ISRCTN77777706 https://doi.org/10.1186/ISRCTN77777706

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

Submission date	Recruitment status	[_] Prospectively registered
01/04/2026	No longer recruiting	[X] Protocol
Registration date	**Overall study status**	[X] Statistical analysis plan
02/04/2026	Completed	[_] Results
Last Edited	**Condition category**	[_] Individual participant data
02/04/2026	Mental and Behavioural Disorders	[X] 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
Ethics approval required

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/04nqdwb39

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