

# 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

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## Additional identifiers

**Protocol serial number**  
PB-PG-0408-16038

## 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

### **Study type(s)**

Quality of life

### **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(s)**

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

### **Key secondary outcome(s))**

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

**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

**Healthy volunteers allowed**

No

**Age group**

Senior

**Sex**

All

**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**

United Kingdom

England

**Study participating centre**

**Sidney De Haan Research Centre for Arts & Health**  
Folkestone  
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CT20 1JG

## Sponsor information

### Organisation

Canterbury Christ Church University (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

### 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
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes