

A peer-based intervention to reduce the social isolation of older Chinese immigrants in Canada

Submission date 17/12/2019	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 23/12/2019	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 23/09/2020	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

There has been an increasing number of older Chinese immigrants in Canada, just as in other popular immigration destination countries such as the US, Australia, and New Zealand. They are at greater risk of social isolation and loneliness due to factors such as cultural barriers and adaptation difficulties. The aim of this study is to find out whether a peer-based intervention is effective at reducing older Chinese immigrants' social isolation and improving their psychosocial well-being.

Who can participate?

People aged 65 years or older, who are independent and experiencing isolation or lack of social support.

What does the study involve?

Participants were randomly allocated to the intervention or control group. The intervention group participants received two-on-one peer support services through home visits, telephone calls, emotional support, self-care, problem-solving, referrals to mental health and community resources, for an eight week period. The control group received no additional support.

What are the possible benefits and risks of participating?

The intervention may increase social support and positive ties among older Chinese immigrants, especially those at greater risk of social isolation, bridge formal and informal support, and strengthen helping skills and knowledge of community helpers in terms of mental health and aging.

Where is the study run from?

Calgary Chinese Elderly Citizens Association, Canada

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

August 2018 to December 2018

Who is funding the study?

Institute of Active Aging, Hong Kong

Who is the main contact?

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Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Study information

Scientific Title

A randomized controlled trial of a peer-based intervention to reduce older Chinese immigrants' social isolation in Canada

Study objectives

The peer-based intervention is effective in reducing older Chinese immigrants' social isolation and improving their psychosocial well-being.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approval 06/06/2018, Human Subjects Ethics Application Review System of the Hong Kong Polytechnic University (Room Z404, 4/F, Block Z, The Hong Kong Polytechnic University, Hung Hom, Kowloon, Hong Kong; Tel: +852 (0)27664329; Email: cherrie.mok@polyu.edu.hk), ref: HSEARS20180528003

Primary study design

Interventional

Study design

Randomized controlled trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Social isolation and loneliness

Interventions

Each intervention group participant received two-on-one peer support services through home visits, telephone calls, and activities such as emotional support, referrals, help to establish goals such as self-care and social engagement, problem-solving, and mental health and community resources. Peer supporters also shared personal experiences with participants. Intervention group participants were invited to attend two monthly peer support group meetings organized by a trained staff program coordinator with professional training in social work and a Registered Social Worker, where they met with other participants and peer supporters, intended to help them develop strong, supportive, and sustainable social connections with other older people.

Control group participants only received brief telephone calls from the program coordinator over an eight-week period.

The duration of the intervention lasts for 8 weeks. The pre- and the post-test were conducted one week before and after the intervention. A range of psychosocial outcomes including loneliness, social support, barriers to social participation, depressive symptoms, anxiety, life satisfaction, happiness, and purpose in life were measured prior to and after the intervention.

Intervention Type

Behavioural

Primary outcome(s)

Measured at baseline and week 10:

1. Loneliness (De Jong Loneliness Scale-6)
2. Social support (Lubben Social Network scale (LSNS))
3. Social participation (the Keele Assessment of Participation)

Key secondary outcome(s)

Measured at baseline and week 10:

1. Life satisfaction ('In general, how satisfied are you with your life?')
2. Depression (General Depression Scale, GDS-4)
3. Resilience (two-item Connor-Davidson Resilience Scale, CD-RISC 2)
4. Purpose in life (the seven-item subscale of Ryff's Psychological Well-being Scale)

Completion date

31/12/2018

Eligibility

Key inclusion criteria

1. Aged 65 years or above
2. Independent in activities of daily living
3. Experiencing social isolation or lack of social support

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Senior

Sex

All

Total final enrolment

60

Key exclusion criteria

Clinically diagnosed with a mental disorder or cognitive impairment

Date of first enrolment

15/06/2018

Date of final enrolment

01/09/2018

Locations**Countries of recruitment**

Canada

Study participating centre

Calgary Chinese Elderly Citizens Association

111 Riverfront Ave SW

Calgary

Canada

T2P 4Y8

Sponsor information**Organisation**

Hong Kong Polytechnic University

ROR

<https://ror.org/0030zas98>

Funder(s)

Funder type

Charity

Funder Name

Institute of Active Aging Internal Research Fund

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are available from the corresponding author on reasonable request

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	21/09/2020	23/09/2020	Yes	No