

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

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		<input type="checkbox"/> Protocol
<b>Registration date</b> 15/03/2011	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 15/03/2011	<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**  
N/A

## 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))

### **Study design**

Randomised controlled trial

### **Primary study design**

Interventional

### **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