

# 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

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
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

## **Secondary study design**

Randomised controlled trial

## **Study setting(s)**

Other

## **Study type(s)**

Quality of life

## **Participant information sheet**

Not available in web format, please use the contact details below to request a patient information sheet

## **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 measure**

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

## **Secondary outcome measures**

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)

## **Overall study start date**

01/01/2009

## **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

## **Age group**

Senior

## **Sex**

Both

## **Target number of participants**

120

## **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

Jyvaskyla

Finland

40014

## Sponsor information

**Organisation**

University of Jyvaskylä (Finland)

**Sponsor details**

PO Box 35

Jyväskylä

Finland

40014

**Sponsor type**

University/education

**Website**

<https://www.jyu.fi/>

**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

**Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date**

**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