

# Sheds for Life: An evaluation of a community-based men's health promotion programme in the men's shed setting through the application of implementation science

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<b>Registration date</b> 05/03/2021	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 29/08/2024	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background study and aims

Men's sheds or community sheds are non-profit local organisations that provide a space for craftwork and social interaction.

Although there has been increasing attention on "the problem" of men's health in recent years, men still remain disproportionately impacted by poorer health, dying younger than women. There have been calls for health promotion initiatives to recognize women and men are different in both biology and their roles in society, which means they require specific strategies that account for gender and sex differences. This is particularly true for "hard-to-reach" groups of men (i.e. those who are unemployed, socially disadvantaged, isolated and have low educational attainment) who are also least likely to engage with health. Men's Sheds offer a unique opportunity to reach a captive audience of hard-to-reach men. However, attempts to engage Sheds in more structured health promotion programs must respect the ethos of Sheds as highly variable, autonomous, non-structured spaces. "Sheds for Life" is a men's health intervention that seeks to engage hard-to-reach men with health in the men's shed setting. It consists of four core pillars of a health check, physical activity, mental health and health eating with supplementary pillars such as diabetes and cancer awareness that Sheds can self-select into. Central to its effective implementation is a partnership approach between the men's shed members, partner provider organizations, academics and the Irish Men's Sheds Association. Sheds for Life aims to identify an appropriate model for a structured health promotion program that respects the Sheds environment and is effective in improving health and wellbeing for the men who participate. The overall aim of this research is to investigate the process and effectiveness of the SFL intervention with a focus on the key strategies involved in effective implementation and future scale-up of SFL in order to maximize engagement of hard to reach men in the Sheds setting.

### Who can participate?

Members of men's sheds who chose to participate in Sheds for Life.

What does the study involve?

Men's shed members who chose to participate in Sheds for Life attend the 10-week program in their sheds. As part of the evaluation, we ask participants to share their health check results (BMI, blood pressure etc.). We also ask questions about their health and wellbeing such as their physical activity levels and how satisfied they feel with life at the beginning of the program, at the end of the program and again 6 and 12 months later. We ask participants in the comparison group the same questions while they are waiting for Sheds for Life to come to their Sheds. We then ask those questions again at the beginning and end of the program and again 6 and 12 months later.

What are the possible benefits and risks of participating?

This study will enable us to find out if Sheds for Life is a model that works in the men's shed setting. Men's Shed members are pioneers of the program who work closely with the research team to identify what the needs of the men in the sheds are in terms of health and wellbeing and how we can best meet those needs. Participating in the program will help us to understand how SFL can be most helpful to men. This will in turn help to support men's shed members to improve their overall health and wellbeing. By demonstrating that SFL works we hope to be able to give all men's sheds across Ireland the opportunity to participate.

The primary risk for participants is the possibility of being identified as a participant in the research. Steps have been taken to off-set these risks and have been approved by the WIT research ethics committee. All intervention content will be run under the guidance and training of the Irish Men's Sheds Association and by qualified external partners. All SFL partners are adequately insured and qualified to run elements of SFL and engage in a screening process with participants to assess their ability to partake in the intervention for safety purposes. Screening elements of SFL will be run by registered nurses from the Irish Heart Foundation. Other practitioners working directly with participants are trained in first aid and also will complete Guidance training for working effectively within the environment of the Sheds. This training also incorporates ENGAGE training which is gender-sensitive training for front line service providers working directly with men. In the event that there are any concerns about the health of participants they will be referred to their GP or signposted to the relevant service.

Where is the study run from?

Waterford Institute of Technology (Ireland)

When is the study starting and how long is it expected to run for?

January 2019 to December 2021

Who is funding the study?

The Irish Men's Sheds Association, The Health Service Executive, partner organizations, Slaintecare and The Irish Research Council

Who is the main contact?

Aisling McGrath (aisling.mcgrath@postgrad.wit.ie)

Edel Byrne (edel@menssheds.ie)

## Contact information

Type(s)

Scientific

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## Additional identifiers

**Clinical Trials Information System (CTIS)**

Nil known

**Protocol serial number**

Nil known

## Study information

**Scientific Title**

The effect of a 10-week gender-specific men's health intervention on health and wellbeing outcomes of men's shed members

**Acronym**

SFL

**Study objectives**

To determine whether the SFL program delivered in the men's shed setting was effective in engaging hard to reach men with health and improving health and wellbeing outcomes

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approved 11/12/2018, Waterford Institute of Technology Research Ethics Committee (Waterford Institute of Technology, Waterford, Ireland; no telephone number provided; info@wit.ie), ref: WIT2018REC0010

**Study design**

Multicenter longitudinal pragmatic controlled trial

**Primary study design**

Interventional

## **Study type(s)**

Prevention

## **Health condition(s) or problem(s) studied**

Promotion of physical activity, subjective wellbeing, mental well-being and healthy diet in men's shed members

## **Interventions**

Sheds for Life is a 10-week tailored and targeted intervention delivered directly in the men's shed setting. Participants are non-randomized and Sheds self-select into the intervention. A clustered design over a representative geographical spread where the intervention is delivered to small clusters of men within the Sheds is preferable to honor the ethos and promote social capital within the familiar setting (circa 20 men in each cluster (n=20)). The intervention is designed using gender-specific strategies to engage at risk or hard-to-reach men and therefore consists of core pillars with optional components to allow each Shed to tailor the intervention to promote a sense of buy-in, autonomy and control.

The intervention comprises of four core pillars including:

1. An initial free health check [BMI, waist circumference, BP, cholesterol, glucose and carbon monoxide]
2. Structured 1 hour weekly exercise of either a) a facilitated group walking program or b) group exercise focusing on strength, balance and mobility
3. A facilitated four hour mental health workshop
4. A cooking and health eating course (2.5 hours weekly for six weeks)

The intervention consists of several other facilitated, optional workshops that Sheds can select including; CPR, suicide prevention, diabetes awareness, cancer awareness, digital literacy, bereavement, dementia awareness and oral health awareness. The core objectives of the intervention are standardised across delivery sites.

A wait-list control method will be used where two control counties with clusters (n=3) awaiting the intervention will be used a comparison group.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

1. General health history, help-seeking and perception, measured using a questionnaire adapted from SLÁN 2007 [Barry et al., 2009] assessed at baseline, 3, 6 and 12 months
2. Self-rated health measured using a single question Likert scale with high reliability among older men (Lunderberg and Manderbacka, 1996) assessed at baseline, 3, 6 and 12 months
3. Changes in physical activity; The single item walking measure will be used to record days walking on an 8-point scale (0-7), average minutes walking will be recorded and the single-item PA measure will be used to record PA levels (Milton, Bull and Bauman, 2011). All assessed at baseline, 3, 6 and 12 months
4. Physical activity self-efficacy: measured with The Self-Efficacy for Exercise Scale (SEE) assessed at baseline, 3, 6 and 12 months (Resnick and Jenkins, 2000)
5. Subjective wellbeing: Life worth and satisfaction will be recorded at baseline, 3, 6 and 12 months using the Office of National Statistics subjective wellbeing 11-point scales (ONS, 2015)
6. Mental wellbeing will be measured at baseline, 3, 6 and 12 months using the Short Warwick-

Edinburgh Mental Wellbeing Scale (SWEMWBS) with raw to metric score conversion where a change of 2+ is considered relevant (Stewart-Brown et al., 2009)

7. Social Capital; belonging, close support and trust will be assessed at baseline, 3, 6 and 12 months adapted from the whatworkswellbeing questionnaire and Office of National Statistics (2016)

8. Dietary habits and confidence assessed at baseline, 3, 6 and 12 months from the Garcia et al., (2017) adapted questionnaire.

9. Alcohol habits, measured using a questionnaire adapted from SLÁN [Barry et al., 2009] assessed at baseline, 3, 6 and 12 months

10. Smoking habits, measured using a questionnaire adapted from SLÁN [Barry et al., 2009] assessed at baseline, 3, 6 and 12 months

### **Key secondary outcome(s)**

1. Cost-effectiveness measured using the SF-6D assessed at baseline, 3, 6 and 12 months (Brazier, Roberts & Deverill, 2002)

2. Assessment of implementation outcomes and process to inform sustainability and scale-up of the intervention using established implementation frameworks; The Consolidated Framework for Implementation Research (Damschroder et al., 2009), The PRACTical planning for Implementation and Scale-up guide (Koorts et al., 2018), The taxonomy of implementation outcomes (Proctor et al., 2011). Data collected through focus groups, interviews and field notes with key stakeholders (participants, service providers, host organisation)

3. Assessment of optional intervention components, tracking changes in confidence, knowledge and attitudes assessed at baseline, 3, 6 and 12 months

### **Completion date**

17/12/2021

## **Eligibility**

### **Key inclusion criteria**

Adult males in the men's shed setting

### **Participant type(s)**

All

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Sex**

Male

### **Key exclusion criteria**

Non-proficiency in the English language

### **Date of first enrolment**

04/03/2019

**Date of final enrolment**

15/10/2021

**Locations****Countries of recruitment**

Ireland

**Study participating centre****Irish Men's Shed Association**

Irish Farm Centre

Naas Rd

Drimnagh

Dublin

Ireland

D12 YXW5

**Study participating centre****Dungarvan Men's Shed**

Dungarvan

Waterford

Ireland

0000

**Study participating centre****Deise and City Sheds**

Waterford City

Waterford

Ireland

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**Study participating centre****Waterford Estuary Men's Shed**

Passage East

Waterford

Ireland

0000

**Study participating centre****Leixlip Men's Shed**

Leixlip

Kildare  
Ireland  
000

**Study participating centre**  
**Kilcock Men's Shed**  
Kilcock  
Kildare  
Ireland  
0000

**Study participating centre**  
**Maynooth Men's Shed**  
Maynooth  
Kildare  
Ireland  
0000

**Study participating centre**  
**Naas Men's Shed**  
Naas  
Kildare  
Ireland  
0000

**Study participating centre**  
**Cooleragh and Staplestown Men's Sheds**  
Cooleragh  
Kildare  
Ireland  
0000

**Study participating centre**  
**Kildare Town Men's Shed**  
Kildare  
Kildare  
Ireland  
0000

**Study participating centre**  
**Na Fianna and Allenwood Men's Sheds**  
Kildare  
Kildare  
Ireland  
0000

**Study participating centre**  
**Clane Men's Shed**  
Clane  
Kildare  
Ireland  
0000

**Study participating centre**  
**Kill Men's Shed**  
Kill  
Kildare  
Ireland  
0000

**Study participating centre**  
**Galbally Men's Shed**  
Galbally  
Limerick  
Ireland  
0000

**Study participating centre**  
**Croom and Adare Men's Sheds**  
Limerick  
Ireland  
0000

**Study participating centre**  
**Cooley Men's Shed**  
Louth  
Ireland  
0000

**Study participating centre**  
**Broomfield, Drogheda and Dundalk men's sheds**  
Louth  
Ireland  
0000

**Study participating centre**  
**Limerick City, Mulcair, Abbeyfeale and Doon Men's Sheds**  
Limerick  
Ireland  
0000

## **Sponsor information**

**Organisation**  
Waterford Institute of Technology

## **Funder(s)**

**Funder type**  
Research council

**Funder Name**  
Irish Research Council

**Alternative Name(s)**  
An Chomhairle um Thaighde in Éirinn, IrishResearch

**Funding Body Type**  
Government organisation

**Funding Body Subtype**  
Research institutes and centers

**Location**  
Ireland

## **Results and Publications**

## Individual participant data (IPD) sharing plan

The current data sharing plans for this study are unknown and will be available at a later date.

## IPD sharing plan summary

Data sharing statement to be made available at a later date

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		20/08/2022	22/08/2022	Yes	No
<a href="#">Results article</a>	Cost-effectiveness	15/02/2022	09/07/2024	Yes	No
<a href="#">Protocol article</a>		26/04/2021	28/04/2021	Yes	No