ISRCTN62404401 https://doi.org/10.1186/ISRCTN62404401

A controlled evaluation of the health benefits of a participative community music programme for older people (Silver Song Clubs)

Submission date 25/08/2009	**Recruitment status** No longer recruiting	[X] Prospectively registered [X] Protocol [_] Statistical analysis plan [_] Results [_] Individual participant data [_] Record updated in last year
Registration date 28/09/2009	**Overall study status** Completed	
Last Edited 04/07/2011	**Condition category** Other	

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
PB-PG-0408-16038

Study information

Scientific Title

The health benefits of a participative community music programme for older people (Silver Song Clubs): a controlled evaluation single centre randomised unblinded trial

Study objectives
Primary hypothesis:
Singing groups for older people improve both physical and mental aspects of quality of life when compared with usual activities.

Secondary hypotheses:
1. Singing groups for older people are more cost effective than usual activities
2. Singing groups for older people reduce anxiety and depression when compared with usual activities

Ethics approval required
Old ethics approval format

Ethics approval(s)
Added 16/03/2010:
Surrey Research Ethics Committee approved on the 20th January 2010 (ref: 10/H1109/5)

Study design
Single centre randomised unblinded controlled trial

Primary study design
Interventional

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
General health status

Interventions
Intervention: 90 - 120 minutes group singing and related activities, weekly for 12 weeks, with follow up measures for a further 12 weeks.
Control: Usual activities

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Health related quality of life measured with 12-item short form health survey (SF-12) at baseline, 12 weeks (post-intervention) and 24 weeks.

Key secondary outcome(s))

1. Health utility, measured with EQ-5D at baseline, 12 weeks (post-intervention) and 24 weeks
2. Anxiety and depression measured with Hospital Anxiety and Depression Scale (HADS) at baseline, 12 weeks (post-intervention) and 24 weeks
3. Service use questionnaire at baseline, 12 and 24 weeks

Completion date
31/12/2011

Eligibility

Key inclusion criteria
1. Community dwelling volunteers
2. Aged 60+ years, either sex
3. Able to give informed consent and complete questionnaires

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Senior

Sex
All

Key exclusion criteria
Individuals unable to give informed consent or complete questionnaires.

Date of first enrolment
01/01/2010

Date of final enrolment
31/12/2011

Locations

Countries of recruitment
United Kingdom

England

Study participating centre

Sidney De Haan Research Centre for Arts & Health
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Sponsor information

Organisation
Canterbury Christ Church University (UK)

ROR
https://ror.org/0489ggv38

Funder(s)

Funder type
Government

Funder Name
National Institute for Health Research (NIHR) (UK) - Research for Patient Benefit (RfPB) (ref: PB-PG-0408-16038)

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?
Protocol article	protcol	28/02/2011		Yes	No