

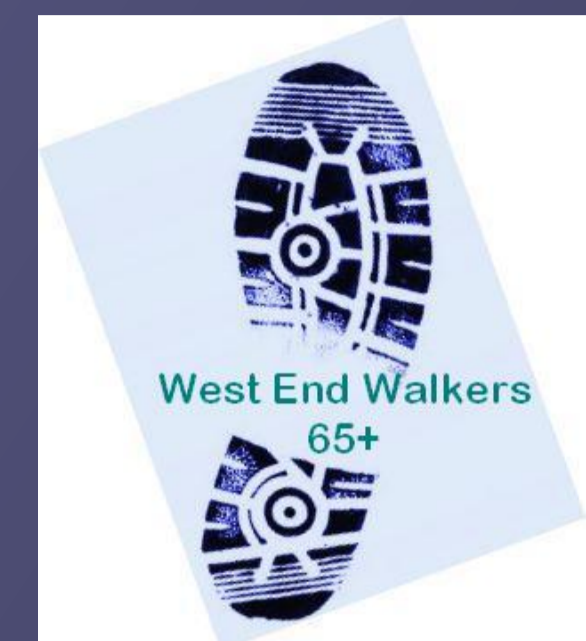
# West End Walkers 65+: Using programme theory to enhance outcome assessment in a randomised controlled trial



Evans, A. B.,\*, Fitzsimons, C. F., \* Rowe, D.,\* Grealy, M.,\* Granat, M., Grant, M., McConnachie, A., Shaw, B., MacDonald, H., Skelton, D., Blamey, A.,\* and Mutrie, N.\*

## Affiliation

\*: University of Strathclyde, Glasgow, UK.



## BACKGROUND & RATIONALE

Walking has great potential to engage people in physical activity (PA), and could address health problems associated with sedentary living. Previous research showed increasing walking behaviour in inactive adults aged 18-65 years is feasible (Fitzsimons et al 2008). However, a systematic review showed that evidence on how to encourage older adults to increase walking is lacking (Ogilvie et al 2007).

## STUDY AIM

To test a pedometer-based walking programme in combination with a PA consultation with adults aged 65 years+ in a primary care setting and to design a study protocol that enables shared learning outcomes.

## INTERVENTION METHODOLOGY

- West End Walkers 65+ (WEW 65+) will recruit 46 participants, aged 65 years or more over 12 months.

- Participants will be allocated to two groups: Group 1 will receive a Physical activity consultation, individualised walking programme and pedometer; Group 2 is a waiting list control group who will receive the intervention after 11 weeks.

- Step counts, activity patterns and psychological measures will be assessed pre and post intervention. Focus groups and interviews will be completed with participants and stakeholders post intervention.

- Figure 1 demonstrates the proposed time scale for the study.

ID	Task Name	Start	Finish	Duration	2009					2010						
					Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	
1	Recruit Participants 4 per week	06/07/2009	29/10/2009	84d	█	█	█	█								
2	First Visits and Consultations	13/07/2009	05/11/2009	84d	█	█	█	█								
3	Second Visits: 2 Int, 2 Control	20/07/2009	12/11/2009	84d	█	█	█	█								
4	Third Visits: 4x5 minute visits	29/10/2009	23/02/2010	84d					█	█	█					
5	Fourth Visits: 2 Int, 2 Control	05/11/2009	02/03/2010	84d					█	█	█					
6	Fifth Visits: 4x5 minute visits	12/11/2009	09/03/2010	84d					█	█	█					
7	Sixth Visits: 4x 30 Minutes	19/11/2009	16/03/2010	84d					█	█	█					
8	Data Analysis	17/03/2010	16/06/2010	66d								█	█	█		

Figure 1. Gantt chart demonstrating the time phases of the West End Walkers 65+ study.

## CONTACT DETAILS:

A. Evans: Adam.evans@strath.ac.uk

N. Mutrie: Nanette.Mutrie@strath.ac.uk

C. Fitzsimons: Claire.fitzsimons@strath.ac.uk

## PROGRAMME THEORY

- Intervention feasibility will be assessed using a programme theory, which conceptualises steps taken to bring about desired outcomes by representing the logic underpinning the intervention (Rossi et al 1998).

- Programme theory is produced by articulation of;

- Intended outcomes,

- Implemented activities delivering these outcomes, and

- The contextual issues that could enhance or derail the success, delivery and impact of the intervention.

- The resultant theory is then critiqued to establish the extent to which it is 'plausible', 'doable' and 'testable' (Connell and Kubisch, 1998).

- The theory is then refined and revisited. It guides implementation and uncovers where the articulated theory has, or has not been, successfully delivered. It also enables shared learning outcomes to be captured.

- Logic modelling is an approach which aims to provide a 'roadmap' or 'journey' that projects the sequence of related events that logically come together to deliver desired outcomes. Figure 2 represents a logic model for the West End Walkers 65+ intervention.

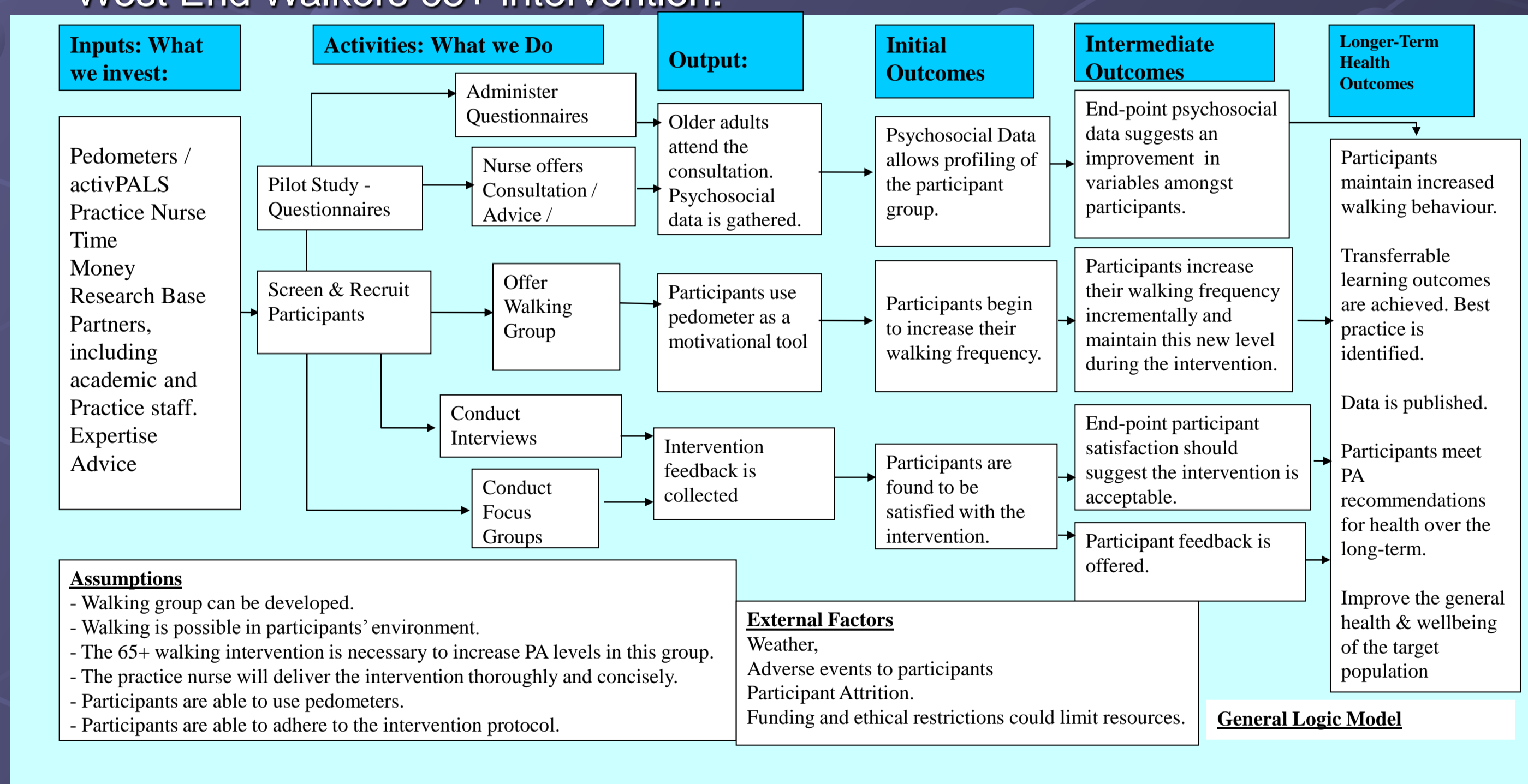


Figure 2. Logic Model for the WEW 65+ study. Outcomes are made more explicit using this model, so that wider learning can be disseminated.

## ASSESSING WEW 65+ USING PROGRAMME THEORY

A triangulation of qualitative and quantitative research measures will inform this assessment. Measures will include Focus Groups, interviews with project staff and chronological record keeping. Feasibility will be assessed using goals designed to promote shared and transferrable learning outcomes.

## REFERENCES

- Connell, J. P., & Kubisch, A. C., (1998) Applying a theory of change approach to the evaluation of comprehensive community initiatives: progress, prospects and problems. In: Fulbright-Anderson, K., Kubisch, A.C., & Connell, J.P. eds. *New approaches to evaluating community initiatives. Volume two: Theory, measurement and analysis. Round Table on Comprehensive Community Initiatives for Children and Families.* Washington D.C., The Aspen Institute.
- Fitzsimons, C. F. et al. (2008). 'The Walking for Wellbeing in the West' randomised Controlled trial of a pedometer-based walking programme in combination with physical activity consultation with 12 month follow up: Rational and study design.' *BMC Public Health* 8 pp. 259–269.
- Ogilvie, D., et al (2007). 'Interventions to promote walking: Systematic Review.' *British Medical Journal* 334 pp. 1204–1207.
- Rossi, P.H., Lipsey, M.W. and Freeman, H.E. (1998). 'Evaluation: A systematic Approach.' 7th Edition. Sage, London.

ETHICS: Ethics clearance to carry out this research was given the NHS and University of Strathclyde ethics committees.

This research has been financially supported by Chief Scientist Office grant number CZH/4/457