**Funder Name**

Medical Research Council (MRC) (UK) ref: G1001888/1

**Alternative Name(s)**

Medical Research Council (United Kingdom), UK Medical Research Council, MRC

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

United Kingdom

## Results and Publications

**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	19/02/2015		Yes	No
<a href="#">Protocol article</a>	protocol	24/07/2012		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes