

Volunteering, access to Outdoor activities and Wellbeing in older people

Submission date 06/09/2010	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 21/10/2010	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 30/06/2014	Condition category Signs and Symptoms	☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Prof Taina Rantanen

Contact details
PO Box 35
Jyvaskyla
Finland
40014

Additional identifiers

Study information

Scientific Title
Volunteering, access to Outdoor activities and Wellbeing in older people: a randomised single blinded controlled trial with an intervention group and a waiting list control group

Acronym
VOW

Study objectives
Improved access to outdoor activities will improve quality of life and wellbeing of people with severe mobility limitation who are unable to leave their apartment on their own.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethical Committee of Central Finland Hospital District, 22/09/2008

Primary study design

Interventional

Study design

Randomised single blind controlled trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Mobility limitation, participation restriction

Interventions

Intervention group:

Outdoor physical activity; each experimental group member will be assigned a trained volunteer worker who will assist the participant in participating in recreational out of home activities once a week for three months. This intervention requires recruitment, training and mentoring of volunteers. Volunteers are older retired people.

Control group:

3-month waiting list control group.

Total duration of intervention is 3 months.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Social and environmental domains of QoL, measured with World Health Organization Quality of Life-brief version (WHOQOL-BREF) assessed at the end of the three month intervention

Key secondary outcome(s)

Assessed at the end of the three month intervention:

1. Loneliness and perceived social support (Social Provision Scale)
2. Depressiveness (Center for Epidemiologic Studies Depression Scale [CES-D])
3. Life satisfaction (Life Satisfaction Index Z)
4. Mobility limitation and physiological impairment (validated at-home tests and self-report methods)
5. Self-perceptions of health and functional abilities, motives for and barriers to physical activity, level of physical activity, social relationships and networks and other relevant life-style and health dimensions (validated questionnaires)

Completion date

31/12/2011

Eligibility

Key inclusion criteria

1. Older community living people
2. Severe mobility limitation with difficulty in accessing the outdoors
3. Recruited through the municipal home services of the city of Jyväskylä (also, in some cases family members contact for recruitment)
4. Aged 70+ years, either sex
5. Consent to participate
6. Sufficient cognitive capacity to participate in the study

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

All

Key exclusion criteria

1. Severe memory loss
2. Completely unable to walk

Date of first enrolment

01/01/2009

Date of final enrolment

31/12/2011

Locations

Countries of recruitment

Finland

Study participating centre

PO Box 35

Jyvaskyla

Finland

40014

Sponsor information

Organisation

University of Jyväskylä (Finland)

ROR

<https://ror.org/05n3dz165>

Funder(s)

Funder type

Charity

Funder Name

Finland's Slot Machine Association (Finland)

Funder Name

Finnish Ministry of Culture and Education (Finland)

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?
Results article	results	01/03/2015		Yes	No
Results article	results	01/04/2015		Yes	No