

# A controlled evaluation of the health benefits of a participative community music programme for older people (Silver Song Clubs)

<b>Submission date</b> 25/08/2009	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 28/09/2009	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 04/07/2011	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

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

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Prof Stephen Clift

**Contact details**  
Sidney De Haan Research Centre for Arts & Health  
Canterbury Christ Church University  
University Centre Folkestone  
Folkestone  
United Kingdom  
CT20 1JG  
+44 (0)1303 220870  
[stephen.clift@canterbury.ac.uk](mailto:stephen.clift@canterbury.ac.uk)

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

## Study information

### Scientific Title

The health benefits of a participative community music programme for older people (Silver Song Clubs): a controlled evaluation single centre randomised unblinded trial

### Study objectives

Primary hypothesis:

Singing groups for older people improve both physical and mental aspects of quality of life when compared with usual activities.

Secondary hypotheses:

1. Singing groups for older people are more cost effective than usual activities
2. Singing groups for older people reduce anxiety and depression when compared with usual activities

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Added 16/03/2010:

Surrey Research Ethics Committee approved on the 20th January 2010 (ref: 10/H1109/5)

### Study design

Single centre randomised unblinded 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

General health status

### Interventions

Intervention: 90 - 120 minutes group singing and related activities, weekly for 12 weeks, with follow up measures for a further 12 weeks.

Control: Usual activities

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome measure**

Health related quality of life measured with 12-item short form health survey (SF-12) at baseline, 12 weeks (post-intervention) and 24 weeks.

### **Secondary outcome measures**

1. Health utility, measured with EQ-5D at baseline, 12 weeks (post-intervention) and 24 weeks
2. Anxiety and depression measured with Hospital Anxiety and Depression Scale (HADS) at baseline, 12 weeks (post-intervention) and 24 weeks
3. Service use questionnaire at baseline, 12 and 24 weeks

### **Overall study start date**

01/01/2010

### **Completion date**

31/12/2011

## **Eligibility**

### **Key inclusion criteria**

1. Community dwelling volunteers
2. Aged 60+ years, either sex
3. Able to give informed consent and complete questionnaires

### **Participant type(s)**

Patient

### **Age group**

Senior

### **Sex**

Both

### **Target number of participants**

240

### **Key exclusion criteria**

Individuals unable to give informed consent or complete questionnaires.

### **Date of first enrolment**

01/01/2010

**Date of final enrolment**

31/12/2011

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Sidney De Haan Research Centre for Arts & Health**

Folkestone

United Kingdom

CT20 1JG

## **Sponsor information**

**Organisation**

Canterbury Christ Church University (UK)

**Sponsor details**

c/o Professor Susan Holmes

Director of Research and Development

Faculty of Health and Social Care

North Holmes Road

Canterbury

England

United Kingdom

CT1 1QU

+44 (0)1227 782632

susan.holmes@canterbury.ac.uk

**Sponsor type**

University/education

**Website**

<http://www.canterbury.ac.uk/>

**ROR**

<https://ror.org/0489ggv38>

# Funder(s)

## Funder type

Government

## Funder Name

National Institute for Health Research (NIHR) (UK) - Research for Patient Benefit (RfPB) (ref: PB-PG-0408-16038)

# 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="#">Protocol article</a>	protocol	28/02/2011		Yes	No