

Developing an Intervention to Reduce Sedentary Behaviour in Community-Dwelling Older

Adults Using Co-production and Behaviour Change Theory

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Background

- Older adults are the fastest growing and most sedentary group (1-3).
- Sedentary behaviour (SB) is associated with considerable physical, mental and social detriment.
- Tailored strategies to reduce SB may be warranted in adults aged ≥75 years

Aims

The aim of this study was to co-produce an intervention to reduce sedentary behaviour in community-dwelling older adults (≥75 years).

Methods

- Four co-production workshops with adults aged ≥75 were held (October-December 2022).
- The intervention development was guided by the Behaviour Change Wheel (BCW) and Theoretical Domains Framework.
- Audio-recordings and workshop notes were iteratively analysed and used to inform subsequent workshops.

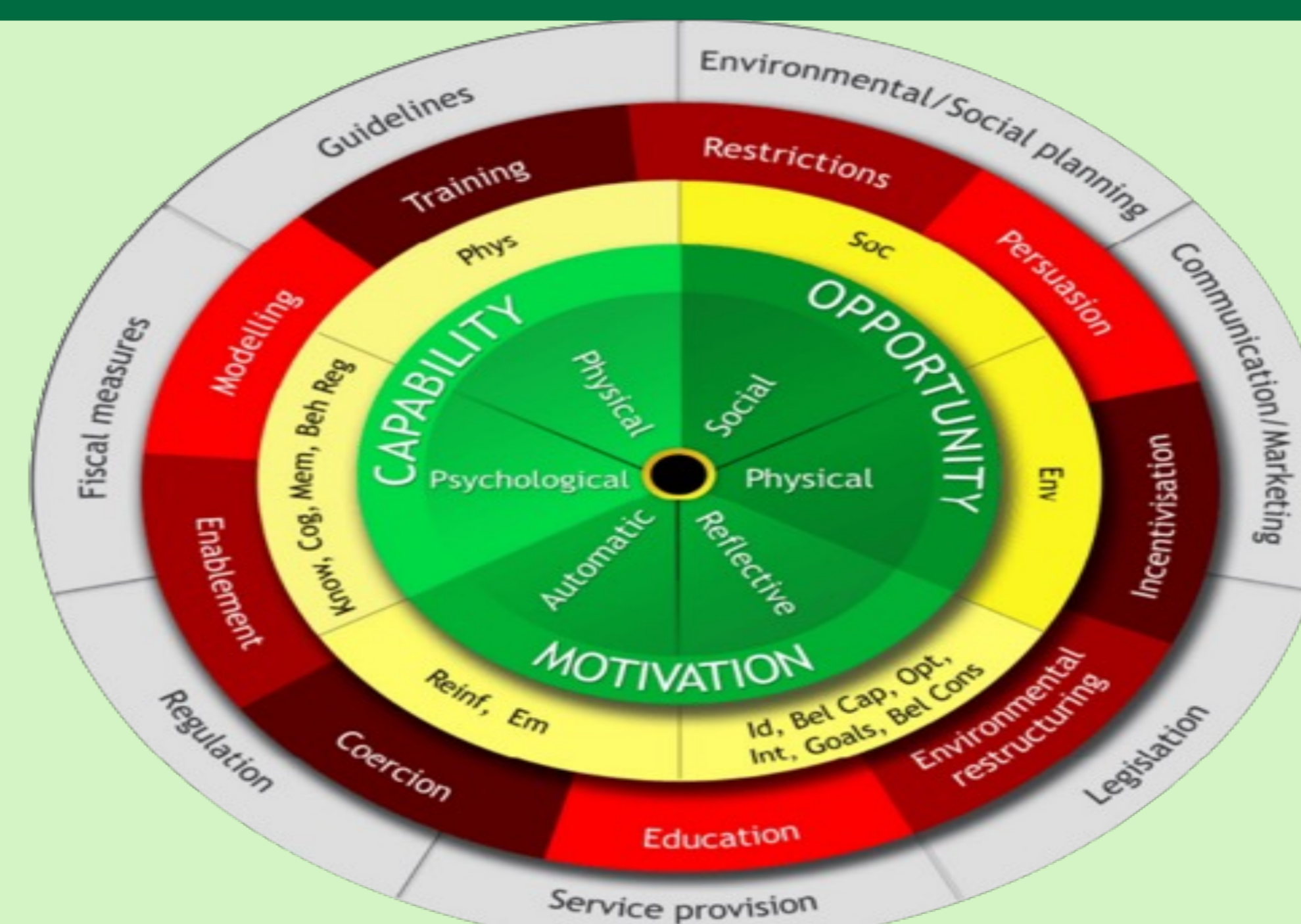


Figure 1: The Behavioural Change Wheel, Michie et al. 2011 (4)

- **Step 1:** Define the Problem
- **Steps 2 and 3:** Select and Specify the Target Behaviour
- **Step 4:** Identify What Needs to Change
- **Step 5:** Identify Intervention Functions
- **Step 6:** Identify Policy Categories
- **Step 7:** Identify Behaviour Change Techniques
- **Step 8:** Identify Delivery Modalities

Results

Inputs	Activities	Outputs	Outcomes
	<ul style="list-style-type: none"> • Self-Monitoring • Cueing/prompting • Social Support • Education • Education • Practical advice • Social support • Review behaviour • Goal setting • Advice 	<ul style="list-style-type: none"> • ↑ Awareness of SB • ↑ Habit formation • ↑ Social support • ↑ Education • ↑ Knowledge of SB (consequences, how to reduce) • ↑ Social support • ↑ Goal setting • ↑ Action Planning 	<p>Short Term (weeks)</p> <ul style="list-style-type: none"> ↑ Awareness and Knowledge of SB ↑ Social support ↑ Action planning and Goal Setting ↓ SB ↑ LIPA <p>Med-Long Term (Months)</p> <p>SB: ↓ SB ↑ LIPA</p> <p>Physical: ↑ QoL</p> <p>↑ Physical & Cardiometabolic Function</p> <p>Social:</p> <p>↑ Social Support, Opportunity & Wellbeing</p> <p>Mental: ↑ Emotional wellbeing</p> <p>↓ Frailty + health costs</p>

Conclusion

- Integrating co-production with the BCW can provide several benefits.
- The BCW provides structure to the intervention development process.
- Co-production increases the likelihood of the intervention being viewed as feasible by older adults.
- Future research will pilot the co-produced intervention.

References

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