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Activity based health related actions: Intervention study towards activity, participation and health among older people with risk for health decline

Submission date 29/10/2010	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol
Registration date 15/03/2011	**Overall study status** Completed	[_] Statistical analysis plan [_] Results
Last Edited 15/03/2011	**Condition category** Other	[_] Individual participant data [_] 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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Study information

Scientific Title
Activity based health related actions: Intervention study towards activity, participation and health among older people with risk for health decline, a randomised controlled trial

Study objectives
The aim of this project is to use a health preventive perspective to identify aspects of what and how activity-based services can best contribute, in the most cost-effective way, to activity and participation aimed ultimately toward sustained health of older people with risk for health decline. The specific aims are reflected in the following research questions:
1. In relation to a control group, what benefits (e.g., person: activity, participation and self-reported health; society: more effective and less costly elderly care) can be identified for older people with risk for health decline receiving activity-based services (individual or group-based) and are the benefits maintained over time?
2. When comparing ordinary societal services, individual activity-based and group activity-based services for older people with risk for health decline, which intervention yields greater benefits for the person and which is most cost-effective?
3. What are the therapeutic mechanisms in the intervention processes that lead to promotion of activity, participation and health among older persons with risk for health decline?

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethical Committee in Umea (Sweden) approved (ref: 210-242-32 (M))

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Health decline with older people

Interventions
All three types of activity-focused services (short and longer group- and individual-based) is implemented by an occupational therapist (OT) experienced in working with older people who are experiencing or at risk for problems with performance of and engagement in their daily activities. Briefly, all additional services are focused on health, activity and participation of the older people with risk for health decline and are inspired by the evaluation and intervention principles of the Occupational Therapy Intervention Process Model (OTIPM).

The participants in the individualised activity focused service receive client-centred evaluations and interventions that are activity-based (up to 10 OT contacts over three months).

The group-based activity focused service is also addressing client-centred goals but provided within the group context (10 sessions over 3 months).

The short group-based service is a single meeting with discussions about activity, participation and health.

The two different activity groups are each comprised of approximately six persons in each group. The control group receives ordinary existing societal services but no additional service.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Person's activity level and participation using the Activities of Daily Living (ADL) Taxonomy together with self-rated Modified NPS Interest Checklist (MNPS) that address leisure activities. Measured at base-line, post intervention and at 12 and 24 months follow-up.

Key secondary outcome(s)
1. Whether changes in activity level and participation influences health, including activity-based well being and loneliness
2. Self-rated health, measured using the 12-item Short Form Health Survey (SF-12)
3. Secondary measure of health measured with the Occupational Well Being Questionnaire
4. Parameters of social aspects of everyday life, evaluated using loneliness scale
5. Health related quality of life measured with the EQ5D
6. Health economic issues such as cost-effectiveness and cost-utility, will be based on relevant costs from a societal perspective (e.g., technical aids, health consumption, costs related to intervention

All measured at baseline, post intervention and at 12 and 24 months follow-up.

Completion date
01/04/2013

Eligibility

Key inclusion criteria
Older people with risk for health decline, i.e.:
1. Living in ordinary housing
2. Aged 76 - 82 years old, either sex
3. No homecare services
4. Living in an urban area in northern Sweden

The target sample will be identified through the National Tax Board.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Senior

Sex
All

Key exclusion criteria
Persons with clear problems in either cognition and/or communication that would not enable informed consent to participate or ability to participate reliably in self-report

Date of first enrolment
01/04/2010

Date of final enrolment
01/04/2013

Locations

Countries of recruitment
Sweden

Study participating centre
Umea University
Umea
Sweden
SE 901 87

Sponsor information

Organisation
Umeå University (Sweden)

ROR
https://ror.org/05kb8h459

Funder(s)

Funder type
Research council

Funder Name
Swedish Research Council (Sweden)

Alternative Name(s)
Swedish Research Council, VR

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Sweden

Funder Name
Carl Wikstroms Foundation (Sweden)

Funder Name
Swedish Council for Working Life and Social Research (Sweden)

Alternative Name(s)
Swedish Council for Working Life and Social Research, FAS

Funding Body Type
Private sector organisation

Funding Body Subtype
Other non-profit organizations

Location
Sweden

Funder Name
Umea University (Sweden) - IB & CA Branholms Foundation

Funder Name
Erik & Anne-Marie Detlof Foundation (Sweden)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration