

# Elderly persons in the risk zone

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## Associated documentation

study protocol.pdf (627.52 KB)

## Creator/Principal investigator(s)

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## Research principal

[University of Gothenburg](#) - Institute of Neuroscience and Physiology

## Description

"Elderly persons in the risk zone" is a health-promoting and preventive intervention study. The intention was that the study group should comprise a representative sample of pre-frail 80-year old persons still living at home in two municipalities of Gothenburg: The participants should live in their ordinary housing and not be dependent on the municipal home help service or care. Further, they should be independent of help from another person in activities of daily living and be cognitively intact, having a score of 25 or higher as assessed with the Mini Mental State Examination (MMSE).

The participants were randomised to three study groups: two intervention groups and one control group.

- Intervention A; Senior meetings and one follow-up home visit
- Intervention B; Preventive home visit
- Control group

459 persons were included in the study, 171 in intervention A, 174 in intervention B and 114 in the control group. All participants received a first visit that comprised an interview, assessment and observation. The first visit, i.e. the baseline interview, was performed in the participant's home by research assistants well trained in interviewing, assessing and observing according to the guidelines for the different outcome measurements. Follow-up data were collected in all groups at 3 months, 1 year and 2 years after intervention, also in the participant's home by well trained research assistants.

Purpose:

The intervention study aimed to prove the following two hypotheses:

- 1) If an intervention is made when the elderly persons are not so frail, it is possible to prevent/delay deterioration;
- 2) A multi-dimensional and multi-professional intervention is more effective than preventive home visits alone.

The dataset includes the participants in the two intervention groups and in the control group, a total of 459 participants. The baseline intervention was carried out between January 2008 and December 2010, and follow ups at 3 months, 1 year and 2 years.

## Data contains personal data

No

## **Study design**

Experimental study

## **Sampling procedure**

### Probability: Simple random

Eligible persons for the study were drawn from official registers of all persons over 80 years of age in the two municipalities. Equal numbers from the two municipalities were listed in random order. The persons were included in the sample consecutively using the simple random sampling chart until the intended sample size was reached. Invitation letters were then sent to all persons in the sample asking them to participate in the study. The letter described the study, how it would be conducted and what would be expected of those consenting to participate. The letter stressed the fact that participation was voluntary. The letter was followed up by a telephone call about 1-2 weeks later. 365 persons out

of 2031 persons were either non-eligible or not traceable. The remaining persons was then informed verbally about the study and given the opportunity to ask questions if anything was unclear. They were also asked personally if they would like to participate, while again stressing that this was voluntary. After a baseline interview, those who fulfilled the study criteria were randomised to one of the three study arms by the use of sealed opaque envelopes. If eligible persons lived together, they were always allocated to the same intervention group.

## **Time period(s) investigated**

2008 - 2011

## **Number of individuals/objects**

459

## **Data format / data structure**

### Numeric

### **Data collection 1**

- Mode of collection: Face-to-face interview
- Time period(s) for data collection: 2008 - 2011
- Source of the data: Population group

### **Data collection 2**

- Mode of collection: Focus group
- Time period(s) for data collection: 2008 - 2011
- Source of the data: Population group

### **Data collection 3**

- Mode of collection: Physical measurements and tests
- Time period(s) for data collection: 2008 - 2011
- Source of the data: Population group

### **Data collection 4**

- Mode of collection: Observation
- Time period(s) for data collection: 2008 - 2011
- Source of the data: Population group

## Geographic spread

Geographic description: Örgryte and Härlanda in Gothenburg, Sweden.

## Responsible department/unit

Institute of Neuroscience and Physiology

## Ethics Review

Gothenburg - Ref. 650-07

## Research area

[Clinical medicine](#) (Standard för svensk indelning av forskningsämnen 2011)

[Geriatrics](#) (Standard för svensk indelning av forskningsämnen 2011)

[Other social sciences not elsewhere specified](#) (Standard för svensk indelning av forskningsämnen 2011)

[Health](#) (CESSDA Topic Classification)

## Keywords

[Aged](#), [Activities of daily living](#), [Aged, 80 and over](#), [Frail elderly](#), [Geriatrics](#), [Nursing care](#), [Geriatric nursing](#), [Signs and symptoms](#), [Exercise](#), [Surveys and questionnaires](#), [Case-control studies](#), [Cognition](#), [Registries](#), [Disease](#), [Hospitalization](#), [Social support](#), [Fatigue](#), [Weight loss](#), [Health services](#)

## Publications

Gustafsson S, Eklund K, Wilhelmson K, Edberg AK, Johansson B, Häggblom Kronlöf G, Gosman-Hedström G, Dahlin-Ivanoff S. Long-term outcome for ADL following the health-promoting RCT--elderly persons in the risk zone.. *Gerontologist*. 2013 Aug;53(4):654-63. doi: 10.1093/geront/gns121.

Wilhelmson K, Eklund K. Positive effects on life satisfaction following health-promoting interventions for frail older adults: a randomized controlled study. *Health Psychology Research* 2013 1 (1): 44-50.

Behm L, Ivanoff SD, Zidén L. Preventive home visits and health--experiences among very old people. *BMC Public Health*. 2013 Apr 23;13:378. doi: 10.1186/1471-2458-13-378.

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Gustafsson S, Eklund K, Wilhelmson K, Edberg AK, Johansson B, Kronlöf GH, Gosman-Hedström G, Dahlin-Ivanoff S. Long-Term Outcome for ADL Following the Health-Promoting RCT - Elderly Persons in the Risk Zone. *Gerontologist*. 2013 Aug;53(4):654-63. doi: 10.1093/geront/gns121.

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Zidén L, Häggblom-Kronlöf G, Gustafsson S, Lundin-Olsson L, Dahlin-Ivanoff S. Physical function and fear of falling 2 years after a health-promoting randomized controlled trial: Elderly Persons in the Risk Zone. *The Gerontologist* 2013;54(3):387-97, doi:10.1093/geront/gnt078

**DOI:** <https://doi.org/10.1093/geront/gnt078>

Behm L, Zidén L, Dunér A, Falk K, Dahlin-Ivanoff S. Multi-professional and multi-dimensional group education--a key to action in elderly persons. *Disabil Rehabil*. 2013 Mar;35(5):427-35. doi: 10.3109/09638288.2012.697249.

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Dahlin-Ivanoff S. (red.). *Livslots för seniorer*. Göteborg, Vårdalinstitutet 2009.

Gustafsson S, Wilhelmson K, Eklund K, Gosman-Hedström G, Zidén L, Häggblom Kronlöf G, Højgaard B, Slinde F, Rothenberg E, Landahl S, Dahlin-Ivanoff S. Health-Promoting Interventions for Persons 80 Years and Over are Successful in the Short Term - Results from the Randomized and Three-Armed Study Elderly Persons in the Risk Zone. *J Am Geriatr Soc*. 2012; 60(3):447-54. doi: 10.1111/j.1532-5415.2011.03861.x.

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Ottenvall Hammar I, Dahlin-Ivanoff S, Wilhelmson K, Eklund K. Shifting between self-governing and being governed: a qualitative study of older persons' self-determination. *BMC Geriatrics* 2014,14:126 doi:10.1186/1471-2318-14-126.

Behm L, Wilhelmson K, Falk K, Eklund K, Zidén L, Dahlin-Ivanoff S. Positive health outcomes following health-promoting and disease-preventive interventions for independent very old persons: long-term results of the three-armed RCT Elderly Persons in the Risk Zone. *Arch Gerontol Geriatr*. 2014 May-Jun;58(3):376-83. doi: 10.1016/j.archger.2013.12.010.

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### **Accessibility level**

Access to data through an external actor  
Access to data is restricted

### **Contact for questions about the data**

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