

A creative group activity program to support well-being and personal development in older adults

Submission date 01/04/2026	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 02/04/2026	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 02/04/2026	Condition category Mental and Behavioural Disorders	<input checked="" type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input checked="" type="checkbox"/> Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Public, Scientific, Principal investigator

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Additional identifiers

Study information

Scientific Title

Co-creative leisure participation for intrinsic capacity activation in later life: a randomized controlled trial

Study objectives

The aim of this study was to evaluate the effects of a co-creative leisure participation intervention (Leisure Makerspace) on intrinsic capacity and well-being related outcomes in older adults using a randomized controlled trial design.

Ethics approval required

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Ethics approval(s)

approved 17/07/2024, Mersin University Social and human Sciences Ethics Committee (Mersin University, Uğur Oral Cultural Center, Çiftlikköy Campus, Mersin, 33343, Türkiye; +90 3243610001; sbetik@mersin.edu.tr), ref: Approval no: 230

Primary study design

Interventional

Allocation

Randomized controlled trial

Masking

Open (masking not used)

Control

Active

Assignment

Parallel

Purpose

Treatment

Study type(s)

Health condition(s) or problem(s) studied

Severe cognitive impairment, conditions preventing participation in group activities

Interventions

Participants are randomly assigned to either an experimental group receiving the Leisure Makerspace (LMS) intervention or a control group continuing their routine program activities. The LMS intervention consists of structured co-creative leisure workshops designed to stimulate cognitive, creative, emotional, kinetic, social, and reflective engagement among older adults. The intervention is delivered in group sessions conducted between April and May 2025. Participants in the control group continue their usual educational and social activities within the lifelong learning program without exposure to the LMS intervention. Random allocation is conducted using randomly generated numbers.

Intervention Type

Behavioural

Primary outcome(s)

1. Psychological well-being measured using Psychological Well-Being Scale for the Older People at Baseline (April 2025) and post-intervention (May 2025)
2. Novelty seeking measured using The Marmara Creative Thinking Tendencies Scale at Baseline (April 2025) and post-intervention (May 2025)
3. Life skills measured using The Life Skills Scale at Baseline (April 2025) and post-intervention (May 2025)

Key secondary outcome(s)

1. Perma-based narrative reflections measured using Structured narrative reflections guided by the PERMA well-being framework (Positive emotion, Engagement, Relationships, Meaning, Accomplishment) collected after each LMS workshop session. at After each LMS workshop session between April and May 2025

Completion date

20/05/2025

Eligibility

Key inclusion criteria

1. Adults aged 60 years and older
2. Enrolled in the lifelong learning program
3. Able to participate in group-based activities
4. Provided informed consent

Healthy volunteers allowed

Yes

Age group

Mixed

Lower age limit

60 years

Upper age limit

100 years

Sex

All

Total final enrolment

34

Key exclusion criteria

1. Severe cognitive impairment
2. Medical conditions preventing participation in group-based activities.
3. Inability or unwillingness to provide informed consent.

Date of first enrolment

15/04/2025

Date of final enrolment

15/04/2025

Locations

Countries of recruitment

Türkiye

Sponsor information

Organisation

Mersin Üniversitesi

ROR

<https://ror.org/04nqdw39>

Funder(s)

Funder type

Funder Name

Mersin Üniversitesi

Alternative Name(s)

Mersin University

Funding Body Type

Government organisation

Funding Body Subtype

Local government

Location

Türkiye

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol file			02/04/2026	No	No
Statistical Analysis Plan			02/04/2026	No	No