

EUPHA 2017 abstract social relations review of reviews:

Title: What works to boost social relations and community wellbeing? A scoping review of the evidence

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Main Messages: Background: Social relations are recognized as an important determinant of individual & community wellbeing. The UK What Works Wellbeing Centre chose “boosting social relations” as a priority topic for systematic review. First, a scoping review was undertaken to identify evidence gaps.

Methods: We searched: Cochrane database of systematic reviews, DARE, Campbell Library, DoPHER (EPPI-Centre), Joanne Briggs Institute, MEDLINE, IDOX, CINAHL, PsycINFO, Social Policy & Practice, Social Care Online; relevant websites. Inclusion criteria: Population – communities in OECD countries; Intervention – Any community-based intervention, change in policy, organisation or environment that were designed to boost social relations within the community; Outcomes – social relations, community wellbeing or related synonyms; Study design – systematic & non-systematic reviews published between 2005 and 2016. Studies were selected & data extracted by 3 reviewers, and summarised narratively.

Results: 11,257 titles and abstracts were screened, 182 obtained in full & 29 included.

Existing evidence tells us: Targeted group interventions that foster social networks & provide meaningful roles can reduce social isolation and/ or loneliness in older people; Volunteering can improve physical & mental health & wellbeing in older people; Effective community engagement produces sustainable improvements in community health & individual wellbeing.

Evidence gaps: Interventions for social isolation &/ or loneliness in adults aged up to 65 years; Volunteering in people aged up to 65 years; Social network analyses; Community infrastructure (places & spaces). Stakeholder consultations identified community infrastructure (places & spaces) as the most useful topic for systematic review.

Conclusions: A systematic scoping review of reviews, with stakeholder consultation, identified community infrastructure (places & spaces) as an evidence gap. Early findings from the resulting systematic review will be presented.

A scoping review on social relations identified community infrastructure (places & spaces) as an evidence gap; the UK What Works Wellbeing Centre is undertaking a systematic review on this topic

Existing evidence tells us: targeted group interventions with meaningful roles for older people reduce social isolation & loneliness; volunteering improves older people's wellbeing