

# Volunteering, access to Outdoor activities and Wellbeing in older people

<b>Submission date</b> 06/09/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 21/10/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 30/06/2014	<b>Condition category</b> Signs and Symptoms	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
Volunteering, access to Outdoor activities and Wellbeing in older people: a randomised single blinded controlled trial with an intervention group and a waiting list control group

**Acronym**  
VOW

**Study objectives**

Improved access to outdoor activities will improve quality of life and wellbeing of people with severe mobility limitation who are unable to leave their apartment on their own.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Ethical Committee of Central Finland Hospital District, 22/09/2008

**Study design**

Randomised single blind controlled trial

**Primary study design**

Interventional

**Study type(s)**

Quality of life

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

Mobility limitation, participation restriction

**Interventions**

Intervention group:

Outdoor physical activity; each experimental group member will be assigned a trained volunteer worker who will assist the participant in participating in recreational out of home activities once a week for three months. This intervention requires recruitment, training and mentoring of volunteers. Volunteers are older retired people.

Control group:

3-month waiting list control group.

Total duration of intervention is 3 months.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Social and environmental domains of QoL, measured with World Health Organization Quality of Life-brief version (WHOQOL-BREF) assessed at the end of the three month intervention

**Key secondary outcome(s)**

Assessed at the end of the three month intervention:

1. Loneliness and perceived social support (Social Provision Scale)
2. Depressiveness (Center for Epidemiologic Studies Depression Scale [CES-D])
3. Life satisfaction (Life Satisfaction Index Z)
4. Mobility limitation and physiological impairment (validated at-home tests and self-report methods)

5. Self-perceptions of health and functional abilities, motives for and barriers to physical activity, level of physical activity, social relationships and networks and other relevant life-style and health dimensions (validated questionnaires)

**Completion date**

31/12/2011

## Eligibility

**Key inclusion criteria**

1. Older community living people
2. Severe mobility limitation with difficulty in accessing the outdoors
3. Recruited through the municipal home services of the city of Jyväskylä (also, in some cases family members contact for recruitment)
4. Aged 70+ years, either sex
5. Consent to participate
6. Sufficient cognitive capacity to participate in the study

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Senior

**Sex**

All

**Key exclusion criteria**

1. Severe memory loss
2. Completely unable to walk

**Date of first enrolment**

01/01/2009

**Date of final enrolment**

31/12/2011

## Locations

**Countries of recruitment**

Finland

**Study participating centre**

PO Box 35

Jyväskylä

Finland  
40014

## Sponsor information

### Organisation

University of Jyvaskylä (Finland)

### ROR

<https://ror.org/05n3dz165>

## Funder(s)

### Funder type

Charity

### Funder Name

Finland's Slot Machine Association (Finland)

### Funder Name

Finnish Ministry of Culture and Education (Finland)

## 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	01/03/2015		Yes	No
<a href="#">Results article</a>	results	01/04/2015		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes