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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

Submission date
04/03/2021

Recruitment status
No longer recruiting

Registration date
05/03/2021

Overall study status
Completed

Last Edited
29/08/2024

Condition category
Other

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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

Contact name
Ms Aisling McGrath

ORCID ID
https://orcid.org/0000-0003-3731-9165

Contact details
Department of Sport and Exercise Science
Waterford Institute of Technology
Cork Rd. Campus
Waterford
Ireland
X91 K0EK
+353 852163077
aisling.mcgrath@postgrad.wit.ie

Additional identifiers

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.ei), ref: WIT2018REC0010

Primary study design
Interventional

Study design
Multicenter longitudinal pragmatic controlled trial

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 Captial; 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
0000

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?
Results article	Cost-effectiveness	20/08/2022	22/08/2022	Yes	No
Results article		15/02/2022	09/07/2024	Yes	No
Protocol article		26/04/2021	28/04/2021	Yes	No