

# Football Cooperative, a community based physical activity social intervention for men: A feasibility study for scale up

<b>Submission date</b> 07/05/2021	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 16/06/2021	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 16/12/2025	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Football Cooperative (FC) is a social enterprise (SE) established since 2017 for men, by men and uses 'pick-up-football' as the vehicle to bring men together to improve their overall health and achieve social gains for local communities. FC games are a) accessible i.e. local amenities are used for games; b) flexible regarding attendance (played 2-3 nights/week), c) affordable to ensure inclusion of all and d) offered to all levels of fitness and football capacity. 'Pick-up-football' differs from Association Football in terms of the pitch and player numbers. Games (60-90 mins depending on pitch availability) are played on a rectangular pitch with floodlit capability and an astroturf surface to ensure year round activity. Games create a team environment (5-9 a-side depending upon attendance); team formation is crucial to ensuring both the game and social experience is maximised. The Match Coordinator will tactfully select the teams for the game with the objective to find a cumulative balance of football ability while also ensuring the make-up of teams is unique from one game to the next. The values upon which the SE is driven are cultivation of community, inclusivity, sportsmanship and life-long learning.

The proposed study aims to a) investigate the feasibility of the Football Cooperative (FC) intervention using a Social Return on Investment (SROI) framework and b) develop an implementation strategy for the replication of the FC games that could be applied for national scale up.

### Who can participate?

Men who are currently playing football with FC at Malahide Astro and those who choose to join before baseline data is completed can participate in the study.

### What does the study involve?

Participating in this study involves having your height, weight, waist circumference and time to complete one mile recorded as well as completing a questionnaire at baseline and again in 3, 6 and 12 months post baseline.

What are the possible benefits and risks of participating?

Possible Benefits: Participants will be informed of their results on an ongoing basis and the meaning of same in terms of health implications.

Possible Risks: Although there are no physical risks to participating in this project, participants will be asked some personal questions and sensitive data will be collected. Participants are free to refrain from answering any question or to withdraw from the study at any stage without consequence. However as previously mentioned, all data will be treated with the utmost respect and sensitivity and will be held in the strictest confidence, stored appropriately and reported anonymously.

Where is the study run from?

The study is run by research staff at Waterford Institute of Technology and Institute of Technology Carlow, Ireland while data collection will happen at Malahide Astro, Dublin, Ireland.

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

September 2020 to August 2022

Who is funding the study?

The South East Research Development Fund (SERD) (Ireland)

Who is the main contact?

Dr Paula Carroll, PCarroll@wit.ie

## Contact information

### Type(s)

Scientific

### Contact name

Dr Paula Carroll

### ORCID ID

<https://orcid.org/0000-0001-8465-4535>

### Contact details

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## Additional identifiers

### Protocol serial number

WD(SERD)\_2020-\_54\_WSCH

## Study information

## **Scientific Title**

An assessment of the impact of community based social football on the physical, mental and social health of male participants and the social return on investment of the intervention

## **Study objectives**

The SROI ratio for FC will demonstrate sufficient social value and cost effectiveness of this primary prevention PAS intervention (3:1) and will be favourable for to scale up for replication.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Approved 31/03/2021, Waterford Institute of Technology (Main Campus Cork Road, Waterford City, Co. Waterford, Ireland, X91 K0EK; +353 (0)51-305542; ethics@wit.ie) ref: WIT2021REC006

## **Study design**

Quasi-experimental pretest-posttest design

## **Primary study design**

Interventional

## **Study type(s)**

Quality of life

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

Physical, mental and social health of males (average age 38)

## **Interventions**

Football Cooperative (FC) is a social enterprise (SE) established since 2017 for men, by men and uses 'pick-up-football' as the vehicle to bring men together to improve their overall health and achieve social gains for local communities. FC games are a) accessible i.e. local amenities are used for games; b) flexible regarding attendance (played 2-3 nights/week), c) affordable to ensure inclusion of all and d) offered to all levels of fitness and football capacity. 'Pick-up-football' differs from Association Football in terms of the pitch and player numbers. Games (60-90 mins depending on pitch availability) are played on a rectangular pitch with floodlit capability and an astroturf surface to ensure year-round activity. Games create a team environment (5-9 a-side depending upon attendance); team formation is crucial to ensuring both the game and social experience is maximised. The Match Coordinator will tactfully select the teams for the game with the objective to find a cumulative balance of football ability while also ensuring the make-up of teams is unique from one game to the next. The values upon which the SE is driven are cultivation of community, inclusivity, sportsmanship and life-long learning.

A core team at FC oversees the governance responsibilities for managing the venue (health and safety, insurance, bookings), driving the strategic direction of the SE (securing funding, training and learning for members, expansion planning), communicating with all FC members, organising social activities around games (e.g. BBQs, fundraising activities) and ensuring that the values of FC are upheld. Match Co-ordinators (multiple at the site) are responsible for the FC games; they will publish a game notification to the participant pool via their 'bespoke game portal' (developed in house as team members have IT expertise) in advance of the activity, they ensure that equipment is onsite and that the FC values are followed by all participants. Games are not refereed and therefore, via leadership from Match Co-ordinators, the onus is on all participants

to manage the situations on the pitch to achieve a fluid, enjoyable and competitive game. After games, the Match Coordinator submits a game report for review by the FC core team; optional details include final score, goal scorers, match incidents i.e participant red card, injury as well as pitch or location problems i.e lights, parking. Notably, FC games are volunteer led and has developed a sophisticated infrastructure (game portal) to ensure self-sufficiency using minimal resources.

The initial site, established in North County Dublin with 160 current active members (x= 38 years), undertook a total of 184 pick-up-games equating to just over 11,000 minutes of football in 2019. A needs assessment in that year reported overwhelming satisfaction of the men with the games. In 2019, FC has also established games at one site in Limerick with 130 active members.

The vision of the SE is to scale up the FC model to bring 'pick up football' games to men in communities across Ireland to reduce isolation and to improve their health at a population level. The current study proposes to evaluate this community based PA social intervention for men to assess feasibility for scale up.

The intervention will begin when COVID -19 restrictions are lifted (expected mid-March 2021). The week prior to the resumption of FC games and on the first night back for participants, baseline (B) data will be collected. Thereafter, data will be collected at 3 (3M), 6 (6M) and 12 (12M) months post baseline. While games are available to participants thrice weekly, for the purpose of this study participation will be defined as playing at least one game weekly with the exception of the Summer slow down phase.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Collected at baseline, 3, 6, and 12 months:

1. Physical fitness measured using the Yo Yo Intermittent Recover Test Level 1

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

Collected at baseline, 3, 6, and 12 months:

1. Height measured using a portable Seca 213 stadiometer
2. Weight be measured using a Seca 813 electronic weighing scales with participants wearing light clothing, no shoes and with empty pockets
3. Waist circumference measured using a standard tape measure
4. Perceived Health measured using SF-12
5. Lifestyle:
  - 5.1. Alcohol consumption - adapted from National Institute on Alcohol Abuse and Alcoholism (NIAAA)
  - 5.2. PA frequency - adapted from the International Physical Activity Questionnaire (Brief-IPAQ)
  - 5.3. Smoking - Game of Stones Feasibility Study data
  - 5.4. Fruit & Veg Intake - Men on the Move Study data
6. Mental Health measured using SF-12
7. Self Esteem measured using Rosenberg Self Esteem Scale
8. Life Satisfaction measured using ...
9. Loneliness measured using UCLA Loneliness Scale
10. Sleep measured using Single-Item Sleep Quality Scale (Snyder et al. 2018)
11. Health Economics measured using SFP-12

**Completion date**

31/08/2022

## Eligibility

**Key inclusion criteria**

1. Male aged  $\geq 18$  years
2. Current or newly recruited FC member in the North County Dublin venue as of the beginning of the intervention
3. Have completed the physical activity readiness questionnaire (PAR-Q)
4. Provided written consent

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

Yes

**Age group**

Mixed

**Lower age limit**

18 years

**Upper age limit**

100 years

**Sex**

Male

**Total final enrolment**

71

**Key exclusion criteria**

Does not meet inclusion criteria

**Date of first enrolment**

17/05/2021

**Date of final enrolment**

17/09/2021

## Locations

**Countries of recruitment**

Ireland

**Study participating centre**

**Malahide Astro**  
Gannon Park  
Coast Road  
Malahide  
Dublin  
Ireland  
K36 YA97

## Sponsor information

### Organisation

Waterford Institute of Technology

## Funder(s)

### Funder type

University/education

### Funder Name

Waterford Institute of Technology, South East Research Development Fund

## Results and Publications

### Individual participant data (IPD) sharing plan

#### IPD sharing plan summary

Data sharing statement to be made available at a later date

#### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		27/05/2025	30/06/2025	Yes	No
<a href="#">Results article</a>	Pre-adoption characteristics of participants	28/01/2024	30/06/2025	Yes	No
<a href="#">Protocol article</a>		26/04/2023	04/05/2023	Yes	No
<a href="#">Funder report results</a>			16/12/2025	No	No
<a href="#">Other publications</a>		27/11/2025	28/11/2025	Yes	No

[Participant information sheet](#)

08/07  
/2021

No

Yes